

# OUR COMIC SECTION

## Along the Concrete



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## POP

By J. Millar Watt



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## S'MATTER POP

By C. M. Payne



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### COMMON PRACTICE



"Nobody can tell where that fellow stands."  
"Shouldn't expect to when he's running for office."

### Revised Opinion

Lilly—Yes, it was a case of love at first sight.  
Billy—But you didn't marry him after all?  
Lilly—No, I got a sight of him several times after that.—Farm Journal.

### Too, Too Kind

Jenkins—Yes, she refused me, but she would give me no reason.  
Gregory—That was very thoughtful of her, old boy.

### AS THE WORLD MOVES



"You eat too much salt."  
"Perhaps so; but I have to take a pinch of it with almost everything these days, you know."

# WHAT to EAT and WHY

## C. Houston Goudiss Offers New Year's Resolutions Concerning Foods and Nutrition. Suggests How to Help Make Your Family Healthier and Happier

By C. HOUSTON GOUDISS

IT HAS been customary for a long time to mark the beginning of a new year with the ringing of bells, with merry-making, and with the hope expressed to one's friends that they will enjoy greater health, happiness and prosperity in the forthcoming twelve months.

Though greetings are usually exchanged in a spirit of gaiety, the occasion frequently does, as indeed it should, have an undercurrent of solemnity. For it is quite fitting that we should view the close of one year and the beginning of another as both an Ending and a Beginning, even though we recognize that life goes along in an unbroken stream.

The magic hour of midnight may mark the end of certain of our mistakes, and the beginning of greater wisdom in acting, thinking, and living.

It seems to me that the week in which we celebrate New Year's is a particularly appropriate time for mothers to resolve to take stock of the program of daily living that they have outlined for their families; and if necessary, to alter it so that every member may gain a more generous share of well-being and contentment.



### Questions for a Homemaker

I believe that every homemaker owes it to her family to pause for a few moments at this season to look backwards along the road that she and her family have traveled in recent months.

Have you taken advantage of the knowledge offered by modern nutritional science? Can you conscientiously say with conviction that you have given your husband and children all the different food elements that are necessary for buoyant, radiant health?

If you have grown as you should in the past year . . . and no homemaker who is doing a really first class job ever remains static; she moves with the times . . . then it is inevitable that there has been a gradual change in the character of the food that you have put on your table three times a day. But can you feel confident those meals have been right in every respect? Have they included the necessary protein, fats, carbohydrates? Have they included at least 12 minerals; the six known vitamins; and sufficient bulk or cellulose to help maintain regular health habits?

### Time to Take Inventory

Do not be too discouraged if you cannot answer yes to all of these questions, because the chances are that many other homemakers may also find it necessary to give a partially negative answer. Mothers especially are busy people, and many of them feel that it is difficult to keep pace, as they would like to do, with the fast-moving science of nutrition.

Now, during this season which brings us the beginning of a new year, now is a time—after taking inventory of what you have or have not done—to look forward, to survey the road that lies ahead.

Before every wife and mother hangs the curtain of the future that will be slowly drawn aside, revealing the destiny of herself, her husband and her children, as the future becomes the present, as tomorrow becomes today.

And as your loved ones travel the road of life, it is you who have it in your power to help them attain strong vigorous bodies; alert, efficiently working minds.

Now is the time for you to determine to make the power of food their power, so that they shall not flag in their travels along the highway, but draw new strength for each day's journey every time they sit down at your table, sit down, as I have said before, to Life!

### The Tremendous Power of Food

What they are going to be tomorrow is indeed influenced by what they eat today, for there never was a truer statement than that man is what he eats. And that does not mean that physical

prohness and mental superiority may result only when the table is set with luxuries! On the contrary, malnutrition, which means not necessarily under-nutrition but improper nutrition, is found in the homes of the wealthy as well as in the homes of the underprivileged. The power of food is determined, not so much by what you spend, as by what you choose.

One need not spend a great deal for food to provide the milk and other dairy products, fruits and vegetables that should be consumed in abundance. There is always evaporated milk for those who do not care to buy bottled milk, or who prefer to use it as a supplement to bottled milk. And since large numbers of fruits and vegetables are now in season practically throughout the year, it is almost always possible to choose

varieties of these mineral- and vitamin-bearing foods that are inexpensively priced.

### Be It Resolved:

I should, therefore, like to urge every homemaker to make at least one New Year's resolution: to resolve that she will build her family diet in 1939 first of all around the protective foods, milk, eggs, fruits and vegetables.

It will be my privilege each week to help interpret for you the amazing discoveries of nutritional science; and to show how you can utilize the newer knowledge of nutrition to help increase the mental and physical efficiency of your family.

Together then, let us resolve to travel along the highroad of well-being in 1939.

### Questions Answered

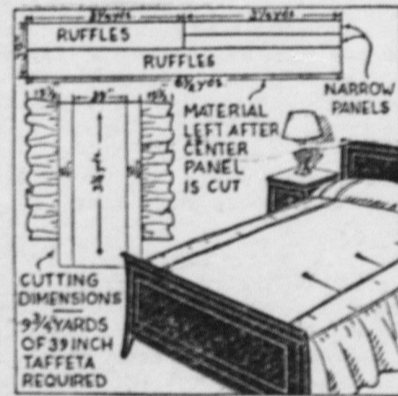
Mrs. K. Mc.N.—You should include at least two rich sources of each of the vitamins in your menus every day. It is also important to serve some raw food, as for example, a salad, in planning the diet of persons in normal health. Use fruits liberally and provide a pint of milk for each adult, a quart for every child, either as a beverage or in cooked dishes.

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## HOW to SEW

By RUTH WYETH SPEARS

DEAR MRS. SPEARS: I have long been wanting a taffeta spread for a double bed. I figure that, if I can make one from 10 yards of 39-inch taffeta, it will cost about half as much as one of the same quality ready made. Will you be good enough to tell me how to cut the material so there



will be no waste? This is important as I must economize. M. G.

Here are cutting dimensions for a double bedspread of 39 or 40-inch material. You will need a little less than your 10 yards—9 3/4 yards will be enough, and this makes the spread long enough to cover the pillows nicely. Cut the center panel first, then divide the material that is left as shown in the upper diagram. Join the two pieces of ruffle material to make one long piece, then divide it evenly; for the two ruffles. These cutting dimensions allow generous seams. Enough material may be

taken from the seam edges to cover cords for welted seams if desired. A very narrow machine stitched hem should be used at the bottom of the ruffles.

Full directions for making welted seams are contained in Book 1, offered herewith. There are also directions in this book for making bedspreads of 36-inch cotton material. Today's lesson is not in either of the books offered here, so be sure to clip and save it for reference.

NOTE: Mrs. Spears' Book 2—Gifts, Novelties and Embroidery, has helped thousands of women to use odds and ends of materials and their spare time to make things to sell and to use. Book 1—SEWING, for the Home Decorator, is full of inspiration for every homemaker. These books make delightful gifts. Mrs. Spears will autograph them on request. Crazy-patch quilt leaflet is included free with every order for both books. Books are 25 cents each. Address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

## AROUND THE HOUSE

**Safeguarding the Baby.**—Inspect baby's toys before putting them in his crib or pen to be sure there are no loose fragments, such as eyes, buttons, bits of wood, etc., that might be pulled off and swallowed.

**Fire Hazard.**—The basement is one of the chief danger places in the house from the fire standpoint. It should be kept free from accumulations of inflammable materials such as paper, old boxes, oily and paint-soaked rags, and trash.

**Drying Fur Garments.**—Damp fur garments should be dried in a cool current of air, never near a radiator or other source of heat.

**A Dyeing Help.**—The household washer is ideal for dyeing curtains, draperies and other articles made of fabrics that can be colored with tints that do not require boiling. You can let the washer run until the articles are sufficiently and evenly colored.

# Are Women Better Shoppers Than Men?

GRANTING a woman's reputation for wise buying, let's trace the methods by which she has earned it. Where does she find out about the advantages and details of electric refrigeration? What tells her how to keep the whole household clean—rugs, floors, bathroom tiling—and have energy left over for golf and parties? How does she learn about new and delicious entrees and desserts that surprise and delight her family? And where does she discover those subtleties of dress and make-up that a man appreciates but never understands?

Why, she reads the advertisements. She is a consistent, thoughtful reader of advertisements, because she has found that she can believe them—and profit thereby. Overlooking the advertisements would be depriving herself of data continuously useful in her job of Purchasing Agent to the Family.

For that matter, watch a wise man buy a car or a suit or an insurance policy. Not a bad shopper himself! He reads the advertisements, too!