OUR COMIC SECTION

Snoopie

POP

By J. Millar Watt

S'MATTER POP

By C. M. Payne

HER GOOD LUCK

"She was disappointed in love."
"Yes; but realized in alimony all she had ever hoped for."

We See

"Name?" queried the immigration official.

"Sneeze," replied the Chinese proudly.

The official looked hard at him. "Is that your Chinese name?" he asked.

"No, Melican name," said the Oriental blandly.

"Then let's have your native name."

"Ah Choo."—Log.

DOWN IN THE DEEP

"Were you frightened when you bumped into shark?"
"Yes, I trembled like a jellyfish."

What to Eat and Why

C. Houston Goudiss Describes Diet After Middle Age; Shows How Right Food Can Prolong the Vigorous Years

By C. HOUSTON GOUDISS

ONE of the best prescriptions ever offered for longevity was advanced by the wise man who said: In the twenties, prepare for the thirties; in the thirties, prepare for the forties; and after that—prepare for a long and vigorous old age!

That advice is well worth following, for it has been estimated that by taking into account all the newer knowledge of nutrition, it is possible not only to improve health, but to add a number of years to the normal life span.

A Man Is as Young as He Feels

It has been well said that "the age of man has small relation to his years," for it has been demonstrated, both clinically and in the scientist's laboratory, that old age is a physiological condition rather than an accumulation of years.

In grandmother's day, a woman of 50 was considered **old.** Today that age is regarded as **young,** and much of the important work of the world is being done by men and women who can see 50 only by looking over their shoulder.

Importance of Correct Diet

On the other hand, thousands of Americans are unknowingly impairing their efficiency and shortening their lives through the misuse of food. They are eating the wrong kind of food—and what is equally disastrous—they are overeating! They do not seem to realize that eating too much does not strengthen the body, but exhausts it with the labors of digestion. The surplus nourishment clogs the system and may be indirectly responsible for headache, dyspepsia, biliousness and mental dullness.

Unless they change their habits of eating, they will inevitably become victims of their own indiscretions. For while it is folly to neglect the health at any age, to do so in middle life is to open the way to an early death or to an old age marred by sickness.

Keep Down the Weight

The first 25 years of man's life are devoted to growth. During this period of youth, the body usually has a large fund of reserve energy which can be called upon in times of stress. During the next 25 or 30 years, the weight **should** remain constant. If the diet is properly regulated, and sound habits of hygiene are followed, a man or woman will come into middle age full of vigor and with mental and physical capacities undiminished.

Unfortunately, however, the laws of hygiene and nutrition are often broken during the active middle years. As a result, bodily reserves are depleted and middle age finds many men and women near the danger line, no longer able to resist infections and the degenerative diseases.

That is why it is so desirable—if you hope to be vigorous at 50 and after—that you begin to plan for it many years earlier.

Live sensibly. Avoid overwork. Regularly take a moderate amount of exercise. Get enough sleep so that you avoid that chronic "tired feeling." **Above all, eat enough, but not too much, of the foods that build and maintain health: milk; eggs; fruits and vegetables; protein foods in amounts just sufficient to meet your requirements, so that there is no excess to be eliminated; enough fuel foods to give you plenty of pep and power, but not in amounts that will cause the weight increase which many people erroneously believe inevitable during the middle years.**

Curb the Appetite for Rich Foods

It is most important to avoid overeating. For muscular activity decreases with the passing years. The middle aged individual often rides where a younger person might walk or observes active sports from the sidelines where he formerly played them with zeal. Unfortunately, however, the appetite seldom diminishes in proportion to the lessened fuel needs. That is why every individual who has entered upon the middle years should check his or her weight frequently, and promptly reduce the fuel foods if a significant gain is noted.

The protein requirement diminishes somewhat after the age of 60 for no new tissue is being built. It is, furthermore, advisable to take a large share of the protein in the form of milk and eggs.

Vegetables should be used freely and if there is difficulty in mastication, they may be finely chopped. Fresh fruits may be eaten as long as they do not cause fermentation; otherwise cooked fruits should be used instead. Contrary to popular opinion, sweets can frequently be eaten in considerable amounts without causing indigestion. Fats, however, should be used sparingly.

Hot Foods Beneficial

Hot foods are often more easily digested than cold, and it is helpful to begin a meal with hot broth, in order to stimulate the secretion of digestive fluids. A hot beverage may also be beneficial at bedtime.

It is sometimes observed that five or six small meals are more easily digested than three large ones. Each person should discover what meal schedule best suits individual requirements and then abide by it. For it is indeed true that middle age—and the years beyond—are largely what **you** make them!

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Uncle Phil Says:

Without Puffing

Don't get too swift; you can walk farther in a day than you can run.

A man's ordeals color his ideals.

Guessing is great sport and so many of our "convictions" depend on it.

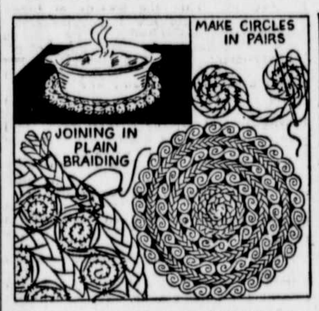
Sort of Magic in It

It is great fun making people who you know dislike you, like you.

After a sensitive man has been blown about for years by the winds of chance, he looks for a rut.

HOW to SEW

By RUTH WYETH SPEARS



THIS mat is made of white cotton cable cord such as you buy at the notion counter for corded seams and trimmings. The original mat from which this design was taken was made of—no one of this generation would ever guess what! Corset strings. These were once a common commodity along with collar boning, hat pins and side combs. There was quite a fad for making luncheon sets of them braided or arranged in various designs and sewn with fine stitches on the wrong side.

The design shown here is compact and, copied in rather heavy cord, makes an ideal hot dish mat. Follow the sketches for directions. Make the circles in pairs, as shown, using No. 40 cotton thread to sew them. Braid three cords together and then sew the braided strip around and around to make the center of the mat. Sew a row of the circles to the edge of this center part, then add another braided row, being careful to "ease in" the inside edge just enough to keep the mat flat. Continue adding alternate rows of circles and braiding until the mat is the size desired.

To join the ends of the braided rows, pull one end through the braiding to the wrong side of the mat; then trim the ends and sew them flat. It is not too early to begin thinking of Christmas gifts—and you will be wanting to make something a bit unusual for that next bazaar when it comes rolling around. Sewing Book 2, Embroidery, Gifts and Novelties, is full of new ideas all clearly illustrated with step-by-step pictures. Send for it today and give life a new interest by starting some fascinating piece of hand work. Enclose 25 cents and address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

AROUND the HOUSE

Items of Interest to the Housewife

For Damp Closets.—A saucerful of quicklime placed in a damp closet or cupboard will not only absorb all dampness but will sweeten and disinfect the closet.

• • •

To Destroy Smoke Odor.—Put a basin of water in each room and leave windows open an inch at top and bottom until the odor disappears.

• • •

When Cleaning Windows.—Tissue paper makes an excellent polish for window glass and mirrors. Wash, dry and then polish with the paper.

• • •

Clogged Sinks.—A mixture of washing soda and vinegar poured down a choked-up sink or basin will dissolve any soap or grease which is causing it to clog.

• • •

For Scarred Furniture.—If you will take a soft flannel cloth, dip it in iodine, then rub gently over scarred mahogany furniture, when it dries the scratches will be almost unnoticeable. Then when iodine is dry, apply a liberal coating of a good furniture oil.

A Twine Holder. — A funnel makes an excellent holder for a ball of twine. Choose one large enough to hold a good-sized ball. Put the end of the string through the neck of the funnel.

• • •

Preserving Scrub Brushes.—Never put scrubbing brushes away until they have been thoroughly washed, rinsed and shaken, so that most of the moisture has been removed.

• • •

Safety Measure. — To fill a steaming teakettle place a small funnel in the spout to prevent burning your hands in taking off the cover.

• • •

Cultivate Soft Voice.—A harsh rasping voice, coming from a pretty, well-groomed girl, is sure to jolt the nerves of listeners. All sensitive ears rebel against a flat, dull voice or one that screeches and shouts, and even more against hardly audible, mumbling conversation. Try to speak clearly and distinctly, being particular about the enunciation of each syllable and word.

Not As You Think

"There is no greater fool than he who thinks himself wise; no one wiser than he who suspects he is a fool."—Marguerite de Valois.

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