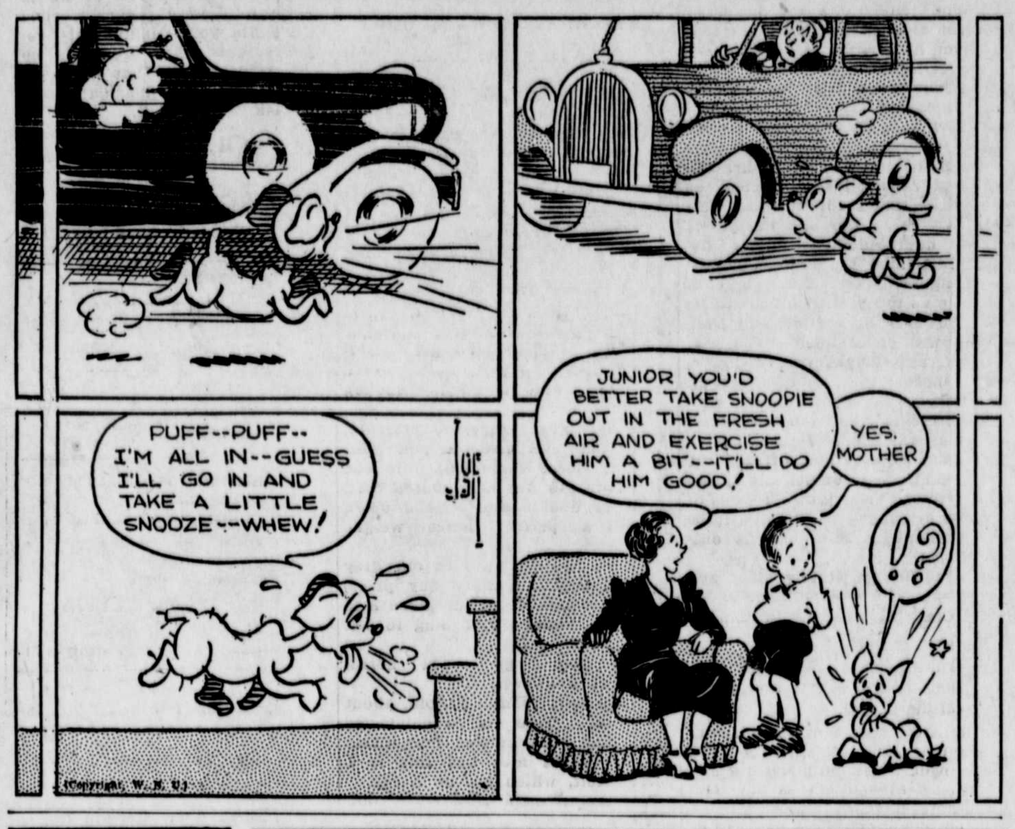
OUR COMIC SECTION

Snoopie



POP

By J. Millar Watt

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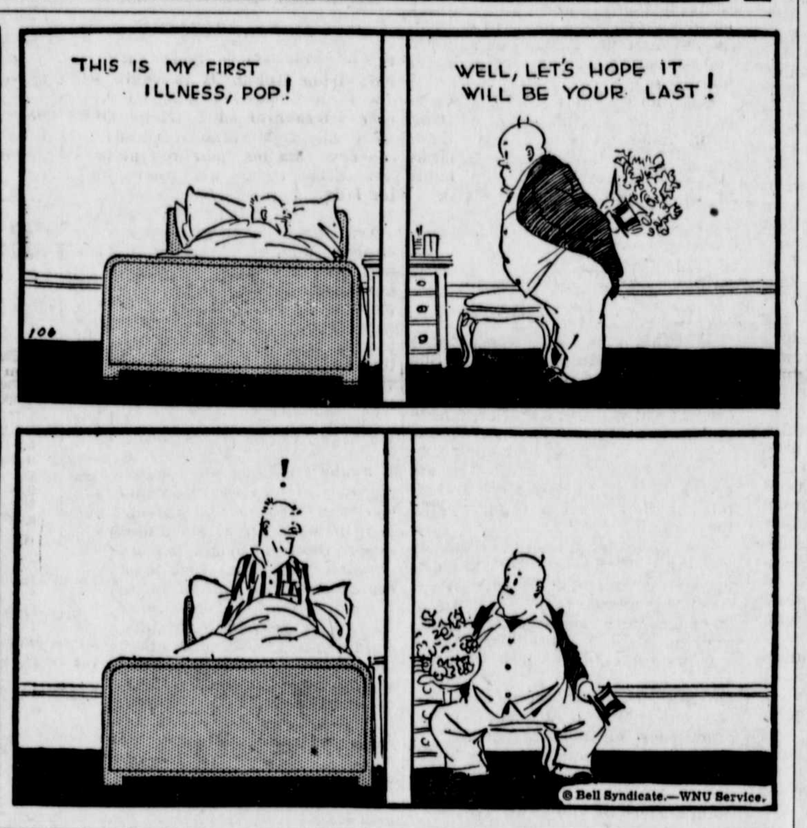

S'MATTER POP

By C. M. Payne

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NO, NO, NOT THAT

Judge—In other words, she gave him a good dressing.

Witness—No, sah, jedge, your honor—she done tore de clothes clean off'n his back.

Soft Pedal This

"We got 88 keys in our house and none of 'em fits a lock."

"Then why doncha throw 'em out?"

"Huh! How'd we play the piano if we did?"—Washington Post.

Slightly Mixed

Oliver—Look, it's starting to rain!

Bobby—Yeah? I hope it keeps up!

Oliver—Whadya mean?

Bobby—Well, if it keeps up, it can't come down, can it?

A SWELL RINK

Willie Bugg—Gee, I wish I had my skates!

WHAT to EAT and WHY

C. Houston Goudiss Offers Timely Advice on Keeping Children Well in Winter; Warns of Several Dangers

By C. HOUSTON GOUDISS

ONE of the ways by which her community judges a woman's success as a mother is by the health and well-being of her children. If they are energetic, rosy-cheeked normal boys and girls who have a high resistance to infections, such as the common cold, and if they display the good dispositions that we usually associate with buoyant health, then the verdict of friends and neighbors is usually that of a job well done.

To help her children maintain top health and vitality, a mother must constantly be alert to the various factors that help produce this ideal estate. And at the same time, she must likewise be on guard against the common conditions that may contribute to lowered resistance, especially fatigue and improper diet.

Winter Hazards

It has been said that in winter the body is on trial—and this is as true of children as of adults. Extremes of temperature require adjustments on the part of the body, and in most parts of the country, children are called upon constantly to switch their environment from a house which is all too frequently overheated to an outdoor temperature that may be below freezing.

While cool, outdoor air is stimulating to children in normal health, some children withstand it much less successfully. This is particularly true of those who are improperly nourished; who are over-fatigued or suffer from poor circulation.

When it is very cold outdoors, it is wise to have children come in from their play periodically to warm up. And if a child appears to suffer from the cold unduly, it is wise to have a physician check up on his health.

Guard Against Frostbite

Over-exposure must be avoided, particularly in cold, damp weather. For under these conditions, doctors warn, there is always a danger of frostbite. They say that whenever the temperature falls below 8 degrees Fahrenheit, children should not be permitted to play outdoors. If they do, the cold may act upon the tissues so that part of the body is deprived of its blood supply. This is most likely to occur in the fingers, toes, nose or ears which thereupon become frozen. The combination of wind and low temperature is especially dangerous and frostbite frequently occurs at temperatures up to 14 degrees Fahrenheit when there is a strong wind.

Mothers should be on guard against frostbite when the temperature is below 24 degrees Fahrenheit, however, and at all times during the winter, see that children are warmly clad. This need not mean that they are so bundled up as to preclude the possibility of active play. Suitable clothing consists of garments which provide warmth and protection against dampness, without constriction at any point.

Two layers of wool, such as that provided by a woolen sweater and playsuit are considered preferable to one too-bulky garment. Feet and hands should, of course, be well protected.

Don't Overheat the House

Only a little less serious are the consequences of dry, overheated indoor air. It is unfortunate that so many people keep their rooms entirely too warm in winter. This not only widens the gap between indoor and outdoor temperatures, but may be extremely irritating to the delicate membranes of the nose and throat. Most authorities consider an indoor temperature of about 68 degrees Fahrenheit satisfactory.

Is Your Child Lazy?

We often hear mothers complain that their children are lazy in cold weather . . . and they seem to have less pep and energy than in other seasons. If by that they mean that their children are less active, it may be that this can be attributed in part to the bleak, shorter days that do not always invite outdoor play. **But sometimes a child displays such a reduction in his activities as to appear indolent. Then the mother must seek the physical or emotional factors that may be responsible. For true laziness suggests a body that is not functioning normally.**

Quite possibly the child's diet is not meeting his bodily requirements. An undernourished child usually tires easily and is disinclined to exert himself. The food may be adequate as to quantity, but not as to quality. For example, a diet that is too highly concentrated, contains too little bulk or cellulose, may cause a tendency to faulty elimination. This, in turn, is frequently responsible for lassitude. The remedy is often a simple dietary change—the addition of a salad to the daily diet; or possibly the use of stewed dried fruits in addition to a fresh fruit or fruit juice daily. Of course, the child should also have two servings of vegetables besides potatoes, one of which should be of the green leafy variety. Also a quart of milk daily; breads and cereals, at least half of which may preferably be the whole grain variety; an egg daily or at least three or four weekly; one serving of meat, fish or chicken, and another serving of a protein food, such as cheese. Some form of vitamin D should be included in the diet of young children, especially during the winter months.

It is also most important that children follow a daily routine that includes plenty of time for sleep. And for younger children a daytime nap is usually advised.

Children Need Healthy Mothers

Mothers must give attention to the children's health. But let them give some consideration to their own. The tired, nervous mother is very apt to transfer some of her own fatigue and nervousness to her child. So in arranging your child's rest periods and diet, in looking after proper habits of elimination, make sure that Mother, too . . . and better still every member of the family . . . follows this same sound health program.

Questions Answered

Mrs. B. F.—Between the ages of 60 and 70, and indeed thereafter, there is a gradual decrease in the need for energy. All the body processes function more slowly. The amount of proteins, minerals and vitamins is also less, as no new tissue is being formed. An excess of food is less readily handled by the body in later years, so it is advisable for older people to guard carefully against over-indulgence in food.

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Patterns
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Comfortable House Dress.

This dress is so easy to make that you'll turn out half a dozen of it in practically no time; it's a diagram design that you can complete in a few hours. And it's so easy to work in that you won't be satisfied with less than half a dozen. Wide armholes, a darted waistline that looks slim, a skirt with sufficient width, all assure freedom for action. It's easy to put on, too, as well as to iron, because it buttons down the front. Percale, calico and gingham are good materials for this.

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Even without the sleeveless bolero, this dress is a charming style for runabout and street wear. The darted waistline makes you look slim and supple. A scalloped closing, edged with braid or binding, and puff sleeves narrowed into the arm by shirring, complete the effect of youthful charm. Make this right now of flat crepe, silk print or thin wool. Then repeat it later in summer cottons; it's a design that you'll use many, many times.

The Patterns.

No. 1615 is designed for sizes 34, 36, 38, 40, 42, 44, 46, 48 and 50. Size 36 requires 4¾ yards of 35-inch material, with ⅓ yard for cuffs in contrast.

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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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HOUSEHOLD QUESTIONS

To Blanch Nuts.—To remove thin brown skin covering from nut meats, cover the meats with boiling water and let them stand

• • •

five minutes in a covered dish. Drain and then quickly rub off the skins with the fingers. A small sharp knife may be needed on brazil nuts.

• • •

For the Seamstress.—Cut georgette crepe and chiffon through two or three thicknesses of newspaper and the material will not stick to the scissors and prove difficult.

• • •

A Darning Hint.—When darning silk stockings in a place where the mending does not show, use a fine needle and one strand of silk for darning one way, making sure that every little stitch is caught to prevent laddering. For the other way use two-ply skein wool.

RAW THROAT

If Your Sore, Scratchy Throat Comes from a Cold—You Can Often Get Fast Relief this Way

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.

Just Make Sure You Use Genuine BAYER Aspirin

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 fast to relieve discomforts of a cold. And reduce fever.

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

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