

Ask Me Another

A General Quiz

The Questions

1. What people are considered the most law-abiding?
2. What is the highest state in the Union, in average altitude?
3. How high above sea level is its principal city?
4. What do the letters I. H. S. stand for?
5. A township is composed of how many square miles?
6. What is St. Elmo's fire?
7. What sports event attracts the largest crowd?

The Answers

1. Generally speaking, the Finlanders are the most law-abiding. A police system is not necessary.
2. Colorado.
3. Denver is one mile above sea level.
4. Jesus Hominum Salvator (Jesus the Savior of Men), more correctly IHS, the first three letters in the name Jesus in Greek.
5. A township is composed of 36 square miles.
6. A flame-like appearance occasionally seen during storms and other atmospheric disturbances issuing from pointed and elevated objects.
7. The world's largest sports gallery is that watching the annual Tour de France, a 2,755-mile race in which the field consists of around 100 professional cyclists. More than one million spectators line the route of the race.

NO ONE IS IMMUNE TO ACID INDIGESTION



But Why Suffer? Here's how you can "Alkalize" anytime-anywhere—the easy "Phillips" way!

WHY SUFFER from headaches, "gas," "upsets" and "biliousness" due to Acid Indigestion—when now there is a way that relieves excess stomach acid with incredible speed.

Simply take two Phillips' Milk of Magnesia Tablets at first sign of distress. Carry them with you—take them unnoticed by others.

Results are amazing. There's no nausea or "bloating" feeling. It produces no "gas" to embarrass you and offend others. "Acid indigestion" disappears. You feel great.

Get a bottle of liquid "Phillips" for home use. And a box of Phillips' Milk of Magnesia Tablets to carry with you. But—be sure any bottle or box you accept is clearly marked "Phillips" Milk of Magnesia.

PHILLIPS' MILK OF MAGNESIA

★ IN LIQUID OR TABLET FORM

What We Share

Not what we give, but what we share—for the gift without the giver is bare.—Lowell.

NERVOUS?

Do you feel so nervous you want to scream? Are you cross and irritable? Do you acid those dearest to you?

If your nerves are on edge and you feel you need a good general system tonic, try Lydia E. Pinkham's Vegetable Compound, made especially for women.

For over 50 years one woman has told another how to go "smiling" with reliable Pinkham's Compound. It helps nature build up more physical resistance and thus helps calm quivering nerves and lessen discomforts from annoying symptoms which often accompany female functional disorders.

Why not give it a chance to help YOU? Over one million women have written in reporting wonderful benefits from Pinkham's Compound.

WNU-4 42-38

Homage of Vice

Hypocrisy is the homage which vice renders to virtue.—La Rochefoucauld.

HELP KIDNEYS

To Get Rid of Acid and Poisonous Waste

Your kidneys help to keep you well by constantly filtering waste matter from the blood. If your kidneys get functionally disordered and fail to remove excess impurities, there may be poisoning of the whole system and body-wide distress.

Burning, scanty or too frequent urination may be a warning of some kidney or bladder disturbance.

You may suffer nagging backache, persistent headache, attacks of dizziness, getting up at night, swelling, puffiness under the eyes—feel weak, nervous, all played out.

In such cases it is better to rely on a medicine that has won country-wide acclaim than on something less favorably known. Use Doan's Pills. A multitude of grateful people recommend Doan's. Ask your neighbor!

DOAN'S PILLS



WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK.—As America looks to its air defenses, it finds, as acting chief of the army air corps, a pioneer technician in the adaptation of the airplane to war uses.

Arnold Seems Well Qualified For Air Chief

H. H. Arnold, assuming command of the corps after the death of Maj. Gen. Oscar Westover, in a plane wreck.

Soon after the Wright brothers had made their first few faltering air jumps, young Lieutenant Arnold was sent to Dayton, Ohio, not only to learn to fly, but to make technical studies of the possibilities of aircraft for observation and fighting. He was among the earliest of the army's trained fliers, and, in 1912, won the Mackay medal for a triangular flight, 30 miles to the leg, from College Point, Md., over Washington and Fort Meyer. In 1935, he again won this trophy for his exploit of the previous year in leading a flight of 10 bombing planes from Washington to Fairbanks, Alaska.

He has been an aggressive champion of aerial defense, reprimanded in 1926 for what was considered an excess of zeal for air armament. In 1917, he organized and commanded the Panama Canal air defenses, and was with the A. E. F. in France, in the closing months of the World war, on inspection duty. He became assistant chief of the air corps in January, 1936. His technical studies have included photography, special means for topographical observations, and aerial mass tactics, as well as engineering problems of flying.

He is 51 years old, a native of Gladwyn, Pa., graduated from West Point in 1907.

IN HIS Washington garden, Robert E. Bondy has some late-blooming roses and chrysanthemums, which are now in bud. The hurricane never touched them. He has had to turn his back on his garden for a time, as his world outside of it became mostly chaos.

Clouds Have Silver Lining In R. E. Bondy

As national director of disaster relief for the Red Cross, he's been doing a heroic work in New England. His roses may be one kind of act of God, but his business is mainly with the other kind—Swinburne's "Forsaken Garden," where "wild waves and spent winds labor."

He was a letter-man on the University of Chicago baseball team and a police reporter for a Chicago newspaper. On the latter job, he had a ringside seat at man-made disasters, but, in his later career, took up with the more elemental upsets and breakdowns.

For 19 years, he has organized disaster relief for the Red Cross in the Lake, Southern and Washington divisions. He is one of our most seasoned and efficient battlers against all the ills and dangers that come in the wake of flood, fire, earthquake or any other widespread ruin. He is a native of Minnesota, in his early forties, his hair thinning—and no wonder.

IN WASHINGTON, Congressman Lucius N. Littauer of New York used to beat even Uncle Joe Cannon in the house poker games. And just a little something out of the kitty is the \$2,250,000 graduate school of public administration, which he handed Harvard and which recently opened.

Solons' Losses Help Finance Harvard Gift

Mr. Littauer is the widely known glove potentate of Gloversville. He is 79 years old, graduated from Harvard 59 years ago. His father, a German immigrant, founded the family glove factory. He has established many benefactions for useful public purposes, among them a gift of \$1,000,000 in 1929, to "bring about a better understanding among all mankind." He provided \$100,000 to recondition his old boyhood swimming hole.

THE subject of totalitarian humor is brought up by President James L. McConaughy, of Wesleyan college. He says that's what's the matter with the iron men—no humor. He finds humor the salt and leaven which will save democracy, it short-circuits egoism and pulls down the stuffed shirts, and is kin to humility.

Finds What The Dictators Lack—Humor!

Doctor McConaughy, New York-born, Yale '09, has been president of Wesleyan since 1925. He is a modern, alert pedagogue, with a broad social point of view and an awareness of timely features.

Consolidated News Features, WNU Service.

Why They Were Roundheads

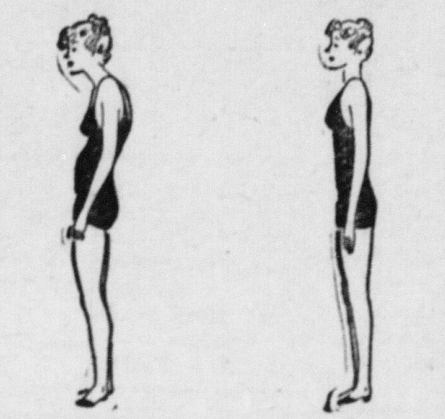
In the reign of Charles I a Puritan, or member of the Parliamentary party who wore his hair cut short was called a Roundhead in derision by the Cavaliers, who usually wore ringlets.

Look Young By Striving For Posture

By PATRICIA LINDSAY
© Bell Syndicate.—WNU Service.

THE way you carry yourself is not only indicative of what sort of person you are, but it either adds years to you or makes you look younger.

When wealthy ladies pay high prices for courses in self-improvement in the leading salons, the first lesson they get is a posture lesson. And the course does not proceed until the women have learned



Wrong posture, right posture.

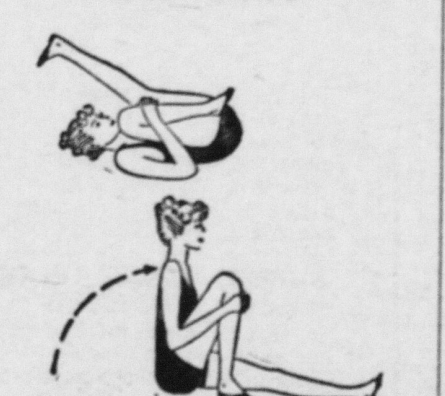
how to walk correctly and to sit correctly.

"Walk proudly," "grow tall from the midriff" and "tuck in your buttocks" as if you had been spanked, are the three most simple rules to remember as you walk. "Sit in the entire seat of a chair," "tuck in your tummy while sitting," and "don't cross your knees," will take you far in sitting posture if you will but remember them.

Authority Advises These Exercises

From one of the leading salons, that of Miss Dorothy Nye, I secured these two corrective exercises, which, if practiced daily, will firm the abdominal muscles and give flexibility to the hip region. Both are necessary to acquire an erect and agile carriage.

EXERCISE 1



1. On back with right knee pulled back to chest and both hands clasped around knee.

2. Swing left leg back over head as far as you can, then come to sitting-up position. Pull from hands around knees and flatten back, keep neck and head high.

Repeat with right three times. Then left three times. Twelve times altogether.

EXERCISE 2



1. On knees, head back, hands clasped back of body and stretch downward.

2. Bend slowly forward, keeping head up and back flat until sitting on heels. Drop head to floor and relax.

3. Keeping head down, round the back, pull in abdominal muscles, and slowly raise the body. Movement begins at lowest vertebrae and slowly lifts thighs away from heels at same time.

Head and shoulders rise last to original position. Repeat five times, working up to fifteen times altogether in a few days.

Not difficult are they? Try going through them every day for a month.

HINT-OF-THE-DAY

If a child possesses his own aids to body health and cleanliness he is more likely to use them. "My very own hair brush"—"My very own tooth paste"—makes him proud. If he is taught how to use them and why he must use them, a mother will have little difficulty in getting him to do so.

Of course all children go through that obstinate age when any suggestion is vetoed, when every request calls forth a lengthy argument. But even during this stage of growing pains the child is quite likely to slip off and do what he has been told to do after he has satisfied his ego by displaying his obstinance, that is, providing his earlier years have included a daily grooming routine.

WHAT to EAT and WHY

C. Houston Goudiss Discusses Vitamins And Vision; Explains How and Why You Should Feed Your Eyes

By C. HOUSTON GOUDISS

FOR a number of years, scientists have stressed the importance of a well-balanced diet as a means of maintaining health, promoting growth and preventing disease. Recently, an even more significant development has occurred. It has been determined that a carefully chosen diet is absolutely necessary to preserve the general health and efficiency of every bodily function and that there is a close relationship between a good diet and good eyesight.

Your Food and Your Eyes

Many people regard their eyesight as one of the five senses which operate in some mysterious manner of their own! If they suffer from indigestion, they recognize that it is quite apt to be due to something they ate. If they are troubled with stomach, liver or kidney complaints, they quickly appreciate that prolonged dietary indiscretions may be at the root of the trouble. But it never occurs to them that what they eat may affect the eyes just as profoundly as it affects the internal organs.

It is not uncommon, during an attack of biliousness, to suffer a disturbance of the vision. But that disturbance usually disappears with the disorder that caused it. On the other hand, a deficient diet may produce eye troubles that have a far reaching effect upon health, efficiency, and even personal safety.

Night Blindness Explained

For example, it has been established that there is a definite relation between your vision and the vitamins in your diet; between your ability to drive a car safely at night, and the amount of vitamin A-containing foods that you consume.

To understand this astonishing fact, it is necessary to know that vision under faint illumination is accomplished by means of chemical changes in the pigment at the back of the eye. This is known as the "visual purple" of the retina and one of its important components is carotene, which is the active form of vitamin A.

The visual purple might be compared to the film in a camera. When you are in a dim light and the eyes are suddenly exposed to bright light, the visual purple is greatly reduced or bleached. This change results in a stimulation of the optic nerve and enables you to see clearly.

When an adequate supply of vitamin A is present in the body, the visual purple is rapidly regenerated. But when the supply is inadequate, a much longer period elapses before the corrective chemical change takes place. During the intervening time, many people find it difficult to see.

That is the condition known as "night blindness." And it accounts for the fact that a large proportion of serious motor accidents occur at night. Victims of this deficiency disease are first blinded by approaching headlights, then cannot quickly readjust themselves after the oncoming car has passed. Their ability to drive safely is subsequently impaired for they cannot clearly see the road ahead, and they may miss dangerous curves, pedestrians or other vehicles.

A Common Complaint

Unfortunately, the prevalence of night blindness is not generally recognized, though it is held that urban dwellers are more conscious of it than those living in the rural areas. This is borne out by the fact that ocular disorders from vitamin deficiency are less common in urban than in rural areas.

Children Often Victims

Since the discovery of the close connection between vitamin A and the ability to see in dim light, scientists have tested large numbers of school children to determine whether vitamin A was present in their diet in adequate amounts. It was revealed that from 26 to 79 per cent of the children examined had incipient night blindness. The same deplorable conditions

cessive dryness of the eyeball, has long been known to be caused by a vitamin A deficiency. It is also well known that a liberal amount of this vitamin will prevent that serious disease and will even effect a cure where destruction of the cornea has not progressed too far.

This suggests the tremendous importance of including in the diet foods rich in vitamin A—cod and other fish-liver oils; milk and other dairy products; green leafy and yellow vegetables; and egg yolk.

Experiments with rats, whose dietary requirements are similar to those of man, show a close connection between cataract and a deficiency of another vitamin—vitamin G. This is found most abundantly in meat, milk, eggs, fruit and vegetables.

Were she concerned about protecting the blessing of good eyesight alone, that would be sufficient reason why every homemaker should plan meals that are rich in vitamins. But it is not only the eyes which are dependent upon vitamins, for they have many other functions to perform. An improper diet may cause people to drive automobiles blindly at night so that they are dangerous not only to themselves and their passengers, but to everyone on the streets and roads. A deficient diet will also send them through life with half-efficient bodies, half-efficient brains, half-efficient senses.

That is why I urge you to learn everything you can about food, so that in planning meals you will not only feed your eyes, your husband's eyes and your children's eyes, but will take advantage of the wonderful discoveries of nutritional science to make every member of the family so efficient that they will enjoy the best of health each day of their lives.

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How You Can Look Slimmer

IF YOU take a woman's size, you'll certainly enjoy having both of these smart, new, slenderizing styles. They're extremely becoming, and made up in materials and colors of your own choosing, they will be the joy of your life, one for house work, and the other for afternoon and dinner engagements. Both of these dresses are so very simple to make that you'll thoroughly enjoy doing it.



Each pattern includes a detailed sew chart for the guidance of beginners.

The House Dress. Notice how very practical and comfortable this dress is, with every detail you want for working freedom and slim lines. Darts make the waistline slim and neat, but not tight. The armholes are ample, the sleeves very short, and slashed for greater freedom. The skirt has sufficient, unhampering fullness at the hem. It's a diagram design, that you can finish in a few hours. For this, choose percale, calico, or gingham.

The Afternoon Dress. Just wait to see how nice and slim your hips look, in this cleverly designed dress, with just a little fullness above the waist to emphasize the sleek, smooth cut below. This design gives you the fashionable bodice detailing, in soft, lengthening jabot drapes that have a dressy, but not a fussy,

look. Bishop sleeves are another new and very becoming style, most flattering to large women. This dress will be lovely in velvet, crepe satin, thin wool or silk crepe.

The Patterns. 1559 is designed for sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 4 1/2 yards of 35 inch material. 2 1/2 yards of ricrac braid. 1613 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. With long sleeves, size 38 requires 5 yards of 39 inch material; with short sleeves, 4 1/2 yards. Collar and jabot in contrast would take 3/4 yard.

Fall and Winter Fashion Book. The new 32-page Fall and Winter Pattern Book which shows photographs of the dresses being worn is now out. (One pattern and the Fall and Winter Pattern Book—25 cents.) You can order the book separately for 15 cents. Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each. © Bell Syndicate.—WNU Service.

TUNE IN!

every Mon. through Fri. at 1:15 P.M. E.S.T.
Goodyear Farm Radio News
—weather reports—crop reports—market tips—
rounding out the service of the National Farm & Home Hour
On WJZ WFIL WBAL WLW WMAL WSN WBRE

Greater Modesty
Modesty forbids what the law does not.—Seneca.

Enjoy BEAUTIFUL Natural-Looking FALSE TEETH

WE make—BY MAIL—the World's No. 1 FIT-RITE Dental Plates for men and women. 60 Days—free impressions taken in your home. Thousands of pleased persons. MONEY BACK GUARANTEE YOU'LL BE TRIAL SATISFIED. Monthly payments possible. FREE mouth-former, easy directions and catalog. WRITE ME TODAY! G. E. Johnson, Pres. of UNITED STATES DENTAL COMPANY Dept. 1072, 1545 Milwaukee Ave., Chicago, Ill.

Not Humanity
Without a friend, what were humanity?—Byron.

IRIUM—Reason for 27 Million Sales of Pepsodent Powder

Pepsodent alone of all tooth powders contains remarkable Irium!

27 million sales prove that Pepsodent Tooth Powder containing Irium has taken the country by storm! Facts are facts! For Irium helps Pepsodent Powder quickly to brush away stubborn, clinging surface-stains.

And once this is done, Pepsodent containing Irium can polish your teeth to a brilliant, natural radiance! Pepsodent Powder is fast, thorough, and SAFE in its action on teeth! Contains NO BLEACH, NO GRIT. Try It!

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