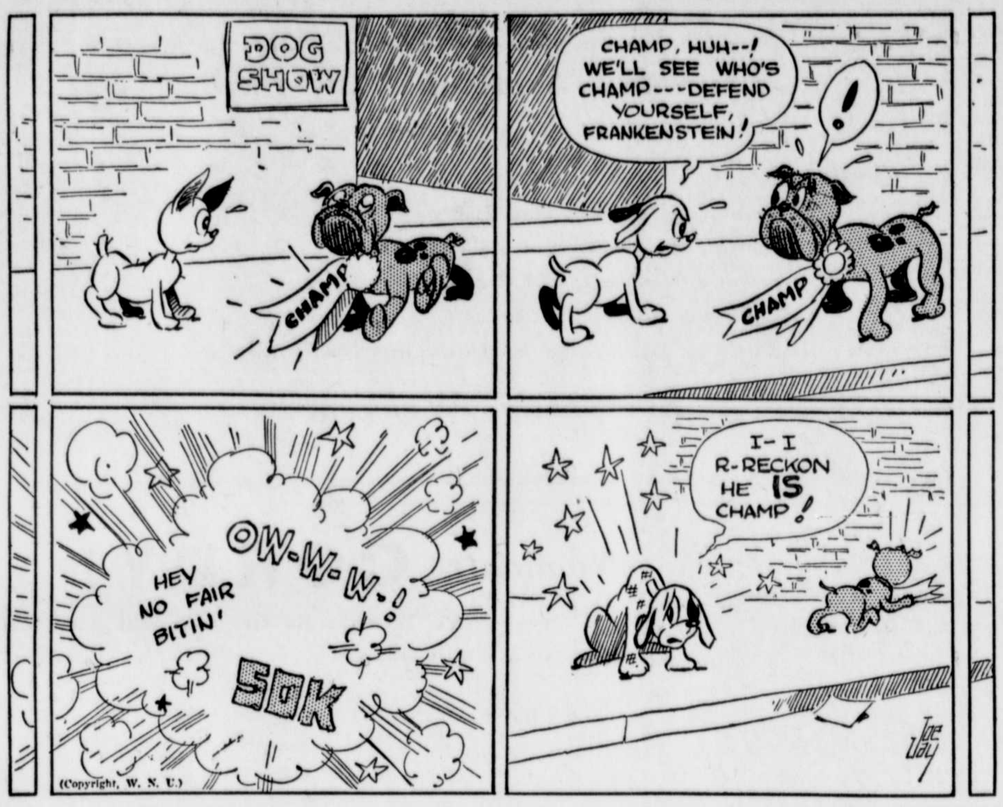
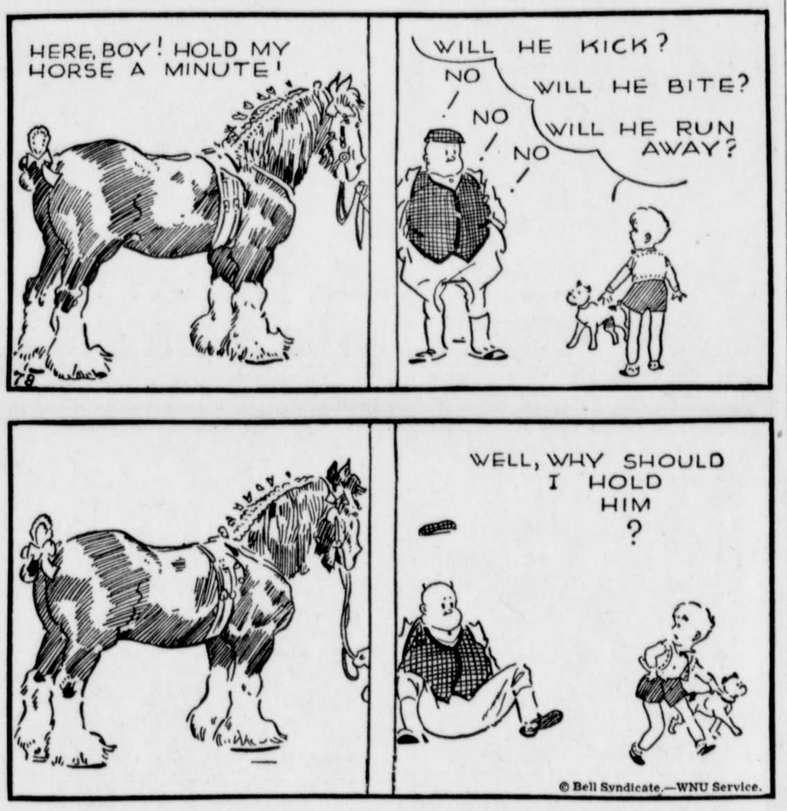
OUR COMIC SECTION

Snoopie



POP

By J. Millar Watt



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S'MATTER POP

By C. M. Payne

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JUST LIKE WAFFLES

Billy Bird—These flies are fine, but why do they serve them with molasses?

His Idea

Teacher—Johnny, if five sheep were in a field and one jumped out how many would be left?

Johnny—There wouldn't be any left. You know arithmetic, but you don't know sheep.—Montana Star.

Contented

Wife (from next room)—Is baby all right, dear?

Husband—He's as good as gold, dear. He's just playing with your complexion.

HEAR YE! HEAR YE!

"How is it there're no women in this court room; not one in sight."

"The judge happened to say that only women over thirty-five could remain."

WHAT to EAT and WHY

C. Houston Goudiss Enumerates the Nutritious Values of the BANANA

Explains How Our Most Satisfying Food Fruit Helps to Maintain Health at All Ages.

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

BEFORE the discovery of the vitamins and before we knew as much regarding the body's mineral requirements, interest in food was centered around proteins, carbohydrates and fats. Fruits which in general supply little protein and fat, and widely varying amounts of carbohydrates, received scant consideration as a source of essential nutrients.

But with our steadily increasing knowledge of vitamins and of the importance to the body of a long list of essential mineral elements, fruits have assumed a commanding place in nutrition. *And those who follow the primary rule of a well balanced diet and serve fruit twice daily have been rewarded with increased health and vigor.*

In addition to their minerals and vitamins, fruits are valued because of their bulk or cellulose which helps to insure regular health habits.

—★—

The Most Economical Fruit

Many homemakers consider that fruits as a class are among the more expensive items included in the food budget.

But that statement is far too general and indicates a lack of information concerning the comparative nutritive values of the different kinds of fruit. **For example, it has been said of the delicious and economical banana, that it gives more nutritive as well as money value than almost any other food.**

Fruits, in general, are frequently divided into two classes; they are known as **flavor fruits** when they contain 80 per cent or more of water and as **food fruits** when the water content is less than 80 per cent. **Bananas are a food fruit of the first order!**

Ripe bananas are rich in carbohydrates and furnish the body with splendid energy values, with a minimum tax on the digestive system.

—★—

Double Fuel Value

When fully ripened, this fruit provides quick energy because a certain amount of its sugars are almost immediately absorbed by the body. On the other hand, several hours must elapse before the remaining sugars are completely assimilated. Thus, eating bananas provides a continuous supply of energy for a considerable period. **They not only help to promote rapid recovery from fatigue but also furnish a continuing supply of energy which keeps one from becoming hungry again too soon after a meal.**

The edible portion of one average-sized banana weighs about 3½ ounces and provides 100 calories. It takes almost the same weight of white potato to yield the same number of calories.

—★—

Bananas a Protective Food

Bananas take an important position among the protective foods, because they are a good source of four vitamins, A, B, C and G, and contain a total of 11 minerals.

They leave an alkaline-ash following digestion.

Fully ripened bananas are easily digested and are mildly laxative.

—★—

Valuable in Child's Diet

Bananas deserve a prominent place in the child's diet from infancy to maturity. Some baby specialists prescribe mashed and strained ripe bananas as one of the first solid foods to be introduced in the infant's diet. The ripe banana is considered to be especially valuable at the time when sugar is withdrawn from the formula and the baby is given whole milk for the first time. The calories in the bananas take the place of the calories previously received from the sugar, and thus weight gains are steadily maintained.

—★—

Help Children Gain Weight

Because of their high caloric value, plus their content of minerals and vitamins, bananas may well be used regularly throughout childhood.

Bananas and milk make an excellent food combination because the milk supplements the fruit with protein, fat, minerals and vitamins. This combination is often used as a supplementary lunch for underweight children, and carefully conducted studies have indicated its usefulness in helping youngsters to gain weight.

Almost all children like the taste of bananas and they do not seem to tire of this bland and pleasing fruit. And though the banana is regarded as a solid food, it can, if desired, be mashed and whipped into liquid form and combined with milk to make a healthful and nourishing beverage.

—★—

Ideal for the Elderly

If elderly individuals are to maintain top health, fruits should be given a prominent place in their diet. But many fruits are avoided by individuals past middle age, either because their acid taste is displeasing or because they present difficulties in mastication. Ripe bananas, however, practically melt in the mouth. Being easily digested, they are a fortunate choice for elderly persons, providing necessary energy values with a minimum of digestive effort.

—★—

Most Versatile Fruit

Bananas are always in season and are usually most inexpensive. It is desirable, of course, that only fully ripened bananas be eaten raw. That is because their constituents vary with the degree of ripeness.

Bananas are picked when they are green and hard, and the carbohydrate content is almost entirely starch. As they ripen, the starch is converted into easily digested sugars.

In fully ripened bananas—those in which brown flecks appear on the yellow skins—the starch has almost entirely disappeared and the flavor has been developed to its highest point. The all-yellow banana is also ripe enough for eating and it is likewise firm enough for cooking. Partially ripe bananas—those which are yellow with a green tip—may be cooked and served as a vegetable or as dessert.

Considering their availability, ease of digestion, high food value and economy, bananas deserve to be classed as one of the staple foods in every well planned dietary.

Questions Answered

Mrs. G. R. McK.—When peas and beans cause discomfort, owing to their tendency to form gas, they can frequently be eaten without distress in pureed form.

Miss M. L. A.—Both sweet and white potatoes contain vitamins A, B and C; but sweet potatoes are a much better source of vitamin A than white potatoes.

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OVERWEIGHT.

Spoils Your Looks Impairs Efficiency

. . . And it may seriously affect your health. If you are over 30, and weigh more than the normal weight for your height at the age of 30, the chances are that you would benefit greatly by a rational program of weight reduction.

You are invited to write to C. Houston Goudiss for his scientific Reducing Bulletin, which outlines the safe, certain and comfortable method of weight reduction by *counting calories*. It includes balanced reducing menus and a chart showing the caloric value of all the commonly used foods.

With it, you can easily compute the caloric value of every meal you eat.

Just write to C. Houston Goudiss, 6 East 39th St., New York City—a post card will do—and ask for the Reducing Bulletin.

HOW to SEW

By RUTH WYETH SPEARS

A LETTER comes telling the story of mats a clever girl designed for her dressing table. The problem was to make them to fit spaces of unusual size. Her room color scheme was blue and white and a design of white embroidered snow crystals on cool blue linen was what she wanted. Here is the way she achieved a charming result.

The linen was cut the desired size and narrow hems creased with a warm iron. The hems were

then backstitched in white from the right side with three strands of six-strand mercerized embroidery cotton. She wanted the arrangement of the snow crystals to be helter-skelter—just as they would fall; so she took a handful of coins and tossed them onto the linen. There was a 50-cent piece; a quarter; some dimes, nickels and pennies. After several tosses she drew around each coin where it fell.

Still using three strands of the white cotton she took four stitches across the marked circle and then brought the needle out in the center, as shown here in step 2, ready to take a tiny stitch to bind the long stitches together. The crystals were embroidered over the long stitches, the larger ones being more elaborate than the smaller as illustrated here. The stitch used is shown in step 3. Ninety other embroidery stitches are pictured in my Sewing Book No. 2. Also dozens of things you can make in your spare time to use or to sell. Order your copy today and be among the thousands of women who are finding this book useful. Enclose 25 cents and ask for Book 2. Address: Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

MOTHERS!

Get this FREE Bulletin on

Child Feeding

• **Don't Handicap** your child for life by improper feeding. The omission of even one minute substance may impair health, reduce learning ability.

• **Write . . . NOW,** for the comprehensive free bulletin on the *Child's Diet*, compiled in the Experimental Kitchen Laboratory, maintained by C. Houston Goudiss in New York City.

Address C. Houston Goudiss, 6 East 39th St., New York City

The Spirit Blooms

The world is not respectable; it is mortal, tormented, confused, deluded forever; but is shot through with beauty, with love, with glints of courage and laughter; and in these the spirit blooms timidly, and struggles to the light among the thorns.—George Santayana.

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The Drake offers every luxury and convenience of fine living on Chicago's Gold Coast, overlooking Lake Michigan.

A. S. Kirkeby, *Managing Director*

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Our community includes the farm homes surrounding the town. The town stores are there for the accommodation and to serve the people of our farm homes. The merchants who advertise "specials" are merchants who are sure they can meet all competition in both quality and prices.