

TIPS to Gardeners

Choosing Flowers

IF YOU want flowers that come into bloom early, plant seeds of nasturtium, Virginia stock, zinnia, sunflower, bachelor's button and alyssum.

Among the easiest flowers to grow are the nasturtium, alyssum and California poppy.

To achieve brilliant color in the garden with a minimum of effort, grow petunia and zinnia. They require some care early in the season, but once established they grow luxuriantly, and nothing provides more color.

If snapdragons and asters, though among your flower favorites, are barred from your garden because of the prevalence of rust and wilt, return them to their deserved places by getting rust and wilt resistant varieties from your seed dealer.

In your rock garden, try some of the following: African daisy, linaria, lobelia, statice, verbena and Virginia stock, among the annuals; and columbine, English daisy, forget-me-not and Iceland poppy, of the perennials.



BE SURE OF YOUR SEEDS

Your seeds need not be one of the uncertainties of gardening, thanks to the work of the unique Ferry-Morse Seed-Breeding Institute. Here's how the Institute's seed experts produce dependable, prize-winning Ferry's Seeds:

First—seed stocks are perfected by generations of breeding and selecting to develop desired characteristics and to eliminate weaknesses.

Second—every year, before Ferry's Seeds are packaged, 50,000 tests for germination are made—and samples are tested for trueness to type.

Choose vegetable and flower seeds you can be sure of—from the Ferry's Seeds display in your favorite store. These seeds have been selected as suitable to your locality. 5c a packet and up. Ferry-Morse Seed Co., Detroit, San Francisco.

FERRY'S SEEDS

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It is better to fight for the good than to rail at the ill.—Tennyson.

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4 cups of GARFIELD TEA
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You'll like the way it mops you back, overnight, to the feeling of "rain" to go—fresh and inside cleanliness! Helps eliminate the left-over wastes that hold you back, cause headaches, indigestion, etc. Garfield Tea is not a miracle worker, but if CONSTIPATION bothers you, it will certainly "do wonders!" 10c and 25c containers—WRITE FOR FREE SAMPLES of Garfield Tea and Garfield Headache Powder to GARFIELD TEA CO., Dept. 11 A, Brooklyn, N. Y.

Zeal and Patience
With zeal and patience, the mouse pierces a plank.—Proverb.

ONLY LUDEN'S MENTHOL COUGH DROPS
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and all for . . . 5¢

- 1 Soothe inflamed membranes
- 2 Menthol helps clear the head
- 3 Help build up your

ALKALINE RESERVE
WHEN A COLD STRIKES!

Sentinels of Health

Don't Neglect Them!

Nature designed the kidneys to do a marvelous job. Their task is to keep the flowing blood stream free of an excess of toxic impurities. The act of living—life itself—is constantly producing waste matter the kidneys must remove from the blood if good health is to endure. When the kidneys fail to function as Nature intended, there is retention of waste that may cause body-wide distress. One may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel tired, nervous, all sorts of.

Frequent, scanty or burning passages may be further evidence of kidney or bladder disturbance. The recognized and proper treatment is a diuretic medicine to help the kidneys get rid of excess poisonous body waste. Use Doan's Pills. They have had more than forty years of public approval. Are endorsed the country over. Insist on Doan's. Sold at all drug stores.

DOAN'S PILLS

The Old Man

THE reflected rays of the noonday sun flash from the panes of the great factory.

A siren sounds. The whir of machinery stops. It is the lunch hour.

From his office window the "Old Man" looks out at the smoking chimneys—across the tarred roofs of the far-flung plant whose products are shipped by rail and sea to every nation.

A boy brings a tray with a raw apple, a bottle of milk and some crackers. The "Old Man" is lunching at his desk.

As he watches the workers swarming out of the factory, he sees a crowd collecting at the gate.

Presently a man who is standing on a packing case begins to wave his arms. He is a swarthy little man with a black mustache. The "Old Man" can't hear what he is saying—but he can guess. The "Old Man's" salary was published in yesterday's newspaper. His income runs into six figures—more than the salary of the President of the United States.

The man speaking from the packing case is a professional agitator. It is his job to make the workers discontented with their lot.

"Soak the rich," he cries. He doesn't care how much the "Old Man" pays out in taxes.

"Down with capital!" he is shouting. "Down with the 'Old Man!'"



At the fringe of the crowd a young man is eating a sandwich from his dinner pail. The "Old Man" recognizes the young man. He is the son of Charlie Pedersen, a foreman in the tool room. He has been studying mechanical engineering at night school.

Young Pedersen is not paying much attention to the man on the packing case. As he munches his sandwich he is thinking excitedly—"A salary like that is something to work for! The 'Old Man' started at the bottom just like me. It's ability that counts. I have ability. Some day my pay check will be as big as that!"

The "Old Man" did start at the bottom, and he is proud of it. Five thousand men and women work for the great company and he holds the helm. Their trust, their hopes are in his hands.

The "Old Man" never went to college, yet his laboratories are filled with graduates from the best schools in the land. His alma mater was a backwoods schoolhouse where he trudged through the snow in copper-toed leather boots, McGuffey's Reader in his hand.

With most of the men and women who work for the company, "Old Man" is a term of genuine affection. They are puzzled when they hear the agitator on the packing case describe him as an octopus.

There are white-haired men on the pay roll who can remember way back when the plant was a little one-story building and the "Old Man" was a tow-headed boy who carried water for the foundry.

As the "Old Man" looks out the window he is not worried about the man on the packing case or what he is saying. He has met his kind many times before.

He is worried more about what is happening in America today and about the eager, bright-eyed son of Charlie Pedersen.

He is worried lest the sickness that has seized upon the rest of the world spread its infection through America; worried lest all the isms and insidious doctrines of alien places destroy our greatest heritage.

Land of the free, and home of the brave!
He thinks of Washington and Patrick Henry, of Jefferson and Lincoln.

He thinks of the thousands of brave Americans who have faced the wilderness, who have laid down young lives on Freedom's altar.

He thinks of his own father walking beside his creaking wagon, crossing the Alleghenies, with a rifle in his hand.

He thinks of his birthplace, an humble cabin on an Ohio farm chopped out of the hardwood.

He reviews his own life, from its lowly beginning to his present proud position in industrial America.

"Isn't the essential difference," he asks, "between this America of ours and all the polyglot nations of the earth, that this has always been a free land where men of ambition may scale the dizzy heights?" The social register of American business is filled with the names of men who came into the world with empty hands.

Is the man on the packing case right? What does he offer in exchange?

There must be bosses under any system. Isn't the better boss a man who has worked his way from the bottom to the top, a man who is a good boss because he understands the problem?

It would be too bad, the "Old Man" thinks, if the son of Charlie Pedersen should miss the opportunity that is his by heritage. It would be too bad if America should become like other countries, so regimented and politician-ruled that it would no longer be possible for a man to toil and climb and pluck the prime fruits of reward.

For then this country would cease to be—America, sweet land of Liberty.

Courtesy—Erwin, Wasey & Co., Inc.

WHAT TO EAT AND WHY

C. Houston Goudiss Discusses PROTEINS—

The Foods That You Cannot Live Without

Eminent Food Authority Explains Why No Protein Means No Life—Describes the Kind and Amount Required for the Best Growth in Children—Good Resistance, Vigor and Endurance in Adults.

By C. HOUSTON GOUDISS
6 East 39th St., New York.

FOOD is—and always has been—the central problem of life. But only in recent years has its true power been revealed, as a result of scientific investigation.

Fortunately, we now know what constitutes sound nutrition, and it is possible for every homemaker to plan meals that will enable her family to eat their way to health.



Topping the list of food essentials are the proteins. The Dutch chemist, Mulder, who hit upon this name, made a wise choice, for it means "to take first place."

And certainly the proteins are first in importance. For they are the stuff of which our bodies are built. Without them, there would be no life.

Every man, woman and child has a fundamental need for protein, because it is an essential component of every living cell and makes up a large part of the solids of a muscle cell. Evidently, a great many of the glandular principles and substances, which control the functions of the body, are also protein in character.

Protein is the only food element that contains nitrogen, and next to water, nitrogen is the chief constituent of the human body.

Protein Builds Bodies.
A new born baby weighs, on an average, from 7 to 7½ pounds, and the adult into which it grows may weigh 20 to 30 times as much. The vast amount of tissue necessary to construct a man is built chiefly from protein.

Once the adult body is built, however, protein is not required for the growth of new tissues, except under certain conditions, such as during pregnancy, when one is recovering from a wasting illness, or when an athlete is in training and the muscles are increasing in size.

Keeps the Body in Repair.
There is, however, a maintenance requirement for protein which continues throughout life, and which applies to both children and adults. For the body may be compared to a machine, on which it is necessary to make allowance for the wear and tear of parts. Protein is the only substance that will rebuild the millions of cells which each day cease to function.

Thus, we see that protein performs two vital services—First, it builds new tissues; second, it repairs worn-out tissues.

The Building Stones of the Body.
Protein is found in many different foods, but unfortunately, not all proteins are equally valuable. That is because protein is a very complex substance, resulting from the union of 22 or more simpler substances containing nitrogen, and called amino acids. These are the true building stones of the body. Some protein foods may have only 7 amino acids represent-

ed in their substance; others may have as many as 15 or 16, and these also may be varied by the proportions of the kinds present.

Proteins Vary in Value.
Some of these amino acids are necessary to build new tissue; others will not build tissue, but are capable of repairing worn-out cells. Some protein foods are, therefore, more valuable to the body than others.

It is absolutely essential that the homemaker, charged with the responsibility of feeding a family, should be able to distinguish between those types of protein which are adequate for both growth and repair, and those that are only useful for maintenance.

For if the diet does not contain an adequate amount, or the right kind of protein, our bodies will be badly built and they will be improperly repaired and cannot wear well. As Dr. Eugene V. McCollum of Johns Hopkins University, the world-famous investigator and discoverer of vitamin A, puts it: "Unless the right kinds, with respect to the size and shape, are furnished by the food proteins, the exact pattern on which the muscle must be constructed cannot be formed and, in this case, growth is interfered with."

If you were building a house you would consider nothing less than the finest materials. You would know that cheap lumber and poorly made bricks could not produce a lasting building. In the same way, you must learn to discriminate between the various types of protein used for the supremely important purpose of building your children's bodies, or keeping adult physiques in perfect repair.

Some foods cost more than others and you should not be guilty of spending hard-earned money for expensive protein foods when the same amount of nourishment could be more economically obtained from an inexpensive source.

Where to Find Protein.
Proteins are found in many different foods, but unfortunately, only a limited number of foods supply proteins containing all the amino acids necessary for both growth and repair. Proteins that will build new tissue, as well as replace worn-out cells, are known as complete proteins. In this class we have meats, fish, cheese, milk, eggs and some nuts.

Other proteins are adequate for repairing worn-out tissue, but will not support growth. Such incomplete proteins are found in grains and products made from them, and in the legumes—that is, peas, beans, lentils and peanuts.

The proteins of these foods are of high nutritive value, however, and when supplemented with other proteins, such as those of milk, will meet every bodily requirement.

How Much Protein?
The protein requirement varies according to size, age, and the kind of protein foods consumed.

To allow for growth, children require twice as much protein per pound of body weight as adults. That is to say, an adult requires daily one-thirtieth of an ounce for each pound of body weight, but a child needs one-fiftieth of an ounce for each pound of body weight.

The amount of protein food should usually constitute from 10 to 15 per cent of all the calories taken. If this plan is faithfully followed, there will be more than enough to take care of every requirement, because experiments indicate that a man who weighs 154 pounds, or 70,000 grams, needs a minimum of 44 grams of protein every day.

In planning the family dietary, a safe rule to keep in mind is to include in the daily diet: a quart of milk for every child, a pint for

each adult; one egg, one serving of meat, fish or chicken, one serving of another protein food such as cheese, dried peas or beans, or a main dish made with nuts.

You can achieve wide variety and still provide an adequate protein ration within the limits of this rule. For milk may be served as a beverage, in soups, puddings, and as cream sauce. Eggs may likewise be varied in their method of preparation, or concealed in other foods. There are many fine meats, and the number of ways in which fresh, canned, frozen or dried fish can be served is legion.

Both cheese and nuts make sandwiches, salads and desserts, as well as main course dishes. Peas, beans and lentils can appear as soup, mock roast or croquettes. Grain products, which include cereals, macaroni and bread, may appear in any course in the meal. In planning menus, always keep before you the ideal that an adequate amount of first class protein makes a first class man, whereas an inadequate amount may lead to stunted growth, functional nervous diseases, lessened efficiency and the earlier approach of old age.

In choosing proteins to feed your family—remember that they take first place among foods, and that upon their wise choice rests your future welfare, your destiny—your life!

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Polishing Ethics—Pro and Con

When fine furniture leaves the shop of the manufacturer, its finish has been professionally treated, to preserve its beauty—prolong its endurance. And from that time on, this furniture is best maintained by a quality light-oil furniture polish—first, on the shop floor of the furniture dealer—and then in the home. This is acknowledged and accepted as the best way to lighten its beauty—lengthen its life! But unfortunately, many housewives coat the finish of their furniture and wood work with various shellacs and veneers—using them as a substitute for a fine oil polish and rubbing. And what a great mistake this is! For these coatings form a false finish over the true finish of the furniture; and rosin and other destructive elements in them dry out the wood—toughen it—leave a sticky residue. When many layers have been applied, they accumulate as a crust over the finish, clogging it and clouding the natural beauty of the grain. This is the slack way to care for furniture. If the home-maker really "cares for" her furniture, she will frequently rub on a reputable light-oil polish, to preserve it—keep it lastingly lovely!

Housecleaning? NOTHING TAKES THE PLACE OF O-CEDAR FOR FURNITURE



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For Your Scrapbook

THIS issue contains the second of a series of articles entitled "What to Eat and Why," written by the noted food authority, C. Houston Goudiss.

In these articles, which appear weekly in this newspaper, Mr. Goudiss discusses in a clear, interesting and understandable manner the everyday problems of food as related to the building and maintaining of health in children, young people and adults, as well.

Mr. Goudiss, author, lecturer and radio speaker, is known throughout the country as the man who knows food "from soil to serving, from table to tissue." The homemaker will want to clip and save each one of these articles for the valuable information that is contained therein.

Aisle of Woman's Dreams

That, in effect, is what advertisements in this paper can do for you. They bring all the needs of your daily life into review . . . in one convenient place. Shop from your easy-chair, with the advertisements. Keep abreast of bargains, instead of chasing them. Spend time in your newspaper to save time—and money—in the stores.

Suppose you knew that one aisle of one floor in one store had everything you needed to purchase!

Suppose on that aisle you could buy household necessities, smart clothing, thrilling gifts for bride, graduate, voyager! How much walking that would save! How much time, trouble and fretful shopping you would be spared!