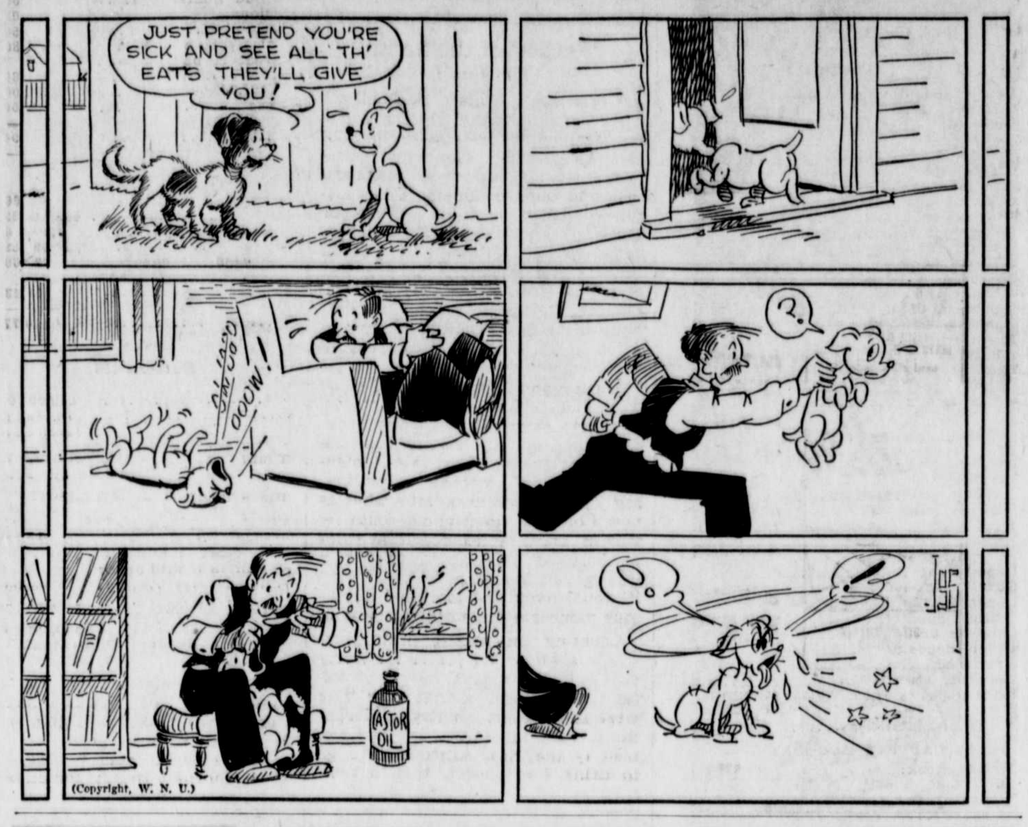
OUR COMIC SECTION

Snoopie



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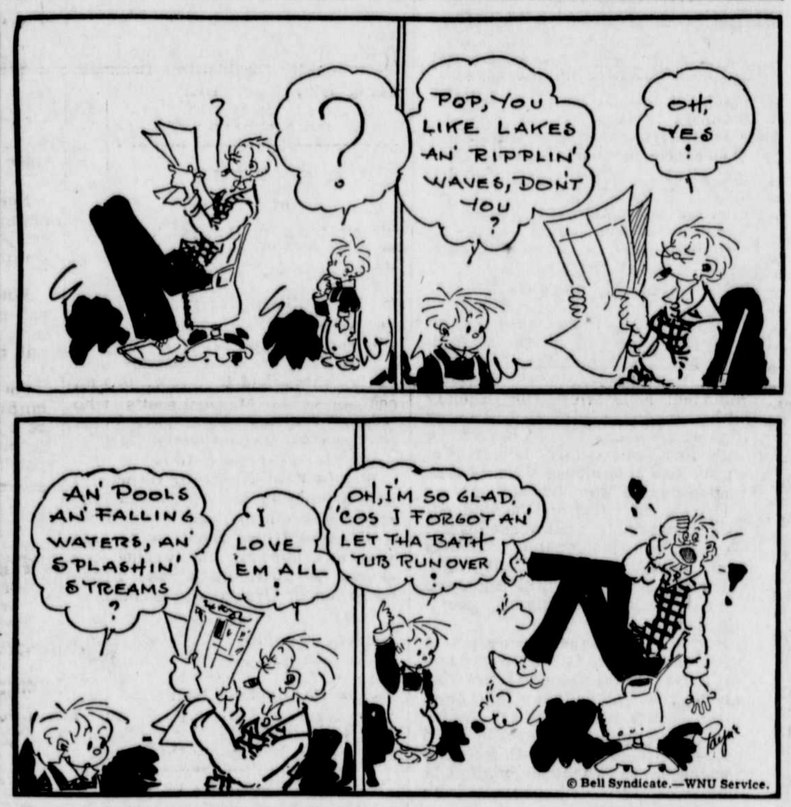
S'MATTER POP

By C. M. Payne



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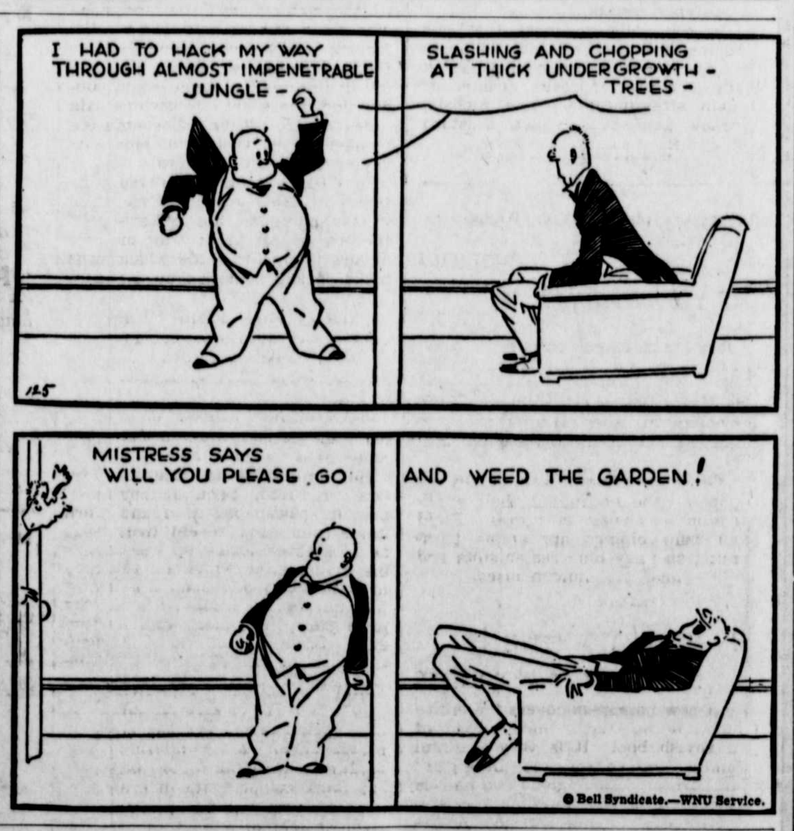
POP

By J. Millar Watt



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THE STOP-OVER

Mouse—Look at that pig eating all the cheese. Here's where I get mine.

Minding Her Manners

Dorothy and her big sister were calling. The big kitchen of the farmhouse was fragrant and spicy from the morning's baking. After a time small Dorothy tired of sitting still and the kindly old lady gave her a cookie. The child accepted it without a word.

"What do you say, honey?" prompted her sister.

"Sister wants one, too," was the answer.—Springfield Union and Republican.

SKATING ALONG

The One in Front—Look out Jimmy, folks ought to sprinkle ashes on these slippery sidewalks.

What to Eat and Why

C. Houston Goudiss Explains How Food Can Make You Fat or Thin; Offers Tips on Gaining Weight

By C. HOUSTON GOUDISS

TO NEARLY every adult, weight is a matter of great concern. Thin people step on the scales in the hope of finding that they have gained a pound or two. Fat people sometimes weigh themselves several times a day, trusting each time that the arrow will point to a slightly lower figure. In many cases, the reason for this absorbing interest is vanity—a desire to *look* better. But the real objective should be to attain the weight at which one *feels* better, for few people realize that to weigh neither too much nor too little is one of the best possible aids to buoyant health. Moreover, the secret of weight control for normal individuals lies in the *kind* and *amount* of food consumed.

The science of nutrition teaches us that all body fat originates as surplus fuel . . . that is, food which has been consumed over and above the immediate requirements of the body machine. It therefore follows that in general the problem of gaining or losing weight is concerned with an increase or reduction in the total fuel value of the diet.

Shortage or Surplus of Fuel

Those who find it difficult, after 30, to avoid taking on excess pounds must learn to reduce the total fuel intake. Otherwise, they may find themselves burdened with a mounting surplus of fat, which not only destroys beauty, but impairs health, and tends to decrease both mental and physical efficiency. On the other hand, those who feel that they must struggle to keep their weight up to normal . . . who declare that they simply cannot gain, no matter how much they eat, should acquaint themselves with the high-caloric foods and make a persistent effort each day to eat a little more than enough to meet their needs. If a gain is achieved, the result will be well worth the effort. For just as overweight is a handicap to health and efficiency, so have nutritionists observed that physical efficiency may be definitely decreased when the weight falls more than 10 per cent below the average for one's height.

It is often said that it is easier to lose weight than to gain it, and in many cases this is true. For the overweight person who consistently cuts down the fuel value of the diet, should, under normal circumstances, be able to reduce gradually, comfortably and effectively. But the individual who is underweight often has a small appetite and therefore has little desire to eat the increased quantities of food that are required in order to gain.

Influence of Body Build

Nutritionists have observed that many people who find it difficult to gain have a tall, slender type of body build. It has been determined that in people of this type, the digestive tract is usually shorter than in those having a stocky build. Moreover, they tend to be more tense, more active and of a more nervous temperament. As a result, the passage of food through the digestive tract may be so rapid that it leaves the body before all the available nutrients can be utilized. At the same time, these active people tend to burn up more of their food for energy, so it is not surprising that they fail to store body fat, unless the diet is especially planned to meet their needs.

Concentrated Foods Desirable

The well balanced diet, with its full quota of minerals and vitamins is basic to good health for all. But in order to produce a gain in weight, the diet of individuals belonging to the slender type should be composed of easily digested foods, which can be utilized by the body with a minimum of effort; and it should include generous amounts of concentrated and highly nourishing foods.

Included in this classification are eggs, cheese, cream, butter or margarine, bacon, bread, cereals, cream soups, custards, ice cream, rice and tapioca puddings. The addition of two or three glasses of milk to the regular meals will be found useful in increasing the fuel value of the diet. Milk also belongs in the reducing diet, but there it is used to **replace** other high caloric foods. Fruit juices will be found useful in stimulating the appetite of those who desire to gain; and the fuel value of these beverages may be increased by the addition of milk or cream.

An Extra Meal

Very often it is possible to get extra nourishment into the diet by way of a light lunch in mid-morning, mid-afternoon or both—provided it does not interfere with the appetite for the regular meals. This may take the form of fruit juice and crackers; malted milk; cocoa, egg nog or plain milk. A between-meal snack is regarded as especially desirable for thin people whose work is fatiguing. It will help them to sustain energy and prevent them from coming to their regular meals too tired to enjoy or profit by food.

Importance of Rest

Since thin people have a tendency to tire quickly, they are advised to get plenty of rest. There should be long hours of sleep at night, and nutritionists have also observed that the food is apt to be better utilized if a short rest is taken before meals.

Questions Answered

Miss G. L. D.—It has been estimated that one quart of fluid skim milk and one-and-one-half ounces of butter may be considered as approximately the equivalent in food value to a quart of fluid whole milk.

©—WNU—C. Houston Goudiss—1939—58.

HOW to SEW

By RUTH WYETH SPEARS

"DEAR MRS. SPEARS: My living room is looking very smart and gay; the clear sketches on how to fit and make slipcovers in your Book 1, SEWING, for the Home Decorator, have been a great help.

"While shopping in a drapery department I found some braid 1¼ inches wide in bright blue, green and red. I was so attracted by it that I had to find a way to use it. The result is a chair covered in plain blue glazed chintz with green seam bindings and the blue, green and red braid around the cushion and the bottom ruffle. It is very stunning and everyone admires it. My problem now is keeping my slipcovers firmly anchored in place. How should this be done?"

Here is a sketch of the chair that was inspired by a shopping tour. I have also sketched a method that is often used by professionals for anchoring slipcovers.

Give your house a fresh start with new curtains; slipcovers, lampshades and other smart new touches which you will find in Book 1, SEWING for the Home Decorator. Book 2, Gifts, Novelties and Embroidery, illustrates ninety embroidery stitches and many ways to use them. They are 25 cents each; with each order for both books, Rag Rug Leaflet is included FREE. Address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

Why Let Yourself Get Constipated?

Why endure those dull headachy days due to constipation, *plus* the inevitable trips to the medicine chest, if you can *avoid both* by getting at the *cause* of the trouble?

If your constipation, 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 breakfast cereal is the ounce of prevention that's worth a pound of emergency relief. It helps you not only to *get* regular but to *keep* regular, day after day and month after month, by the pleasantest means you ever knew.

Eat Kellogg's All-Bran every day, drink plenty of water, and see if you don't forget all about constipation. Made by Kellogg's in Battle Creek. Sold by every grocer.

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Ask Me Another

A General Quiz

1. How does electricity produce light in an incandescent lamp?
2. What is the derivation of the word nihilist?
3. How high above sea level is Lake Champlain?
4. How many telephone calls a day are made in the national capital?
5. Who was called the "Expounder of the Constitution"?
6. What causes "the noise of the sea" in conch shells when held to the ear?
7. How much does it cost to telephone from a ship at sea?

The Answers

1. By heating the filament of the lamp. As soon as the filament becomes hot enough it becomes luminous.
2. It is from the Latin nihil, meaning nothing: one who denies real existence.
3. Ninety-six feet.
4. Telephone calls originating in Washington, D. C., now reach an average of 1,000,000 per day.
5. Daniel Webster.
6. The circulation of the blood of the listener.
7. The rate is $9.00 for a three-minute call when the ship is within 1,500 nautical miles of New York and $18.00 when it is over 1,500 nautical miles away.

SAFETY TALKS

At the Crossroads

THE "dirty work at the crossroads" of fable and story has a counterpart in the pattern of modern automobile accidents.

The National Safety council reports that in 1937 about 58 per cent of all injury accidents in cities occurred at intersections.

In rural areas, however, only about 24 per cent of the injury accidents occur at intersections.

The council said 52 per cent of the intersection accidents that involved two motor vehicles were right-angle collisions.

History REPEATS Itself!

Twenty-five years of scientific research made it possible for Quaker State, in 1914, to produce the only motor oil which successfully lubricated the hottest running motor of its time . . . the Franklin Air-cooled engine. Twenty-five more years of research enables *Acid-Free Quaker State* Motor Oil to meet the most difficult problems of lubricating the 1939 models. Insure the performance of *your* new car! Use *Acid-Free Quaker State* regularly. Quaker State Oil Refining Corporation, Oil City, Pennsylvania.

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Retail price 35¢ per quart