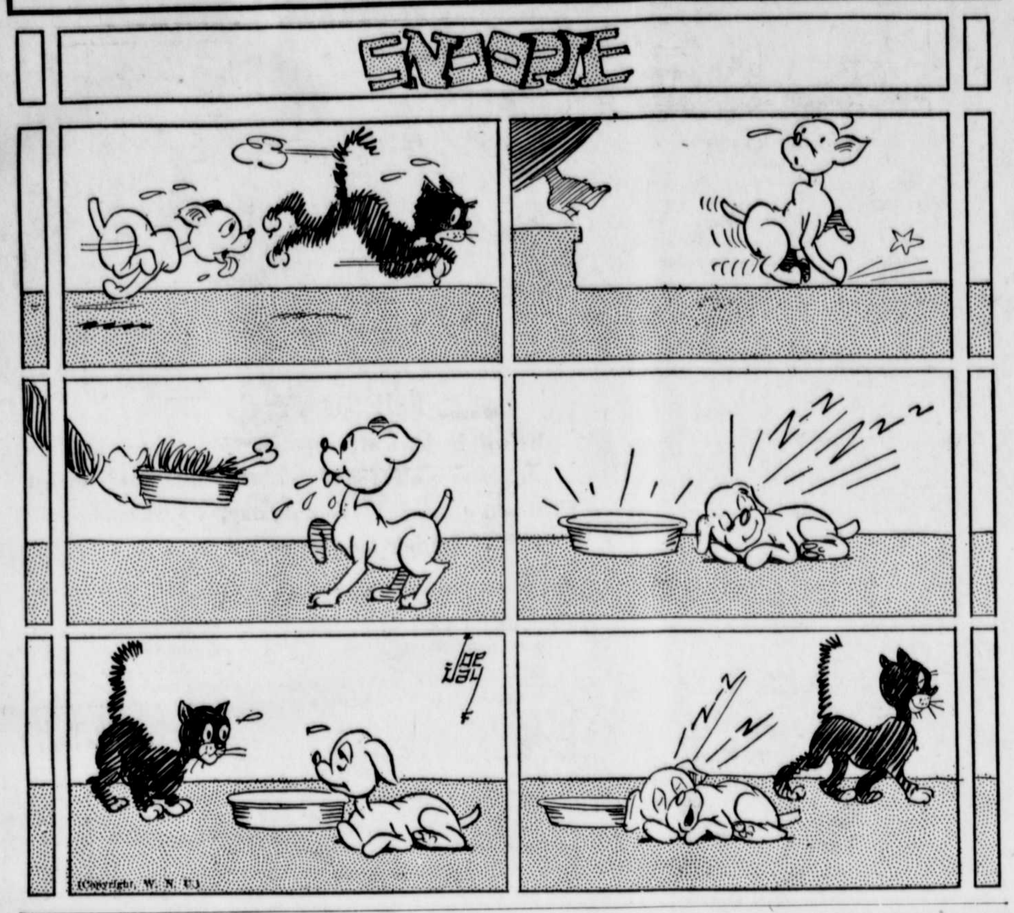
OUR COMIC SECTION



FOR ROUGH SAILING

"He's plunged into the sea of matrimony—how will he keep afloat?"

"He has a light mind and a buoyant heart."

Oooh!

A tourist, on his way to Europe, was experiencing seasickness for the first time. Calling his wife to his bedside, he said in a weak voice:

"Jennie, my will is in the Florida National bank. Everything is left to you, dear. My various stocks you will find in my safe-deposit box." Then he said, fervently: "And Jennie, bury me on the other side. I can't stand this trip again, alive or dead."—Tale Spins.

BUG SPORT

Bugs—Hey fellows, this bumping the bumps is great.

WHAT to EAT and WHY

C. Houston Goudiss Counsels Wise Eating During the Holiday Season

By C. HOUSTON GOUDISS

THE advent of the holiday season marks the beginning of one of the most difficult periods of the entire year for the homemaker.

To begin with, she is busied with the hundred and one details of Christmas shopping, the planning of holiday entertainments . . . and the preparation of extra food for parties. Secondly, the health and comfort of every member of the family depend to a considerable degree upon how they eat and what foods she serves during the weeks between now and January first.

Guard Against Lowered Resistance

Unfortunately, statistics show that the common cold and other similar ailments greatly increase in number directly after the first of the year. That is also the period when we find more people suffering from fatigue than at any other season. Both conditions are frequently traceable to faulty habits of eating and faulty hygiene during the holiday season.

The person who is forewarned is usually forearmed. Therefore, every homemaker who has the interests of her family at heart should plan, now, to arrange activities so that strain and fatigue will be reduced to a minimum. And more specifically, she should see to it that she formulates a sound eating program. Far too many people, at this season of the year, suffer the ill effects of lowered resistance brought about by unwise eating and by overeating.

Overeating of a poorly chosen diet is inadvisable at any time because it tends to overburden the digestive system. But it is particularly undesirable during the winter season when almost everyone tends to stay too long indoors, frequently in overheated rooms, and to take too little outdoor exercise.

Regularity in eating a carefully balanced diet, containing sufficient bulky foods to help promote regular health habits, is of the utmost importance if resistance is to be maintained at a high peak during the holiday season.

Keeping Body Machinery Efficient

One should always remember that the body is a machine working as regularly and as accurately as a clock. Any good mechanic knows that a fine mechanism requires the same type of care day in and day out. Homemakers, too, should remember that the body does not function differently just because we celebrate a holiday with age-old customs. Thus, to keep every member of the family well and rested, try not to allow the holiday celebrations to upset the ordinary routine of your household.

Late breakfasts, heavy dinners, and suppers taken at odd hours do not constitute the best possible menu-planning. The unfortunate over-emphasis on rich foods on special occasions may easily result in digestive disturbance, unless great care is taken to avoid dietetic indiscretions, and to maintain always the ideal of a balanced ration.

Child's Diet Especially Important

During the dark days of December, the children's diet requires extra thought and care. Too close confinement indoors and the lack of sunshine may easily have an adverse effect upon the temper and vitality of young children. Then, too, the excitement of anticipating Christmas is bound to add to their general fatigue.

Children seldom complain of fatigue, which makes it all the more necessary for mothers to be on guard against, or to look for, the first intimation that it may exist. **A child who is tired is very apt to be irritable. More than likely his appetite will be poor, and when he does eat, he may not be able to care properly for the food he takes.** You may find, if you allow him to become overtired or feed him unaccustomed foods, that it will be a struggle to get him to bed, and even then he may not sleep soundly. And it is generally recognized that disturbed sleep, plus unwise eating, may have most unfortunate consequences.

The Ideal Holiday Diet

Holiday or no holiday, both children and adults should have at least two fruits daily, one of which should be a citrus fruit or tomatoes, to help provide adequate vitamin C; there should be two vegetables besides potatoes, one of which should be of the green, leafy variety; an egg daily, or at least three or four weekly; a quart of milk for every child, and a pint for each adult.

If your meals are built on this foundation, there will be less room for the rich heavy foods which should only be taken in moderation, and after you have helped to satisfy the appetite with the protective foods. By making a point of eating generously of fruits and vegetables, and by including a crisp raw salad in the daily diet, you will be much more apt to consume sufficient bulk or cellulose to help maintain regular health habits.

Christmas Confections

We can scarcely speak of the holiday diet, particularly where children are concerned, without saying a word about Christmas confections and other goodies. These are a part of the holiday tradition. No homemaker would wish to deprive her family of such pleasures, but it does devolve upon her to simplify the other meals in the day so that her children do not suffer when they eat a large holiday dinner.

Similarly, she should make it her responsibility to either prepare the special Christmas treats from ingredients which she knows to be pure and wholesome, or to purchase them from a reliable source. If these goodies are then given to children at the end of a well-balanced meal, and not indiscriminately between meals, there should not be the upset digestions that make Christmas a bugbear to some mothers instead of the joyous occasion it should be.

By following out these suggestions, you can help your family to enjoy the holidays without regret. You will feel fit and your good health will be the basis of good cheer.

Questions Answered

Mrs. S. M. B.—Your letter was the first of a large number I received on the subject and I am therefore answering you, though my reply is also directed to all the others who have inquired concerning a recent announcement that cereals might be harmful to the teeth.

I have seen reports on this subject by two investigators and I know that other investigators are now endeavoring to check their work. As soon as there is further progress to report, I shall be glad to comment.

In the meantime, I would not hesitate to follow the advice of leading nutritionists and give your children cereals, at least half of which may well be served in the whole grain form.

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Undie Set and Day Dress

THE undie set goes so quickly and easily, in fact, that you can finish it for a gift in time for Christmas—and you'll certainly want to make it for yourself. The house frock is a diagram design that you can finish in a few hours. It's a mighty nice thing to be wearing when people run in unexpectedly, as they're sure to be doing, frequently, during the holiday season. You can feel right in it, and work comfortably, all day long.

The Undie Set.

Slip, panties and brassiere are all included in this one simple design that even the inexperienced can make with no difficulty. Make it up in fine quality materials—satin, crepe de Chine or flat crepe—and you'll save money not only in the first place, but in the long run, because the undies will wear and wash so long and so well. The slip has a beautifully fitted line over which your doll-waisted clothes will look their best. The brassiere provides support and uplift that you need for a definite bustline, and the panties are unusually smooth-hipped, because they fasten with a zipper.

The House Dress.

This full-skirted frock is such a pretty thing that you'll be wise to make it up in flannel or challis for shopping as well as in calico, gingham and percale for around the house. The bodice has darts just above the waist to create becoming fullness over the bust, the sleeves are puffed high at the shoulders, and the neckline, outlined with a double row of braid or ribbon, is extremely flattering. This is one of the most satisfactory house dresses that anyone in the 12 to 20 size range can possibly choose!

The Patterns.

No. 1649 is designed for sizes 14, 16, 18, 20, 40, 42, 44 and 46. Size 16 requires, for the slip 2¾ yards of 39-inch material; for the panties, 1⅛ yards; for the brassiere, ½ yard.

No. 1650 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 4⅔ yards of 35-inch material; 11 yards of ribbon or braid to trim.

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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ACTS FAST TO BRING RELIEF FROM COLDS

This Simple Way Eases Pain with Amazing Speed

1. To ease pain and discomfort and reduce fever take 2 Bayer Tablets — drink a glass of water.
2. If throat is raw from cold, crush and dissolve 3 Bayer Tablets in ½ glass of water . . . gargle.

Use Genuine BAYER Aspirin—the Moment Your Cold Starts

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 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 genuine BAYER Aspirin.

15¢ FOR 12 TABLETS
2 FULL DOZEN 25¢

Talent and Character

"Talent is formed in solitude and tranquillity; character is the rush and shock of the world of men."—Goethe.

QUESTION

Do Luden's do *more* than relieve?

ANSWER

Yes, their added alkaline factor helps build up your alkaline reserve.

LUDEN'S 5¢

MENTHOL COUGH DROPS

CLASSIFIED ADVERTISING

Have you anything around the house you would like to trade or sell? Try a classified ad. The cost is only a few cents and there are probably a lot of folks looking for just whatever it is you no longer have use for.

Classified ADS get Results