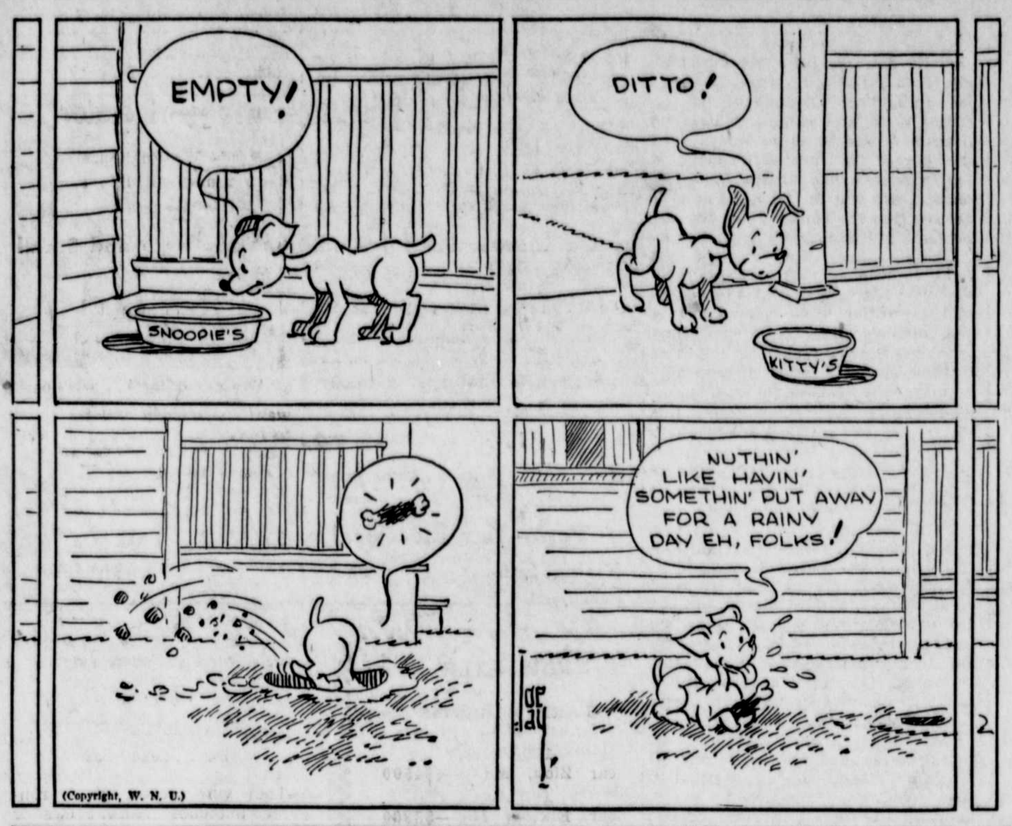
OUR COMIC SECTION

Snoopie



S'MATTER POP

By C. M. Payne

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POP

By J. Millar Watt

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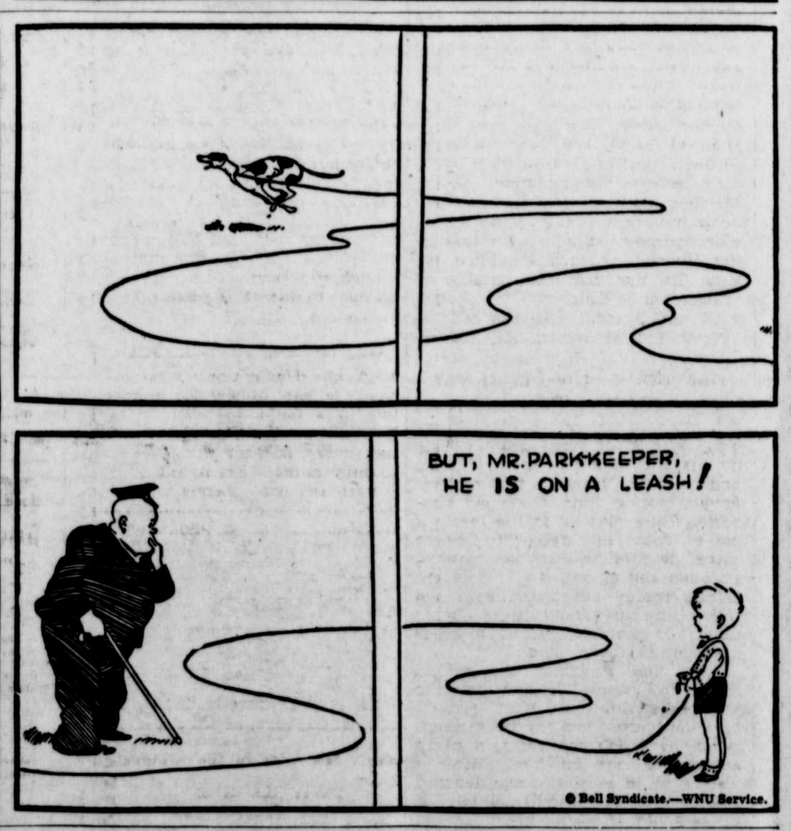

NOT WELL BURIED

Friend—I see that "fence" broke down and gave the game away. How was that?

Cop—He wasn't well posted.

Close Enough

Teacher—Who was king of France during the revolution?

Confused Student—Louis the Thirteenth—no, the Fifteenth—no, the Fourteenth—well, anyhow, he was in his 'teens.

Bad Taste

"Look here, waiter, is this peach or apple pie?"

"Can't you tell from the taste?"

"No, I can't."

"Well, then, what difference does it make?"

WOMAN'S WAYS

"You worry too much. Don't you know care will kill a cat?"

"Do you mean to infer that I am a cat?"

What to Eat and Why

C. Houston Goudiss Discusses Beverages of Various Kinds; Explains Their Role in the Diet

By C. HOUSTON GOUDISS

FOOD and drink are inseparably linked in any consideration of the nutritional needs of man. It is, therefore, in response to a fundamental need that we include some kind of beverage in every meal, no matter how simple or how elaborate the food may be. For primarily, beverages contain water which is as necessary to the human body as air.

Approximately two-thirds of the body is composed of water. It is found in the muscles, in the brain tissue, in the various organs such as liver and kidneys, and even in the bones. Every cell in the body is dependent upon water for its proper functioning.

Body's Need for Liquids

This precious fluid acts as a solvent of food materials and makes possible their digestion and absorption. Since it is an essential constituent of the blood, it helps to transport nutrients to every cell—this function alone requiring about 10 pounds of water in constant circulation. Finally, it helps to eliminate waste products from the body through the lungs, skin and kidneys.

The daily losses of water from the body must be replaced regularly or the consequences may be extremely serious to health. It has been shown that headaches, nervousness and indigestion may result when the intake of fluids is diminished below normal requirements.

Beverages Classified

The quantity of water needed by each person varies with the dietary and with the season of the year, much larger amounts being required when the temperature is high. But it is generally agreed that everyone should consume several glasses of water daily, in addition to the water obtained from foods, chiefly fruits and vegetables. Part of the need is met by milk, and by coffee, tea, cocoa, fruit juices and various other fruit-flavored drinks which add pleasure to mealtime, serve as wholesome, between-meal pick-me-ups, and provide a gracious method of extending hospitality to guests.

Aside from milk, which belongs in a classification by itself, and fruit juices which are consumed chiefly for their minerals and vitamins, beverages fall into two groups which overlap somewhat: those that are refreshing and those that are stimulating.

Refreshing Beverages

The refreshing beverages include fruit juices, fruitades and carbonated drinks, such as ginger ale and sarsaparilla. They are effective in quenching thirst and their appetizing flavors encourage the drinking of generous amounts of water. They also contribute energy values to the diet in proportion to the amount of sweetening used in their preparation.

Fruit juices are most frequently served as an appetizer at breakfast, lunch or dinner. Fruitades are useful as between-meal drinks and when entertaining. Children like to display their hospitality to friends and this type of beverage, served with a few crackers or simple cookies, makes an attractive snack.

Mothers will find it convenient and economical to utilize for this purpose beverage crystals which come in a variety of fruit flavors. These make wholesome, refreshing beverages at a minimum cost; the amount of sweetening may be determined by individual preference; and they are so easily prepared that children may do the mixing themselves.

Stimulating Beverages

The stimulating beverages are coffee, tea, chocolate and cocoa. When made with milk, chocolate and cocoa are rich in nutritive values, though their fuel value varies with the product used. Chocolate is much richer in fat than cocoa, and products labeled "breakfast cocoa" usually contain a larger percentage of the natural cocoa fat than products simply labeled, "cocoa."

The food value of coffee and tea depends entirely upon the cream or milk, and sugar with which they are served. However, they have an important place in the dietary because their flavor and aroma add greatly to the enjoyment of other foods and they give a comfortable feeling of well-being.

The stimulating principle in these beverages is known as caffein in coffee, and thein in tea. Doctors may forbid coffee because of some abnormality in health which makes a stimulant undesirable. **But competent authorities hold that the effects of the moderate use of coffee by normal individuals may be disregarded.** Neither coffee nor tea, however, should be given to children. First, because they do not need stimulants, and second, because the use of these beverages will tend to reduce the consumption of milk which is so important to their nutritional welfare.

Guard Against Staleness

The subject of coffee has been investigated from many angles by competent scientists, whose findings should be of interest to homemakers. The flavor and aroma of coffee are derived chiefly from a volatile oil, which is developed during the roasting process. But it has been established that this substance is rapidly lost from the coffee upon exposure to air. Moreover, each pound of coffee contains about two ounces of fixed oil which may become rancid in the presence of air. These changes occur whether the coffee is ground or in the bean.

Since stale, flavorless coffee may have an adverse effect upon appetite, it is important to buy a product that is protected against the air, or to choose one that is freshly roasted. The homemaker should also buy coffee in small quantities so that it can be used up quickly once it is opened. After the coffee has been made, there may be a further escape of its flavor and fragrance with both heat and steam. That is why coffee should not be allowed to stand, but should be served the moment it is made, and why it should not be reheated.

Tea also deteriorates when it is stored for long periods. It should therefore be bought in small quantities and kept in air-tight containers.

Questions Answered

Mrs. S. M.—It has been established that there is a much greater loss of mineral salts in cooking carrots when they are cut in small pieces than when they are cut in large pieces. Mineral losses can be minimized by cooking this vegetable whole, just until tender.

Mrs. J. F. A.—Numerous investigations with children indicate that there is a definite connection between bodily well-being and mental ability. A child with poor appetite and digestion may exhibit poor powers of concentration, listlessness or irritability, all of which interfere with the ability to learn.

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HOUSEHOLD QUESTIONS

Good for Flannels.—A teaspoon of glycerin in the rinsing water makes flannels come out like new.

• • •

Cleaning Window Shades.—Light window shades may be cleaned with a flannel cloth dipped in flour.

• • •

Salad Molds.—Muffin pans make good individual molds for gelatin salads and for macaroni and cheese mixtures.

• • •

Rinse Lingerie Well. — When washing fine lingerie, follow the suds with at least two and preferably three rinsings.

• • •

Improving Apple Pie. — When making apple pie or apple pudding, add the grated rind and juice of an orange. This greatly improves the flavor.

To Correct Constipation Don't Get It!

Why let yourself in for all the discomfort of constipation—and then have to take an emergency medicine—if you can *avoid both* by getting at the *cause* of the trouble?

If your difficulty, like that of millions, is due to lack of "bulk" in the diet, the "better way" is to eat Kellogg's All-Bran. This crunchy toasted cereal—a natural food, not a medicine—has just the "bulk" you need. If you eat it every day, it will help you not only to *get* regular but to *keep* regular, month after month, by the pleasantest means you ever knew!

Eat All-Bran daily, drink plenty of water, and "Join the Regulars." Made by Kellogg's in Battle Creek. Sold by every grocer.

NEW IDEAS

ADVERTISEMENTS are your guide to modern living. They bring you today's NEWS about the food you eat and the clothes you wear. And the place to find out about these new things is right in this newspaper.

It's Pretty to Wear And Easy to Make

ISN'T the dress with paneled skirt and lifted waistline (No. 1716) a lovely thing for larger women to wear? It's so simple, so soft and slenderizing, with a bodice that fits perfectly, because the shoulders are shirred and the waistline gathered. Make this of silk crepe, georgette, chiffon or flat crepe. Wear flowers or a jeweled pin at the becoming, deep v-neckline.

For slim figures, the bow-trimmed bolero frock (No. 1705) is particularly flattering, and it's

new as tomorrow morning! The dress, even without the bolero, is a real charmer, with its high neckline, flaring skirt and tiny, tiny waist. Tailored enough for daytime, and yet appropriate for afternoon parties, too. Thin wool, flat crepe or silk print are pretty materials for this.

The Patterns.

No. 1716 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. With long sleeves, size 38 requires 5 yards of 39-inch material; with short sleeves, 4⅝ yards.

No. 1705 is designed for sizes 12, 14, 16, 18, 20 and 40. Size 14 requires 4¾ yards of 39-inch material, and 1½ yards of ribbon for bows. To line bolero takes 1⅝ yards.

Spring and Summer Pattern Book.

Send 15 cents for the Barbara Bell Spring and Summer 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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QUICK QUOTES

Sentinel Features

NO PLACE FOR POLITICS

"I KNOW of no more contemptible thing than to talk politics to a poor man or woman seeking relief."—*Mayor F. H. LaGuardia, of New York.*

RIGHT THIS VERY MINUTE

How Do You Feel?

Tired? Irritable? No ambition? Look at your watch—note the time. The same time tomorrow, compare how you feel then with the way you do right now! In the meantime, stop at your drugstore and, tonight, drink a cup of Garfield Tea.

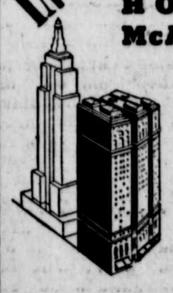
Tonight—"Clean Up Inside"—Feel Different Tomorrow!

Lose that let-down feeling. Let Garfield Tea clean away undigested wastes, intestinal "left-overs." Acts gently, promptly, thoroughly. Drink like ordinary tea. 10c—25c.

FREE! Write for FREE SAMPLE of Garfield Headache Powder—also Garfield Tea, used for constipation, acid indigestion, and to "keep clean inside." Write Garfield Tea Co., Dept. 41, B'klyn, N.Y.

IN NEW YORK

HOTEL McALPIN



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