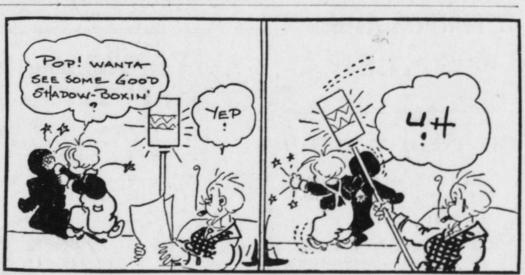
HEXT WEEK

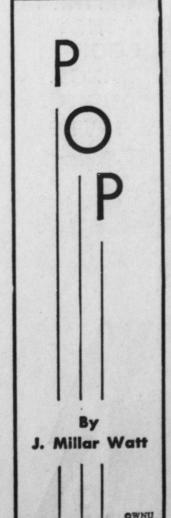
OUR COMIC SECTION

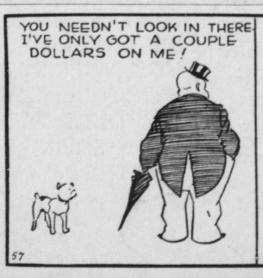
Snoopie BACK IN TH' YARD YOU GO! THIS LOOSE PICKET--I'LL BE OUTTA GUESS I'M AND L-LOST TUNE IN

















ARM CHAIR STUFF



Diner-I've had much better pie than this served me, waiter. Waiter-Den it musta been in some other place, boss-not here!

An agent was showing a prospective tenant over a small cottage, and explained that he required a quiet family.

"Have you any children?" he inquired. "No!"

"Have you a piano or wireless?" "Do you play any musical instru-

"No, but my pen scratches some-times."—Tit-Bits Magazine.

GOOD PLACE TO SLEEP



"You say the performance was too "Well-er-I could have enjoyed a

WHAT to EAT and WHY

C. Houston Goudiss Discusses the Food Value of Ice Cream

Nationally Known Food Authority Describes Its Place in the Diet

> By C. HOUSTON GOUDISS 6 East 39th Street, New York City.

O NE of the most significant contributions of modern nutritional science wanth tritional science was the discovery of the importance of the protective foods-milk, eggs, fresh fruits and vegetables. These foods abound in the minerals and vitamins that help to insure normal growth and health, and safeguard us against the deficiency diseases. &-

dairy products made from it | And the homemaker with an autoassume a commanding posi- matic refrigerator finds it easier tion because milk is the best and most practical source of nutritious desserts calcium and vitamins A and are to increase health and effi-

providing adequate amounts of the protective foods is to of milk for every child and at least adult. This amount of milk need not alas a beverage, however. It may be used in cooked dishes or eaten in the form of

cheese and ice cream.

Composition of Ice Cream classed among our most nutritious flavoring and frequently a binder composition varies somewhat between the home-made and the lent source of this important vicommercial product, and the com- tamin. mercial product differs in various states. That is because standards governing the butter fat content differ widely so that the requirement ranges from 8 to 14 per cent. Most large commercial companies produce an ice cream with about

Guard Against Contamination

Some states require the pasteurization of the milk or cream used in manufacturing ice cream; others stipulate that the entire mix must be pasteurized before freezing. These measures are desirable, as ice cream requires the same scrupulous care that should be given to milk and cream.

Because of the possibilities for contamination, several precautions should be observed in buying ice cream. Choose cream manufactured by a reputable concern. Be sure to buy from a dealer who keeps it well frozen, for ice cream that has been melted and frozen again may be dangerous, owing to the opportunity for the multiplication of bacteria while it was melted. See to it, also, that the dealer uses sanitary methods in dispensing.

> -*-Home-Made Ice Cream

dessert at home. Motor-driven portant nutrients it provides. freezers are available, as well as

> THIS FREE BULLETIN REVEALS THE SECRETS

SEND for the Homemaker's Chart for Checking Nu-tritional Balance, offered free by C. Houston Goudiss, and discover that a balanced This useful chart lists the foods and the standard amounts that should be included in the daily diet. It contains skeleton menus for breakfast, dinner and lunch or supper to guide you in selecting the proper foods in each classification.

• Just ask for the Nutrition Chart, addressing C. Houston Goudiss, 6 E. 39th Street. New York City.

In this group, milk and those that are manually operated.

Ice cream powders which sim-G. These substances should plify the preparation of homebe consumed in much greater made ice cream, can be obtained proportions than at present if we unflavored, or in a variety of flavors, including lemon and maple, ciency and improve our chances in addition to the popular vanilla, for longevity. The first rule in chocolate and strawberry. The ice cream powders may be used with milk or a combination of milk and cream to produce a healthful desallow daily a quart sert suitable for every member of the family. They also may be used for less rich but equally refreshpint for each ing milk or buttermilk sherbets.

A canned freezing mix is likewise available and is especially ways be consumed nice in a fruit flavor as it contains pieces of the whole fruit.

> 'A Comparison With Milk If we regard one-sixth of a quart of ice cream as an average serving, and compare it with one cup

of milk, we make the interesting Ice cream is often regarded as discovery that there is a close rea confection, but it deserves to be lation between the two. The ice cream provides about 24 more calfoods. It is composed of varying ories and only a trifle less protein, proportions of cream, milk, sugar, calcium, phosphorus, iron and vitamin A. There is considerably or stabilizer such as gelatin. The less vitamin G, but ice cream is nevertheless considered an excel-

A Healthful Food

It then becomes apparent why ice cream is considered as an en your tasks with decorative towexcellent food, not only for adults els. Use up scraps for the apbut for children and convales- plique flower pots-or do the encents, and why one outstanding tire motifs in plain embroidery. authority urges the liberal use of Pattern 1783 contains a transfer ice cream as a means of increas- pattern of 6 motifs averaging 51/4 ing the vitamin A content of the by 9% inches and pattern piece

terchangeably with simple milk puddings. Rich mixtures, such as those filled with nuts and crystallized fruits, rank with the heartier desserts and should follow a

lighter meal. Ice cream is so rich in nourishment that it should not be consumed indiscriminately between meals, but should always be considered as part of the day's ration. When that is done, one nutrition authority states that its beneficial effects can hardly be overestimated.

Effect on Digestion

One frequently hears the question, "Doesn't the eating of ice cream retard the digestion of other foods consumed at the same time?" The answer is that it does slow up slightly the emptying time An easy way to make certain of of the stomach but this delay is the purity of the ice cream you without significance and is more serve is to make this delicious than compensated for by the im-

> Many people believe that it is injurious to follow ice cream with hot coffee. But it has been demonstrated that just the opposite is true. The coffee raises the temperature of the food in the stomach and thus modifies the cooling effect of the ice cream.

Another common question concerns the effect of cake or pie a la mode. Experiments indicate that eating ice cream with cake or pie produces a more satisfactory gastric juice than when either of these foods is eaten alone. One must take into consideration, however, that cake or pie a la mode is a rich combination and plan the remainder of the meal accordingly.

Use More Ice Cream

It has been estimated that five billion pounds of milk are used each year in the production of commercial ice cream, which provides about three gallons of ice cream per capita. The amounts of ice cream made at home will Send for this Free BULLETIN

Keeping Cool with Food

You and your family will enjoy better health and greater comfort during the sizzling days of sum-mer that remain, if you send for "Keeping Cool with Food," offered free by C. Houston Goudiss.

It lists "cooling" and "heating" foods and is complete with cool-ing menu suggestions. A post card will do to carry your request. Just address C. Houston Goudiss, 6 E. 39th St., New York City.

raise this figure somewhat. But the amount consumed may well be further increased, because when properly made from pure ingredients, ice cream deserves to rank with other dairy products among our most wholesome and nourishing foods. @ WNU-C. Houston Goudiss-1938-24

Gay Kitchen Means a Gay Housewifel



Pattern 1783

Brighten your kitchen and lightfor applique; illustrations of stitches; materials required.

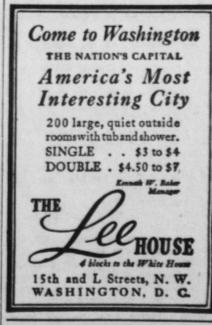
Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York

Please write your name, address and pattern number plainly.

Deaf Musicians

Several schools for the deaf have full-fledged military bands, playing standard instruments. . . . The sense of touch is closely related to the sense of hearing. Therefore, with the aid of a highly developed sense of touch, the deaf may learn to distinguish time, intensity, pitch and even melody.

. By careful training deaf musicians may learn to detect errors in their own playing. . . . Easiest instrument for them is the drum, which, of course, is a vibration instrument.



Unequalled There is no substitute for thorough-going, ardent and sincere earnestness.-Dickens.

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