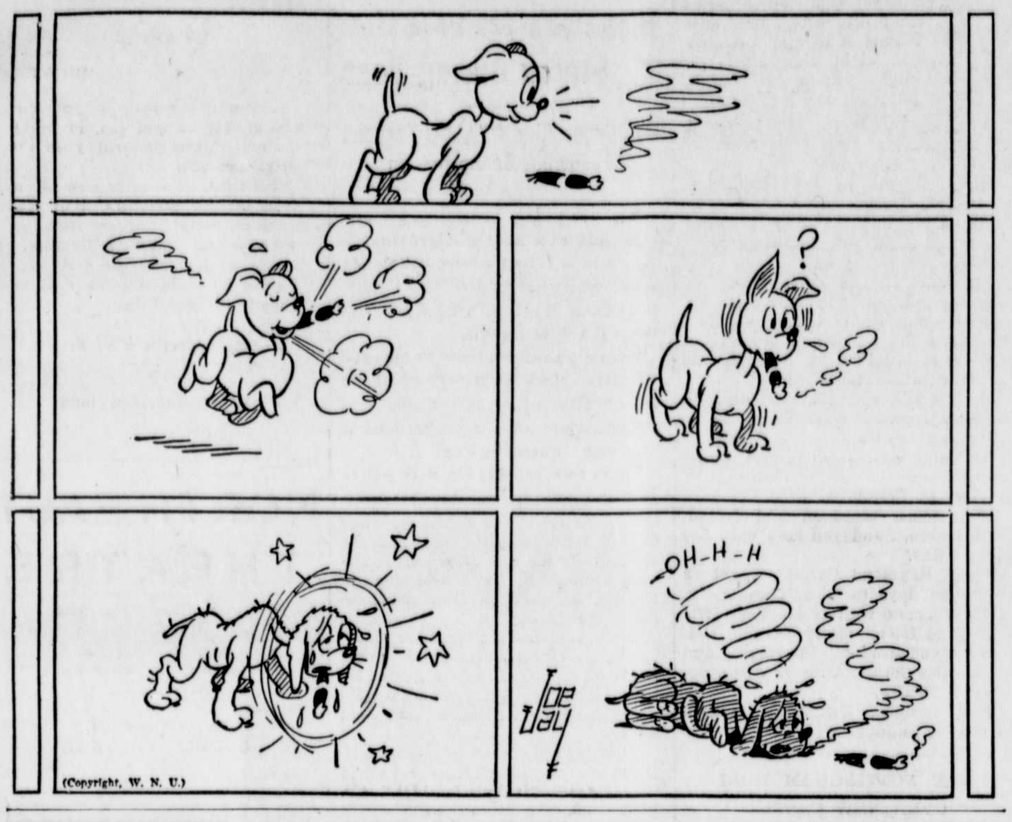
OUR COMIC SECTION

Snoopie

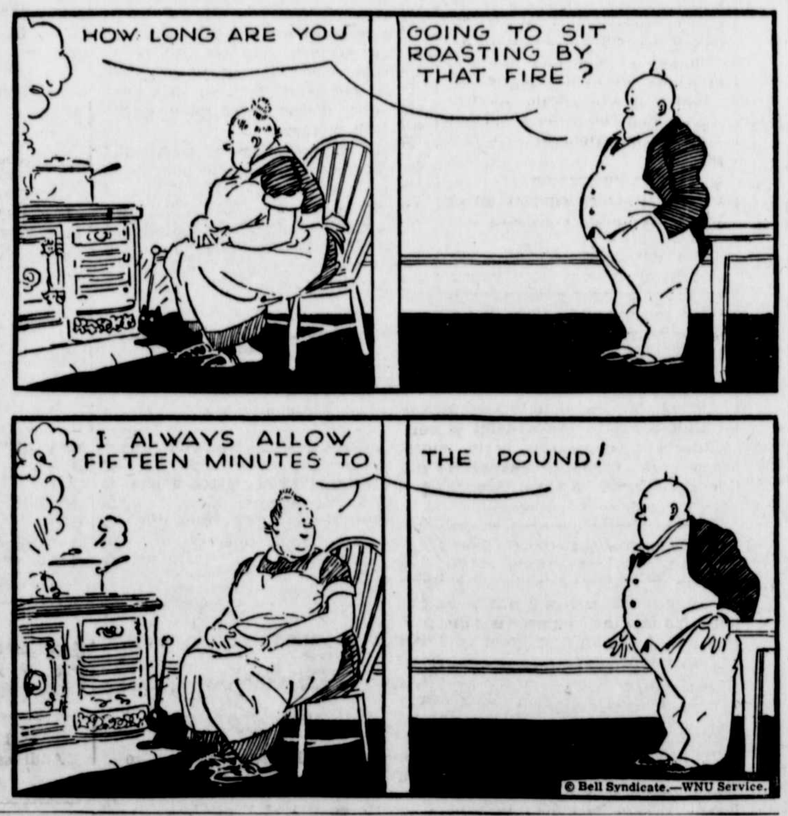


S'MATTER POP

By C. M. Payne

POP

By J. Millar Watt



WELL TRAINED HUBBY

"Your hubby is a dancing man, isn't he?"

"Well—I make him dance, all right."

Easier

Sam was being implored by a committee of brethren to contribute to a special fund the church was trying to raise. But Sam was obdurate.

"Well," said one of the brothers with a clincher of an argument, "don't you all think you owes de Lawd anythin'?"

"Oh, ah sure does," said Sam, "only He ain't pressin' me like mah other creditors is."—Philadelphia Bulletin.

MORE FEET

"When I was at the seashore I had several men at my feet."

"I had several on my feet every time I attended a dance."

WHAT to EAT and WHY

Are Your Children Eating Clean Food? Asks C. Houston Goudiss—Points Out Hazards of Neglected Hand-Washing

By C. HOUSTON GOUDISS

"I DO feed my Johnny correctly," a young mother said to me not long ago. "I give him milk and eggs and vegetables and fruits. And still he has colds! Would you mind telling me just how you reconcile **that** with all this talk about our newer knowledge of nutrition—and how it helps children to have better health?"

"I don't know," I answered. "But I wonder if it would be convenient for me to meet Johnny?"

"Certainly," she replied. "He'll be home from school in a few moments. He usually stops at the school playground for an hour or two, to play dodge ball with the other boys."

A moment or two later Johnny appeared. And a more grimy little lad I had seldom seen, certainly not outside of a neighborhood such as we sometimes describe as underprivileged!

Johnny's hands were dirty. His face was dirty. His knees and legs were streaked with mud. There was a lollypop in his mouth, though he quickly pulled it out when his mother made the introduction.

I could not refuse his hand when he put it forth in a gentlemanly gesture, though I noted that some of its visible soil, and doubtless some unseen germs, were transferred to my own hand during the greeting.

No sooner had we unclasped hands than a tremendous sneeze all but engulfed Johnny. And in spite of his almost adult manner at meeting a stranger, he had not learned to cover his nose and mouth during a sneeze. The lollypop was sprayed with moisture—and germs. Two seconds later, the child put the lollypop back in his mouth and continued sucking it!

And yet his mother could not understand why he had colds!

Contaminated Food

I have pointed out many times that in my opinion, a mother's foremost responsibility is to feed her children a diet that takes into account all the recent amazing discoveries of nutritional science. Only by so doing can she hope to give them a sturdy body with straight bones, strong responsive muscles, a good circulation and sound healthy nerves.

But the parent who permits her offspring to eat with unwashed hands and thus take countless germs into his body with every mouthful of food is scarcely giving that food a chance to build the kind of body and brain every mother desires for her child. On the contrary, she is risking the danger of grave illness. For the micro-organisms which cause 92 out of every 100 deaths from communicable diseases enter or leave the body through the mouth or nose.

Health Linked to Cleanliness

All of us have heard the expression: "Cleanliness is next to Godliness," though to observe some of our school children eating their lunches, one might have reason to believe that both mothers and school boards have forgotten this old copy-book maxim! But it bears remembering, every day and all day. For the writer who said that soap and civilization go hand in hand was not far from the truth. Certainly, soap-and-water cleanliness and good health are inseparably linked, and habits of personal cleanliness are a vital factor in safeguarding children against infections and disease.

We often compare a correct diet to the bricks with which a well-constructed building is erected. But if food represents the bricks with which the edifice of health is built, surely cleanliness is the mortar!

Keeping Everlastingly at It

Most babies are kept clean by their mothers because mothers know that they cannot keep their babies well if they do not keep them clean. If the same careful policy were followed in later childhood, it is almost certain that there would be less illness among children.

Unfortunately, many mothers relax their vigilance the moment their child is ready for school. In some cases, they believe that the child has had sufficient training and can be relied upon; in other instances, they believe, or hope, that further training will be supplied by the school!

A Mother's Job

But the mere fact that a child is old enough to go to school does not make him less of a child. Nor does it make his mother less of a teacher and guardian. On the contrary, it multiplies her responsibilities!

More than ever the child needs careful supervision of his health habits. For now he is in daily contact with countless other youngsters, from many types of homes. More chances to pick up germs! More chances to disseminate germs should he be permitted to go to school with the sniffles!

Mothers must increase, not decrease their vigilance. They must assume responsibility for the observance of all the habits that safeguard health. These include the daily bath; the daily change into clean clothing; the frequent washing of the hands, and always before eating; the twice-daily brushing of the teeth; regular elimination; regular hours for meals; and the necessary hours for outdoor play and for sleep.

What About the School?

Mothers must remember—and must emphasize to their children—that diseases may often be traced to unclean hands, and to germs sprayed in the air by persons having coughs and colds.

Teach your children to muffle every cough and sneeze in a handkerchief. And be sure they have a handkerchief handy for the purpose. Teach them to keep their fingers out of their mouths, likewise pencils and other objects. Teach them to wash the hands and face frequently.

If they are to carry out this last instruction, it is imperative that soap and towels be available in school washrooms, as well as at home. Investigate conditions at the school your child attends. If facilities are not adequate, do something about it. Either arouse other mothers to help rectify the omissions, or failing that—have your child carry soap and paper towels from home!

By teaching cleanliness to your children, by making it a regular part of their training, you will help to safeguard their health and the health of every other child with whom they come in contact in their daily lives.

©—WNU—C. Houston Goudiss—1938—36.

A Doggy Applique Quilt

Pattern 1846

Here's a chance for variety! Get out your scrap bag and just have fun appliquing this cute pup in the material as it comes to hand. He's just one big simple applique patch on a 9⅞-inch block; the ribbon is put on in contrasting binding or embroidered on. He makes a fine pillow, too, with matching triangles added at the corners to form the pillow. Isn't that a thought for gift or fair? Pattern 1846 contains accurate pattern pieces; diagram of block; instructions for cutting, sewing and finishing; yardage chart; diagram of quilt.

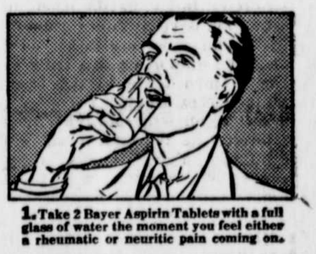
Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York. N. Y.

Veiled King

The Alifin of Oyo, a province of Nigeria, is not only considered to be an intelligent king by his 1,400,000 subjects but also is regarded as one of the most enlightened rulers in West Africa. Yet no one, outside of his palace, has ever seen his dusky face, as he always appears in public veiled against the "evil eye" by a screen of hanging beads.—Collier's Weekly.

Rheumatism

Just Do What You See In These Pictures To Relieve Pain Quickly



1. Take 2 Bayer Aspirin Tablets with a full glass of water the moment you feel either a rheumatic or neuritic pain coming on.

2. You should feel relief very quickly. If pain is unusually severe, repeat according to directions.

Just Be Sure To Use Genuine Bayer Aspirin

To relieve pain of rheumatism or neuritis quickly, try the Bayer Aspirin way — shown above.

People everywhere say results are remarkable. Yet Bayer Aspirin costs only about one cent a tablet, which makes the use of expensive "pain remedies" unnecessary.

If this way fails, see your doctor. He will find the cause and correct it. While there, ask him about taking Bayer Aspirin to relieve these pains. We believe he will tell you there is no more effective, more dependable way normal persons may use.

When you buy, make sure you get genuine BAYER Aspirin.

15c
FOR 12 TABLETS
2 FULL DOZEN 25c

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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.

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*Pepsodent ALONE of all tooth powders contains marvelous Irium**

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