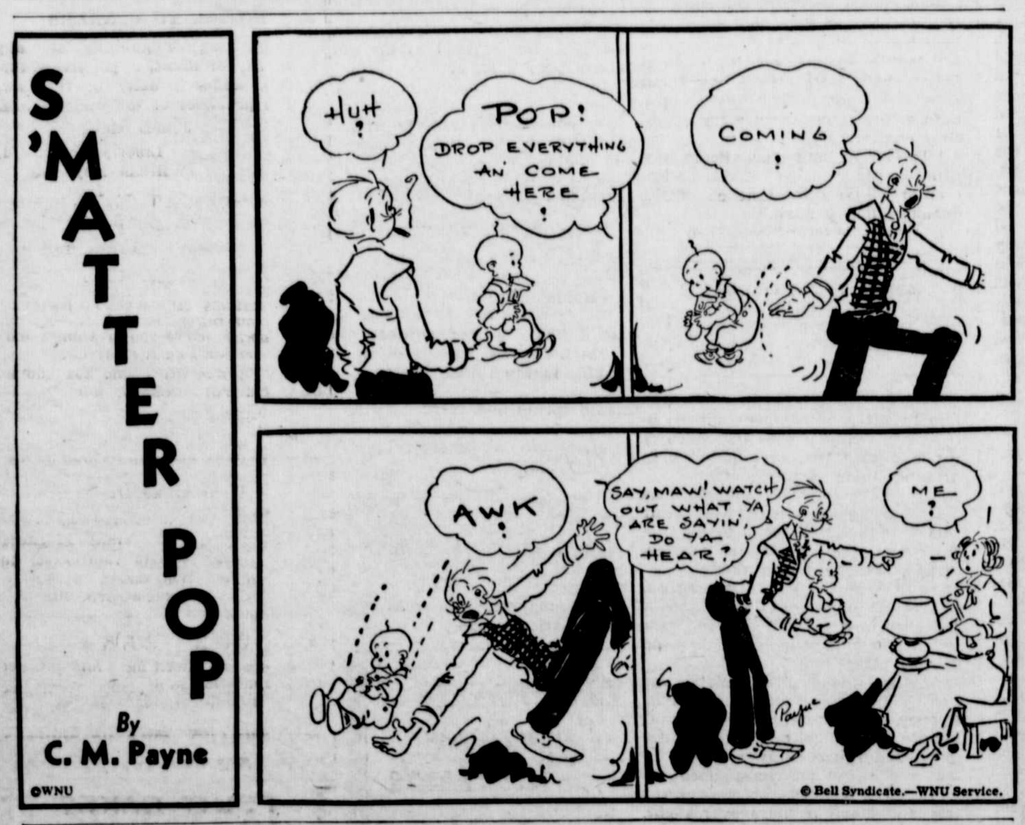
OUR COMIC SECTION

Events in the Lives of Little Men



AWAITING THE SHIVERS

"What have you done toward fire-prevention in your home?"
"Failed to get any coal."

Quite Proficient

"Can you do double entry?" asked the employer of the prospective employee.

"I can do triple entry!" was the reply.

"Triple entry?"

"Yes—one entry for the working partner showing the true profits, another for the sleeping partner showing small profits, and a third for the income tax collector showing a loss."

IN THE DANGER ZONE

Bug—Heavens, here I've been smoking near a powder can.

WHAT to EAT and WHY

C. Houston Goudiss Describes Some of the Functions of Vitamin B_1—Reports Recent Discoveries of Its Relation to the Gastro-Intestinal Tract

By C. HOUSTON GOUDISS

PERHAPS no more dramatic chapter has ever been written in the history of nutritional science than the discovery of the chemical structure of the vitamin now known as B_1 and its artificial synthesis.

Inasmuch as a deficiency of this vitamin may have extremely far-reaching effects upon human health and happiness, it is important that every homemaker should learn something of its functions, its characteristics and its sources.

The Anti-Neuritic Substance

Vitamin B_1 is known to prevent and to cure a nerve disease called beriberi.

The disease was known in Ancient times in the Orient. It occurred in other countries during the Nineteenth century. And even in the Twentieth century, some of the British troops stationed in Mesopotamia and the Dardanelles during the World war came down with the disease.

Even before this vitamin was identified, a European investigator was seeking to determine why a small portion of milk added to a diet containing protein, fats, carbohydrates and minerals successfully nourished individuals who did not enjoy good health when the milk was omitted.

Chemical Identification

Many investigators sought for years to fathom the secret of this mysterious substance.

After long research by many distinguished investigators, two Americans reached a milestone in the history of nutritional science when they discovered the chemical structure of vitamin B_1 and learned how to synthesize it.

A Regulator of Body Processes

In the course of their work with vitamin B_1, nutritional scientists have discovered many other important functions of this vitamin.

It has been determined that this substance is essential to growth and that it is also necessary to promote normal appetite. Laboratory experiments with animals revealed that when fed upon a diet lacking vitamin B_1, the animals lost their desire for food and refused to eat until the vitamin was restored to their diet.

There is also some evidence that vitamin B_1 is necessary for the maintenance of normal muscular tone of the large intestine.

Aids Gastro-Intestinal Tract

Chemical studies on 75 patients led one investigator to conclude that a continual slight shortage of vitamin B leads to definite changes in the motor and secretory mechanism of the gastro-intestinal tract.

There is also evidence that the vitamin B_1 requirement increases with the rate of growth and with increased energy expenditure.

For this reason, active working men and women should be amply supplied with this vitamin, and growing children should also have generous quantities.

Further investigations are now in progress and it is quite possible that many significant new facts will be unearthed in the near future.

In the meantime, there is enough evidence to warrant the belief that the absence of vitamin B_1 results in cellular alteration in the nervous system, intestine, pancreas, stomach, salivary glands, liver and other tissues.

The whole power of the body to resist infection appears to be decreased. This is especially true in the gastro-intestinal tract, probably owing to the action of the bacteria on its passage through the impaired alimentary tract.

Some Peculiarities of This Vitamin

Vitamin B_1 is soluble in water. For this reason, a large percentage of it may be lost if the water in which a food is soaked or cooked is discarded. Other ways in which this precious vitamin is lost are through refining cereals too highly, or when the natural acidity of a food is lowered by the addition of an alkali.

Preventing Vitamin B_1 Deficiency

It has been suggested that the health department of every village, town and city should not be content with protecting the local community against infectious diseases, but should be equally militant in endeavoring to safeguard its people against the dietary deficiency diseases which have been discovered through the recent advances in nutritional knowledge.

That is because many people who can easily afford the foods that furnish vitamin B_1 are consuming a diet deficient in this respect. This unfortunate situation may arise because they believe that their customary diet is adequate. Or, they conclude that appetite is a reliable guide to the meals that should be consumed.

Sources of Vitamin B_1

Investigation has established that foods yielding a good amount of vitamin B_1 include bran, milk, eggs, bananas, orange juice, carrots, spinach and cabbage.

One of America's outstanding nutritional scientists has stated that foods can be made to provide the necessary daily requirement of vitamin B_1 if half of the needed calories are taken in the form of fruits, vegetables, milk and eggs, **and if at least half of the breads and cereals consumed are taken in the whole grain form. This suggests the advisability of adding some bran to muffins, waffles, and other quick breads when they are intended for the dietary of normal individuals. The same procedure can likewise be followed in serving hot or cold cereals.**

Another distinguished authority holds that adequate amounts of vitamin B_1 can be furnished at a low cost if the homemaker will utilize larger quantities of the whole grain cereals and legumes. If the calories supplied by these foods are not desired—as when one is endeavoring to avoid gaining weight—vitamin B_1 may be obtained from suitable quantities of bran and the germ of the grain.

Foods That Help Promote Regularity

In addition to providing vitamin B_1, which helps to serve as a sort of intestinal tonic, bran and many fruits and vegetables help to add cellulose or bulk to the diet. Their fibrous framework is a great aid in promoting regular health habits.

Some foods are richer than others in cellulose or bulk. Good sources of this substance being notably bran, whole grain cereals, most raw fruits; dried fruits, such as prunes, figs and raisins; raw vegetables; such cooked vegetables as onions and leafy greens; and legumes, that is, dried beans and peas.

These foods, therefore, have a definite place in the diet of normal individuals. The homemaker should see to it that they are included regularly in her daily menus.

If that task is performed faithfully, it should help to develop a healthier and more vigorous race.

Questions Answered

Mrs. S. T. L.—Yes, you are correct. All kinds of flesh food furnish protein, and usually they also contain fat. The amount of fat, however, varies with the cut and with the kind of animal from which it was obtained. Many flesh foods have more fat than full cream.

Mrs. T. A.—If a year-old infant receives a quart of milk daily, he should obtain sufficient protein, calcium, phosphorus and vitamin A to meet his requirements. He will likewise receive substantial amounts of vitamins B and G, but he needs a supplementary source of vitamin C.

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Initials in Easy Stitches

Pattern 6158

You'll be delighted with the effects you can achieve with these initials. They're just lazy-daisy and outline stitch with a french knot for the flower center. The initials dress up linens or any personal accessories whether you conservatively use one color, a color and black or a variety of colors. Pattern 6158 contains a transfer pattern of two 2¼-inch alphabets, two 1½-inch alphabets, and 4 motifs 2¼ by 2¾ inches; information for placing initials; illustrations of stitches.

Send 15 cents in coins for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York.

Much Smoke, Little Fire

The community dinner was over at last and the patient guests who had listened to the long address of the principal speaker breathed a deep sigh of relief.

"The speaker was all right," the toastmaster's wife whispered, "but it seems to me that he didn't put enough fire into his speech."

"I feel the opposite way," answered the toastmaster. "In my opinion he didn't put enough of his speech into the fire."—B'nai B'rith Magazine.

NO FUSS

RELIEVING COLD DISCOMFORT THIS WAY!

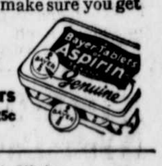
Just Follow Simple Directions Below—and Use Fast-Acting Bayer Aspirin

It's the Way Thousands Know to Ease Discomfort of Colds and Sore Throat Accompanying Colds

The simple way pictured above often brings amazingly fast relief from discomfort and sore throat accompanying colds.

Try it. Then—*see your doctor.* He probably will tell you to continue with the Bayer Aspirin because it acts so fast to relieve discomforts of a cold. And to reduce fever.

This simple way, backed by scientific authority, has largely supplanted the use of strong medicines in easing cold symptoms. Perhaps the easiest, most effective way yet discovered. But make sure you get BAYER Aspirin.



15¢ FOR 12 TABLETS
2 FULL DOZEN 25¢

Without Virtue

That man is worthless who knows how to receive a favor, but not how to return one.—Plautus.

QUESTION

Why do Luden's contain an alkaline factor?

ANSWER

To help build up your alkaline reserve when you have a cold.

LUDEN'S 5¢
MENTHOL COUGH DROPS

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EXPERTS can roughly estimate the value of a product by looking at it; but even experts are sometimes fooled by imperfections.

A more certain method for judging the value of any manufactured goods is a knowledge of the maker's name and what it stands for.

This is a sure index of value and an assurance against careless workmanship, or use of shoddy materials. Advertised products are worthy of your confidence and you'll find it pays to read advertisements and to buy advertised goods.