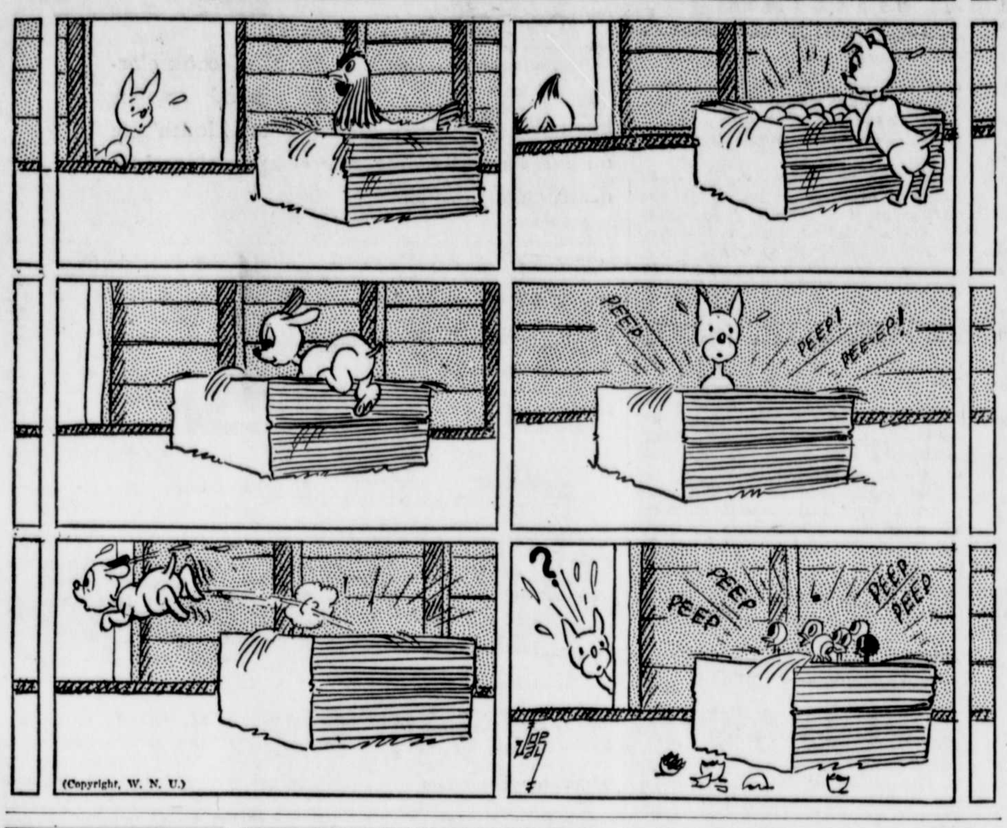
# OUR COMIC SECTION

## Snoopie

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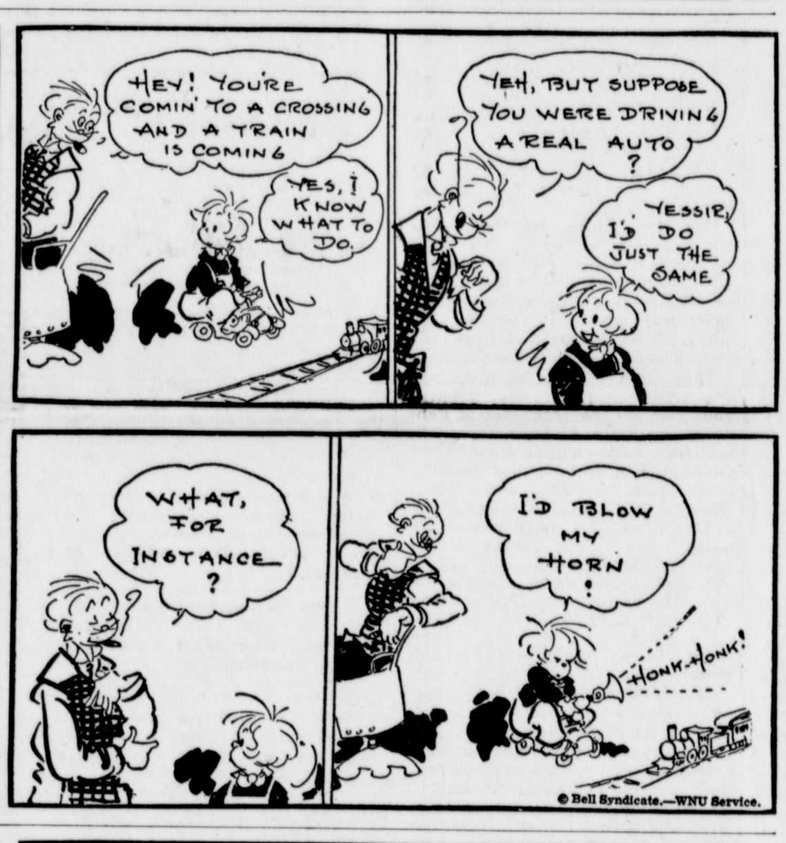
## S'MATTER POP

By C. M. Payne

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## POP

By J. Millar Watt

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### PICKED WRONG GIRL

"Say, how'd yer sheik git de black eye?"

"Fell down on his promise t' take me out—an' got hurt!

### Plenty Thankful

Jennie didn't like spinach, but she ate it anyhow. Then when she asked to leave the table, mother told her she'd have to say her grace first.

"Got nothin' to be thankful for," grumbled Jennie.

"Then stay where you are until you have!"

Silence. Then a small voice—"Thank the Lord I wasn't sick from that spinach. Now kin I leave?"—Washington Post.

### DOWN ON THE FARM

Farmer Bug—My, what a large bulb. I wouldn't like to dig a hole to plant that in.

# WHAT to EAT and WHY

## C. Houston Goudiss Discusses Sugar, Sirup and Molasses; Describes Correct Use of Sweets, Peerless Body Fuel

By C. HOUSTON GOUDISS

THERE is an old saying that good things come in small packages. That is particularly apt when we pause to consider the nutritive value of sugar in its various forms. For two scant tablespoons of sugar supply as much caloric value as does three-fourths cup of cooked farina, or one and one-third eggs, or the lean meat of one lamb chop.

Sugar is a highly concentrated fuel food which burns quickly and completely in the body furnace.

### The Sugar Bowl Is a Dynamo

**It has been said that our present day civilization could not have reached its present heights without the driving force that sugar gives to men and women.** And it is a fact that until comparatively recent times, only the very wealthy could afford this quick energy food which we now consume at the rate of more than 4,000,000 tons a year, or more than 100 pounds annually for every man, woman and child.

**This peerless fuel food was once regarded almost as a medicine because of its ability to relieve fatigue and sustain vitality. And no wonder! For sugar is transformed into heat and power in less time and with less effort than any other foodstuff.**

### A Real Stimulant

While starchy foods require an average of from three to four hours for digestion, the body begins to burn a ration of sugar from 10 to 30 minutes after it is eaten.

It reaches the blood and muscles in a few minutes—as rapidly in fact as alcohol! That is why concentrated sweets, which are largely sugar, are so effective in combating fatigue.

Athletic coaches are well aware of the unique power of sugar as a stimulant and restorative of energy. That is why school and college youths are so frequently given highly sweetened beverages and other concentrated sweets before engaging in athletic competition.

Military leaders also appreciate how it increases endurance, and sweets are an important part of the soldier's ration. During the World war civilians were urged to reduce their consumption of sugar in order to make larger amounts available for the army, and most people found it difficult indeed to forego this agreeable food.

### Indispensable for Most People

Sugar is such an indispensable ingredient in cakes, cookies, pies, puddings and ice creams, it is so necessary in beverages, on breakfast cereals and with fruits that it seems a great hardship to do without it even for one meal.

**We are extremely fortunate, most people will agree, to live in an age when sugar is so high in quality and so reasonable in price. In the Thirteenth century when sugar was introduced to England through India, it cost the equivalent of ten dollars a pound in the monetary terms of today.**

Refined sugar is now priced at a few cents a pound and one pound supplies over 1,800 calories! Moreover, when you buy a branded product, backed by a well-known name, you have the assurance that quality and purity are of the highest.

### Moderate Use Desirable

**Like all sources of great power, however, sugar must be handled with care. Too much sugar may prove as disastrous as too little. Possibly because of this, several false notions have grown up regarding this splendid food.**

It is often charged that sweets cause indigestion, and it is true that when consumed in excess, they may ferment and result in irritation. Therefore, moderation should be the watchword.

But that is an excellent rule to follow in regard to all kinds of foods. For when consumed to excess, any food ceases to be beneficial.

It has also been charged that sweets are harmful to the teeth. But recent investigations suggest that the teeth are far more likely to deteriorate because the proper minerals and vitamins have not been included in the diet.

It is, however, desirable to restrict the amount of sugar given to children. That is because it quickly satisfies the appetite and may therefore decrease the consumption of other good and necessary foods, particularly those containing an abundance of minerals and vitamins. Children therefore can best take sweets in the form of sweetened puddings, gelatin, cooked and fresh fruits, and fruit juice and milk beverages.

### A Food of Many Forms

**The quick pick-up of sugar can be obtained in many forms besides the sparkling crystals of granulated sugar with which we are most familiar, or the brown sugar which is quite similar in composition, except for a larger moisture content, despite popular notions to the contrary.**

Most fruits contain easily digestible sugars, the percentage in dried fruits ranging from 50 to 75 per cent. Milk sugar is also easily digested. Honey, molasses, corn sirup and the popular blended sirups are usually eaten in combination with other foods and are therefore unlikely to be consumed in too large amounts.

Corn sirup is often added to milk, fruits, vegetables, cereals, breads and desserts. It helps to make these foods more palatable and adds 60 calories with every tablespoon. It is so easily digested that it is often used in infant feeding.

**Molasses provides significant amounts of both calcium and iron and is a good sweet for growing children. One and one-half tablespoons of molasses supplies as much calcium as one and one-half cups of diced carrots. It is a wise mother, therefore, who uses it in making the cookies that children like so well.**

The mixed or blended sirups that are so popular with griddle cakes and french toast on cool fall days, also add palate appeal and energy values to the diet.

**For in whatever form sugar is consumed, it remains nature's shortcut to press-the-button heat and quick, healthful stimulation.**

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## Smart New Day Fashions

BOTH these dresses are so pretty and so simple that you will want to make them up several times, in different colors. And with such beautifully simple designs, whose whole charm is a matter of line, you can use colors as gay as you please, now that gay colors are smart, and they look so pretty in the fall. If you've never done much sewing, here's a fine chance to find out what a satisfaction it is to make yourself something. These designs are so easy to do.

**A Charming School Dress.**

This is a classic style in which growing girls always look pretty. The snug waist and flaring skirt are so becoming, and just grown up enough to delight them! In wool crepe, cashmere, gingham or jersey, with fresh white collar and sleeve bands, it will be your daughter's favorite school frock. Make one version of it in plaid.

**Scallop-Trimmed Day Frock.**

You should certainly have several dresses made like this—it fits so beautifully and looks so smart. Darts at the waistline give it becoming slimness. The high square neckline and "shrugged shoulder" sleeves are very new. It's the useful kind of dress you can wear for shopping and business as well as around the house. Make it up in silk crepe, flannel, sheer wool or home-keeping cottons.

**The Patterns.**

1454 is designed for sizes 8, 10, 12, 14 and 16 years. Size 10 requires 2⅝ yards of 39-inch material without nap. Collar and cuffs in contrast require ⅜ yard.

1576 is designed for sizes 34, 36, 38, 40, 42, 44 and 46. Size 36 requires 4 yards of 39-inch material.

**Fall and Winter Fashion Book.**

The new 32-page Fall and Winter Pattern Book which shows photographs of the dresses being worn is now out. (One pattern and the Fall and Winter Pattern Book —25 cents.) You can order the book separately for 15 cents.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each.

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### Amusement Secondary

I wish that I could marshall all the young to an appreciation of the fact that you have an earnest work in life and your amusements and recreations are only to help you along in that work.—Talmage.

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### Anxiety With Joy

No one possesses unalloyed pleasure; there is some anxiety mingled with the joy.—Ovid.

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