



### IT'S NOT IN MANY CEREALS

Nothing anyone eats is more important than Vitamin B—the vitamin for keeping fit. Yet it isn't in many cereals, when cereals are supposed to be our best source of this food element.

Many are nervous, poor in appetite, system out of order, because their daily diets lack enough of the precious Vitamin B for keeping fit.

Few things keep them back like a lack of this protective food element.

So give everyone Quaker Oats every morning. Because in addition to its generous supply of Vitamin B for keeping fit, it furnishes food-energy, muscle and body-building ingredients. For about 1/2¢ per dish.

Start serving it tomorrow for a 2-week test. Quaker Oats has a wholesome, nut-like, luscious appeal to the appetite. Flavors, surpassingly good. All grocers supply it.

**IN VITAMIN B FOR KEEPING FIT... 1c worth of Quaker Oats equals 3 cakes of Fresh Vit.**

Quaker and Mother's Oats are the same

From Australia  
A green frog which can walk on ceilings has been found in Australia.

### A Three Days' Cough Is Your Danger Signal

No matter how many medicines you have tried for your cough, chest cold or bronchial irritation, you can get relief now with Creomulsion. Serious trouble may be brewing and you cannot afford to take a chance with anything less than Creomulsion, which goes right to the seat of the trouble to aid nature to soothe and heal the inflamed membranes as the germ-laden phlegm is loosened and expelled.

Even if other remedies have failed, don't be discouraged, your druggist is authorized to guarantee Creomulsion and to refund your money if you are not satisfied with results from the very first bottle. Get Creomulsion right now. (Adv.)

**Is There?**  
Americans think there is a way to get rich without saving.

### Lady Took Cardui When Weak, Nervous

"I can't say enough for Cardui if I talked all day," enthusiastically writes Mrs. L. H. Caldwell, of Statesville, N. C. "I have used Cardui at intervals for twenty-five years," she adds. "My trouble in the beginning was weakness and nervousness. I read of Cardui in a newspaper and decided right then to try it. It seemed before I had taken half a bottle of Cardui I was stronger and was soon up and around."

Thousands of women testify Cardui benefited them. If it does not benefit YOU, consult a physician.

**Million Per Ounce**  
Radium is valued at about a million dollars per ounce.

**alotabs**  
BILIOUSNESS

**PARKER'S HAIR BALSAM**  
Removes Dandruff—Stops Hair Falling—Imparts Color and Beauty to Gray and Faded Hair—Keeps Hair Soft and Silky.

**FLORESTON SHAMPOO**—Ideal for use in connection with Parker's Hair Balsam. Cleans the hair soft and fluffy. 50 cents by mail or at drug-gists. Hiseox Chemical Works, Patchogue, N. Y.

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**HELP KIDNEYS**  
WHEN kidneys function badly and you suffer backache, dizziness, burning, scanty or too frequent urination, getting up at night, swollen feet and ankles, feel upset and miserable use Doan's Pills.

Doan's are especially for poorly working kidneys. Millions of boxes are used every year. They are recommended by users the country over. Ask your neighbor!

**DOAN'S PILLS**

## The Rogues' Gallery



Of Course We Have Lady Members, Real Peaches, and Not One Knows Where Paraguay Is, Either, and They Think That Chaco Is Chewing Gum.

Being an economist and a humorist simultaneously today may seem rather incongruous to many but not to Stephen Leacock. He is one economist who can still see the bright side of life and, what is more, write humorously about it. Born in Swanmoor, England, in 1882, educated at the Universities of Toronto and Chicago, Leacock first taught economy in Upper Canada college and then in the University of Chicago. In 1904 he became head of the department of economics at McGill university, Montreal. Considered one of the greatest of Canadian humorists, Leacock has written several books, among them being Moonbeams From the Large Lunacy and College Days.

### OUR IGNORAMUS CLUB

EVER since we started in our town our new Ignoramus Club, of which I'm the secretary, I am stopped on the street by people asking, "What is it? What is it? How do I get in?" And letters! I'm simply bombarded by them—four yesterday and two more today! As soon as it got 'round that there was no fee, there was just a sort of stampede to get in when we sat down at our Wednesday Luncheon meeting to hear a talk on Abyssinia (it's out west in Canada; the man had been there) I counted over a hundred present, and more came in after the tickets were taken up.

People get into the Ignoramus Club, you see, on their brains, or at least on their minds, the kind of minds they have. We do it by question and answer, just by questioning the people who want to get in and seeing if they have the right qualifications. For example, yesterday after the Lunch we asked an applicant what his idea of Mussolini; and he said that he was pretty sure it was an artificial silk made in Italy and used for lingerie!

Ho got in. That is exactly what the Club wants. You see it started from the idea that the world is all over-worried and preoccupied about peace and war, and nations who live God knows where, and economics and unemployment. People just grab for their paper in the morning to see who's in the Polish corridor, and what's in the Saar Basin and whether the plebiscite among that Last will keep them Lats or turn them into Slats.

It's too much. We think the world's going crazy. Our President, McSorley, put it that way. "Going crazy!" he said, just like that, snapping his fingers, "going crazy!" And McSorley's fine. It's all silly about his ever having been in an asylum, because he wasn't. It wasn't an asylum at all, just a place! McSorley could have had the biggest law practice in town, but he was too versatile for it. He still has his office, and rows and rows of books in his study. He sits there most of the day, working puzzles. So of course, when we started the Ignoramus Club he was just the man for President.

Well, we have got together on the basis of complete ignorance of all this foolishness. We don't know where the Polish Corridor is and we don't care. Ask us where Manchukuo is and we just laugh! Just break out silly and laugh! You see, we don't know where it is and if you told us we'd forget it tomorrow and think it was somewhere else. In fact we are just like everybody used to be before the world went crazy.

At the last meeting somebody asked one of our lady members something about Flandin. Do we have ladies? Well, do we! What do you think we are, professors? Of course we have lady members, real peaches, and not one knows where Paraguay is, either, and they think that Chaco is chewing gum. Perhaps you saw in the papers the other day the story of how a man said to a girl at a dance, "I'd like to ask you for a dance but I must confess I'm just a little stiff from Polo," and she said "Oh, that's all right, I don't care where you were born." Well,

that girl is one of our members: She qualified on that remark.

What did the lady say about Flandin? Oh, she said that tablets like that were all right if you couldn't sleep.

As a matter of fact some of our members seem to get into the club just in time. They look sick and worn out when they come in, and in a week or two they quit worrying about the Polish Corridor, and they think the Belgas is the name of a movie star and they're all right.

What do we do at the meetings? Come round some time and see. We have lunch meetings and evening meetings, too; generally have a paper or a discussion, anything, as long as the members don't know anything about it and don't care. We're having a lunch on Disarmament Wednesday. And of course in a way we're a "service" club. At least we're pledged to do something for the kiddies. We had a smoker for them, last time—you know, to raise money for the Scouts, great little fellows! But we lost out on it; the cigars cost too much. We had to borrow out of the little fellows' savings bank to get even. But we'll fix it all later. As McSorley said, "Boyhood is sacred." We'll see they get their money back. We can raise it from their parents. We're just starting up a Summer Camp for Underfed Kids. Some of us are going out next Saturday to see how the food is, and if there is fishing for the kiddies.

But come to any of the meetings and you'll see. The best thing we've started yet is out Legion of Humor. No, not honor, "Humor." It's a yellow ribbon the color of spilled egg; it goes on the lapel of the coat. Whenever any statesman or politician makes a special speech, the thing called a "vital pronouncement," we send it to him. But come round some time.

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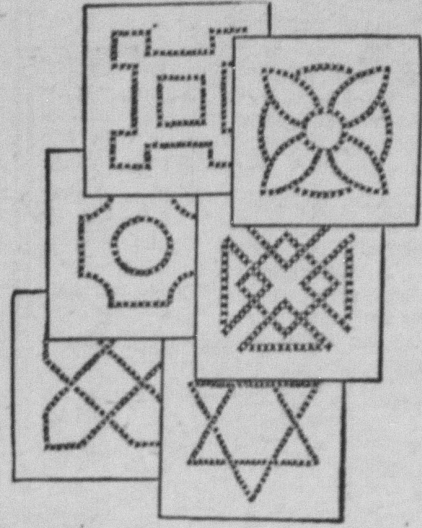
**"Home of Giants"**  
About the middle of southern Norway there rises from the great central plateau a vast wilderness of peaks and glaciers, interspersed with hundreds of brooks and lakes, teeming with trout. The stupendous national park—for that is what it really is—is the Jotunheim, a name which means the Home of the Giants. In the Norse mythology it is considered the home of the Jotuns (giants), trolls and other enemies of the good gods, consequently the home of everything evil. Except for a few hunters, no one had seen much of this dreaded district until a little more than 100 years ago, when two scientists of Oslo "discovered" it.

**Few Glaciers Survive**  
Only 60 remnants of glaciers now survive in Glacier National park as a reminder of the time when the entire region was covered with ice. Climate of this region was once almost tropical and infested with dinosaurs, according to the American Nature association, but as mountains appeared the weather grew cold. More snow fell than the summers could melt and it gradually packed into fields of ice. It is estimated that the ice in the valleys was once over 2,000 feet deep. But the climate warmed again and the melting ice left one of America's most beautiful parks.—Pathfinder Magazine.

**Army's Military Engineers**  
The need for military engineers was recognized in the War of the Revolution, and General Washington was authorized to raise, officer and equip a corps of engineers. The corps was mustered out of the service at the close of the war. Commencing in 1794 a corps of combined artilleryists and engineers had a brief existence, but the union was discontinued by the act of congress of March 16, 1802, which formally established the Corps of Engineers.

### CROSS-STITCH QUILT BLOCKS

By GRANDMOTHER CLARK



Cross-stitch is about the simplest thing in handwork. Little girls make their stitches in cross-stitch. These six-inch blocks are stamped in cross-stitch designs on white muslin and little girls to grandmothers will enjoy making them into everything from small dollies to pillow tops, scarfs and bedspreads. Easy to carry around, working one at a time and then assembling into article wanted when all the squares are finished.

Outfit No. 46-4 consists of 6 of these six-inch stamped squares and will be mailed to you for 10 cents.

Address Home Craft Co., Dept. A, Nineteenth and St. Louis Ave., St. Louis, Mo.

Inclose stamped, addressed envelope for reply when writing for any information.

### Radios Gain in Sweden

Celebrating its tenth anniversary of broadcasting service, the government-owned radio system of Sweden is pointing with pride to the fact that there are about 600,000 licensed radios in the country as against only 5,000 eight years ago, Trade Commissioner Basil D. Dahl reports to the Department of Commerce from Stockholm.

The market for radios in Sweden is estimated at 50,000 to 60,000 a year, most of them being of domestic origin due to patent restrictions that limit imports. Swedish set owners pay an annual license fee of 10 crowns (about \$1.75) to their government for the listening privilege.

### World's Most Famous Babies Eat Oatmeal

The Dionne Quintuplets, wards of the King, eat the same cereal that is eaten by millions of babies who don't get their names in the papers—oatmeal. The Canadian government chose a staff of special experts for the care of the Quints. And these experts, their scientific knowledge endorsing the instinctive choice of mothers the world over, have chosen oatmeal for the cereal of the famous five.

Oatmeal, eminent medical authorities agree, has an abundance of everything a child's cereal should have—body-building minerals, muscle-building protein, and the supremely important Vitamin B for keeping fit.

Food science says that Vitamin B is the best safeguard against those dangerous enemies of childhood—nervousness, constipation, and poor appetite due to lack of that vitamin in the diet.

### Domesticated Wolves

The Moscow zoo boasts of two wolves which apparently are as tame and trustworthy as dogs. They were captured when they were puppies and ever since have been given kind and patient training. Their utter lack of viciousness and desire to return to their native element seems to indicate the fallacy of the belief that grown wolves become dangerous even though they have been trained from puppyhood.—Pathfinder Magazine.

**DRAW ONE**  
Sweet apple cider contains about the same food value as fresh apples.

## NO UPSETS

The proper treatment for a bilious child

**THREE STEPS TO RELIEVING CONSTIPATION**

A cleansing dose today; a smaller quantity tomorrow; less each time, until bowels need no help at all.

ANY mother knows the reason when her child stops playing, eats little, is hard to manage, Constipation. But what a pity so few know the sensible way to set things right!

The ordinary laxatives, of even ordinary strength, destroy all hopes of restoring regularity.

A liquid laxative is the answer, mothers. The answer to all your worries over constipation. A liquid can be measured. The dose can be exactly suited to any age or need. Just reduce the dose each time, until the bowels are moving of their own accord and need no help.

This treatment will succeed with any child and with any adult.

Doctors use a liquid laxative. Hospitals use the liquid form. If it is best for their use, it is best for home use. The liquid laxative they generally use is Dr. Caldwell's Syrup Pepsin. Any druggist has it.

## The Choice of Millions KC BAKING POWDER

**Double Tested — Double Action**  
Manufactured by baking powder Specialists who make nothing but baking powder—under supervision of expert chemists.

**Same Price Today as 45 Years Ago**  
25 ounces for 25¢

You can also buy  
A full 10 ounce can for 10¢  
15 ounce can for 15¢

**Highest Quality — Always Dependable**  
MILLIONS OF POUNDS HAVE BEEN USED BY OUR GOVERNMENT

## MARY CHECKS OUT

If you suspect that coffee disagrees with you... try Postum for 30 days. It contains no caffeine. It is simply whole wheat and bran, roasted and slightly sweetened. It's easy to make, and costs less than half a cent a cup. Postum is delicious and may prove a real help. A product of General Foods.

**FREE!** Your first week's supply of Postum—free! Mail the coupon.

GENERAL FOODS, Battle Creek, Mich.  
Please send me, without cost or obligation, a week's supply of Postum. W. U. 10-22

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Fill in completely—print name and address. If you live in Canada address: General Foods, Ltd., Cobourg, Ont.  
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