OUR COMIC SECTION

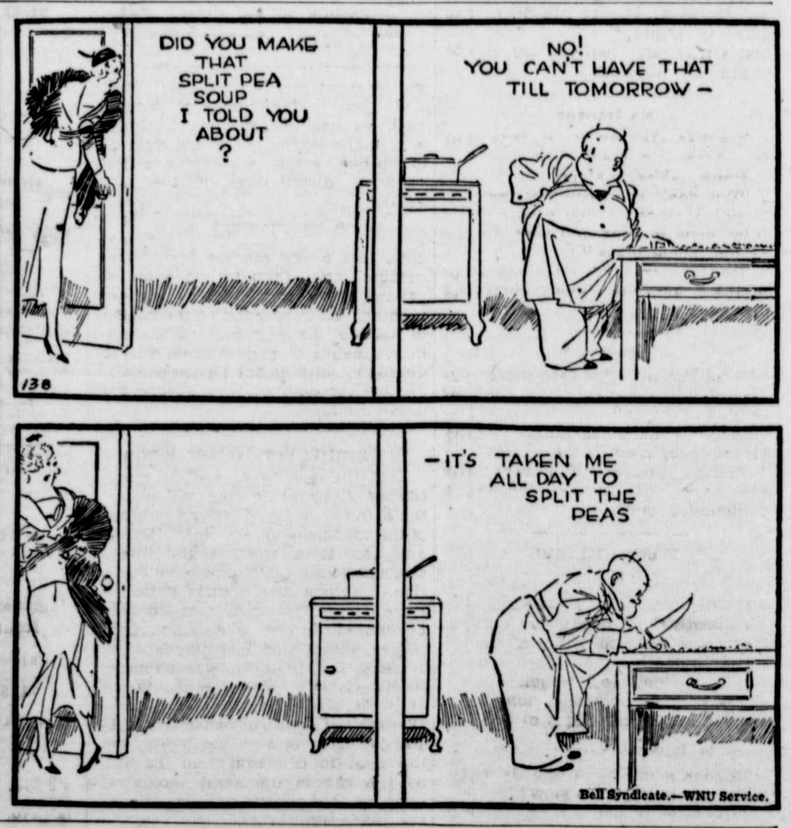
Events in the Lives of Little Men

S'MATTER POP

By C. M. Payne

POP

By J. Millar Watt



ATTACHMENT

Friend—I hear the deputy sheriff is after Clara.

Police Chief—Yes. I believe he has an attachment for her.

Spoils the Fun

Mrs. De Style—I think a woman should put her best efforts in dress to please her husband.

Mr. Facts—I can't see where friend husband gets much joy out of it unless her father pays the bills.

Bad 'Grammar!'

"Over there," said the host, "are my grandma's ashes."

"Oh," commiserated the guest. "She's passed on, eh?"

"No," said the host." She's just too lazy to look for an ash tray."

IN HIS HEYDAY, THEY SAY

"He's a man of straw."

"He's in his heyday, they say."

ADVENTUROUS AMERICANS

By Elmo Scott Watson

Immortalized by a Dam

BONNEVILLE dam in the Columbia river perpetuates the memory of an adventurous explorer who was both a great success and a great failure. In 1832 French-born Capt. Benjamin Bonneville of the United States army obtained a leave of absence to engage in a fur trading expedition on condition that he explore the trans-Missouri West and obtain information concerning the Indians, the topography of the country and its economic possibilities. Two years later he set out at the head of a party of 110 men.

Commercially his venture was a complete failure. He built forts in such poor locations that the frontiersmen called them "Fort Nonsense." Some were so high in the mountains that they were cut off from the outside by the first snows of winter. But his expedition was successful in that he explored the route through South Pass for wagon trains and mapped the passage of the Columbia river through the Cascade mountains. Moreover he was an able military leader for he did not lose a single man during all his perilous journey through the Indian-infested wilderness.

After his return to the East he met Washington Irving at the home of John Jacob Astor and the result was the book "The Adventures of Captain Bonneville" by that famous writer. The book was a "best seller" of its time but it did not help Bonneville's reputation greatly. He had long overstayed his leave of absence and when President Jackson reinstated him as a captain in 1836 many people protested that Bonneville should have been dismissed from the service instead.

Bonneville proved them wrong by his conduct during the Mexican war, which won for him a citation for gallantry in action. In 1852 he became commandant at Fort Vancouver which stood 30 miles down the river from the dam that now bears his name. He was brevetted a brigadier general in 1869 and died in St. Louis in the spring of 1878.

* * *

'A Message to Garcia'

OUT in California lives an 82-year-old retired army officer whose name was once on every American's lips. He is Col. Andrew Summers Rowan, the man who carried "a message to Garcia."

In 1898 war with Spain was imminent and President McKinley wanted to know if General Garcia, commander of the Cuban insurgents, would co-operate with the American forces if an army was sent there. The man chosen to find out was young Lieutenant Rowan.

Rowan proved that the confidence of his superiors was not misplaced. Making his way through the steaming, insect-infested jungle, drinking germ-filled water, living on such food as he could find and in constant danger of capture and execution by the Spaniards as a spy, Rowan found Garcia, got the information he sought and safely made an equally perilous return trip.

Rowan was taken to the White House where he received the thanks of the President and promoted to the rank of lieutenant-colonel of volunteers. But the thing which made him famous was an editorial, written by Elbert Hubbard, for his magazine, the Philistine, the following year. This editorial, published under the title of "A Message to Garcia," was translated into 20 languages, reprinted all over the world and is one of the best known pieces of English prose ever written.

As for the man who inspired it, net until 1922 did he receive public recognition from his country in the form of the Distinguished Service Cross for carrying the "message to Garcia."

* * *

Death Valley Samaritan

LOU WESTCOTT BECK went into Death Valley to seek wealth but almost perished. He stayed there to devote his life to saving others.

Death Valley of the days before good roads and tourist facilities was well named. Hundreds of American adventurers never returned from it. A barren waste with trails that led nowhere, and alive only with crawling lizards and darting poisonous snakes, Death Valley was a treacherous trap baited to lure adventurers with promises of gold.

Beck became known as the "Good Samaritan of Death Valley," piling up rocks and putting signs on them directing prospectors to water holes. He went out searching for those who were known to be lost and guided them to safety.

For 13 years, aided only by Rufus, his Newfoundland dog, Beck braved the hardships of the Colorado and Mojave deserts, as well as Death Valley, and saved between 300 and 400 lives. In 1917, although warned not to by his dog, Beck drank from an infected spring and never recovered from the resulting illness.

Although comparatively unknown today, Lou Westcott Beck is probably one of the most self-sacrificing of all the great American adventurers.

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What to Eat and Why

C. Houston Goudiss Describes the Role of Phosphorus In Nutrition; Tells Where to Obtain This Mineral

By C. HOUSTON GOUDISS

THERE are at least 11 different mineral salts which are essential to the structure or functioning of the human body. But of these, only four—calcium, phosphorus, iron and iodine—require the careful consideration of the homemaker. That is because a diet which furnishes adequate amounts of these four will automatically provide the others. But when the diet is deficient in any one of these four minerals, disastrous consequences may result.

It is therefore of the utmost importance that every homemaker should know something of their functions, and what foods supply them. In this article, we shall deal specifically with phosphorus.

Versatile Phosphorus

It has been said that if the biographies of the elements could be written, that of phosphorus would be the most interesting of all. That is because there are 14 different ways in which compounds of phosphorus may function in the body. In fact, it is doubtful if any other inorganic element enters into such a diversity of compounds or plays an important part in so many functions.

This mineral is indispensable for all the active tissues of the body and likewise helps in regulating the neutrality of the blood. It is found abundantly in nerve tissue.

Needed for Teeth and Bones

Its most significant role, however, is to team with calcium in giving rigidity to the bones and teeth. Approximately 90 per cent of the total phosphorus of the body and 99 per cent of the calcium are found in the bones and teeth.

Both these minerals are required in generous amounts, but almost twice as much phosphorus as calcium should be supplied every day. Moreover, children should have about one-and-one-half times as much phosphorus as adults, to meet the requirements for growth.

The muscles and soft tissues need phosphorus as well as the bones, and in the dietary of the child, they must share with the bones, the phosphorus that is provided by the food. Hence, the greater need for this mineral during childhood.

Phosphorus and Rickets

If a child's diet is deficient in phosphorus or calcium, or if conditions are not favorable for their proper absorption, rickets will occur. This devastating nutritional disease may result in deformities of the chest and pelvic bones, as well as the more familiar bow legs and knock-knees.

Investigators have spent many years in discovering how to prevent and cure this disease which has made life miserable for so many children and which has far-reaching effects that carry over into later life. For example, adults who have bow-legs or a pigeon breast as a result of childhood rickets, are always self-conscious because of their defects. And motherhood may be far more difficult for young women whose pelvic bones were deformed by rickets in their early years.

A Low-Phosphorus Diet

It was found that rickets may be associated with a low-phosphorus diet, even when the calcium content is high. **And investigations also determined that there is a seasonal tide of blood phosphorus which corresponds to the amount of available sunlight.** This led to the realization that sunlight—which we now know helps the body to manufacture vitamin D—is closely related to the proper utilization of phosphorus. **And today it is well established that rickets can be prevented, or cured, by a diet containing liberal amounts of phosphorus, calcium and vitamin D.** Vitamin D can be obtained from direct sunshine, but where this is not available in adequate amounts, cod-liver oil, irradiated foods, or those fortified with a vitamin D concentrate will supply this necessary substance.

Make Use of Sunlight

As we approach the season when the greatest amount of sunshine is available, homemakers should see to it that not only the children, but every member of the family spend as much time as possible in the sunlight. This will help to promote the proper utilization of phosphorus and calcium. And both teeth and bones will benefit, as well as the general health.

Where to Find Phosphorus

Every homemaker should acquaint herself with the foods that supply phosphorus most abundantly, so that she will be prepared to include this mineral in the diet every day. **Egg yolk and dried beans are both valuable sources of phosphorus. So are whole grain cereals and lean meats. In fact, cereals and meats have this in common—both are rich in phosphorus and deficient in calcium. Whole grain breads are likewise important for their phosphorus content. And on a percentage basis, cheese ranks very high as a carrier of this mineral.**

Cocoa also contains a large percentage, though it must be remembered that, as a rule, only small quantities of cocoa are consumed at one time. Many nuts, including almonds, peanuts, pecans and walnuts, furnish significant amounts. And this mineral is found in dried fruits such as raisins, figs and prunes, and in much smaller quantities in vegetables, such as spinach, cauliflower, string beans, carrots and brussels sprouts.

Milk supplies phosphorus, though not in such generous amounts as calcium. However, if you follow the rule of a quart of milk daily for every child and a pint for each adult, you will contribute materially to the phosphorus and calcium content of the diet.

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HOW to SEW

By RUTH WYETH SPEARS

"DEAR MRS. SPEARS: The curtains I made from your Book 1—SEWING, for the Home Decorator, are so smart and modern looking that they have given our living room an entirely new appearance. Right now I need an idea that will pep up my kitchen windows. Everything is up to date but the curtains. They look old fashioned. The color scheme is red and white, but please don't tell me to use red and white checked gingham because I have done that before.—J. B."

Alright, no checked gingham! How about some nice crisp dotted swiss with the widest red rick rack you can find for the edge? Then make a border around the top and sides of the window by pasting scalloped red oilcloth on the window frame, using wall paper paste. Cut the oilcloth in strips first, then mortise the corners by cutting them on the bias. Start marking the scallops at the corners, as shown here, making the center top scallop wider than the others. The tie-backs for the curtains may also be made of the red oilcloth.

With the help of Book 1, SEWING, for the Home Decorator, you can make many of the things you have been wanting for your home. Book 2—Embroidery and Gifts, is full of ideas for ways to use your spare time in making useful things. Books are 25 cents each. Enclose 50 cents for both books, and leaflet illustrating 36 authentic embroidery stitches will be included FREE. Address, Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

ESSO REPORTER NEWS

	A.M.	Noon	P.M.	P.M.
*WJZ	7:55	12:25	6:00	11:00
*KYW	7:15	12:45	6:00	11:00
*KDKA	8:00	12:00	6:00	11:00
WBAL	7:25	12:00	5:25	10:00
WRC	8:00	12:00	5:30	10:00
WCHV	8:00	12:00	6:30	10:00
WRVA	7:55	11:55	5:55	11:00
*WTAR	8:00	12:30	6:30	11:00
WBT	8:00	12:55	5:10	11:00
WPTF	7:40	12:30	6:30	11:00

*Daylight Savings Time

Gentle and Strong

Gentle in manner, strong in performance.—Claudio Aquaviva.

A GREAT BARGAIN
VESPER TEA
PURE ORANGE PEKOE
50 Cups for 10 Cents
Ask Your Grocer