OUR COMIC SECTION

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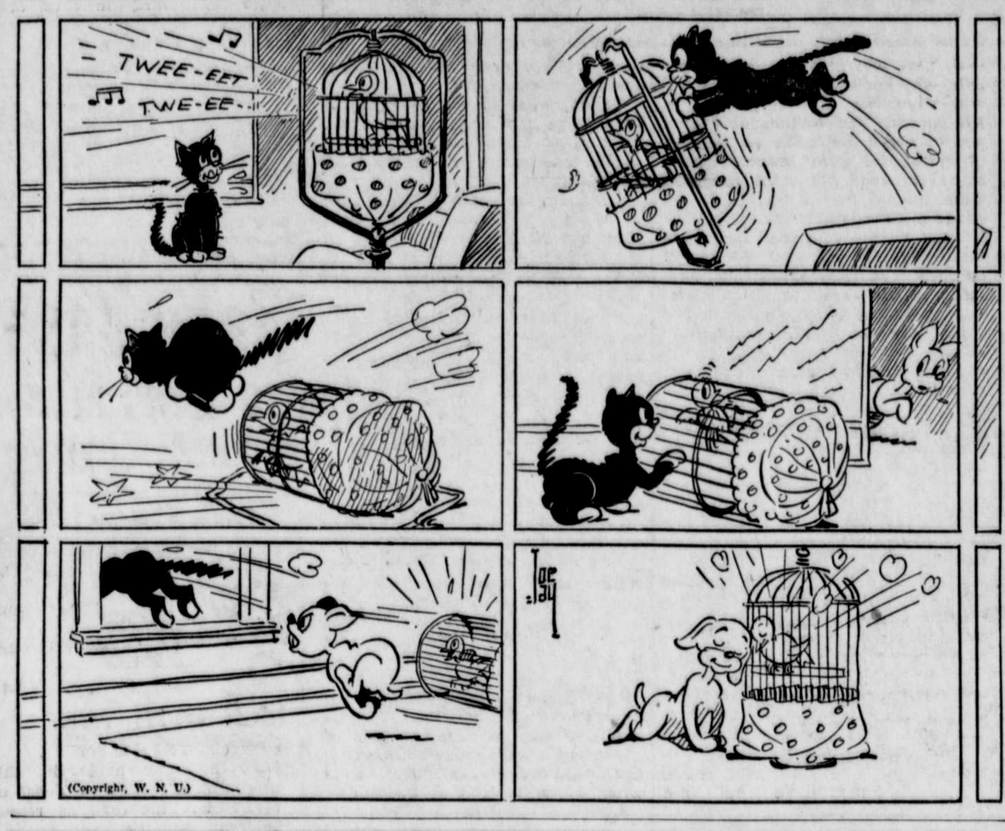

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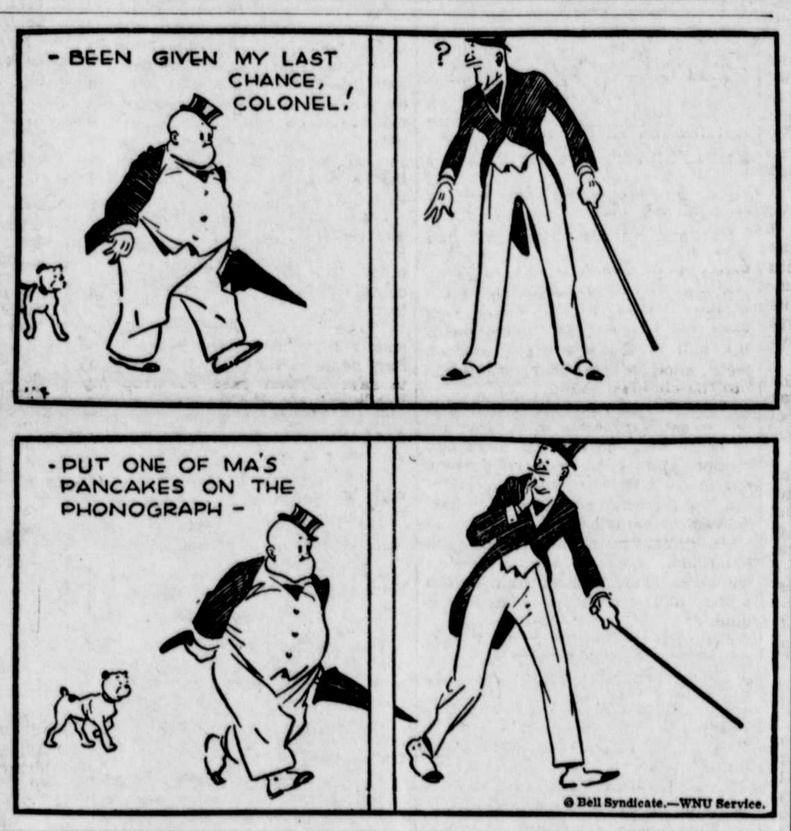
POP

By J. Millar Watt



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S'MATTER POP

By C. M. Payne

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PROVEN

"Would you call your husband a brave man?"

"Yes, I think I would. He gets up every morning and closes the windows."

Good Reason

Dad—Why are you and your little sister always quarreling?

Daughter—I don't know; unless she takes after mother and I take after you.

Not So Good

Elsie—Jim is a tremendously convincing talker, don't you think so?

Tessie—I did until I heard him try to talk back to a traffic cop last night.

WHAT LOT?

"Do you think you will ever be contented with your lot?"

"My lot of what?"

WHAT to EAT and WHY

C. Houston Goudiss Recommends Generous Use of Eggs; Shows How This Protective Food Helps to Balance the Diet

By C. HOUSTON GOUDISS

ANY experienced homemaker knows the many cookery uses of eggs. Indeed, she is likely to feel that she could not keep house without this indispensable ingredient, which a French chef once described as "the cement that holds the castles of cookery together." It is true that we should have to do without some of our most delectable dishes if eggs were not available to use as thickening, leavening, coating, binder, clarifier, stabilizer or garnish. But even more significant than their contribution to good cooking are their splendid nutritional values.

A Notable Protective Food

Eggs rank next to milk in that group of mineral—and vitamin-rich foods that we call "protective." They contain substances that are very efficient for growth and development. And in the opinion of nutritionists, they are more nearly interchangeable with milk than any other food.

Eggs are among the first foods to be added to the milk diet of infants. And homemakers who desire to give their families well-balanced meals should provide an egg daily for every individual.

This requirement can be reduced, if necessary, to four eggs weekly. But luckily, as we head toward spring, eggs become more plentiful, and lower in price. And it is usually possible for every family to obtain a full quota of this splendid food . . . so rich in the elements that help to build muscle, bone and blood.

A Fine Body Builder

Eggs contain proteins of high quality, and their proteins seem to be particularly well adapted to building body tissue. That is one reason why this food is so desirable in the child's diet . . . so useful in constructing the diet for adults who need "building up." It also makes eggs a logical choice as a main dish for Lenten meals.

It's interesting to note that the proteins of the white and yolk of an egg are quite different in their properties. Egg white is almost pure protein and water, while the protein of the yolk is composed of a different assortment of amino acids, or building stones.

The yolk also contains fat . . . in a finely emulsified form, so that like milk fat, it is comparatively easy to digest. And it is the yolk which is highly prized for its rich store of minerals and vitamins. It is therefore considered the most important part of the egg for young children, and the white is often withheld and only the grated yolk given.

Rich in Iron and Phosphorus

Eggs are notable as a source of iron and phosphorus. Iron is necessary for the formation of the hemoglobin or red pigment of the blood, and the iron in eggs is valuable for this purpose. Phosphorus is the mineral that pairs with calcium in building teeth and bones. It also plays an important part in regulating the neutrality of the blood. The phosphorus in eggs occurs in a form that is particularly well adapted to the needs of the growing body.

Four Important Vitamins

As our knowledge of vitamins has increased, nutritionists have urged that eggs be accorded a wider place in the diet, for they supply four of these vital factors—vitamins A, B, D and G. They are an important source of vitamin A, which promotes growth and helps build resistance to disease. The appetite-promoting vitamin B occurs in lesser amounts than A, but its presence helps to increase the quantity of this essential substance included in the daily diet.

Eggs are one of the few foods naturally containing vitamin D, sometimes called the sunshine vitamin. And it has been determined that they are rich in vitamin G, which is required for health and vitality at all ages.

Raw Eggs vs. Cooked

Eggs are one of the foods that digest most satisfactorily, about 97 to 98 per cent of their protein being digested and absorbed. Moreover, the thoroughness of digestion does not seem to be affected by the method of cooking, and a hard-cooked egg, when well masticated, is as **completely** digested as one that is soft-cooked. Raw egg white on the other hand is not as completely utilized as when slightly cooked. This shows the fallacy of the old-fashioned idea that raw eggs were more desirable for invalids than cooked eggs.

Brown Eggs vs. White

Some people have an idea that the color of the shell has a bearing upon the nutritive value of an egg. In certain parts of the country, homemakers will pay a premium for eggs with white shells. In other sections, brown eggs are in greater demand, and therefore sell at a higher price. There is no justification for attaching any importance to the color of the shell.

Avoid "Same Old Thing"

Occasionally homemakers tell me that some member of their family doesn't like eggs. It is true that some people have an allergy to eggs, that is, they cannot eat them without having some abnormal reaction. But more often, any antipathy to eggs is due to the fact that they have been served in the same way, day in and day out. There is no excuse for that, for eggs are so versatile that they may be served in dozens of different ways, and in some dishes, their identity can be entirely concealed.

"Sunny side up" may be the most popular method of preparing eggs. But don't get into a menu rut, whether you are serving them for breakfast, dinner, lunch or supper. Cook them soft. Cook them hard. Transform them into omelets and souffles. Scramble them, plain, or dressed up with cheese, diced bacon, frizzled dried beef or sausages.

Eggs for Lenten Meal

As a main dish for a Lenten meal, hard-cooked eggs may be creamed and served alone, or combined with cooked vegetables or fresh or canned fish. Use them as a binder in croquettes and loaf mixtures, as a coating for deep-fried foods.

French toast is a simple luncheon dish, combining the energy values of bread with the fine nutritive values of eggs. Hearty luncheon salads or sandwiches can be made by combining chopped or sliced hard-cooked eggs with fresh or cooked vegetables.

Since eggs admirably supplement the food values of milk, puddings made from milk and eggs are an ideal dessert for children, and help to balance the diet of adults. Custard pies, fruit whips and cakes are also delightful dishes that bring to the diet the protective values of eggs.

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SAFETY TALKS

What Are You Going to Do?

IT DEPENDS on whether you're going to kill someone or just injure him.

If the automobile accident you may have next week is going to do a lethal job, the chances are your car will strike a pedestrian. On the other hand, if only nonfatal injuries are inflicted, it's an odds-on-bet that you'll bump smack into another motor vehicle.

National Safety Council statistics for 1937 show that when a traffic accident produces a fatality, the collision is between a car and a pedestrian in 39 per cent of the cases. Collisions between two motor vehicles produce 26 per cent of the fatalities with other types of collisions contributing smaller numbers to the total.

However, the Council says, it is collisions between two or more motor vehicles that produce the bulk of non-fatal injuries—53 per cent or 725,000 cases in 1937. Collisions between a motor vehicle and a pedestrian produce the next largest number of non-fatal injury cases—25 per cent or 335,000 cases.

In 1937 traffic accidents killed 15,400 pedestrians and 10,300 deaths occurred as the result of collisions between two or more motor vehicles.

Patterns
SEWING CIRCLE

NO. 1684.—The belted dress with flaring skirt and braid trims has shirred shoulders and a gathered bodice to give pretty fullness over the bust. Braid is used to accent the gay, youthful lines of this dress, which will be charming in thin wool, flat crepe or print.

Bodice Gathers.

No. 1679.—If you take a large size, you will find the dress with lifted waistline and circular skirt extremely becoming, and so smart for afternoon parties. It fits beautifully, thanks to gathers on the shoulders and above the waistline, and to the smooth, slim hipline. Choose faille, flat crepe, chiffon or georgette for this lovely design.

The Patterns.

No. 1684 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 4⅝ yards of 39 inch material. 17½ yards of braid.

No. 1679 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 5 yards of 39 inch material. 1⅛ yards of edging.

Spring Pattern Book.

Send 15 cents for the Barbara Bell Spring Pattern Book, which is now ready. Make yourself attractive, practical and becoming clothes, selecting designs from the Barbara Bell well-planned, easy-to-make patterns.

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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Oldest to Greatest

So greatly did the German Emperor, Frederick the Great admire George Washington that he sent him his portrait with the inscription, "From the oldest general in Europe to the greatest general on earth."

MODERNIZE

Whether you're planning a party or remodeling a room you should *follow the advertisements*...to learn what's new...and cheaper...and better. And the place to find out about new things is right here in this newspaper. Its columns are filled with important messages which you should read regularly.