OUR COMIC SECTION

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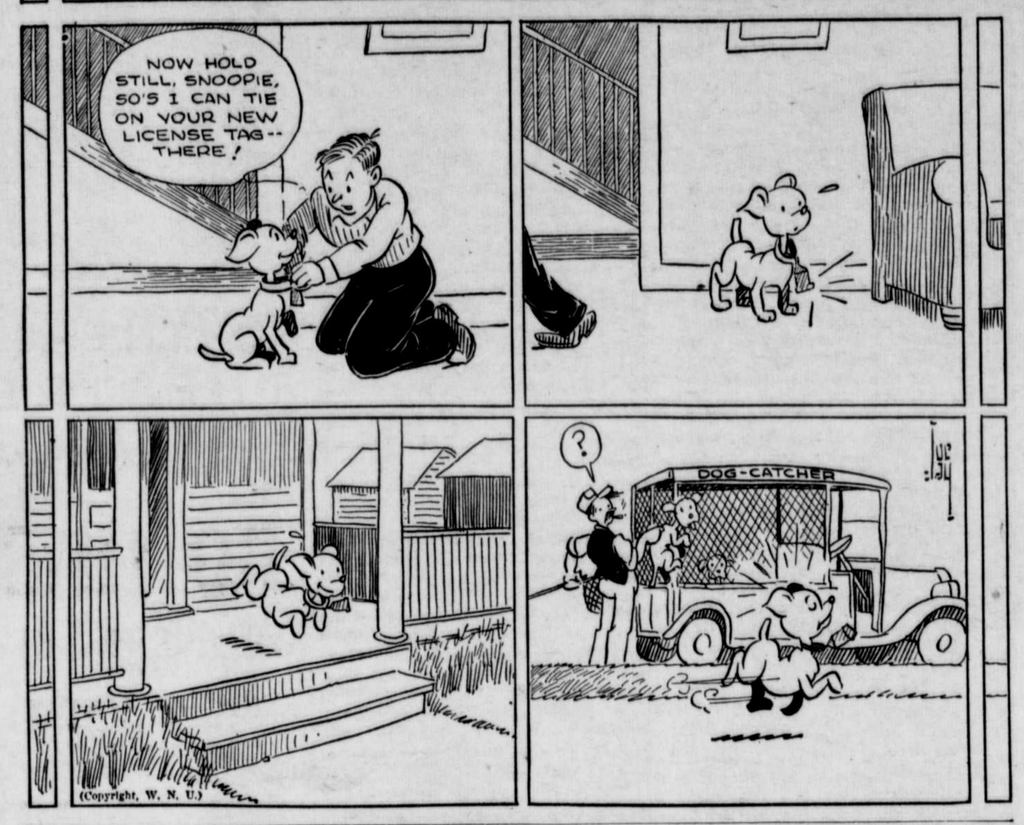

S'MATTER POP

By C. M. Payne

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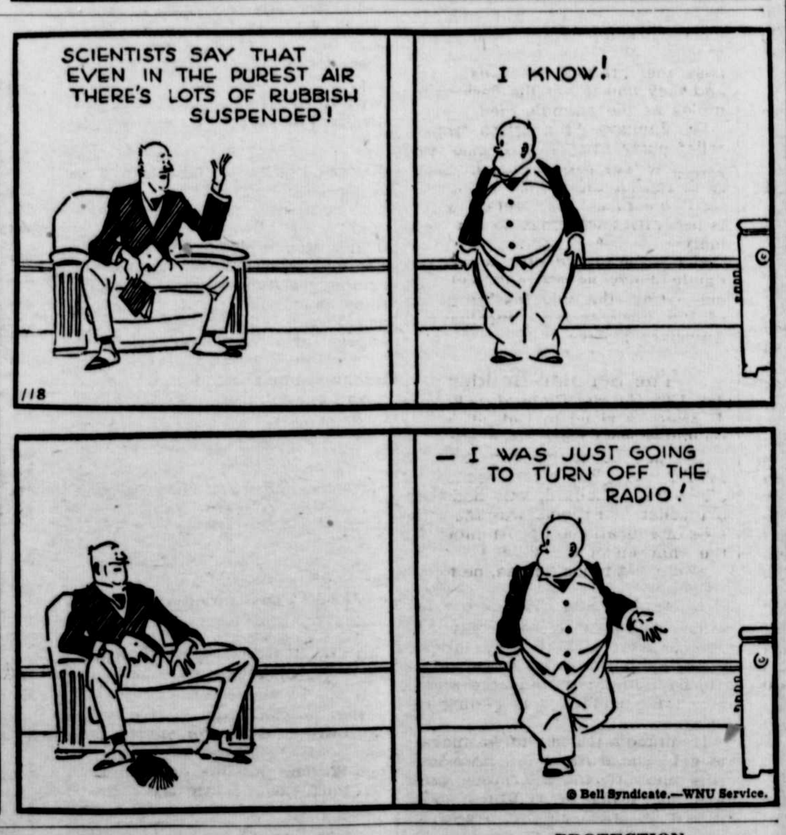
POP

By J. Millar Watt



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WEIGHT-REDUCING

"Jim Nohead has been thrown down by nearly every girl in town, but I believe he enjoys being thrown down."

"He does. The exercise keeps his weight down."

Fatal Benefits

A young man walked breezily into the doctor's surgery.

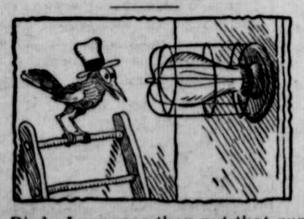
"Ah, good morning, sir," he said. "I've just dropped in to tell you how greatly I benefited from your treatment."

The doctor eyed him up and down.

"But I don't remember you," he said. "You're not one of my patients."

"I know," replied the other, "but my uncle was and I'm his heir."

PROTECTION



Bird—I suppose they put that wire thing over it because they're afraid it'll bite.

WHAT to EAT and WHY

C. Houston Goudiss Reveals Several Reasons Why Food Sometimes Disagrees; Warns Against Eating When Tired or Worried

By C. HOUSTON GOUDISS

A GREAT many people have the unfortunate habit of warning friends and acquaintances against this or that food, on the ground that it is "difficult to digest," or "is almost sure to cause digestive distress, especially if eaten at the wrong time of day or in combination with the wrong foods." Indeed, to hear some men and women recount the various dishes that are best left alone, is to wonder how they manage to find anything to eat at all, in view of the many good foods they consider taboo!

Certainly there is no objection to food as the topic of conversation. It is so basic to good health that it should be uppermost in the mind of every individual who desires to promote physical and mental efficiency. And it is also natural for a person to be guided by past experience in determining what he should eat, and what it may be advisable for him to avoid.

But it is a grave mistake for one person to warn another against any food or combination of foods on the ground that it will cause digestive distress. For the truth of the matter is that under proper conditions, a normal, healthy person should have no difficulty in digesting almost any food that has a place in the well-balanced diet.

Food Dislikes Often Unfounded

I once met a woman who told me that her contented-looking husband could, and did, eat most everything 'cept horseshoes. Menu planning was simple for her! And how different from the problems of the home-maker who must try to reconcile her menus, both with the food dislikes of various members of the family, and with the foods that they declare they can't eat, for fear of digestive distress.

It is true, of course, that individuals differ greatly, and occasionally a food that can and should be eaten regularly by most people, will cause distress in an individual case. But that is no indication that the food will have the same effect on another person, and it is misleading either to proffer or accept advice of this nature from friends.

It may be that the victim has an allergy to the food in question—that he reacts to it differently than the majority of people. But there is also the possibility that the prejudice exists because of some previous distress, caused, not by the food itself, but by the circumstances under which it was eaten.

Perhaps a clearer understanding of some of the mental and physiological factors influencing digestion would dispel many of the bugaboos that cause people to avoid various, wholesome foods and food combinations, and to warn others against them.

Emotions Influence Digestion

Scientists have established that the stomach is capable of reacting to almost every emotion and sensation that is experienced by men and women. **Thus, how you eat becomes quite as important as what you eat. And any food or combination of foods consumed when you are tired, worried or angry, may cause acute distress, whereas the same food, when eaten at another time, may be digested without the slightest disturbance.**

This indicates the folly of jumping to the conclusion that you can't eat this or that, and shows that one is scarcely justified in warning friends or relatives to avoid certain articles of diet.

There is a large amount of evidence that fear, anger or anxiety have the effect of diminishing the gastric secretions, and further, of arresting or slowing down the movement of the intestines.

If food is eaten under these conditions, it may remain stagnant in the alimentary canal, with the subsequent formation of gases and decomposition products. But instead of recognizing the true cause of the trouble, many people erroneously blame the food itself!

Medical men have frequently noticed that people often develop gastric disturbances when they suffer financial reverses, and continue to suffer from them until their financial condition improves—a striking demonstration of the importance of banishing fear and worry!

Never Eat When Tired

Almost any food may cause distress when one is suffering from fatigue. So it is unwise to sit down to a large meal when exhausted from too much physical or mental work. A brief rest before eating will put the body in much better shape to receive and assimilate the food.

Then, if the meal is served in pleasant surroundings, and if the food is flavorful and well cooked, the chances are that it will be digested satisfactorily by all normal individuals.

Be Tranquil at Mealtimes

In view of the fact that tranquillity of mind is essential to the proper utilization of food, home-makers should remember never to discuss unpleasant subjects at meal times. Don't nag the children about eating, or choose that time to discuss their lapses from discipline. Don't talk about finances or take up real or fancied grievances with your husband. Let such matters wait until the meal has been digested.

If these suggestions were more generally followed, it is almost certain that we would hear much less conversation about foods that cause distress, much more wholesome talk about the pleasures of the table.

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Mischievous Hands

MAYBE he picked up the habit about the time he couldn't resist pulling the pig-tails of the girl who sat ahead of him in grammar school. But even though they were more chivalrous in their school days, adult man (and woman) has a lot of trouble keeping his hands and fingers out of mischief.

The National Safety council reports that of all accidents suffered during 1937 by persons who were at work, 33 per cent were hand and finger cases. Legs and feet were injured in 24 per cent of the occupational accident cases. The human trunk was injured in 19 per cent, or the third largest, number of cases.

Other parts of the body and the frequency with which they were injured: arms, 11 per cent; head (other than eyes), 6 per cent; eyes, 2 per cent. The council said general accidents accounted for 5 per cent of the cases.

PATTERN DEPARTMENT
SEWING CIRCLE

No. 1691—Little girls should be seen (if not heard!) in simple, flare-skirted frocks like this one, that looks wee at the waist, flaunts a narrow ribbon sash, and bright rows of braid or ribbon. For school and everyday, make this dress of gingham, percale or batiste, with ricrac for trimming. It will be equally pretty for dress-up, in taffeta or organdie, with velvet or ribbon trim.

Slenderizing Lines.

No. 1686—A lovely dress for afternoon parties is this new one with a princess skirt, v-neckline and jabot trim. Every detail is designed to make you look slimmer. The bodice fits beautifully, thanks to darts on the shoulders and gathers above the waist. And of course nothing could be more slenderizing than a skirt like this. Choose flat crepe, small-figured silk print, georgette or chiffon for this design.

The Patterns.

No. 1691 is designed for sizes 4, 6, 8, 10 and 12 years. Size 6 requires 2⅝ yards of 35-inch material, with 7 yards of braid or ribbon to trim, and 2½ yards ribbon for belt.

No. 1686 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 4⅞ yards of 39-inch material, with 1¾ yards of edging.

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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Captain Gives Recruit Triggernometry Lesson

The company was at target practice when the captain swaggered up to the latest recruit and proceeded to give some instructions about his gun.

"See here, this thing is a rifle. Here's the barrel, there's the stock. You slip the cartridge in there. These little things on the barrel are the sights. When you have taken careful aim you pull this little thing which is the trigger. Now smarten up and look more like a soldier. By the way, what is your business? A clerk, I presume?"

"No, sir," was the reply, "I'm a gunsmith."

This climate is an OLD STORY to Ferry's DATED Seeds

ONLY those vegetable and flower varieties capable of growing most productively in your locality are offered in your dealer's display of Ferry's Seeds. By constant testing, Ferry-Morse scientists *know* what these varieties are. So, this climate is an old story to Ferry's Seeds.

As an additional safeguard for you, all Ferry's Seeds must pass rigid tests for germination and vitality each year before packaging. Then each packet is dated. Look for this mark—"Packed for Season 1939"—when buying *your* seeds this year. You know they'll grow.

• Ferry-Morse Seed Co., Seed Growers, Detroit and San Francisco. Send for Home Garden Catalog. Use Ferry's Garden Spray for effective insect control.

FERRY'S *Dated* SEEDS

To Check Constipation Get at Its Cause!

If constipation has you down so you feel heavy, tired and dopey, it's time you did something about it. And something more than just taking a physic! You should get at the *cause* of the trouble.

If you eat the super-refined food most people eat, the chances are the difficulty is simple—*you don't get enough "bulk."* And "bulk" doesn't mean heavy food. It's a *kind* of food that isn't consumed in the body, but leaves a soft "bulky" mass in the intestines.

If this common form of constipation is your trouble, eat Kellogg's All-Bran for breakfast every day and drink plenty of water. All-Bran isn't a medicine—it's a *crunchy, toasted, nutritious cereal.* And it will help you not only to *get* regular but to *keep* regular, day after day. Made by Kellogg's in Battle Creek. Sold by every grocer.

EXTRA

Remember—when you take a Smith Brothers Cough Drop you get Vitamin A—extra!

Smith Bros. Cough Drops are the only drops containing VITAMIN A

This is the vitamin that raises the resistance of the mucous membranes of the nose and throat to cold infections.