OUR COMIC SECTION

Along the Concrete

S'MATTER POP

By C. M. Payne

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POP

By J. Millar Watt

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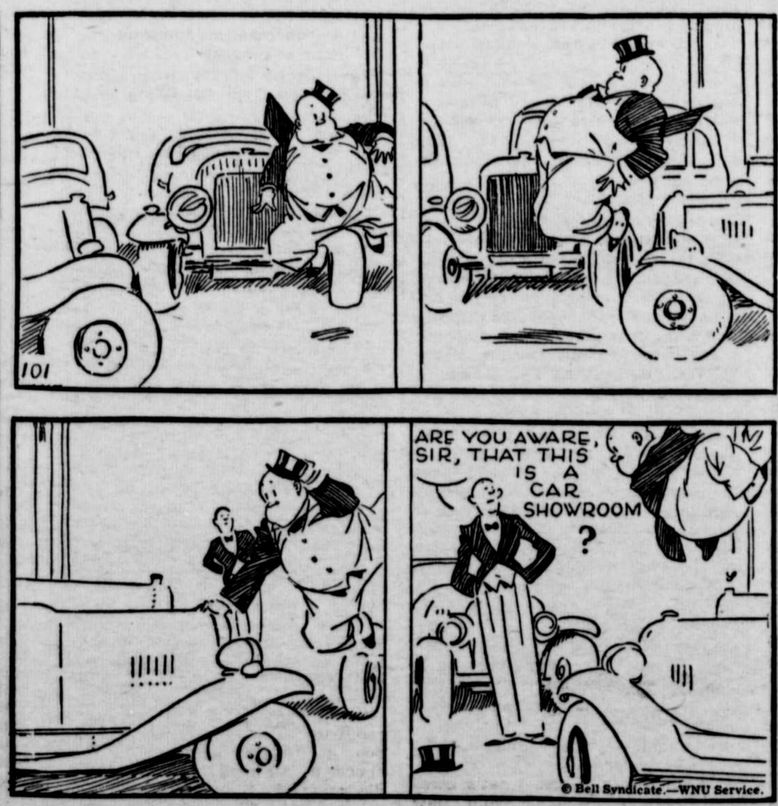

PLAYS FOR ECONOMY

"D'yer see yer feller often, Sarah?"

"Naw; allus set in the dark."

Tufftown Tales

"Healthy hereabouts, stranger?" repeated Tolliver. "Say, when I fust come here I was so goldurned weak they hadda tote me around. I couldn't eat a danged thing, an' somebudy hadda lift me into bed an' outa it!"

"Indeed?" says the stranger. "How long have you been in this salubrious climate?"

"All my life, stranger," drawls Tolliver. "I was bawn here."—Washington Post.

MUST BE THAT

Judge (impaneling jury) — So you've neither formed nor expressed an opinion?

Talesman—No, your honor.

Judge—Married, I suppose?

WHAT to EAT and WHY

C. Houston Goudiss Reports Some Current Knowledge of Vitamin G, a Substance Essential to Growth and Normal Nutrition

By C. HOUSTON GOUDISS

A NUMBER of the vitamins have been discussed in these columns from time to time. The latest findings of nutritional science have been related, together with suggestions made by outstanding authorities concerning the amounts of different vitamins required to help maintain top health.

So far vitamin G has not been discussed specifically. Yet a knowledge of some of the functions and sources of this vitamin should be possessed by every homemaker. For eminent authorities are of the opinion that it has a far-reaching influence upon health.

Possible Effects on Longevity

The avowed objectives of modern nutritional scientists are to help humanity to enjoy happier, healthier and longer lives. If any one vitamin could be said to have more influence than any other on longevity, the distinction most certainly would be accorded—so far as present knowledge is concerned—to vitamin G.

Extensive laboratory experiments by investigators who are paramount in their field seem to indicate that vitamin G has a pronounced effect upon the maintenance of health and vigor at all ages. It has been demonstrated with experimental animals that a diet containing more vitamin G than is required for normal growth resulted in greater vigor, a postponement of the onset of senility and a comparatively short period of the mental and physical infirmities we usually associate with old age.

Effect on Digestion and Nerves

Laboratory experiments have also indicated that when there is a shortage of vitamin G, digestion is usually impaired. In this respect, a shortage of vitamin G has a slightly different effect than a deficiency of vitamin B. A definite lack of vitamin B causes an abrupt and complete loss of appetite. Withholding vitamin G appears to affect the desire for food, so that experimental animals consume only about two-thirds as much as they would normally take.

A form of nervous depression may occur when the diet is low in vitamin G for any protracted length of time. Other unfortunate consequences may be a decline in the health of the skin. Studies with animals indicated that when the vitamin was withheld, not only did a loss of weight occur, but there were other signs of nutritional failure. These included an inflammation of the mouth, a loss of hair, a thickening and in some cases, a cracking and scaling, of the skin.

Vitamin G and Healthy Eyes

Studies with a variety of experimental animals resulted in the startling disclosure that on diets lacking vitamin G the health of the eyes was distinctly affected.

Not only was there a loss of hair around the eyes, but the eyeball developed a whitish appearance which was determined to be cataract.

At present, scientists are not prepared to say whether these laboratory findings may be confirmed clinically. But certainly when we know that in many ways, the food requirements of experimental animals are comparable to those in man, it would be distinctly to our advantage to make sure that we do not lack for adequate amounts of vitamin G.

Sources of Vitamin G

Because vitamin G is closely associated with vitamin B, some homemakers occasionally confuse the two. This is not surprising, inasmuch as it was some years following the initial recognition of vitamin B that scientists established beyond a doubt that there **was** more than **one** growth-promoting vitamin. Subsequently, they learned that while the substance, later named vitamin G, was frequently found in close association with vitamin B, such was not **always** the case. For example, vitamin G is known to occur without vitamin B in egg white.

Milk, Meat, Eggs, Greens

The richest sources of vitamin G are the concentrates of yeast, yeast extract and wheat germ. Almost equally well supplied with this vitamin are liver and kidney. Muscle cuts of meat contain vitamin G, but in lesser amounts than liver and kidney.

The vitamin is also found in young green plants, and it is interesting to note that the vitamin is formed during the growth of the plant and decreases with maturity. The amount of the vitamin has been found to vary with different parts of the same plant. In broccoli, the flower buds are said to contain only half as much as the leaves, while the stems contain even less. Among the greens, turnip tops and beet tops have been found to be unusually rich. Investigations indicate that weight for weight, they are twice as rich as eggs, though eggs are considered a good source.

Homemakers will be glad to learn that heating does not appear to destroy vitamin G. Canned foods are therefore as good a source as though they had not been processed.

Milk must not be overlooked. For all practical purposes, and chiefly because of the amounts in which it is consumed, it is probably our most important source of the G vitamin.

One thing is certain. Homemakers should strive—**not for diets that are merely adequate in vitamin G** . . . but for a surplus to help build high resistance. One authority has advised a ration that contains four times the amount considered absolutely necessary.

The surplus should help to provide a headstart toward the goal of buoyant health.

Questions Answered

Mrs. G. M. L.—The term, water balance, about which you inquired is used to describe the situation in which the available water from food, beverages, and that manufactured in the body equals that of the water excreted or lost from the body. It is to help keep the body in water balance that the daily diet must contain adequate amounts of fluids.

E. G. M. Jr.—Yes, it is true that approximately one-third of the protein required during infancy is stored by the child's body to take care of growth and development. As children grow older, the amount of protein stored for growth gradually decreases until they become adults.

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AROUND THE HOUSE

Heat the Coconut. — Before breaking a coconut, heat it in a moderate oven. Crack it and the shell will come off easily.

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Baking Potatoes.—Potatoes will bake more quickly if, after peeling, they are wiped dry and smeared over with dripping before being put in the oven.

• • •

When to Add Salt.—Salt should never be added to stews, soups and boiled meats until after they're cooked. If put in at first it toughens the fiber of the meat and takes out the juices.

• • •

When Papering.—It is well when papering a room to remember that large patterns and dark colors will make it appear smaller, while a plain or striped paper, if a light hue, will give an impression of increased size.

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Fighting Oil Blaze. — Never throw water on blazing oil. It will only spread the flames. Earth, flour or sand will extinguish the fire, but if these are not at hand a thick rug or curtain should be thrown on the burning oil.

• • •

Fringed Celery.—Celery looks much more attractive on the table when fringed. To fringe, cut celery into two inch lengths. Fringe each stalk within a quarter of an inch from the center. Put into ice water to which a slice of lemon has been added and let stand until ends are curled.

Lovely and Simple Designs

LONG winter evenings, when you're home a lot anyhow, offer a splendid time to get some sewing done. You'll enjoy it, when you use these simple designs, each accompanied by a step-by-step sew chart for the guidance of beginners. So start right now, with this bias dress, which is pretty as a picture and new as tomorrow morning! You'll be delighted, too, with the apron set—two pinafores and a tie-around, all in one design.

With Bias Skirt.

The swirling dress with bias skirt is fashion news—decidedly. It's so simple, and so lovely. The tiny waist, the square neckline, the puff sleeves and rippling skirt, all have the romantic charm of an old-fashioned portrait. Make this of flat crepe, silk print or thin wool and trim it with lace or embroidery. Both will be very smart for spring, when feminine fashions are all the rage.

Three Pretty Aprons.

This set will come in mighty handy when company drops in unexpectedly for meals, or when you serve refreshments to your club. Make several sets for gifts, too—bridge prizes, tokens for brides to be, and so on. All three of them fit exceptionally well, so that they protect your frocks without adding a bit of bulk. Each requires so little material that you can make them from remnants left over from house frocks and daytime cottons.

The Patterns.

No. 1659 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 4½ yards of 39-inch material; 2⅛ yards of embroidery or lace banding.

No. 1595 is designed for sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires: for No. 1, 1⅞ yards of 35-inch material with 6 yards of braid; for No. 2, 1½ yards of 35-inch material with 5¼ yards of braid; for No. 3, 1⅝ yards of 35-inch material, with 11 yards of braid.

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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