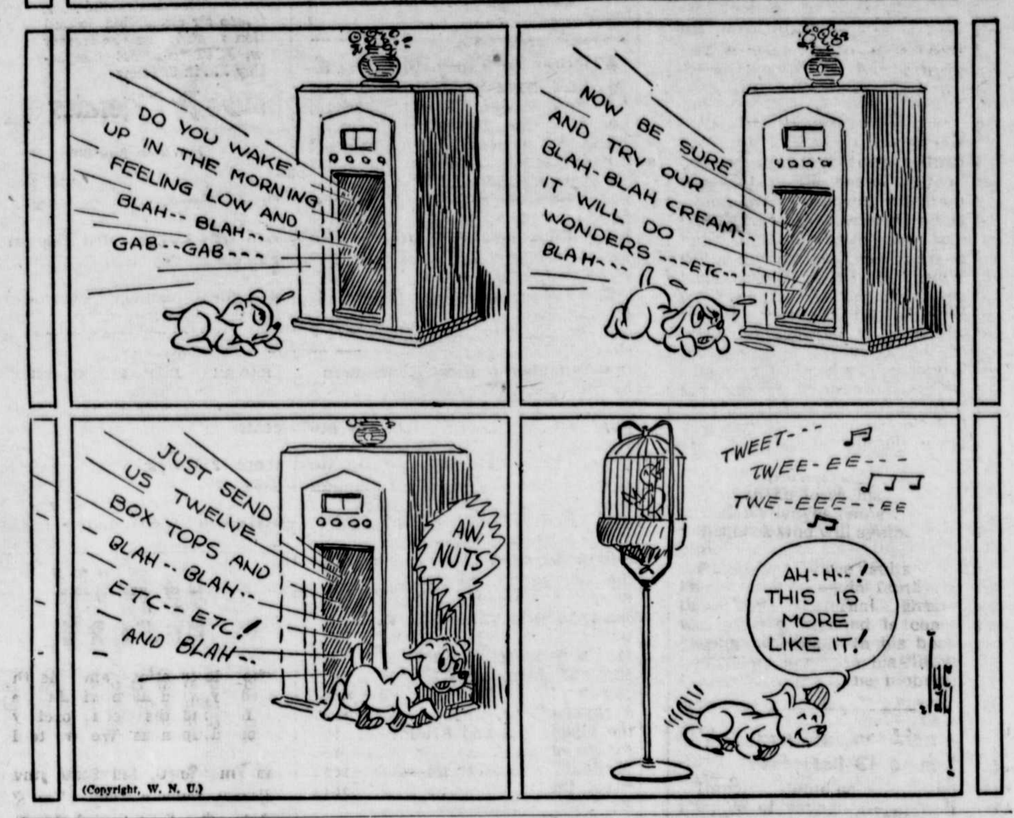
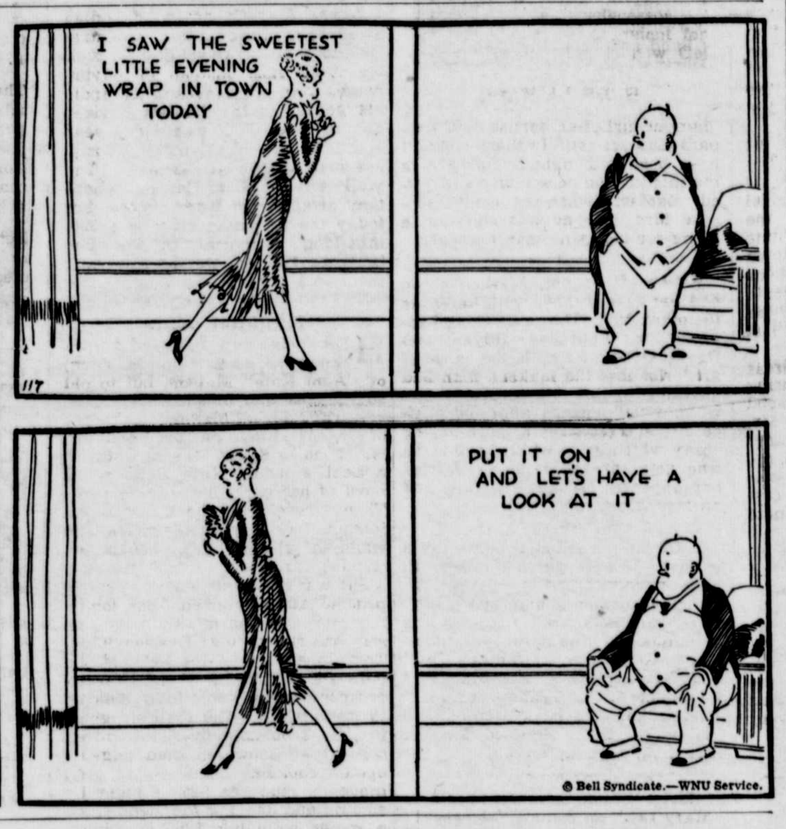
OUR COMIC SECTION

Snoopie



POP

By J. Millar Watt



S'MATTER POP

By C. M. Payne

ASK ANOTHER ONE

"Pa."

"Well, my son?"

"How can a solid fact leak out?"

They Are Innocent

Aunt Maria—Do you know that next Sunday will be the twenty-fifth anniversary of our wedding?

Uncle John—You don't say so! What about it?

Aunt Maria—Nothing. Only I thought we ought to kill those two chickens.

Uncle John—But, Maria, how can you blame them two chickens for something that happened 25 years ago?—Cleveland Plain Dealer.

WEIGHTED DOWN

"Why do all these iron masters become financial hogs?"

"Long association with pig-iron, I guess."

WHAT to EAT and WHY

C. Houston Goudiss Shows How the Right Foods Can Help to Guard Against Springtime Debility

By C. HOUSTON GOUDISS

THE gap between winter and spring has always been recognized as a trying period. Work seems a burden, tempers are short, appetites are poor, and little enjoyment is derived from meals.

Just as the daily tide of human vitality is at a low ebb during the hours before dawn, so does the annual tide of health reach a low ebb in the weeks that mark the end of winter and the official beginning of spring.

Bodily reserves have been gradually depleted until many children and adults suffer from lassitude and fatigue that cannot be dispelled merely by getting a good night's sleep.

The Best Spring Tonic

A generation ago it was believed that sulphur and molasses, and sassafras tea would overcome springtime debility. Homemakers dosed their families with a variety of so-called tonics, in a frantic effort to put color into pale cheeks, to soothe irritable nerves, to overcome that tired feeling.

We know today why their efforts met with little success. For we have learned what they could not know—that the best possible tonic is a carefully chosen diet rich in minerals and vitamins.

In those days, the science of nutrition was in its infancy. Vitamins were still undiscovered, and there was much that we had not learned about the role of the mineral salts in regulating body processes. No wonder mothers grasped at any mixture that promised to put roses back into the cheeks of their anemic-looking children.

How lucky we are today! For science has taught us what we should eat to help increase pep and vitality, and build rich red blood. And modern methods of transportation, refrigeration, food preservation and packaging, have made the necessary foods easily available. It merely remains for the homemaker to acquaint herself with the nutritional needs of her family.

Enriching the Blood

The blood is frequently impoverished by the time spring puts in an appearance. That is not surprising, for in many households the winter diet contains a preponderance of carbohydrates and fats, with far too few of the precious minerals and vitamins. It is often deficient in iron, the mineral that is required for the formation of the hemoglobin or red pigment in the blood, and in copper, which is required for the proper utilization of iron.

Inasmuch as 3 per cent of the blood cells are destroyed daily, it is obvious that unless adequate amounts of iron-rich foods are available to replace them, the number will soon become subnormal. Moreover, it has been found that many minor disturbances of the body cause a loss of iron, and that mild infections are a common cause of iron loss.

Thus, individuals who have been consuming a diet that is barely adequate in respect to iron may find themselves on the borderline of iron deficiency following an infection.

Iron-Rich Foods

Every homemaker, therefore, should make a determined effort to include plenty of iron-rich foods in her menus. These foods include liver, eggs, whole grain cereals, dried fruits, lean meats and **green leafy vegetables.**

Green vegetables cannot be emphasized too strongly, for they tend somewhat to be crowded out of the winter diet by the starchy and fatty foods which provide more heat and energy. **And investigations with children have demonstrated that when vegetables and fruits are limited, there is a certain sluggishness of blood formation. Green vegetables not only supply iron in significant amounts, but their iron has been found to be especially well absorbed from the digestive tract.**

Eat More Greens

Right now it is most important to provide large amounts of dandelion greens, spinach, kale, chard, watercress, lettuce and green cabbage. Serve a cooked green vegetable at one meal each day and a generous green salad at another.

Top the salad with fruit, if you want to add more minerals and vitamins . . . segments of orange or grapefruit, slices of banana or pineapple, or a mixture of apple and celery.

These fruits also supply important minerals and vitamins, and like the green vegetables, they leave an alkaline ash following digestion, and therefore help to maintain the acid-base balance of the body.

Plenty of Bulk Required

There is still another reason why green vegetables and fruits should be consumed in liberal quantities. These foods, along with whole grain cereals, provide an abundance of bulk or cellulose which is necessary to help promote regularity. They tend to offset the effects of a too highly concentrated winter diet. **Very often that feeling of lassitude, mistakenly called spring fever, can be overcome by adding to the diet a larger proportion of these naturally laxative foods.**

It's also desirable to take an adequate supply of fluids to help flush the system of waste. In addition to a generous amount of water, there should be a pint of milk daily for every adult, a quart for every child, and fruit juices in abundance. Orange juice, grapefruit juice, pineapple juice and tomato juice all supply vitamins A, B and C, and their refreshing fruit acids have a beneficial effect upon the appetite.

Exercise and Fresh Air

Two more splendid antidotes for the let-down feeling that comes at this season are moderate exercise and fresh air. The proper use of the muscular system is important to health and vitality, yet many people go through the winter taking far too little exercise.

In general, you will eat better, sleep better, feel more alert and at the same time more relaxed, if you make a point of getting out into the open every day.

Sleep, sunshine, fresh air and the right food—these are Nature's tonics!

©—WNU—C. Houston Goudiss—1939—56

PATTERN DEPARTMENT

SEWING CIRCLE

THE smartest kind of dress for runabout, as becoming as it is practical, is yours if you use No. 1717 to make it. The button-down-the-front style is extremely popular. This dress, too, has lines that make your figure look slim and youthful. The skirt is slim over the hips, high at the waist, and full at the hem. The shirred bodice and wide-shouldered sleeves give you a softly rounded look. Make this dress of flat crepe, silk print or sheer fabrics.

Three-in-One Frock.

Here's a clever design that gives you three different fashions in one! First of all, No. 1685 is a charming little kimono-sleeved frock with a flattering, tiny waist. And with it comes a little bolero (that you can wear with other frocks, too) and a tie-around apron-skirt, fastened with a bow in the front. Wear it any one of three ways—alone, with the bolero, or with both the bolero and apron-skirt. For this, choose silk print, flat crepe, taffeta, thin wool, and combinations of two contrasting fabrics.

The Patterns.

No. 1717 is designed for sizes 34, 36, 38, 40, 42, 44, 46 and 48. With long sleeves, size 36 requires 4¾ yards of 39 inch material. With short sleeves, 3¾ yards.

No. 1685 is designed for sizes 14, 16, 18, 20 and 40. Size 16 requires 3⅛ yards of 35 or 39 inch fabric for the dress; 1⅓ yards for the bolero; 2⅛ yards for the apron-skirt.

New Spring Pattern Book.

Send 15 cents for Barbara Bell's Spring Pattern Book! Make your own smart new frocks for street, daytime and afternoon, with these simple, carefully planned designs! It's chic, it's easy, it's economical, to sew your own. Each pattern includes a step-by-step sew chart to guide beginners.

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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SAFETY TALKS

How About Your Safety?

IF YOU know all the rules about wearing rubbers when it rains, red flannel undies in the winter, and if you don't sleep in a draft, you probably take pretty good care of your health. But how about your safety?

The National Safety council reports that from the age of three years to 21, accidents kill more persons (both sexes) than any disease; from the age of three years to 40, accidents kill more males than any disease.

Among males of all ages only heart disease claims more victims than accidents—301.6 of every 100,000 males die of heart disease each year while accidents kill 119.6. Among the ladies, six diseases rank above accidents as a cause of fatalities. They are heart disease, cancer, cerebral hemorrhage, pneumonia and chronic nephritis.

Home Everywhere

Go where he will, the wise man is at home, his hearth the earth, his hall the azure dome.—Emerson.

A definition becomes REALITY

re-fine' (re-fin'), v.; -FINED' (-find'); -FIN'ING [re-1, fine to make fine; cf. F. raffiner.] 1. To reduce to a fine, unmixed, or pure state; to free from extraneous matter; to free from dross; to free or cleanse from impurities.

To make motor oil *pure*, to deliver to the motoring public *only the richness* of the finest Pennsylvania oil has been Quaker State's standard of quality for twenty-five years. *You* will find, as have millions of other car owners, that the regular use of *Acid-Free Quaker State* will make your car run better, last longer. Quaker State Oil Refining Corp., Oil City, Pa.

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