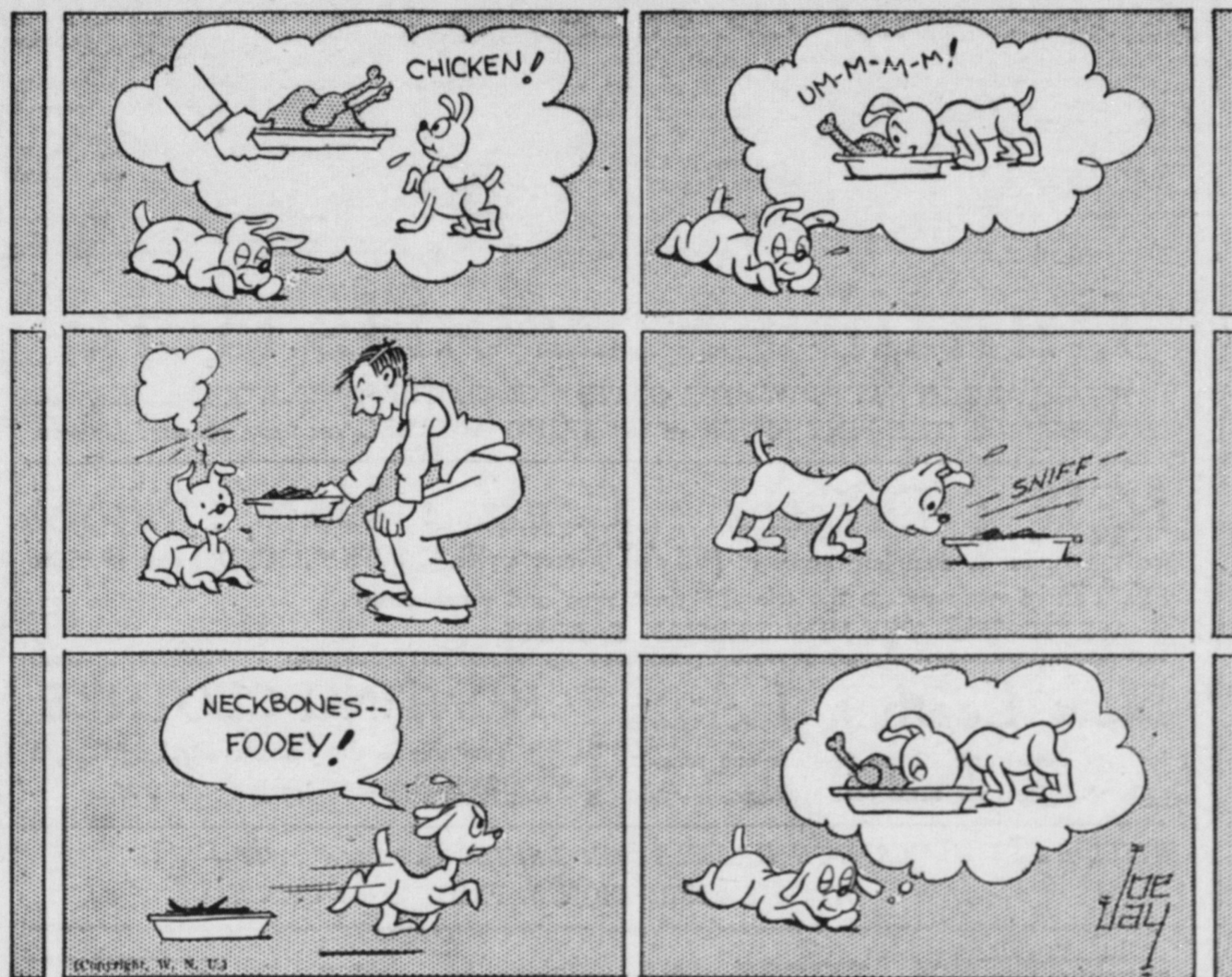


OUR COMIC SECTION

SnooPie



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S M A T T E R P O P

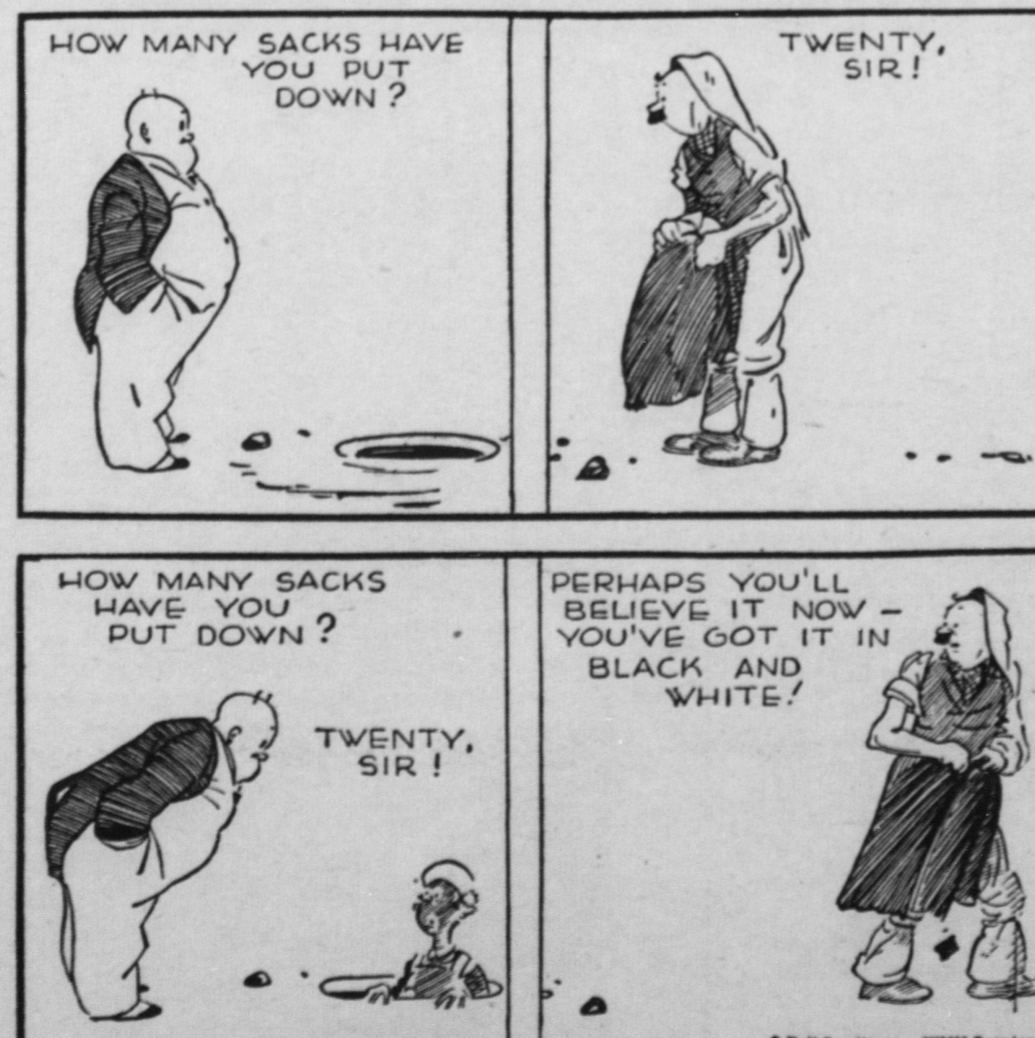
By C. M. Payne



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P O P

By J. Millar Watt



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GET THE GLUE POT



"She said she wanted to be loved to pieces."
"She got her wish, and now she's all broken up."

Faux Pas

A tramp was sleeping behind the bunker of a golf course when the club secretary, prowling around, kicked him none too gently and ordered him to clear out.
"And who are you?" demanded the tramp.
"I'm secretary of the club," said the official.
"Well," replied the tramp, "that's no way to get new members."—New York Post.

WHERE MONEY GOES



Harry—Clothes don't make the man.
Dick—They ought to make the man who makes them.

WHAT to EAT and WHY

C. Houston Goudiss Describes Correct Diet for Cool Weather; Explains How to Keep Warm and Well

By C. HOUSTON GOUDISS

MANY people look upon fall weather with foreboding. They cannot observe leaves on the ground without a feeling of vague uneasiness—and the sight of brown and barren fields fills them with desolation.
This, I think, is a throwback to an earlier day when the advent of cool weather foretold long months of bitterly cold days in draughty, inadequately heated houses. And the lack of adequate heat was only one of many difficulties. The principal reason for fearing cold weather is another heritage from the past.

Limited Diet of an Earlier Day

There was a time within memory of many of us when the terms "cold-weather diet" and "warm-weather diet" had real meaning. Winter food differed a great deal from summer food, particularly in the absence of fresh fruits and vegetables, and in the restricted use of milk, and milk products.

The limited diet of winter was enforced by conditions of that period. Methods of production, transportation, refrigeration and storage of foods, which are commonplace today, were then unknown.
Fruits and vegetables were consumed when and where they were grown, and when cold weather prevented their growth, they were not available. The canning industry was young and the grocery store in cold weather presented a far different appearance from the modern food store in which the shelves are lined, row upon row, with shining cans of the finest fruits and vegetables to be found anywhere in the world, plus an amazing assortment of prepared milks.

It was an accepted fact that fruits, vegetables, and the generous use of milk belonged to the summer months, while in winter everyone ate an unbalanced diet. As a result of lacking these essential protective foods, health went down rapidly from late fall to early spring.
The winter diet was deficient in minerals and vitamins, which science has proven to be the protectors of health, barriers against disease, sustainers of life. But in those days, vitamins were unknown and very little had been learned about minerals. Therefore, when people became ill during cold weather, the natural conclusion was that sickness was inevitable during the winter season.

Cold Weather Really a Tonic

Times have changed. Scientific knowledge has increased. The genius of man has asserted itself in mechanical advancement. The expressions, "cold-weather diet" and "warm-weather diet," have lost their former meaning.
Almost without exception, the protective foods are available throughout the year, no matter where we live.
It is therefore possible to protect the health by a balanced diet all the year 'round, and to benefit by the tonic effect of cold weather. For, contrary to popular belief, cold weather is beneficial, and not harmful, to healthy people.
Cold speeds up all the activities of the body. The circulation is improved, muscle tone is increased, and digestion, absorption and elimination are stimulated. Even prolonged cold is thus a tonic to health, provided we do not weaken our bodies by an unbalanced diet.
It is partly because so many people continue to eat improperly, in spite of our newer knowledge of nutrition, that we still find an increasing amount of sickness in the fall, which mounts steadily until it reaches its peak in the months of January, February and March.

Dangers of an Improper Diet

Yet winter need have no terrors for the fit. Only the weak, the unfit, surrender and become its victims. That the number of victims is large each winter merely indicates how many people neg-

lect their health through careless living, and especially through careless eating.

Measures to protect one's self against the attack of winter should be taken during the summer and early fall. A sturdy resistance against the ills of winter should be built up by means of a balanced diet which assures an abundant supply of the minerals and vitamins.

When a person is undernourished or improperly nourished, he is denied every defense. He is chilled by the slightest drop in temperature. He offers fertile soil for every kind of disease germs. He can neither resist their invasion, nor fight them off after they have attacked.

Thus, the first rule for keeping warm and well in winter is to live and eat in a manner that helps to from the correct diet at other seasons.

More Fuel Foods Required

As a rule, people are more energetic in cold weather and it is therefore necessary to increase the amount of energy-producing foods. Nearly all children, and adults who spend much of their time out doors, should consume more high caloric foods which may be provided in the form of easily digested carbohydrates, maintain health and strength. The correct winter diet differs in one important respect—and one only—

Your Health May Depend on Your Teeth

An Editorial by C. Houston Goudiss

The reason why some men and women in their middle years look and feel younger today than their parents did at the same age, is because they have learned something of the importance of caring properly for their teeth. In recent years, dentists have discovered that sound teeth are in truth a passport to good health, and that there is as close a relationship between healthy teeth and healthy bodies as between decayed teeth and sickly bodies.

Unfortunately, however, only a small percentage of our population is yet aware of the far-reaching effects of teeth upon health, and a distinguished scientist is so disturbed over our national ignorance in this respect that he has said that unless this trend is reversed, the course of human evolution will lead downward to extinction. That statement is no exaggeration. For it would be difficult to over-estimate the influence of the teeth on human health and happiness.

For many years I have endeavored to explain that a neglected tooth—which soon becomes a decayed tooth—is a poison factory, distributing its noxious products to every part of the body, and that it may lead indirectly to neuritis, rheumatic ailments, dyspepsia, and other obscure complaints.
In many of the "WHAT TO EAT AND WHY" articles, which have appeared in this newspaper over my signature, I have endeavored to point out the close relationship between diet and dental disease; between frequent and thorough brushing of the teeth with an efficient dentifrice so as to remove all food particles, and strong, beautiful teeth.

As a result of these articles, I have received many letters, showing that homemakers are eager for sound, authoritative advice on the proper care of the teeth. To help these and other readers how to properly care for their teeth, I have prepared a booklet on—"BUILDING AND PLANNING HEALTH" which I am offering FREE, because I feel so strongly that this information should be in every home, knowing as I do, that the salvation of the human race may lie in saving their teeth.

such as rice, macaroni, spaghetti, noodles, potatoes, cereals and breadstuffs.

In the case of adults, the amount of fats may also be increased and in some circumstances, more sweets may likewise be taken.

To summarize, the cold weather diet should include a quart of milk daily for every child, a pint for each adult; two fruits daily, or one fruit and one fruit juice—and while one serving may be a dried fruit, such as prunes, apricots or figs, there should be one serving of a citrus fruit, or tomatoes, to provide vitamin C; two vegetables besides potatoes, one of which should be of the green, leafy variety, either fresh or canned; an egg daily, or at least three or four weekly; one daily serving of meat, fish or chicken, and a second protein food such as cheese, dried peas or beans or nuts; and enough of the fuel foods including whole grain cereals, to keep the body warm and comfortable.

If you eat correctly and dress sensibly so that you are neither too warmly clad indoors nor too thinly clad out of doors, you can enjoy cold weather and benefit by it to the extent of increased health and happiness.

Questions Answered

Mrs. F. L. B.—Egg white is a solution of pure protein. The egg yolk contains minerals, vitamins and fats, in addition to protein.

Miss C. M. R.—In general, whole raw fruits, especially those with skins and seeds, provide a slightly harsher residue than that of cooked fruits, or the pulp of raw fruits with skin and seeds removed.

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Constant News

Since the Djonne quintuplets were born on May 28, 1934, one New York city newspaper has published a story about them on an average of once every five days.

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