

OUR COMIC SECTION

SnooPie



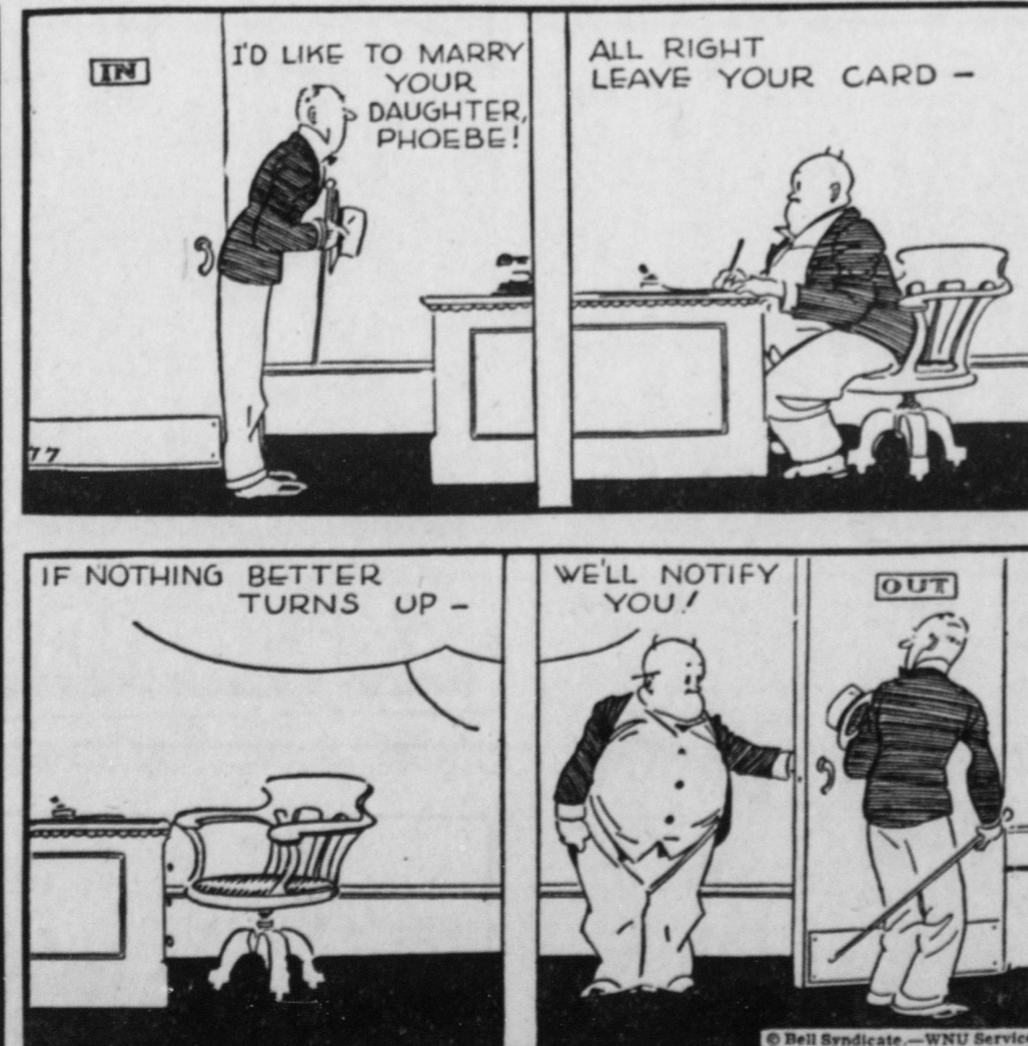
S'MATTER POP

By C. M. Payne



POP

By J. Millar Watt



HIGH PRESSURE BOY

"Fred is selling oil stock."
"Maybe that's why he's so smooth."

Choice of Two

Mrs. X—I do wonder what sort of hats will be worn this fall.
Mr. X—Don't wonder, darling. There are only two sorts—the sort I can't afford to buy you, and the sort you wouldn't be found dead in.

Everything's O. K.
"How are you, Mrs. Smith?"
"All right, nothing to grumble at."
"Mr. Smith away, eh?"—Humorist.

SHE'S SOME CALLER

"Did Mary call Frank back?"
"Think not—but she called him about everything else."

WHAT to EAT and WHY

C. Houston Goudiss Asks Will Your Child Be Ready For School?

Noted Food Authority Outlines a Correct Diet for the Growing Youngster

By C. HOUSTON GOUDISS

6 East 39th Street, New York City.

WHEN school closed last June, most parents looked forward to the long weeks ahead when their children could play in the sunshine, get plenty of rest, and build up a splendid fund of vitality to last them all through the new school year.

Some mothers resolved to do everything possible to prevent a recurrence of last season's disheartening colds. Others planned to look into a blood-building diet that would give Mary or Johnnie more pep and rosier cheeks. Perhaps there were teeth that required attention, or a nose or throat condition to be corrected. Now, within a few weeks, the children will be returning to school, or in some cases beginning their school life. Every mother should ask herself whether she has made the most of the opportunities offered by the vacation period.

Have you put forth a conscientious effort toward making your children 100 per cent fit for school? If not, there is still time! You cannot finish the job in a few weeks, but you can make a good start. And you owe it to your children to begin at once. For whether they enjoy school or find it tedious, whether they make excellent records or lag behind their fellows, depends in large measure upon their physical fitness.

Every child is entitled to good health, safeguarded by high resistance. And in this age of amazing scientific discoveries, every child should enjoy these blessings. Top health and resistance to disease are the result of an intelligently planned and carefully executed health program. It should include proper diet, adequate sleep and rest, an abundance of sunshine and fresh air, freedom from physical defects, and the avoidance of physical or mental strain, or fatigue.

Diet—the Key to Health
Perhaps the most important factor of all is the carefully balanced diet. When planned to take full advantage of modern nutritional discoveries, it will insure normal growth and health, and build up high resistance that is like a protecting wall to safeguard your children.

With our present knowledge of the power of food, there should not be one ill-nourished child in our land. Yet the spectre of malnutrition rears its ugly head among children of the well-to-do as well as in homes where money is scarce. For, as a rule, it is not lack of money, but lack of knowledge of food values, or faulty eating habits which are responsible for the tragedy of an incorrectly fed child.

Don't Overlook Protective Foods
A child's diet should be built upon a foundation of the protective foods—milk, eggs, fruits and vegetables. Milk takes precedence over all of these because it is an absolute necessity if children are to develop strong, straight bones and sound teeth.

The penalty for breaking this fundamental rule is retarded growth, fragile, crooked bones, decayed teeth and possibly nervousness. How dare any mother inflict such punishment upon her children? A fine amount of calcium, high grade protein, and some of every known vitamin can be furnished so easily by providing children with a quart of milk daily—either as a beverage, or in soups, cream sauces, puddings, cocoa or with cereals.

An Egg Every Day
Eggs rank next to milk in importance, because of their protein, iron and vitamins. A child's diet should normally include one egg daily, or at least three or four weekly.

Green, leafy vegetables must not be neglected, as they supply iron and precious vitamins. Yellow vegetables, such as carrots and sweet potatoes are notable as a source of vitamin A.

Fruits, especially the citrus varieties, are important for their vitamin C, which helps to safeguard the health of teeth and gums. However, tomatoes, or tomato juice may also be used as a source of this vitamin. Bananas are an excellent fruit for children. Dried fruits furnish iron and are high in energy values. Fruits and vegetables in general are likewise an important aid to regular elimination.

As a rule, school children may have lean meat, fish, chicken or liver once a day, and a second protein food, such as cheese or legumes, is usually introduced at another meal.

Here's New Note in Filet Crochet Doilies

Pattern 6121.

Variety in filet crochet to suit your every need! These oblongs make a luncheon set, a buffet set or doilies. If you prefer round doilies, crochet just the center of each oblong. The size is varied by the cotton used. Pattern 6121 contains instructions and charts for making doilies; illustration of them; materials needed.

To obtain this pattern, send 15 cents in stamps or coins (coins preferred) to The Sewing Circle, Household Arts Dept., 259 W. 14th St., New York City.

Please write your name, address and pattern number plainly.

Mothers! SEND FOR THIS FREE BULLETIN ON

FEEDING THE SCHOOL CHILD

Write at once to C. Houston Goudiss, 6 East 39th Street, New York City, for his FREE Bulletin on "Feeding the School Child."

This valuable bulletin shows, in chart form, the foods that every child should have every day. Contains sample menus, and also shows how inexpensive foods may be substituted for those that are high in price to provide the same food values.

Just send your request on a postcard to C. Houston Goudiss, 6 East 39th Street, New York City.

There must be plenty of energy foods, such as potatoes, rice, macaroni, bread and butter, and cereals, to help prevent the physical fatigue which lowers resistance. At least one starchy food belongs in every meal.

A well-cooked cereal should be provided once daily; in warm weather a ready-to-eat cereal may be used instead. In order to provide an abundance of minerals, and vitamin B, nutritionists place emphasis upon the whole grain varieties.

For desserts, choose rice, tapioca and bread puddings; gelatine, either plain or with fruit; fresh or stewed fruit; milk sherbets or ice cream.

In planning meals for children, it is important at all times to keep the menus simple, and prepare foods so that they are appetizing and easily digestible.

Aids to Good Nutrition

It is important also to bear in mind that the most perfect diet will not provide sound nutrition unless the food is properly digested and assimilated. Adequate sleep and rest, which do away with fatigue, are therefore essential. However perfect the diet, overexertion and undue fatigue, if continued, will soon bring about a state of lowered resistance.

In planning a program of daily living that will make and keep your children fit for school, put food first. But consider also rest, fresh air and sunshine, and regular habits. It would be well, too, to check up on the child's general health before he returns to school, so that he will not be handicapped by some physical defect, such as bad teeth, diseased tonsils, faulty vision or impaired hearing—all of which interfere with the ability to learn.

Never forget for a moment that a child's happiness and success are closely related to his health. All mothers should remember this, for it is no exaggeration to say that THE POWER OF A NATION DEPENDS UPON THE HEALTH OF ITS CHILDREN.

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With a Will

We are not sent into this world to do anything into which we can not put our hearts. We have certain work to do for our bread and that is to be done strenuously; other work to do for our delight and that is to be done heartily; neither is to be done by halves or shifts, but with a will; and what is not worth this effort is not to be done at all.—John Ruskin.

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A. S. Kirkeby, Managing Director

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