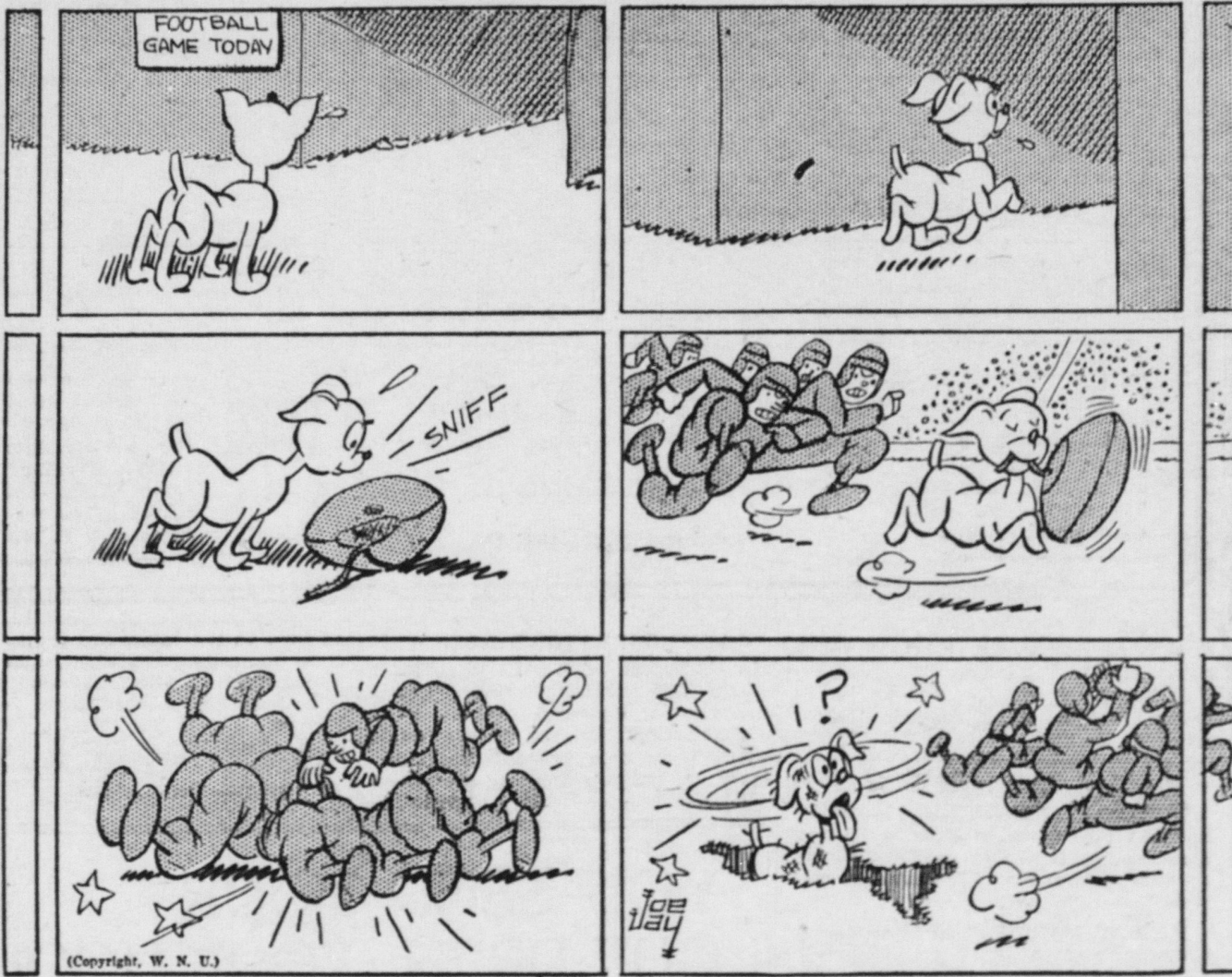


OUR COMIC SECTION

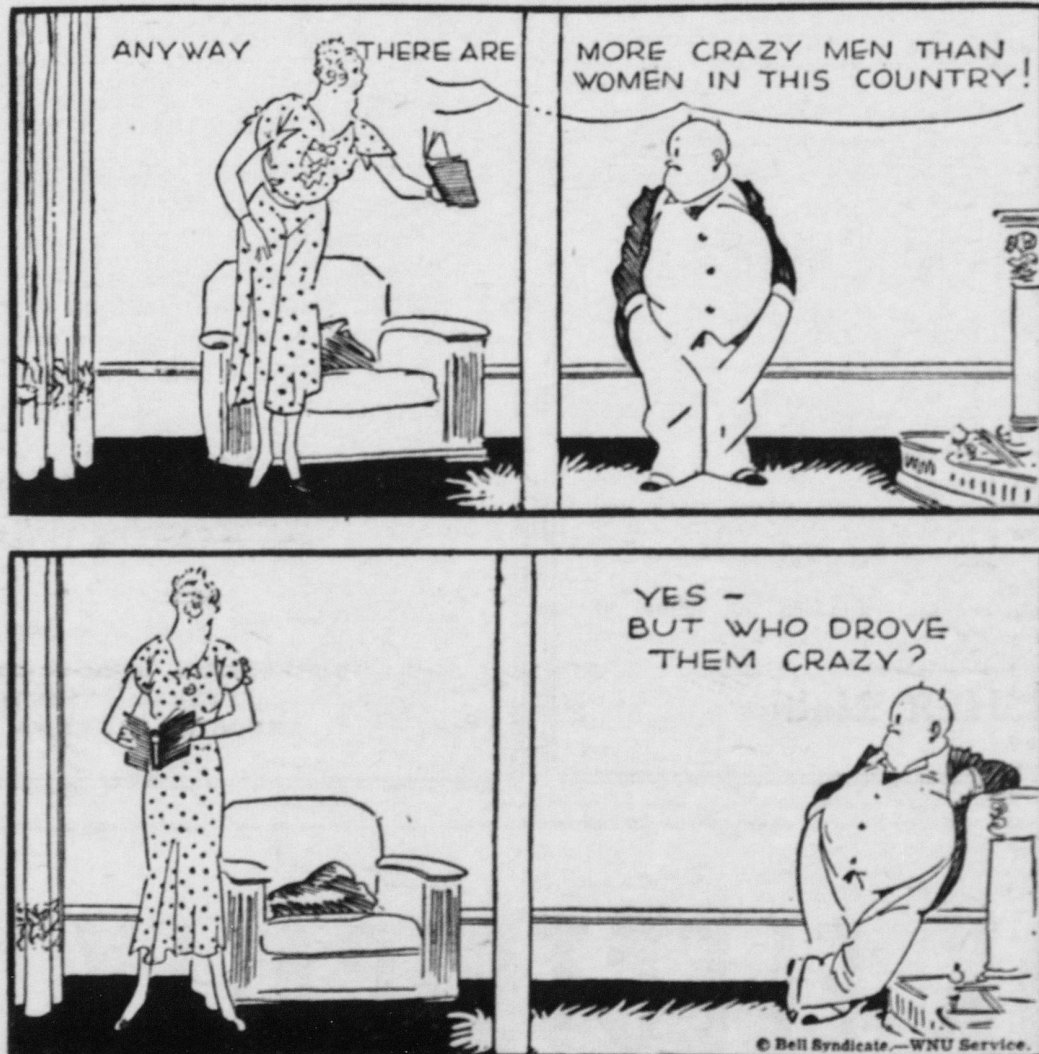
SnooPie



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POP

By J. Millar Watt



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S'MATTER POP

By C. M. Payne



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A GOOD GUESS



"So you lost your brother?"
"Yes poor fellow, I fear he's in the soup."

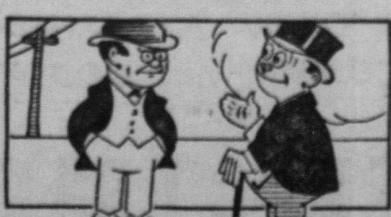
Can't Forget

The guide had taken him to the top of the mountain, and he gazed long at the scenery. Then he took out a note book and commenced to write.

"Pardon, m'sieu," asked the guide, "but what are ze notes you make?"

"Oh," said the tourist, "I'm just jotting down the things that have left an indelible impression on my mind so I shan't forget them."

IN THE CLOUDS



"That's a shady scheme!"
"But think of the clear profit!"

WHAT to EAT and WHY

C. Houston Goudiss Describes Food Value and Versatility of Gelatin; Outlines Its Many Uses in the Diet

By C. HOUSTON GOUDISS

WHEN we try to appraise the nutritional values of any one food in comparison with others, as a rule we have a difficult task. Most foodstuffs are composed of so many different substances that what is lacking in one will be supplied by another, and making comparisons may therefore be misleading as well as futile. But there is one food which is outstanding, not only because it is far less complex than

That food is gelatin!

What Is Gelatin?

Gelatin is a protein food which has no equal as a carrier, binder and "extender" of a wide variety of other nutritive materials. Chemically, it is classed as a colloid, which means that in solution, it can be removed from its solvent by filtration. It is because of this that it is so useful in producing smooth, delicious ice creams and other dainties.

Gelatin is an almost pure protein—a kind of protein known as an albuminoid. It is not a complete protein, because it is deficient in three of the amino acids that are necessary both to support growth and repair body tissues. In this it differs from meat, cheese, fish, eggs and milk, which are known as complete proteins.

It cannot be used as the sole source of protein in the diet, because those three missing amino acids are necessary for the formation of new body tissue. But it is especially rich in lysine, one of the protein building stones that is particularly important in the diet of children. Experiments indicate that no other amino acid can take the place of lysine and that it must be furnished by the food if adequate nutrition is to be maintained.

That coupled with the fact that it is non-irritating and easily digestible accounts for the large part it plays in the diet of infants and young children.

How It Is Made

Contrary to old wives' tales, gelatin is not made from hoofs and horns. In fact, there is no gelatin in hoofs or horns. It is extracted from connective tissue in the skins and from the bones of food animals.

Every homemaker who has made soup by simmering a knuckle bone for hours, and has found the soup "jellied" after standing overnight in the refrigerator, has prepared gelatin on a small scale. The same principles are followed by the gelatin manufacturer, only he operates in a much larger food kitchen, and each step of the preparation is scientifically controlled so as to

insure a uniform finished product. Gelatin is sold in two forms: the unflavored, granulated product which requires the addition of flavoring, and when used for dessert purposes, sweetening; and the gelatin dessert powders which contain added sugar, color, flavor and fruit acid. So popular are these convenient gelatin desserts, that about 10,000,000 pounds of gelatin are used annually for this purpose.

From Infancy to Old Age

Nutritionists recognize gelatin as a food possessing many unique advantages in the daily diet, and it is prescribed by physicians for a variety of special diets. Newborn babies, for example, are sometimes given a gelatin-sugar-salt solution which provides readily available protein to raise the protein level of the blood. When an infant cannot readily digest hard curds, the doctor may recommend the addition of 1 per cent of gelatin dissolved in the milk. This usually causes it to be assimilated easily and satisfactorily.

When it comes time to change a baby's food from liquids to solids, gelatin also proves useful, for its soft, semi-solid texture makes an excellent transitional food.

With toddlers and school children, gelatin—the carrier and "extender"—provides a splendid method for offering foods that are disliked. Vegetables that draw forth protests when presented in the usual fashion are eaten with relish when molded into a sparkling lime- or lemon-flavored salad. The coarse texture of certain raw vegetables, such as carrots and cabbage, or the tart flavor of some fruits, may likewise be modified by serving them in a gelatin base.

And it doesn't require statistics from nursery schools to tell mothers how readily children eat gelatin desserts when they are brilliant with color and flavored with orange, raspberry, cherry, straw-

Building, Maintaining Healthy Teeth

By C. HOUSTON GOUDISS

It is an alarming fact that almost every adult in this great land of ours is affected by some form of oral disease, and that more than 90 per cent of our school children have decayed teeth. A prominent medical authority made the statement that if dental decay became rare, instead of almost universal, more than half of all sickness would be eliminated.

Remarkable and widely heralded advances have been made in our knowledge of how to control and prevent many dangerous and debilitating diseases. A decayed tooth is a poison factory, distributing its noxious product to every part of the body. In the body, that poison attacks and centers in the weakest spot. It may lead to neuritis, rheumatic ailments, dyspepsia, or duodenal ulcers. It may even be a contributing cause of heart disease.

Only a small percentage of our population is yet aware of the far-reaching effects of teeth upon health. There is a close relationship between healthy teeth and healthy bodies, and between decayed teeth and sickly bodies.

By learning something of the importance of caring properly for the teeth, some men and women of middle age look and feel younger than their parents did at the same age.

I have endeavored in many of the WHAT TO EAT AND WHY articles, which have appeared in this newspaper over my signature, 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.

I have received many letters from readers of these articles, showing that homemakers are eager for sound, authoritative advice on the proper care of the teeth. To help these and other readers to know how to properly care for their teeth, I have prepared a booklet on BUILDING AND MAINTAINING HEALTHY TEETH 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. Address, C. Houston Goudiss, 210 S. Desplains St., Chicago, Ill.

berry or other well liked flavors. Every mother knows this from her own experience—and I rather suspect that many mothers describe these attractive molded desserts as the prize to be won in return for cleaning the plate of the main course!

In the Reducing Diet

Both men and women who are counting their calories, in an effort to avoid overweight, or to reduce, can profit by taking gelatin salads and desserts, which satisfy hunger without providing unwanted fuel value.

In cases of digestive disturbance, gelatin is frequently recommended because of its bland taste, and because it leaves no residue in the lower intestinal tract.

This same splendid food is also advised by doctors when a high protein diet is desired to speed growth, or during convalescence from an illness. Gelatin may be added to broths, milk, fruit and vegetables, and these, in turn, may be incorporated in solidified gelatin.

Indeed, this many-sided foodstuff has come to play such a wide and varied role in nutrition, not only by itself but by enhancing the value of other foods, that it must be numbered among the products that help to increase national health and vigor.

Questions Answered

Mrs. S. B. L.—Even in the so-called goiter belt, simple goiter may usually be prevented by the administration of small amounts of iodine to every young girl, before and during adolescence, and also to expectant and nursing mothers. The amount required is quite small and may be given by a physician in the form of iodized salt.

Miss A. M. G.—Bran is considered an excellent source of both iron and phosphorus. ©—WNU—C. Houston Goudiss—1938—25.

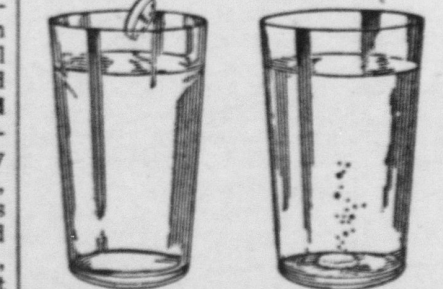
Two Principles

The whole duty of a man is embraced in the two principles of temperance and patience; temperance in prosperity, and patient courage in adversity.—Seneca.

TRUE STORY PICTURES

That Everyone Who Takes Aspirin Should Study

Drop a Bayer Tablet in water—it starts to disintegrate in 2 seconds—hence is ready to "go to work" rapidly



This Quick Dissolving Property of Genuine Bayer Aspirin Explains Fast Relief

If you suffer with headaches or the pains of rheumatism or neuritis, keep the above picture about genuine Bayer Aspirin in your mind. Especially if quick relief is what you want.

For the way a Bayer Tablet works in the glass is the way it works when you take it. It starts to dissolve almost at once—hence is ready to "take hold" of the rheumatic pain or headache with astonishing speed. Relief often comes in a few minutes.

Always ask for "BAYER Aspirin"—never ask for "aspirin" alone.

15¢ FOR 12 TABLETS
2 FULL DOZEN 25¢

MAGIC CARPET

It doesn't matter what you're thinking of buying—a bar pin or a baby grand, a new suit for junior or a set of dining-room furniture—the best place to start your shopping tour is in an easy-chair, with an open newspaper. The turn of a page will carry you as swiftly as the magic carpet of the Arabian Nights, from one end of the shopping district to the other. You can rely on modern advertising as a guide to good values, you can compare prices and styles, fabrics and finishes, just as though you were strolling in a store. Make a habit of reading the advertisements in this paper every week. They can save you time, energy and money.