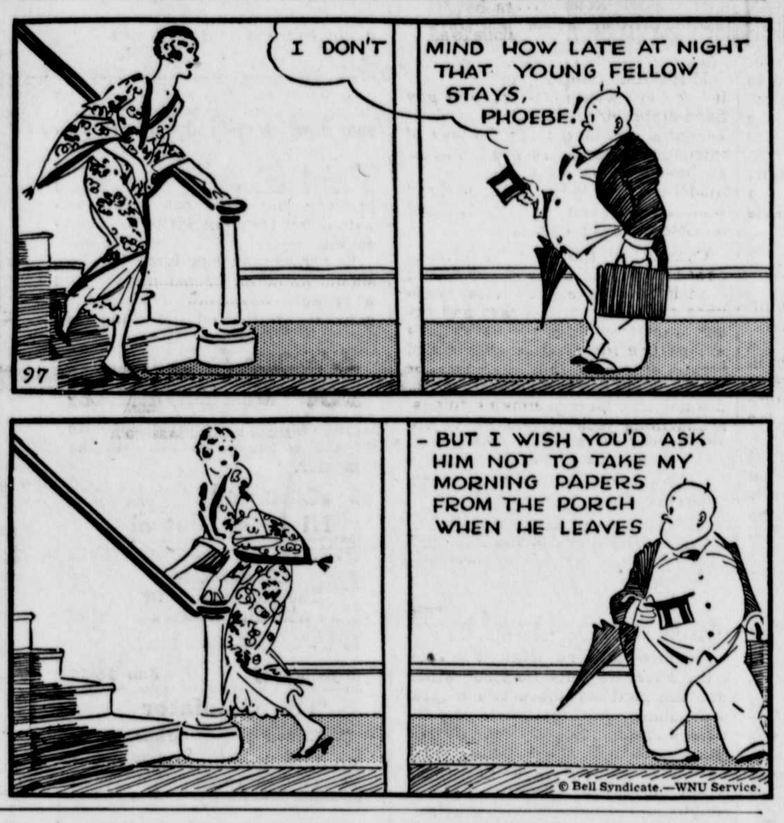
OUR COMIC SECTION

It Comes To Every Man!

POP

By J. Millar Watt



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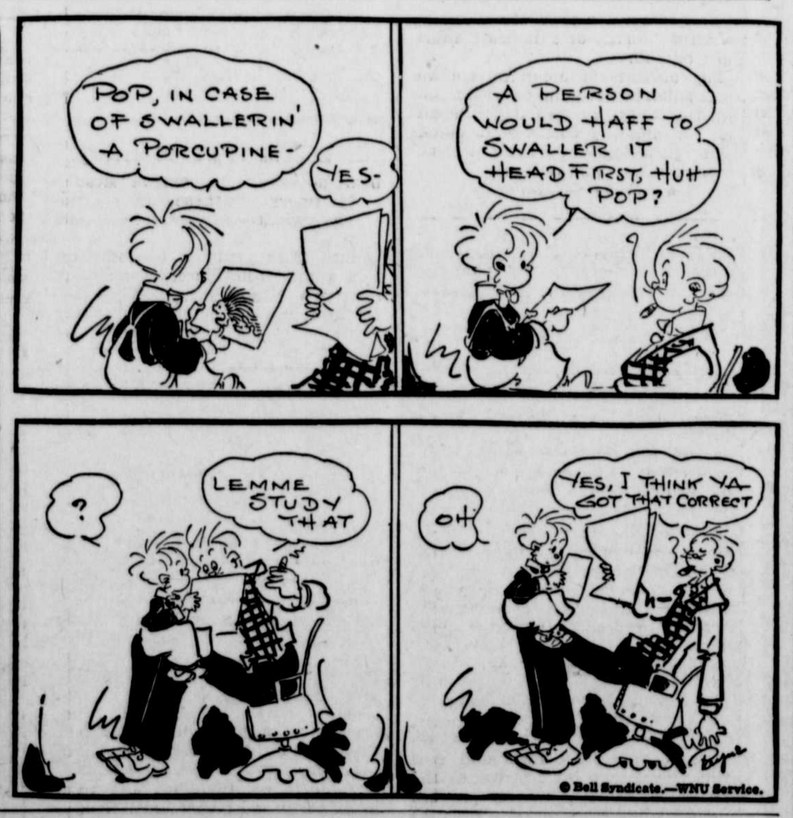
S'MATTER POP

By C. M. Payne



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PAGE ADAM AND EVE

"What did you say?"

"That I feel sort of naked without any leaves."

Has More Than One Name for It

"What kind of a car do you drive?"

"I don't know for sure," said Mr. Chuggins, "whether it's what the factory named it, or what I call it in a smash-up."

He'll Change

Bill—Isn't it awful that George is going to get married?

Tom—What's awful about it?

Bill—Why, George was such an easy chap to borrow money from! —Montreal Star.

GETTING HIS BEARINGS

"Fred proposed to me twice the past week."

"Must have been practicing up for the proposal he made me last night."

WHAT to EAT and WHY

C. Houston Goudiss Suggests the Part Played by Diet In Helping to Prevent the Common Cold

By C. HOUSTON GOUDISS

STATISTICS compiled over a period of years indicate that during the months of January and February, the number of colds and other respiratory infections continually mounts. Usually a peak is reached in late February or early March.

It is during the next eight or ten weeks, therefore, that, in the light of past experience, more adults will lose time from their work and more children will be absent from school, as a result of colds, than at any other period during the year.

The Tremendous Cost of Colds

It has been estimated that colds cost the United States more than a billion dollars a year. That figure, of course, is **only** an estimate. It merely attempts to gauge the dollars and cents lost in wages; and in the money spent in an effort to overcome colds. It does **not** take into account the discomforts that may be caused by this common complaint. Nor does it allow for the possible after-effects of a neglected cold.

Cause and Cure Obscure

No scientists today are willing to state what causes colds or how they may be cured. Large numbers of clinical and laboratory tests have been performed throughout the world in an effort to discover why we catch cold. Numerous records have been made concerning colds in men, women and children, as scientific workers have patiently and persistently tried to investigate the cause of colds. They have sought even one clue that might help us to outwit this common enemy!

Various theories have been advanced. Many have been discarded, and others have been considered sufficiently plausible to investigate further. There **is one** point on which many authorities agree: that is a belief that a cold is caused by a germ so small that it cannot be seen by the most powerful microscope.

It has been suggested by a number of competent observers that whenever the weather becomes damp and raw, and wherever crowds of people gather together, the cold germ may find victims among those whose resistance is low.

Prevention Rather Than Cure

Though we may not know precisely what causes a cold, nor how to cure it once we have been stricken, we **can** and **should** help to build up bodily resistance, so that we develop strong reserves against the unknown cold germ and any others lurking about.

Inasmuch as a program for building up bodily resistance is one which encourages greater health and longevity, it is a program which all forward-looking homemakers should put into effect for their families.

Helping to Build Resistance

Such a program should include proper food, normal elimination, adequate exercise and sufficient rest and sleep so as to avoid fatigue. Just as food plays an important part in helping to promote growth, maintain health and increase the chances for longevity, so does it have a stellar role in the battle to prevent colds.

The Right Food a Strong Weapon

The well balanced diet, as I have previously stated, is one that is built, first of all, upon a firm foundation of the protective foods —milk, eggs, fresh fruits and vegetables. These are the foods that are richest in minerals and vitamins—substances which help to regulate body processes and help to guard against deficiency diseases.

There should be adequate protein to allow for the demands of growth and to help repair worn-out body tissue. There should be enough bulk or cellulose to help promote normal elimination. And there should be a sufficient amount of water and other fluids; for water flushes the countless channels of physical existence, as it passes from the body through the lungs and skin, as well as through the kidneys and the large intestine.

Significance of Vitamin A

Nutrition authorities are frequently asked, "Is there any specific food substance that may be said to be particularly helpful in preventing colds?" or "Is it true that vitamin A is especially valuable in combatting colds?"

Here is one answer to both questions: scientists have found evidence that vitamin A, which occurs most abundantly in milk and other dairy products, and in green, leafy and yellow vegetables, helps to keep the epithelial cells of the mucous membranes in good condition, so that the natural defenses are preserved.

One of our outstanding nutrition authorities has gone on record as saying that in his opinion, at least four times the amount of vitamin A required for apparent health may bring a good return in health protection.

It is important to remember, however, that the best single piece of advice that can be given regarding diet is to eat moderately of well balanced meals.

Don't Overeat

In addition to partaking adequately of the protective foods, those who are endeavoring to plan a program of living that will help to prevent the common cold should likewise guard against overeating.

One should also do everything possible to avoid coming in direct contact with persons who have colds.

Through a routine of correct eating and sound habits of hygiene, the homemaker can go a long way toward helping her family to prevent colds. Remember that here, especially, an ounce of prevention is worth perhaps **more** than a pound of cure!

Questions Answered

Mrs. L. A. C.—No, it is not essential to include an egg in the school child's breakfast, provided he receives an egg in some form during the day. An ample, and easily digested breakfast might include fruit, cereal with milk, toast and milk to drink.

Miss C. M.—Yes, it is true that molasses contains calcium. The amount in a tablespoon and a half has been compared to the amount of this mineral which can be obtained from one and one half cups of diced carrots.

©—WNU—C. Houston Goudiss—1939—45.

Sew for Now and Spring

IT'S fun to sew during the long winter evenings, when you use these simple patterns, each including a detailed sew chart, so that you can follow them with no trouble, and listen to the radio at the same time. Right now, the stores have grand bargains in fabrics, too, so it's certainly the time to get some sewing done. You can make such pretty things, and save so much money, by doing it.

Two-Piecer for Girls.

Here's a charming dress that girls in the 10-to-16 size range will love for school, and it's so easy to do that those who like sewing can make it themselves. The basque blouse hugs in (by means of darts), to make the waist look small. The skirt has such a pretty flare. Both can be worn with other things. Choose wool crepe, flat crepe, silk print or moire. It will be pretty, this summer, in crisp cottons, too.

Three Pretty Aprons.

Make this dainty, useful set of aprons now, and have it ready when spring weather arrives and people begin to drive up unexpectedly for meals. You'll enjoy having the aprons right now, too, when you serve refreshments to your club. This set is a nice party prize, and a gift idea for your friends who are brides-to-be. It includes two practical pinafore styles, both made so that they cannot slip off your shoulders when you have your hands in the dish water. Also, a sweet little frilly tie-around. Choose dimity, linen, percale or dotted Swiss.

The Patterns.

No. 1657 is designed for sizes 10, 12, 14, and 16 years. Size 12 requires 1⅞ yards of 39 inch material for long-sleeved blouse; 1⅜ yards for short-sleeved blouse; ½ yard for contrasting collar and 1⅞ yards for skirt.

No 1639 is designed for sizes 32, 34, 36, 38, 40, 42, 44 and 46. Size 34 requires, for apron No. 1, 2 yards of 35 inch material and 12 yards of braid. For apron No. 2, 2¼ yards of 35 inch material and 9 yards of braid. For apron No. 3, 1⅛ yards of 35 inch material and 3 yards of pleating.

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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AROUND the HOUSE

Items of Interest to the Housewife

Save Coal.—Put a lump of chalk on the fire. The chalk gets red hot, throws out a great heat and can be used many times.

• • •

Sandwich Fillings.—Honey combines well with peanut butter, cottage cheese, chopped dried nuts or fruit to make sandwich fillings.

• • •

Slicing Figs and Dates. — To slice figs, dates and prunes for cooking, cut them with scissors dipped frequently in warm water. This helps avoid stickiness and makes even-edged pieces. For fruit puddings, it often is advisable to cover cut fruit with warm water so it will mix better with the other ingredients.

Step Saver.—A working surface with cupboards above it to the left of the sink, so dishes may be put into the cupboards as soon as dried, saves many steps in the kitchen.

• • •

Care of Steel Wool.—Steel wool will last so much longer if dried in the sun or on the radiator after each using. This will prevent its rusting and becoming unpleasant.

• • •

To Cream Butter.—Remove butter that is to be used in making cake from the icebox about one hour before you start mixing ingredients. It will then be much easier to cream it.

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.

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2 FULL DOZEN 25¢

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