

**SUCH IS LIFE—Cats—and Cats!**



By Charles Sughroe

**Viewed in Light of Self-Esteem**

"People who are lacking in self-confidence make their feeling of self-respect and self-esteem depend upon the impression they make upon others. The individual who knows his own worth and value can do anything he chooses as long as it is useful and in keeping with common sense. But if the individual's self-esteem is low, then he will attempt to prove to himself, and to others as well, that his value is more than he, at heart, knows it to be, or thinks it. His actions will be directed by his anticipations of their effect upon others; as, for instance, when anyone thinks that a certain occupation is beneath his dignity."

I came across that in a book called "The Art of Being a Woman." And it struck me as so illuminating a universal problem that I am impelled to pass it on to my readers, says a leading woman writer and critic.

Have you ever felt impelled to do something—and then refrained because it was "beneath my dignity?" Have you been prevented from some action that you felt to be right, because of the thought that it might reflect unfavorably upon you? Are you ever bothered by a conflict between the dictates of your conscience and common sense and the bogey of "What will people say?"

Then you are one for whom I have quoted that paragraph above. Concern about your "dignity" is really an indication that your inner dignity is not sure, that you lack confidence in yourself. Preoccupation with the opinion of other people is the surest sign that your opinion of yourself is in need of bolstering up. Fear of what others will think or say shows a chink in that true self-esteem which is the surest and the safest armor against the uncertainties and the buffeting of life.

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Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

**Economy's Ally**  
Fear is an excellent aid to economy, and often the only one.

**Faulty Nutrition Is Peril to Our Young**

**Survey Reveals Condition Is Widespread.**

Chicago, Ill.—Asserting that the health and efficiency of the coming generation is seriously threatened by a prevailing condition of faulty nutrition, Miss Anna E. Boller, dietitian of Rush Medical college and head of the National Live Stock and Meat board's department of nutrition, urges parents to use every care in planning an adequate diet for their children.

"The condition is widespread in alarming in its significance," Boller. "Evidence of the situation was brought to my attention by a survey in which I recently participated among a representative group of school children. It was found that approximately 90 per cent of this group, picked at random, had developed nutritional anemia in varying degrees. More than half of the cases were markedly or very markedly anemic."

**Diet Out of Balance.**

"Information secured in the survey indicated strongly that a diet out of balance rather than a lack of food was the basic cause of this condition in the majority of these children. In the case of 60 per cent of this group, the

amount of protein, especially meat, in the diet was extremely limited, a fact which may have contributed materially to the anemic condition."

Miss Boller pointed out that modern research has revealed the high value of liver for the prevention and treatment of anemia, this discovery being recognized as an outstanding scientific achievement. She stated that in addition to the iron, so necessary in combatting anemia, liver is such an excellent source of other nutrients, including vitamins, that it would seem advisable to include it in the child's diet at least once a week.

According to Miss Boller, malnutrition in children may be manifested by various symptoms, including marked overweight as well as marked underweight for height and age, an abnormal color, fatigue posture, lack of endurance, and inattention at school. Although the extent to which this condition may bring about permanent injurious effects is dependent upon various factors, it is her opinion that if long continued, serious results are inevitable.

**Ideal Daily Diet.**

Miss Boller outlined the ideal daily diet for a child as consisting of milk, meat, egg, cooked and uncooked fruit, vegetables including potatoes and one cooked and one uncooked vegetable, orange or tomato juice, cereal, bread and butter. These foods provide such essential elements as protein for growth and for tissue repair, iron for building blood, phosphorus and calcium for strong bones and healthy teeth, and the vitamins necessary to general health.

In conclusion Miss Boller called the attention of parents to the fact that they may well consider the less-demanded cuts of meat in planning the children's menus. She said that these cuts are just as desirable in flavor and food value as the so-called select cuts and that present prices make them available for even the most restricted budgets.

**Wins Broad Jump**



John Brooks of Chicago caught in the air as he was successfully defending his broad jump title at the Drake relays in Des Moines, Iowa.

**Montana Gets Red Cross Honor Flag**



Mrs. Franklin Delano Roosevelt, first lady of the land, presenting to Senator John E. Erickson of Montana the Red Cross flag of honor in recognition of that state's feat in attaining the greatest annual membership in 1932 in relation to the population.

**REALIZATION OF SECURITY**

by LEONARD A. BARRETT

With investments, which a few years past paid dividends, one felt safe and secure. Future plans were made by many persons on the basis of the income from these securities which they confidently thought were invulnerable.

The depression has clearly demonstrated the futility of expecting to find that snug feeling of absolute security in material values, no matter how safe they seem at the time to be. Fortunes have been wiped out in a very short space of time. "The rich man of today may become the poor man of tomorrow" has proven true. Those who were fortunate in still having an income from their investments have been wise if they reduced their expenses to equal income. This readjustment of living expenses may have been a very painful process, but it certainly taught us an important lesson—that necessities cost very little in comparison with the cost of luxuries, upon which the larger part of one's income had been spent.

Another benefit which has come to us is the opportunity of transferring the source of our sense of security from tangible and material values to values which reside within us. The

**Heads the Fleet**



Vice Admiral David Foote Sellers, who was named commander in chief of the United States fleet with the rank of admiral. He succeeds Admiral R. H. Leigh.

most productive and satisfying investment one can make is in one's self. The investment of health, education, courage, integrity, plus one's natural ability in a chosen field of work, pays dividends which no depression can ever take away.

No one can change his past. He may have made grave mistakes which later proved to be errors in judgment. This past is irrevocable, but not without its experience and lessons. This experience may become the stepping stone upon which we rise to higher things. What we all need is courage to forget the mistakes of the past, benefit by its experience, and begin all over again. Such an experience imparts the spirit of adventure and makes life worth the struggle. The sense of absolute security which makes effort and struggle unnecessary breeds ennui, satiety and unhappiness. The loss in material values may be very inconvenient, and in some cases serious, but not fatal. The loss of one's integrity and confidence in mental and spiritual resources means death. That person will safely "carry on" who has transferred the source of security to investments he has made in himself.

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**Abandoned Mines Used for Mushroom Business**

Greensburg, Pa.—Abandoned coal mines have been utilized by Westmoreland county residents in a business that has earned thousands of dollars within the past few years—mushroom growing.

The dark hillside caverns, with an even temperature of between 55 and 60 degrees, were found to be ideal for mushroom culture. M. L. Rose, county treasurer, is among those who began growing mushrooms in the mines. Many now have built large concrete houses to handle their rapidly growing business.

**ODD THINGS AND NEW—By Lane Bode**



**TALC POWDER.**

WORKERS IN A TALK MINE BREATHE OVER TWO BILLION PARTICLES OF DUST IN EVERY CUBIC FOOT OF AIR, YET SUFFER NO INJURY.

**WEATHER VIGILANCE.** STORM WARNINGS ARE IMMEDIATELY TELEGRAPHED TO OVER 300 POINTS BY THE U.S. WEATHER BUREAU.

**PELICAN BAND.** PELICANS IN FLIGHT ALL MOVE THEIR WINGS IN UNISON, KEEPING TIME TO THE LEADER.

WNU Service

**The Household**

By LYDIA LE BARON WALKER

One piece of furniture which is in every room of a well-furnished house is the chair. It occupies this place of prominence because of its universal utility. The different models of chairs are innumerable. They are made to suit every requirement of style, period, and comfort. Persons buying for the latter reason should always make experiments in comfort by trying out chairs before making final decisions. They should sit in the chairs and see if the size, shape and height suit their requirements.

**Requirements.**

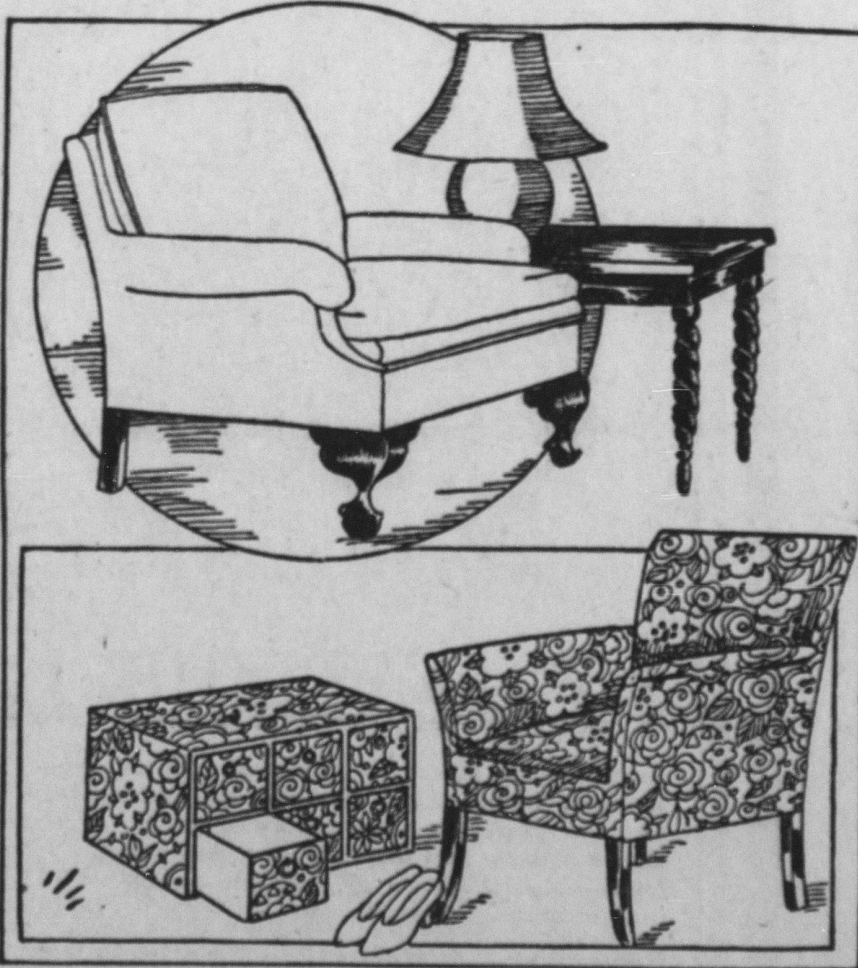
A chair to be satisfactory for enjoyment must fit the body as a shoe fits the foot. It must be neither too wide, nor too narrow, too high nor too low, and its curves and lines must conform

"tired business man" who, when he sinks into its soothing embrace, is likely to wish not to stir but to indulge in a pipe and a paper, or a book and a cigarette. A foot stool should be the accompaniment of such a chair. Often one comes in correct height and upholstery to go with the chair.

A sewing chair is one which should suit the body well. It is apt to be a rather low chair with very short arms, if any. Nothing should hamper the movements of the person sitting in it when sewing. Once upon a time rockers were favorite sewing chairs, but today this swaying model is not held in such high esteem. When doing particular work the vacillating appearance of the room and the instability of the body is rather hampering and also does not tend to help vision.

**Boudoir Chairs.**

The boudoir chair is low and, today, generally has arms the depth of the seat which is not in itself really deep. This is the same sort of chair sometimes, in older days, called a shoe or slipper chair. It had tiny arms. Its place was by the bed. When a woman



Note the Deep Seat in the Modified English Lounging Chair, and the Simple Lines Found in Modern Boudoir Chair.

to the restfulness of the body. Most persons prefer upholstered chairs for pure ease, but occasionally some one likes a style devoid of springs and stuffing.

Lounging chairs are particular favorites with men. There is one type with extremely deep and wide seat which extends beyond the ample arms, and which has a well shaped back high enough to rest the head against, which is supplied with most luxurious springs and hair cushions or those of down. This chair goes by the inviting name of an English lounging chair. Here is a chair to gratify the

got out of bed she immediately sat in the chair and put on her shoes and stockings or slippers. Its necessity is easy to understand when once you remember the height of old-fashioned beds. To this day many women use boudoir chairs for this very purpose realizing that sitting on the edge of a bed is harmful to mattress and springs alike. Shoe chairs represented luxury in a sleeping room which was furnished, of course, with equal attention to other details. Modern boudoir chairs reflect in a measure this same suggestion of luxury.

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**"Splitting" Headaches**

Until she learned why she was always miserable—and found out about NR Tablets (Nature's Remedy). Now she gets along fine with everybody. This safe, dependable, all-vegetable laxative brought quick relief and quiet nerves because it cleared her system of poisonous wastes—made bowel action easy and regular. Thousands take NR daily. It's such a sure, pleasant, corrective. Mild, non-habit-forming. No bad after-effects. At your druggist's—25c.

**TUMS** Quick relief for acid indigestion, heartburn. Only 10c.

**PARKER'S HAIR BALSAM** Removes Dandruff, Stops Hair Falling, Imparts Color and Beauty to Gray and Faded Hair. 60c and 1.00 at Druggists. Hiram Chas. Wm. Patheogue, N.Y.

**FLORESTIN SHAMPOO**—Ideal for use in connection with Parker's Hair Balsam. Makes the hair soft and fluffy. 50 cents by mail or at druggists. Hiram Chas. Wm. Patheogue, N.Y.

Worms expelled promptly from the human system with Dr. Peery's Vermifuge "Dead Shot." One single dose does the trick. 50c. All Druggists.

**Dr. Peery's Vermifuge** Dead Shot for WORMS

**DOES YOUR STOMACH BOTHER?**

IF you're troubled with distress from stomach, gas, and your body is rundown, there's nothing so good as Dr. Peery's Golden Medical Discovery. Read what Mrs. Sadie Kuark of Fruitland, Md., says: "I was troubled with stomach complaint, was nervous and run-down and had dizzy spells, but Dr. Peery's Golden Medical Discovery soon put an end to these complaints. It increased my appetite, gave me more strength and built me up considerably. My daughters have used it, too, and it helped them wonderfully for that weak, tired-out feeling." All druggists.

Write to Dr. Peery's Clinic, Buffalo, N. Y., for free medical advice.

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