



By ELMO SCOTT WATSON

WHEN Nature strikes fiercely and with little or no warning to overwhelm puny mankind with some disaster; when a tornado whirls down on village and farm, leaving death and destruction in its wake; when floods and hurricanes, fires and earthquakes, explosions and epidemics take their toll of human suffering and property damage, then it is that those messengers of mercy, American Red Cross officials and workers, mobilize swiftly and speed to the place where they are most needed.

It was only a few weeks ago that word flashed down from the north that fire had swept Nome, Alaska, leaving that town, once famed as a gold camp but now a modern American city, a heap of ashes. Within a few hours after the receipt of this news a Red Cross relief director was stepping into an airplane at San Francisco and a few minutes later he was winging his way toward the stricken city.

When the ill-fated "Morro Castle" burst into flames off the coast of New Jersey, Red Cross disaster units in coastal chapters of that state immediately rallied to the work of rescue, the care of survivors and the reuniting of separated families, relatives and friends. More than a score of nurses were summoned from their beds to the chill dawn to take up long vigils on board rescue vessels, in hospitals, at piers and at morgues. There they ministered to sufferers from injuries, exposure, shock and grief.

And yet these spectacular examples were only two of the 78 disaster jobs in the continental United States in which the Red Cross was active during the past year. Add to these, the assistance given in 25 insular and foreign catastrophes and the aggregate is 103—just about the average for an organization that has been shouldering this sort of task through more than half a century.

No part of the United States escaped some sort of disaster, there being a total of 163 counties in which the Red Cross assisted 119,000 victims. Tornadoes and fires were the leading agencies of destruction with 25 cases of each necessitating Red Cross relief work.

Besides these, 17 floods—one of which took the life of a Red Cross relief worker on duty—swept down out of the hills and forests to lift houses from their foundations, to destroy crops and live stock, and to send refugees scurrying to higher points. Tropical storms hung up a new record for frequency within a single year, and for the first time in a hundred years a hurricane starting in the West Indies whipped with undiminished force as far north as the Virginia coast.

There were also epidemics, cyclones, explosions, hail storms, a typhoon, an earthquake, a cloudburst and other emergencies which acted to bring the Red Cross with shelter, food, medical supplies, nurses, hospitalization and rehabilitation programs.

In the highest state of disaster-preparedness in history, the Red Cross introduced something new when it conducted 28 disaster institutes at strategic points in particularly vulnerable zones. Veteran disaster workers schooled local chapter officers, community leaders, police, fire and health officials in the surveying of hazards and organizing of relief. In the case of a number of approaching storms, disaster experts from national Red Cross headquarters rushed to the scene hours and even days in advance of the calamity, saving many lives by the precautions they invoked.

Members of the Red Cross nursing reserve, public health nurses, home hygiene instructors continued as one of the nation's first lines of health defense. More than 36,000 nurses are on the active list of the reserve, ready to respond to calls from army, navy or Red Cross disaster service.

Several were dispatched to a North Carolina community stricken by pernicious tropical malaria. Others were sent to cope with a typhoid epidemic. Still others performed heroic work in connection with a forest fire in a California canyon. To a first aid station in connection with a convention of Spanish-American war veterans was assigned another group. And these are only a few instances from a record of varied and numerous services given by this nursing army which is always available for duty.

Some 750 public health nurses were regularly employed by 424 Red Cross chapters, for the most part in rural territory. They made more than a million visits in line of duty—giving

1. Taking the sky trails to fire-gutted Nome, Alaska. Bowen McCoy, sent as relief director, saying good-by to A. L. Schafer, manager of the Pacific office of the American Red Cross, before taking off from San Francisco.
2. Coke-oven dweller in a Pennsylvania industrial center being given first aid by a Red Cross public health nurse.
3. The old folks are not forgotten by the friendly and helpful Red Cross. Here is a public health nurse and two of her patients, the couple not only receiving needed nursing attention but having previously been recipients of Red Cross flour and clothing.
4. Streets flooded at Harlingen, Texas, in the wake of one of those fierce coastal hurricanes which strike inland from the Gulf of Mexico. Note the Red Cross car in the foreground on a mission of rescue and relief.

baths to bedridden patients, massaging aged joints and little crippled legs, assisting physicians at childbirth and in many instances finding it necessary to preside alone at such occasions, administering medicines and hypodermics under doctor's orders, bathing mothers and their new babies, advising on health problems in the home. They responded to the needs of miners and their families, of steel workers, of the white-collar group, of ranchers and small croppers. These gray uniformed nurses drove their small cars as far as they could up mountain trails, then walked the rest of the way to isolated cabins where the sick awaited. They forded creeks in summer, crossed on the ice in winter, to get to pneumonia cases and broken legs. Selected by the Red Cross not only because of technical qualifications but on the basis of courage and stamina, they rang up another record of quiet heroism.

Children are always of first concern to the Red Cross health services, and public health nurses last year inspected more than 629,000 children in the schools—heading off cases of incipient disease, noting defects in teeth and eyes in time to correct them, suggesting ways of personal cleanliness, advising as to hot school lunches and other means of preventing malnutrition. Their work resulted not only in permanent health improvement but in better classroom performance. The interest and generosity of Will Rogers and of the Scottish Rite Masons brought about the support of 52 and 33 public health nursing services, respectively.

To take care of widespread demands for instruction in simple nursing in the home, the Red Cross added more than 1,400 specially-prepared nurse-teachers to its army of health evangelists mobilized under the banner of home hygiene and care of the sick. More than 62,000 students—not only housewives but men and young people—enrolled in classes; more than 49,000 of them completed courses and were awarded certificates. As regular year-round services proceeded,

emergency calls multiplied and were met as they developed. Civilian home service involved the giving of aid to more than 284,000 families; transient veterans were assisted and classes in home hygiene, food selection, first aid and life saving were organized, at the request of the Federal Relief administration.

Red Cross first aid service, always in high gear, added to its responsibilities the training of 70,000 foremen, time clerks, and other key employees of the Civil Works administration—did such an efficient job that it was asked to give the same sort of instruction to approximately 300,000 members of the Civilian Conservation corps, a program still under way. Altogether, the number of first aid certificates awarded within the twelve months totaled more than 130,000; the number since establishment of the service 25 years ago, more than 703,000.

The Red Cross life saving emblem was in evidence at an increasing number of beaches and pools and summer camps. More than 72,000 life saving certificates were issued during the fiscal year, bringing the number issued during the two decades since the initiation of the service to more than 559,000.

With the economic pressure continuing and new regulations in effect, the Red Cross war service moved to top speed on behalf of veterans and service men. Approximately a third of a million ex-service men or their families brought their problems to Red Cross workers. Aid was extended by representatives of the national organization to more than 67,000 men in government hospitals, or to their families.

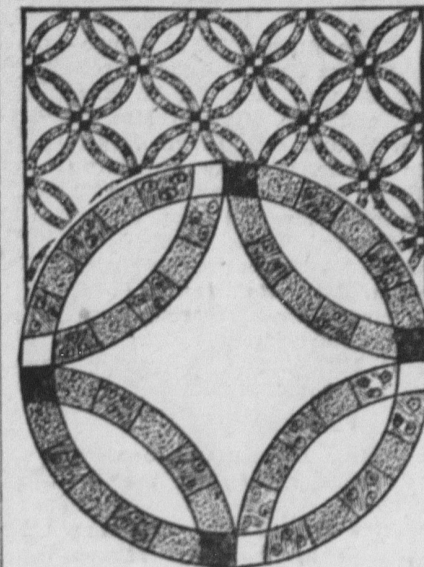
The picture of the most recent Red Cross accomplishments is not complete without noting being taken of the completion of distribution of 85,000,000 bushels of government wheat surpluses and 844,000 bales of government cotton surpluses. Volunteer achievements—aside from the preponderantly important work in disaster relief—included production of 4,734,000 garments, 340,000 pages of hand-braille and 314,000 pages of duplicated-braille for the blind, 3,678,000 surgical dressings, 18,400 layettes, 16,000 Christmas bags for lonely sailors and soldiers at distant points. Canteen workers fed 140,000 persons; members of the motor corps made 64,000 calls; home service workers made 67,000 visits. Volunteers numbered more than 322,000.

Because such a splendid record as all of these signify has been characteristic of the Red Cross for decades, the American public responded with an almost war-time fervor last year when the battle with the depression was still being waged and added 100,000 senior members and more than a quarter of a million junior members to the Red Cross rolls during the annual roll call in 1933. And now the 1934 roll call will soon be under way—from Armistice day until Thanksgiving day—offering Americans an opportunity to register their approval of the work of THEIR Red Cross by enrolling under its banner of mercy.

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PATCHWORK QUILTS AND QUILTING

By GRANDMOTHER CLARK
The "Double Wedding Ring" shown below is the most popular quilt known. Its name is attributed to the following story:
Following the Civil war quilt making was very popular. Grandma had



In her collection a quilt she was saving for her grandchild's wedding. Jane's fiancé, who had been wounded in the battle of Antietam in 1862, spent many years in the hospital, but finally returned home and the wedding was planned. "Grandma," said Jane, "we will not have our wedding rings until later." Grandma, however, solved the problem. "My child, I'll furnish the rings. You shall have my favorite quilt and we will call it the Double Wedding Ring."
In those days making of quilts depended on materials that could be found in the home, and also the artistic ability of the maker. Cutting patches accurately and drawing neat designs for quilting were important steps in making a good-looking quilt. Today, with the many helps for quilt makers, thousands of quilts are made in much shorter time than in Colonial days. Here are some modern ways that will make work easy and produce quilts that you will be proud of.

Books of instruction illustrated with instructions and cutting diagrams. Book No. 29 with 30 quilts. Book No. 21 with 37 quilts and book No. 23 with 33 quilts. These are 15c each, two for 25c, or three for 35c. Package No. 30 contains 20 fiber cut-outs for cutting patches accurately—25c. Package No. 50—assorted cuttings for quilt patches, approximately sufficient for small quilt—35c. Package No. 42 with 21 perforated patterns for quilting with powder—35c. Any of these wonderful helps will be mailed to you upon receipt of your order with cash enclosed.

Enclose stamped addressed envelope for reply, when writing for information. ADDRESS—HOME CRAFT CO., Dept. D—Nineteenth and St. Louis avenues—St. Louis, Mo.

Find Remnants of Race That Antedated Indian

Four skeletons, remnants of a race believed to have inhabited Minnesota before the Indians, were unearthed in a gravel pit five miles southeast of Albert Lea, reports the St. Paul Pioneer Press.

University of Minnesota scientists notified of the find, hurried to the place to take charge of the skeletons.

That the bones were not those of Indians or white men was indicated by the fact, the university men said, that the skulls had scarcely any forehead. The heads slanted straight back from the eye sockets and were decidedly oblong in shape.

The skeletons were buried about three feet under the gravel and rock formation and were fairly well preserved. The bones were of people of large stature.

One of the skeletons had a large brass ring lying near the nasal opening of the skull, indicating it had been worn as a nose ornament. The ring is larger than a dollar and crudely carved.

The scientists expressed the opinion that the discovery would be of extreme importance and pronounced the find rare.

Now Science Explains Why So Many People Past 40

Feel That They're Slipping Losing Their "Grip" on Things



Many people 'round 40 think they're 'growing old.' They feel tired a lot. "Weak." Have headaches, dizziness, stomach upsets.

Well, scientists say the cause of all this, in a great many cases, is simply an acid condition of the stomach. Nothing more.

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