# 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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### SMART HUBBY

"I feel certain that stupid husband of mine married me for my money."

"Then why call him stupid?"

### Necessity

Two elderly members met at the club after many years. Said one to the other, who was slightly deaf:

"I'm sorry to hear of the death of your wife."

"Eh? What's that?"

"I'm sorry to hear your wife is dead."

"Speak up, man. I can't hear you!"

"I'm sorry you buried your wife!"

"But I had to. She died."

### APPROPRIATE

"Why is Jones called the gangplank?"

"Lets everybody walk over him, you know."

# WHAT to EAT and WHY

## Feed Adolescent Correctly or Tragic Consequences May Result, Warns C. Houston Goudiss; Teeth Must Receive Special Consideration

By C. HOUSTON GOUDISS

OFFHAND, it may seem as if there could be very little connection between a deficient diet during adolescence and painful childbirth in later years. Yet it has been demonstrated clinically that there is a definite link. It has likewise been determined that the kind of food which is fed adolescents has a significant and far-reaching influence upon their teeth in later life, and **in the case of girls, upon the teeth of their children when they in turn become mothers.**

### Preparation for Parenthood

**Adolescence is a difficult period at best. And if a girl takes an unbalanced diet at this time, the result may be an unstable nervous system, poor physical development, lowered vitality and inability to fight off infections. This lack of strong resistance may open the way to dental disease and to a variety of other serious infections as well.**

It has also been established that if a girl is poorly nourished during these years of rapid development, there may not be the slightest indication of that fact until she first becomes an expectant mother. Then she will pay for **her mother's lack of nutrition knowledge.**

### Results of Calcium Deficiency

If her diet has been deficient in calcium, for example, her pelvic bones may be imperfectly developed, so that she suffers unnecessarily during the birth of her child. And if liberal amounts of calcium have not been stored in her body, she may be called upon to make needless sacrifices from her own body in the interests of her child. **It is well known that if an expectant mother's diet is not abundantly supplied with calcium, the substance will be withdrawn from her own bones and teeth in an effort to meet the needs of the developing child.**

### An Aid to Dental Health

For although expectant mothers are not always aware of this important fact, it is true that the first or "baby" teeth are developed within the jaw during prenatal life, and the foundations for the second set are also laid at this time.

Unless the expectant mother's diet is very generously supplied with calcium, so as to allow adequate amounts for the baby's teeth and bones, nature will endeavor to meet the child's requirements by sacrificing calcium from the mother's own body. If she has no adequate reserve, then she may be forced to lose "a tooth for every child," or suffer even more serious dental ills.

### Calcium-Rich Foods Required

Leading nutrition authorities hold that the average American diet is more deficient in calcium, perhaps, than in any other single nutrient. This is especially likely to be the case in the diet of the adolescent. For at that time, boys develop prodigious appetites and a tremendous capacity for carbohydrates or energy-producing foods, while girls become extremely finicky. Either they do not take enough food at meals, or they tend to eat too many rich mixtures between meals. As a result, the diet of both boys and girls is likely to contain an abundance of meat, fish, highly milled cereals and other refined foods, with inadequate amounts of the foods rich in calcium.

### The Adolescent's Diet

**To balance the diet properly, these necessary protein and energy foods should be supplemented by milk and cheese which are rich in calcium; by green leafy vegetables which are also a good source; by eggs and fruits, valued for their minerals and vitamins; and by bulky foods which supply sufficient cellulose to help promote regular health habits.**

**Mothers of adolescent children should make a conscientious and determined effort to feed them a diet rich in calcium and vitamins A, C and D—the substances required, especially, for maintaining sound, healthy teeth.** If milk and succulent fruits and vegetables figure prominently in the daily menus of the adolescent girl, they will go a long way toward helping to correct the "choosy" attitude toward food from which many older children suffer.

**And if careful attention to diet is coupled with careful attention to sound hygienic habits, the health of our 'teen-age boys and girls will be greatly improved, and they will be more adequately prepared to assume the duties of parenthood.**

### Correct Dental Hygiene

**It is vitally important that the proper care be given to the teeth and mouth.** But it is quite unlikely that a correct routine will be followed unless mothers offer tactful advice and suggestions very frequently. For while the tiny child has his teeth brushed for him, and the young school child has his tooth-brushing ritual supervised, too often the adolescent is left to his own devices in this respect. That is a great mistake, as adolescents are sometimes careless in the care of their teeth.

Mothers must see to it that there are two toothbrushes, one for night and one for morning, so that it is never necessary to use a soggy brush. **They must watch when the supply of tooth paste or powder runs low, and see that it is replaced. For it is surprising how few children can be persuaded to brush their teeth properly without an agreeable dentifrice! Mothers should take care to choose a dentifrice that will preserve or restore luster in the teeth. For adolescents are extremely sensitive about their appearance and they must not be allowed to permit dingy teeth to spoil their smiles.**

If mothers will feed their adolescents a correct diet and supervise their daily dental care, the coming generation will not only be more attractive to look at but should enjoy more abundant health.

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## Pretty Workaday Fashions

DURING the indoor season to come, make plenty of bright new workaday clothes for yourself and your daughter. Here's a design for charming aprons to wear over your own dark house frocks for protection and prettiness. And a simple, flare-skirted dress for school girls, so becoming and practical that just one of it will never be enough. Both of these patterns, in fact, you're sure to use over and over in different materials. They're easy as french dressing to make. A detailed sew chart accompanies each of them.

**Charming School Frock.**

This is an awfully good style for growing girls who incline to be a bit lanky. The puff sleeves, flared skirt and small waistline, drawn in by a belt at sides and back, give them just the right lines. The high neckline, finished by a little round collar, covers up their collar bones and looks so well under young faces. This is a diagram design, therefore can be finished in a few hours. Make it of velveteen, flannel, jersey, wool plaid, gingham, linen—it looks well in practically every fabric that school girls wear.

**Three-Way Apron Design.**

Two comfortable pinafore styles, so cut that they won't slip off at the shoulders, and a sweet little tie-around, are yours in this smart design that will help to solve many of your Christmas gift problems. Anyway you take it, or make it, this flaring, tiny-waisted apron design is a delight to make and to wear. Dimity, percale, dotted swiss, organdie and batiste, in white, dainty prints or pastels, are pretty fabrics for aprons.

**The Patterns.**

No. 1625 is designed for sizes 6, 8, 10, 12 and 14 years. Size 8 requires 2¼ yards of 39-inch material; 1⅝ yards of braid; ⅞ yard of ribbon for belt.

No. 1622 is designed for sizes 32, 34, 36, 38, 40, 42 and 44. Size 34 requires 2⅜ yards for each of these aprons. And for apron No. 1, 6 yards of braid. For apron No. 2, ¾ yard of contrast. For apron No. 3, 1 yard of pleating.

**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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## Little Stores, Big Names

Little Mexican business men display a lot of ingenuity in naming their stores. A name like Brown & Platt won't do; it has to be the Passage of Venus Through the Orbit of the Sun or better.

A dry goods store near Mexico City is named May Sunshine, a bar is named the Firing Line, and a charcoal yard is called the Struggle.

Our correspondent encountered a bakery named El Recuerdo del Porvenir. That meant the Remembrance of the Future and made little or no sense. Somebody finally cleared it all up by explaining that the original store on that site had burned down. Its name had been the Future.—Fortune Magazine.

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