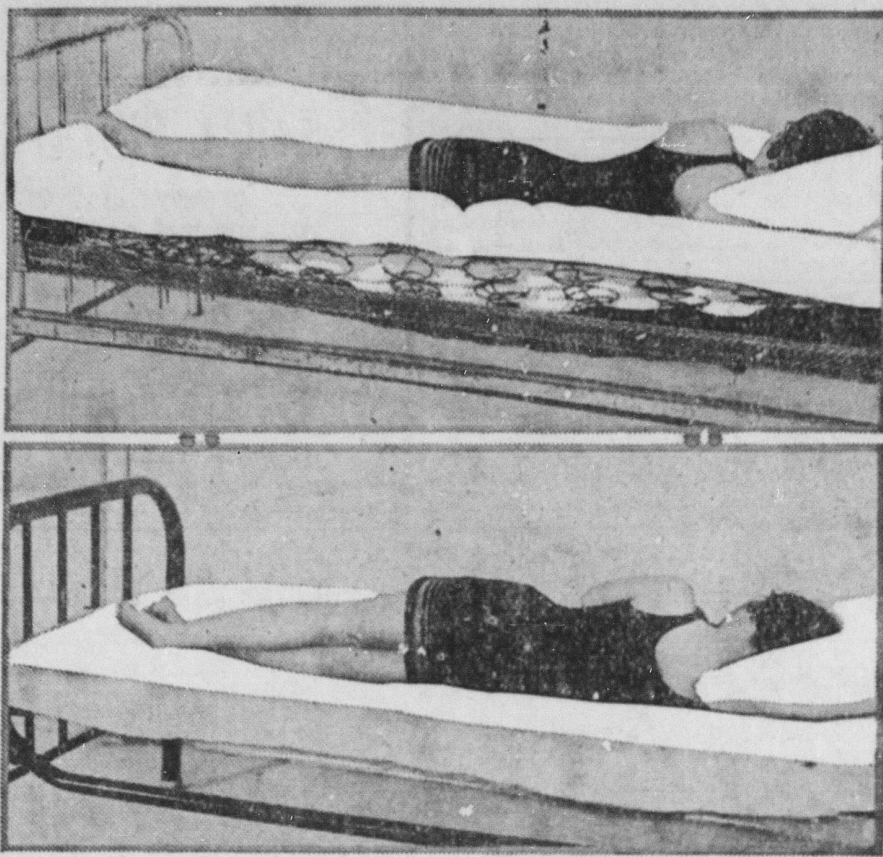


Posture While Sleeping Is Important



One Picture Shows Bad Sleeping Posture Produced by Poor Bed Springs, the Other How Much Better It Is to Lie on Firm, Level Springs.

(Prepared by the United States Department of Agriculture.)—WNU Service.

Good posture should be maintained during the whole of the twenty-four hours, in standing, sitting, walking, sleeping, working, and playing. Extension workers of the United States Department of Agriculture and state agricultural colleges are constantly showing farm women through home demonstration clubs, the effects of good and bad posture, and the points

that characterize good posture at any occupation.

It may be thought that because one knows nothing about what is going on during the hours devoted to sleep, and because the body is in a relaxed state, that posture while sleeping has no connection with posture during the waking hours. When it is realized, however, that seven or eight hours out of every twenty-four are usually spent sleeping or lying on a bed, and

Evening Story for the Children

By MARY GRAHAM BONNER

Whenever Mr. Crow was feeling sad and mournful, as he sometimes felt, Mrs. Crow always treated him as though he were a child crow instead of a grownup Mr. Crow.

"They still put the scarecrows in their fields; they still do," he said. "You mean those creatures made out of sticks and things which are dressed up like men with guns, eh?" asked Mrs. Crow.

"Yes, they are called scarecrows," said Mr. Crow. "They are put in the fields to scare away the crows, and that is why they have such a name—you see—scarecrows, or let us scare the crows."

"It's foolish of them," said Mrs. Crow. "We may not be perfect but we have our good points."

that no other occupation of the twenty-four hours keeps a person in one place for any period as long as this, the importance of sleeping in a good position, which will improve the posture in the daytime, is quite easily perceptible.

Sagging bed springs can do a great deal of harm. Whether the person sleeping on them lies on the back on the side, the tendency is to produce an unnatural curve in the spine, and if the same position is always maintained, this may become permanent. The shoulders and head are also thrown out of position on a bed that sags down in the middle, or that causes one unconsciously to twist about in order to be comfortable. Another less direct effect of bed springs on bodily posture is caused by fatigue. One does not rest well in an uncomfortable position, and when the muscles and joints are tired, posture is affected unconsciously.

"Yes," said Mr. Crow, "we have. It is true that we do steal the grain and corn."

"We love corn—all crows do. And many of us are thieves—in



"Yes," Agreed Mrs. Crow.

fact, most of us are thieves, I believe.

"But we must eat and we must live, and if we can't go to the markets and put down pennies, and nickels, and dimes, and quarters for our food, we just have to take it as we can."

"We can't shop as people can. We have no money, no pocketbooks, no

bank accounts at our disposal. The squirrels have savings banks where they save nuts as children do their pennies.

"But we are without all these things. Nor can we grow food as the farmer can do."

"So it makes me sad to hear myself complained of all the time. As you have said, we have our good points."

"Although I will admit that our family does steal and that we do rob the farmer of some goodies—still the harm we do doesn't half come up to the good we do."

"We eat grubs and different kinds of worms which would destroy the corn, and we really save the crops for the farmer many, many, times."

"Yes," agreed Mrs. Crow, "what you say is true. And I do wish you would take some comfort knowing that you have good points."

"And, too, you are such a good mate, and so kind to the children, that I think everything of you."

"Caw, caw," said Mr. Crow. "That is indeed pleasant to hear. Caw, caw, I think that is fine."

So Mrs. Crow comforted him a great deal, and they spent a lovely afternoon talking about their good points.

It was a fine subject and they enjoyed it immensely. And I can understand that, can't you?

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Steamed Pudding Substantial Dessert

(Prepared by the United States Department of Agriculture.)—WNU Service.

On winter days a steamed pudding often appeals to those members of the household who like a substantial dessert. For most people hot puddings are most enjoyable when the preceding part of the meal has not been too filling. They should not be planned for the end of a rich, heavy dinner. The following recipe for steamed cranberry pudding is from the bureau of home economics of the United States Department of Agriculture:

2 cups cranberries 1/4 cup butter or other fat
1 1/2 cups sifted soft-wheat flour 1/2 cup sugar
1 tsp. baking powder 2 eggs
1/4 tsp. salt 1/2 cup milk

Pick over, wash and dry the cranberries and roll them in two tablespoonfuls of the flour. Sift the rest of the flour with the baking powder and salt. Cream the fat, add the sugar and well-beaten eggs, and add to the dry ingredients alternately with the milk. Fold in the cranberries, turn into a buttered mold, cover, and steam for two hours. Serve hot with sauce made as follows:

1 cup sugar 2 cups cranberries
3 tbs. cornstarch 1/2 cup water
1/4 tsp. salt 2 or 4 tbs. butter
2 cups boiling water

Mix the sugar, cornstarch and salt. Add two cups of boiling water, stir until thickened and cook for ten minutes in a double boiler. Meanwhile, cook the cranberries with one cup of water until soft. Press them through a fine sieve and add this pulp to the cornstarch mixture. Add the butter

and serve hot over the hot cranberry pudding.

Cranberry pie is another delicious dessert. The crust should be prepared before the cranberries and other ingredients are put in.

3 cups cranberries 1 1/4 cups water
1 1/2 cups sugar 1 tbs. butter or other fat
2 tbs. cornstarch 1/2 cup milk
1/4 tsp. salt Pastry

Wash and pick over the berries and discard any imperfect ones. Mix thoroughly the sugar, cornstarch, and salt, add the water and cook over direct heat for four minutes; then add the butter and cranberries, stir and cook the fruit for a few minutes. Pour into a partially baked crust and put alternate strips of thin pastry over the top of the berries. Bake about 20 minutes at 400 degrees Fahrenheit, or until the strips are lightly brown.

Save Unnecessary Steps in the Kitchen

In planning a kitchen arrangement, grouping utensils and equipment at the places where they will actually be used, will save many unnecessary steps and motions. Why walk ten feet across a kitchen and back again to get the bread knife if the bread box is kept in another part of the room?

Defined

Politics is one party trying to get in office and the other party trying to stay in.—Manchester Advocate.

Good Things for the Family to Eat

By NELLIE MAXWELL

"This world is a difficult world indeed. And people are hard to suit. For the man who plays the violin, it is a bore to the man with a fute."

Soups are enjoyed in any season. There is such a variety of canned soups from which to choose that the busy housewife or business woman may serve herself and family a different soup every day of the month.

The home prepared soups of fresh meat and bones with plenty of marrow are much more enjoyed when nicely prepared. Long, slow cooking, with meat and bones put on in cold water to draw out all the flavor, will give a most tasty and nourishing broth. Adding rice, barley, or vegetables of different kinds will vary the flavor as well as the enjoyment. To prepare and serve a good vegetable soup is an accomplishment which is worthy of praise.

Tons of American confections go to every part of the world. From America last year from June, 1929, to June, 1930, eighteen million pounds of candy was shipped. The world is growing conscious of the value of candy.

The scientists of the United States Naval observatory who went to the Pacific island of Niuafou to see the total eclipse of the sun have proved that lollipops are a valuable asset in gaining the confidence and help of savage tribes. Since money means

nothing to such semi-barbaric people, candy buys their good will.

A box of candy is always a most appreciated gift from youth to very old age.

Peanut Brittle.—One may make candy in her own home; it is not much work nor does it take a great deal of skill to make the pan candies. Take a pound of peanuts, shell, remove the brown husks and roll with a rolling pin until the nuts are like coarse crumbs. Take one pound of sugar, place in a thick iron or heavy aluminum pan over heat and stir until the sugar is well melted, stirring well from the sides of the pan. Add the nut meats with one-fourth of a teaspoonful of salt, mix well and pour onto a buttered baking sheet.

Creamy Fudge.—Place three cupfuls of sugar, one-fourth cupful of sirup, one-half cupful of milk, two squares of chocolate cut fine, in a saucepan and stir over a slow fire until the sugar is dissolved and the chocolate melted. Cover and cook one minute, remove the cover and cook without stirring until a soft ball is formed in cold water, 235 F. Add two tablespoonfuls of cooking oil, half a teaspoonful of salt, and one teaspoonful of vanilla. Set into cold water, cool until the mixture is barely warm, then beat until creamy and it loses its shine. Pour into well-buttered pans and mark off into squares.

Icing.—Into a double boiler place one and three-fourths cupfuls of sugar, add one-third of a cupful of boiling milk; when the sugar is dissolved

add one teaspoonful of lemon juice and one-half teaspoonful of baking powder, and the last thing, after adding two unbeaten whites of egg and beaten with an egg beater over hot water until the egg is slightly thick, add the lemon juice and baking powder after the saucepan is removed from the heat. When cool enough to spread add coconut and served on the cake.

Put a tablespoonful of salt and a tablespoonful of soda in an aluminum saucepan, cover with hot water and immerse your flat silver when needing cleaning. It will remove the tarnish in a few moments.

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Oklahoma Oil

Several small oil fields existed in what was known as Indian territory, but it was not until the Bartlesville field was developed in 1903-4 and the building of the Prairie Oil and Gas company pipe line into that district—followed immediately by extension of the line to Chicago—that Oklahoma began to have a marked effect in oil production.

Fur Used Like Fabric on New Coats

By CHERIE NICHOLAS

As to fur or no fur on the spring coat, it is entirely a matter of preference. The fact that many of the smartest furs are as supple, as lightweight and as easy to manipulate as the fabrics they trim has accomplished wonders in doing away with the prejudice which may have existed with some in regard to fur trims in the balmy springtime and now they can be worn any time.

Indications are that there will be as many fur-trimmed coats seen this spring as unfurred. In order to be distinguished looking, however, the fur must be styled along entirely new and original lines. Smart in every detail is the fur-collared and cuffed coat which is here illustrated. Rita La Roy of Radio pictures, who poses for this illustration, wears this model with its wide cuffs and generous collar of beige lapin to perfection.

As to fur cuffs you never can tell these days where they will end and the sleeve begin. Nevertheless, regardless of the fact that most of the sleeve in this instance is fur, owing to the extreme thinness of the fur there is nothing bulky or ungainly about it. Notice the diagonal fastening of this coat, also the adroit seaming of the cloth.

Fashion is particularly kind to the woman who is apt one day to be in a mood to wear fur on her coat and the next day wishes her spring wrap were one of the new sort without an inch of fur on it. The problem has been worked out very cleverly via adjustable collars which are so fashioned that cunningly devised scarfs of the flat fur are made to be pulled through slots in the cloth, or perhaps the fur buttonholes, the same to be slipped over decorative buttons on the coat.

Which brings us to a vastly important subject, that of buttons on the new coats. Double-breasted coats which call attention to two rows of



big buttons are the "last word" for spring. Coats which button in a single row down the front are also good

style, and will be worn by many this spring.

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CHILDREN NEED STORM-PROOF PLAY CLOTHES

(Prepared by the United States Department of Agriculture.)—WNU Service.

The winter play suit illustrated was carried out in a new, shower-proof, wind-proof cotton fabric. The intention is to shut out wind and rain or snow so that a child dressed in one of these suits and galoshes can play out of doors in any weather. Several pattern companies have patterns that can be adapted to the special features of this play suit, which was designed by the bureau of home economics of the United States Department of Agriculture.

The straight collar fits snugly up to the neck. A soft knitted collar may be used equally well. The sleeves are straight, and have the width at the wrist confined by a loop and button. This is a good plan when a sweater is worn underneath as the close-knit wristband of the sweater will keep out wind.

Part of the fullness of the legs is taken out by a dart extending from the knee to the bottom. This leaves less bulk to be disposed of under the galoshes. Patch pockets with one corner turned down and caught by a button are placed near the waistline in a convenient position for the child. The upper edge of the pockets is cut on a slant so that child can get his hand into them easily.

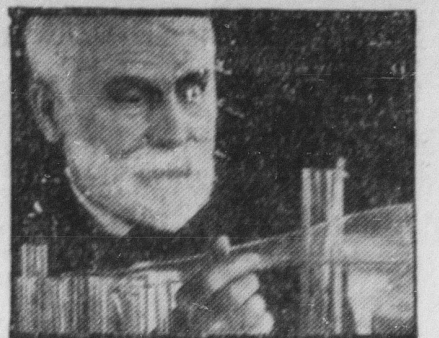
A suit of this kind takes the place of an overcoat, sweater, and leggings.

Meat Substitute

Cheese is an excellent meat substitute because it is rich in protein and fat and contains calcium, phosphorus, and vitamin A.



This Suit Takes Place of Overcoat, Sweater and Leggings.



FAMOUS Doctor's Way to move the Bowels

Do your bowels fall you occasionally? Are you a chronic sufferer from constipation and its ills? Then you will be interested to know of this method which makes the bowels help themselves.

Dr. Caldwell specialized on bowel ills. He treated thousands for constipation. The prescription he wrote so many times—which has been tested by 47 years' practice—can be had of any drugstore today. Its pleasant taste and the way it acts have made it the world's largest selling laxative.

"Dr. Caldwell's Syrup Pepsin," as it is called, is a skillful compound of laxative herbs, pure pepsin and other mild ingredients. Nothing in it to harm even a baby. Children like its taste. It acts gently, without griping or discomfort. So it is ideal for women or older people. But even the most robust man will find its action thorough, satisfying. The quick, certain benefits millions are securing from Syrup Pepsin proves a doctor knows what is best for the bowels.

Next time you feel bilious, head-achy, bloated, gassy, or constipated take some Dr. Caldwell's Syrup Pepsin and see how fine you feel the next day—and for days to come!

DR. W. B. CALDWELL'S SYRUP PEPSIN A Doctor's Family Laxative

A Fear Dismissed

"Your friends say you are over-working yourself as a candidate." "That's one of the joys of politics," said Senator Sorghum. "Once you get well into it, you have no fear of unemployment." — Washington Star.

Stubborn Coughs

Don't let coughs and colds wear down your strength and vitality. Boschee's Syrup soothes instantly—reliefs coughs quickly. Relief GUARANTEED.

Boschee's SYRUP

At all druggists

Summing It Up

Happiness is how we think ourselves. Other people haven't anything to do with it.

Favored Countries

There is no species of venomous serpent in Cuba, Haiti, Porto Rico or Jamaica.

It is the usually unsuccessful marriage that is perpetuated as an escapade. Marriage is one of the serious affairs of life.

In trying to look prosperous, one has to be careful not to look merely loud.

Happy the man whose ambition is not only to get the most out of his work, but to put the most into it.

A young man's principles depend almost entirely on his training.



Cold in Head, Chest or Throat?

RUB Musterole well into your chest and throat—almost instantly you feel easier. Repeat the Musterole-rub once an hour for five hours...

Those good old-fashioned cold remedies—oil of mustard, menthol, camphor—are mixed with other valuable ingredients in Musterole to make it what doctors call a "counter-irritant" because it gets action and is not just a salve.

It penetrates and stimulates blood circulation and helps to draw out infection and pain. Used by millions for 20 years. Recommended by many doctors and nurses. Keep Musterole handy—jars, tubes. All druggists.

To Mothers—Musterole is also made in milder form for babies and small children. Ask for Children's Musterole.



BETTER THAN A MUSTARD PLASTER