

AMERICAN ANIMALS

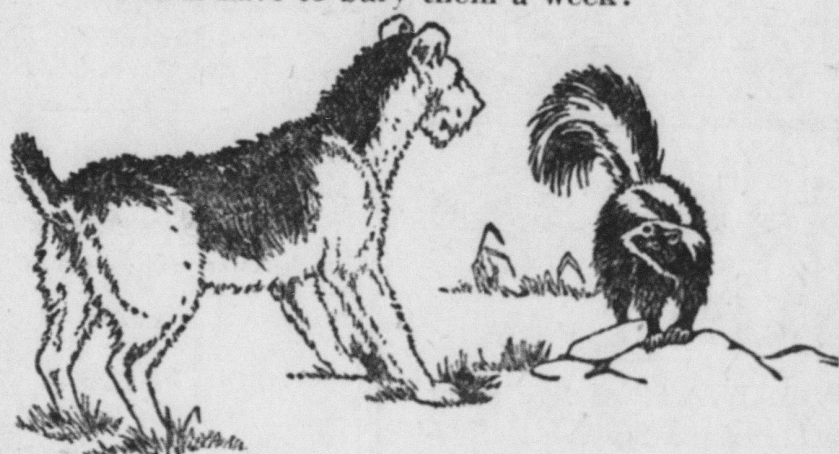
SKUNK

WE THINK that skunks are awful pests
Because they break up pheasants' nests
And eat the eggs of quail as well—
As you will hear the hunters tell.

But 'though he does a lot of harm,
A skunk will help around a farm.
He feeds on beetles, bugs and rats,
And eats more mice than seven cats.

He has a white stripe down his back,
And takes along a perfume sack
Whenever he goes out at night,
In case he gets into a fight.

So if you meet this little chap,
Don't try to take him on your lap,
Or with his scent your clothes will reek;
You'll have to bury them a week!



DAVID NEWELL

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Lights of New York

By L. L. STEVENSON

The old Gowanus house, over in Brooklyn, interests me. It was lost away back in 1905 and, as may be recalled, was found recently because a workman happened to stub his toe on it. Now men on the city's unemployed roll are digging it out, though it is uncertain what the park department will do with it when it again is exposed to the lights of day. Civic and patriotic societies will probably assist in solving the problem, however, since, for the last ten years, they have been urging the city to make a search for the house. Their interest is due to the fact that the Gowanus house was used as a block house by the Continental army in 1776, when the British, under Lord Howe, chased General Washington's forces across Long Island. It is also believed that Washington used the house as his headquarters for a short time.

How the Gowanus house got lost is well known. Twenty-eight years ago a real estate boom struck the section of Brooklyn in which it stood. Contractors filling in the waterfront were in such a hurry to get through with the job that they didn't bother with tearing down the old stone house. They merely tore off the roof and ripped out the floors. Then they buried it. When the city got around to searching for the house, the job wasn't so easy. Engineers calculated that it had stood in a certain spot a short distance off Fifth avenue, Brooklyn, and the park department set unemployed men to digging. When they got down about 25 feet the decision was reached that the house wasn't there. So a diagonal trench, 10 feet deep, was started toward the southwest. When the workmen had progressed about 30 feet, one of them tripped over something. He kicked at it and discovered that it was a corner of the house for which he and his fellows were searching.

Speaking of finding that which was lost reminds me of the gentleman, who, having meddled with strong beverages entirely too freely, started to drive home. When he had gone some distance he realized that he might have trouble with the law because he was unable to keep his course. So he abandoned his car and hailed a taxicab. His reception by his wife is not a part of this yarn, however.

The next morning the gentleman arose very thirsty with a fine headache and an elegant case of the flu.

EASY ENOUGH



Prospective Tenant—How is this flat heated?
Tenant—By tipping the janitor.

IT'S UNWISE TO OMIT BREAKFAST

Empty Stomach Doesn't Make for Efficiency.

By EDITH M. BARBER

To breakfast or not to breakfast—that is the question which for some reason has come in to me several times in the last few weeks. The answer is "Breakfast," even if your meal is exceedingly light. One young woman says "I am overweight, and am trying to reduce. I find it easiest to do this if I don't eat breakfast at all as I do not feel hungry in the morning."

As a general rule, it is unwise to omit breakfast entirely. It is a long time since dinner of the previous evening. Even if you are not consciously hungry in the morning you will usually find yourself more efficient in the morning hours if you have put some food into that empty stomach.

Many young girls and older women too have admitted to me that a return to a program which includes a light breakfast has made them feel "less nervous." Nervousness is a term used to cover all kinds of conditions, of course, but I think it can be taken for granted that its decrease means a return to a state of well being.

Another very good reason for keeping to a three-meal program is the fact that it is more difficult on two meals a day to get in the fruit which you naturally eat at the first meal in the day. This is also a good way to get in your milk supply. A dish of corn flakes or other cereal of that type, a shredded wheat biscuit with berries or sliced fruit and a combination of milk and cream, with coffee will not add a great many calories, but will give a satisfied feeling, which is pleasant after a few days trial, even to the person who is "never hungry in the morning."

While most people like to start out with fruit, there are some who find that it is a better plan to eat it—or drink it—just after the cereal. This seems to be a personal idiosyncrasy which is sometimes caused by the fact that the stomach produces an unusual amount of hydrochloric acid during the night. The cereal or toast should then be taken first, with the coffee and the fruit juice later.

A whole grain cereal, of which there are a number of good ones, will add desirable bulk to a diet and will tend to regulate the passage of food through the digestive canal. If you are interested especially in keeping the calories down, and need this regulation, a little bran may be used instead of the cereal. Bran is not lacking in calories, although it is lower than the other breakfast cereals.

A balanced diet should include an egg several times a week. If you do

Cloudburst Sweeps Colorado Canon



Ruins of the main street of the town of Idlewild, Colo., after a cloudburst swept down Bear Creek canon, taking toll of several lives and doing property damage totaling nearly \$1,000,000.

not have to consider your weight, breakfast is a good place for this food, which is so well adapted to breakfast. If you are keeping your total food low, you may prefer to take them at lunch time. One egg gives only about seventy calories, but supplies valuable minerals and vitamins, so that it is an asset to the diet.

A man of my acquaintance has worked out a different program. He takes orange juice, one egg, thin toast and coffee for breakfast and makes his lunch of cereal and milk, which he sometimes has sent into his office on a busy day.

When no thought for calories is necessary, breakfast may be one of the most savory meals of the day—even on Sundays, holidays and vacation days, when combination breakfast and

luncheons are very often delicious. There are so many good dishes appropriate for this sort of meal. Here are recipes for a few of them:

Scrambled Eggs With Corn Flakes.

5 eggs
1 tablespoon butter
½ cup milk
½ teaspoon salt
Pepper
Corn flakes

Beat the eggs slightly, add the milk and the seasonings. Melt the butter in a frying pan, pour in the mixture and cook over a moderate heat. As it becomes firm, scrape from the bottom of the pan. Continue to do this until the whole is thick and creamy. Sprinkle platter with hot corn flakes. Turn out scrambled eggs as soon as creamy and sprinkle with hot corn flakes.

Fried Tomatoes.

Wash tomatoes, slice and dip in seasoned flour. Saute in a small amount of fat in a frying pan. Remove to a hot platter. Make a sauce in the pan by melting 2 tablespoons butter, stirring in 3 tablespoons flour, and add slowly 2 cups milk. Bring to a boil and pour gradually over tomatoes.

Creamed Ham With Anchovy.

1 cup diced cooked ham
2 tablespoons butter
3 tablespoons flour
1½ cups milk
2 hard cooked eggs
1 teaspoon anchovy paste
Pepper
8 shredded wheat biscuits

Brown the ham one minute in the butter and sprinkle with flour. When well blended, add milk gradually. Stir until smooth and thick. Mince hard-cooked eggs and beat in the anchovy paste. Add pepper and more salt if necessary. Serve on hot shredded wheat biscuits.

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My Neighbor

Says:

IF YOU want a jelly to set quickly, the best plan is to dissolve the gelatin in a small quantity of hot water and then add cold water to make up the amount.

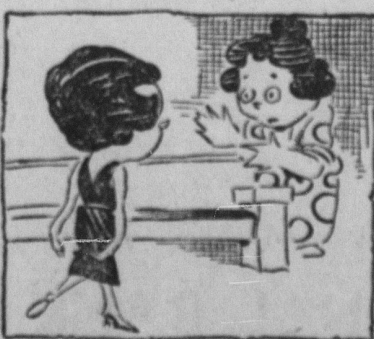
To remove laundry marks from household linens, place linen on clean blotting paper and wet the marks with carbolic acid (poison). Repeat if necessary, then rinse linen in clear water.

White spots on furniture caused by heat can be removed by a cloth which has been saturated with wood alcohol. Wipe dry and polish with a clean soft cloth.

To twist crullers, roll a piece of the dough between the palms of the hands to a size four inches long and about three-quarters of an inch thick. Lay this on the board and make two or three slashes lengthwise with a sharp knife. Pick up by ends and twist once or twice. You now have a cruller that will not untwist.

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REMITTANCE



"So, Maude is divorced. I knew when she married in such haste that she would repent at leisure."
"Oh there's no repentance in her case; she gets two hundred a month alimony."

Mayor Pays Salaries

Taunton, Mass.—When this city found itself unable to pay 55 employees of the street department, Mayor Andrew J. McGraw reached into his own pocket and filled their envelopes.

Evil Always in Wake of Spirit of Revenge

There is no sort of wrongdoing of which a man can bear the punishment alone. You can't isolate yourself and say that the evil which is in you shall not spread. Men's lives are as thoroughly blended with each other as the air they breathe; evil spreads as necessarily as disease. An act of vengeance simply adds another evil to those under which society is already suffering.

How hard it is for some of us to recognize the import of this truth! Some one commits a wrong against us, does us a wilful injury, perhaps, thereby bringing suffering and grief to all within a prescribed circle of acquaintanceship. That is bad, but even worse is that unkind spirit of revenge that so often impels us to visit punishment upon the wrongdoer, thus putting an additional burden of suffering on those who know and love us. Forgiveness is always better than revenge.—G. K. Chesterton.

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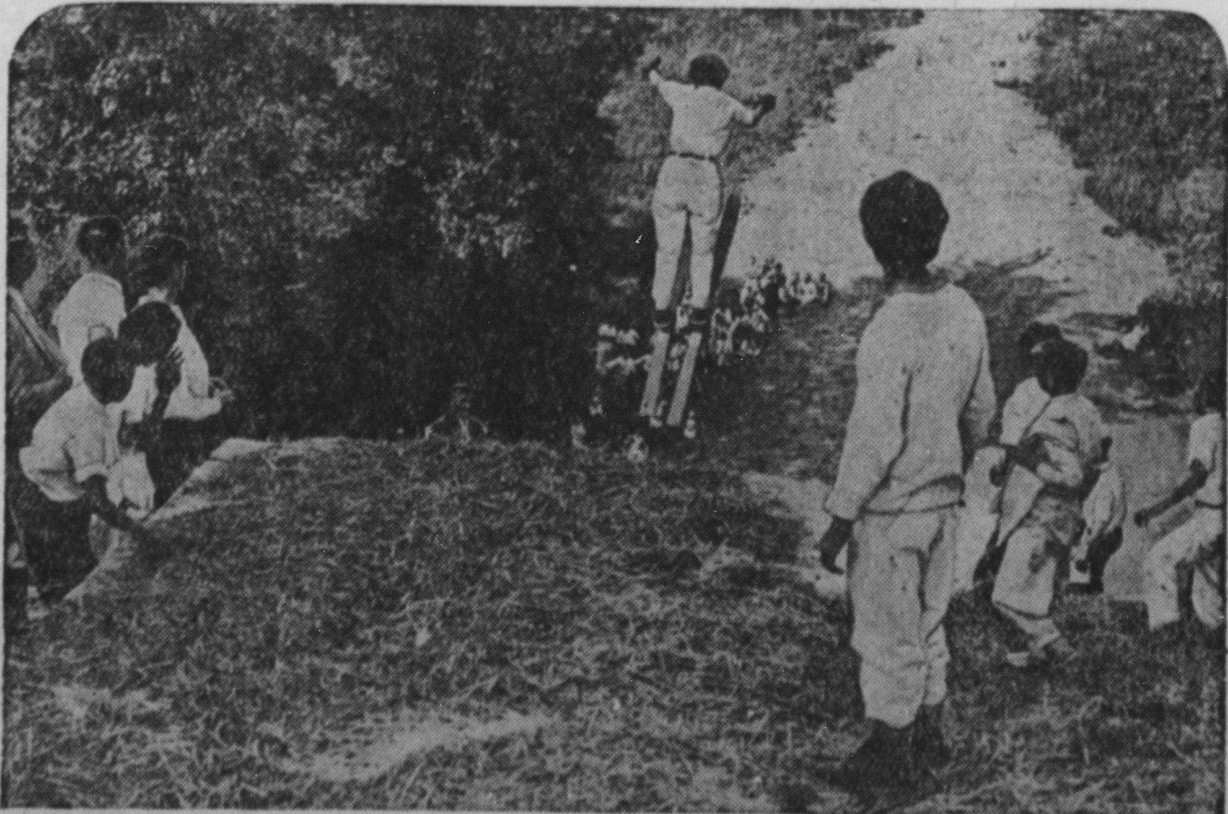
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The Baileys at the Fair



Ski Jumping on Straw in Michigan



In Brighton, Mich., they recently held a ski meet that was unique. Tightly packed straw was used instead of snow, and jumps of better than 70 feet were recorded by the daring performers, among whom were such noted ski jumpers as the Hall brothers and Johanna Kolstad, woman champion of Norway. Miss Kolstad is shown taking off from the straw slide for a leap of 65 feet.