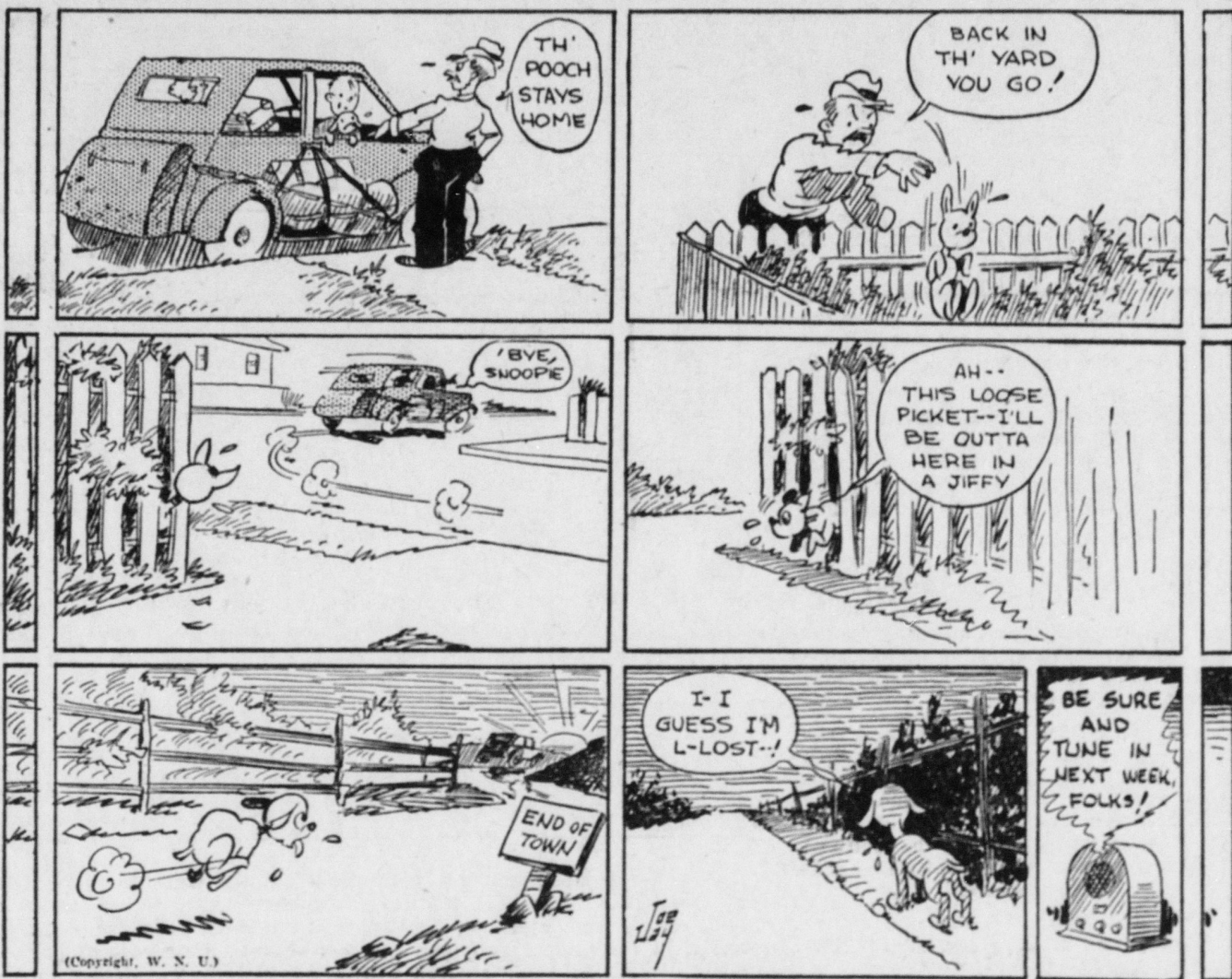


OUR COMIC SECTION

SnooPie



S'MATTER POP

By C. M. Payne



POP

By J. Millar Watt



ARM CHAIR STUFF

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?"

"No."

"Do you play any musical instrument?"

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

Noisy

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GOOD PLACE TO SLEEP

"You say the performance was too short?"

"Well—er—I could have enjoyed a longer nap."

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.

ONE of the most significant contributions of modern nutritional 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.

In this group, milk and dairy products made from it assume a commanding position because milk is the best and most practical source of calcium and vitamins A and G. These substances should be consumed in much greater proportions than at present if we are to increase health and efficiency and improve our chances for longevity.

The first rule in providing adequate amounts of the protective foods is to allow daily a quart of milk for every child and at least a pint for each adult. This amount of milk need not always be consumed as a beverage, however. It may be used in cooked dishes or eaten in the form of cheese and ice cream.

Composition of Ice Cream

Ice cream is often regarded as a confection, but it deserves to be classed among our most nutritious foods. It is composed of varying proportions of cream, milk, sugar, flavoring and frequently a binder or stabilizer such as gelatin. The composition varies somewhat between the home-made and the commercial product, and the commercial 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 12 per cent fat.

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

An easy way to make certain of the purity of the ice cream you serve is to make this delicious dessert at home. Motor-driven freezers are available, as well as

THIS FREE BULLETIN REVEALS THE SECRETS

of a BALANCED DIET

SEND for the Home-maker's Chart for Checking Nutritional Balance, offered free by C. Houston Goudiss, and discover that a balanced ration is not a puzzle.

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.

Send for this Free BULLETIN on Keeping Cool with Food

You and your family will enjoy better health and greater comfort during the sizzling days of summer 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 cooling 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.

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Gay Kitchen Means a Gay Housewife



Brighten your kitchen and lighten your tasks with decorative towels. Use up scraps for the applique flower pots—or do the entire motifs in plain embroidery. Pattern 1783 contains a transfer pattern of 6 motifs averaging 5 1/4 by 9 1/4 inches and pattern piece for 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 City.

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.

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