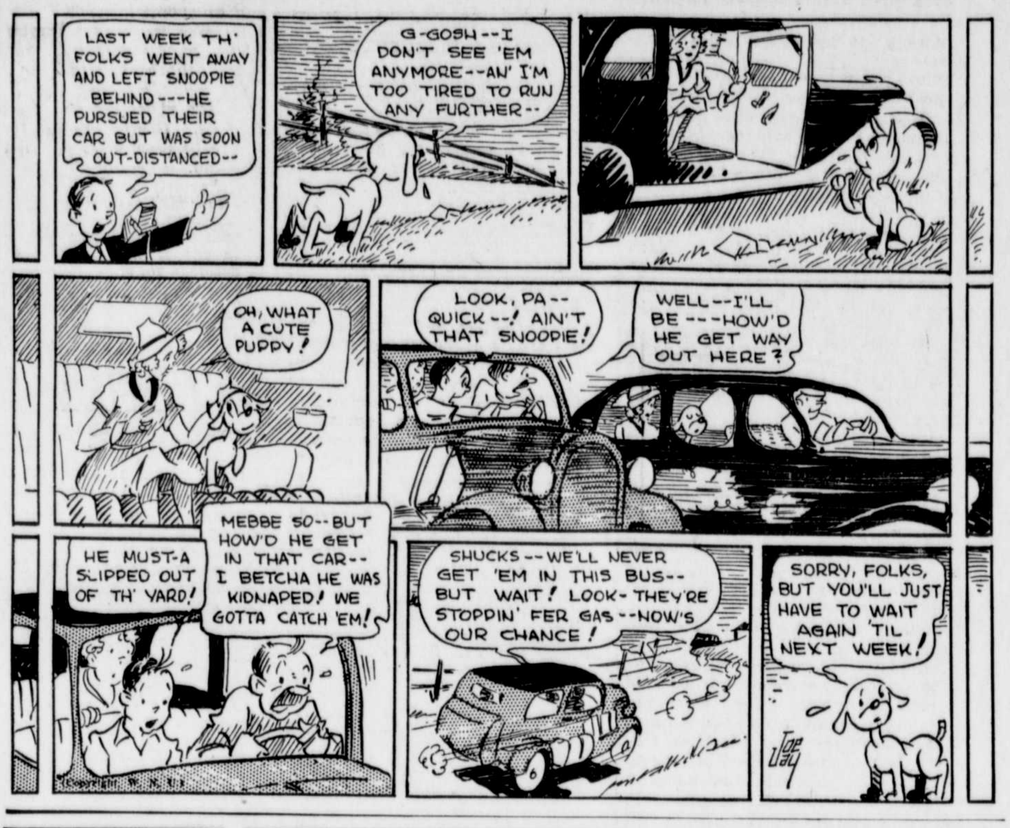
OUR COMIC SECTION

Snoopie



POP

By J. Millar Watt

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S'MATTER POP

By C. M. Payne

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NOT SO BAD

"My wife drives me from home every morning."

"My, my, I'm sorry to hear—"

"Oh, nothing like that! My wife runs the car."

Comradeship

Two soldiers were stopped by a sentry as they reported back to camp after an evening of much wine drinking. One was on the verge of collapse, but with the help of the other, still on his feet.

"What's wrong with this guy?" quizzed the suspicious guard.

"Not a thing," spoke up the soldier still able to navigate. "It's past his bed time and I'm only trying to get him home without disturbing his sleep!"—Foreign Service.

FOOLED AGAIN

Fly—Oh, shucks, I thought it was tomato soup!

WHAT to EAT and WHY

C. Houston Goudiss Explains the Causes of Food Allergy

Well-Known Food Authority Names the Foods That Cause Trouble

By C. HOUSTON GOUDISS

6 East 39th St., New York City.

A NEW phrase has crept into daily usage in recent years, has in fact become so common that comedians use it in jest and draw laughs from their audiences when they mimic, "I'm allergic!" But the words have deep significance for perhaps 30 to 60 per cent of the population who have cause to agree with the old saying that "one man's meat is another man's poison."

They are victims of the curious phenomenon known as food allergy and have an abnormal reaction to the proteins in certain foods and other substances. As a result, foods which are beneficial in themselves and which usually have an important place in a normal balanced diet, cause a variety of unpleasant effects.

These may range from hives or a skin rash to a gastric disturbance with spells of nausea. The individual may suffer from migraine headache or an attack of hay fever or asthma; or he may have a tendency to what appears to be bronchial or head colds.

It has been determined that these symptoms in an individual who is allergic are due to intolerance of certain proteins. Even when the offending foods are fruits and vegetables, it is the protein that is responsible. It has been suggested that the sensitization results because at some previous time, an unsplit or undigested protein in some way passed through the membranes lining the digestive tract and entered the blood stream. This acted very much like a foreign substance and sensitized body cells in some way so that whenever the same food is eaten, the disturbing symptoms occur as a sort of defense mechanism.

—★—

Heredity a Factor

A tendency to allergy seems to be inherited. But the substances which caused a disturbance differ with each individual, and the type of reaction also differs. For example, a mother may be allergic to milk; her child inheriting the tendency may be allergic to fish. Drinking milk may give the mother an attack of asthma; eating fish may cause the child to break out with hives.

—★—

Trouble-Making Foods

It is difficult to generalize regarding the foods that cause trouble, because they vary so widely among individuals who are sensitized, and often one person is sensitized to a number of foods. It has been found that the foods most frequently causing allergic symptoms include wheat, milk, eggs, chocolate, pork, fish and shellfish, tomatoes, cauliflower, cabbage, strawberries and oranges.

Skin rashes are believed to be caused most frequently by hypersensitiveness to milk, cereal or pork. Hives are reported to occur often from eating strawberries, chocolate, fish and tomatoes. Wheat is frequently an offender in migraine headaches. Asthma seems to be common in persons who are sensitive to milk, eggs and butter.

—★—

Other Offending Substances

Foods are not always responsible for allergy, and the symptoms may be produced by contact with wool, feathers, dust, pollen, dander from horses or other animals; or even the sting of a bee.

—★—

Discovering the Offenders

The ideal procedure for the allergy victim is to find out the offending foods or substances and avoid them. For early recognition of a tendency to allergy may prevent discomfort and trouble.

There are two ways to discover the trouble makers. One is to learn by experience, either by keeping a record of the foods eaten and noting the appearance of symptoms, or by eliminating from the diet, first one and then another of the foods that are suspected of causing difficulty. The other is to let your doctor conduct simple skin tests. Small scratches are made on the arms and legs, and each scratch touched with a solution made of the protein of a food or substance known to cause trouble. If a person is allergic to that substance, the skin around the scratch swells and becomes inflamed. The inflammation disappears after a few hours and causes no pain or inconvenience.

—★—

Other Foods Must Be Used

Once the offending food or foods are determined, they should be eliminated either for all time or until the individual becomes desensitized. If the trouble maker is an uncommon food, such as lobster or clams, the allergy presents no great problem, but when children react to necessary foods such as milk, eggs and wheat, the homemaker faces a difficult task.

When milk is the offending food, it must be avoided, not only as a beverage, but in bread, cakes and puddings. Sometimes dried or evaporated milk, goat's milk or soy bean milk may be used instead. When wheat is the trouble maker, the alternatives include cornstarch, rice flour, potato or rye flour; rice and corn cereals; tapioca or barley. When hen's eggs are injurious, duck's eggs can sometimes be used with success, or meat or fish may be substituted.

Sometimes after a period of exclusion, an immunity is built up so that later the foods may be reintroduced gradually into the diet.

—★—

Don't Jump to Conclusions

It must be borne in mind that many of the symptoms produced by food sensitivity may also result from other causes. For this reason, it is unwise to decide that one is allergic without due investigation. Nor must the imagination or the current widespread discussion of the subject be allowed to cause adults or children to mask their unwillingness to eat certain foods with the false notion that they are unduly sensitive.

On the other hand, homemakers should be sympathetic with both children and adults who say with good cause, "I can't eat that!" And it would appear that there may even be some compensation in this unpleasant situation. For a group of scientists who have studied the subject announced a few years ago that those who belong to the allergy group appear to have a definite capacity for becoming intellectually superior. Thus, the child who suffers from a skin rash or stuffy nose today, due to food sensitivity, is apt to be full of energy when he reaches manhood and exhibit unusual ability for cultural leadership.

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SEND FOR THIS FREE CHART of FOODS THAT OFTEN CAUSE TROUBLE

C. Houston Goudiss will gladly send you, FREE, a chart showing which foods have been found most frequently to cause allergic reactions, and also those which are the least likely to cause trouble. Just state your request on a postcard and address it to C. HOUSTON GOUDISS, 6 East 39th Street, New York City.

Questions Answered

Mrs. A. M. T.—The notion that onions or lettuce contain opium or some other narcotic drug is wholly without foundation. They are two of our finest vegetables.

—★—

R. F. B.—Vitamins A, C and D are required for healthy teeth. Calcium, in adequate amounts, is also essential.

—★—

Mrs. A. F. J.—The caloric value of fresh or canned mushrooms is very slight, as their carbohydrate is in a form that cannot be readily assimilated. They are useful, however, for adding flavor and appetite appeal to many dishes.

Send for This FREE VITAMIN PRIMER

Offered by C. Houston Goudiss

DO YOU want to know where to find the different vitamins? Just write to C. Houston Goudiss at 6 East 39th St., New York City, for his new "Vitamin Primer." It tells the facts that every homemaker needs to know about vitamins. In simple chart form, the functions of each vitamin are explained, and there is a list of foods to guide you in supplying your family with adequate amounts of these necessary food factors.

• *The bulletin will be especially helpful to those who must avoid certain foods, as it offers a wide choice of foods containing each vitamin.*

Peasant Motifs for Linens

The peasant note spells smartness in linens today. These figures in simple stitches will add color to accessories and offer pleasant hours in their embroidering. Pattern 1743 contains a transfer pattern of 4 motifs 7¼ by 9¼ inches, 4 motifs 3 by 3¾ inches, 4 motifs 2 by 2¼ inches; illustrations of stitches; materials required; color schemes.

Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York, N. Y.

Favorite Recipe of the Week

HONEY WHITE CAKE

½ cup shortening
1 cup sugar
½ cup honey
3 cups sifted cake flour
3 teaspoons baking powder
¼ teaspoon salt
1 cup milk
4 egg whites

Cream shortening, honey and sugar thoroughly. Add sifted dry ingredients, alternately with milk, starting and ending with dry ones. Fold in stiffly beaten egg whites. Bake in two 9-inch layer pans in a 350 degree oven for 30 minutes.

Seven Minute Honey Frosting.

Put two unbeaten egg whites, ½ cup white corn syrup and ½ cup honey in double boiler top. Have water in bottom boiling. Beat with rotary beater for seven minutes or until the mixture is stiff enough to stand in peaks. Remove from heat. Add ½ teaspoon vanilla, and a pinch of salt. Spread on cake. Then cover with moist coconut.

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