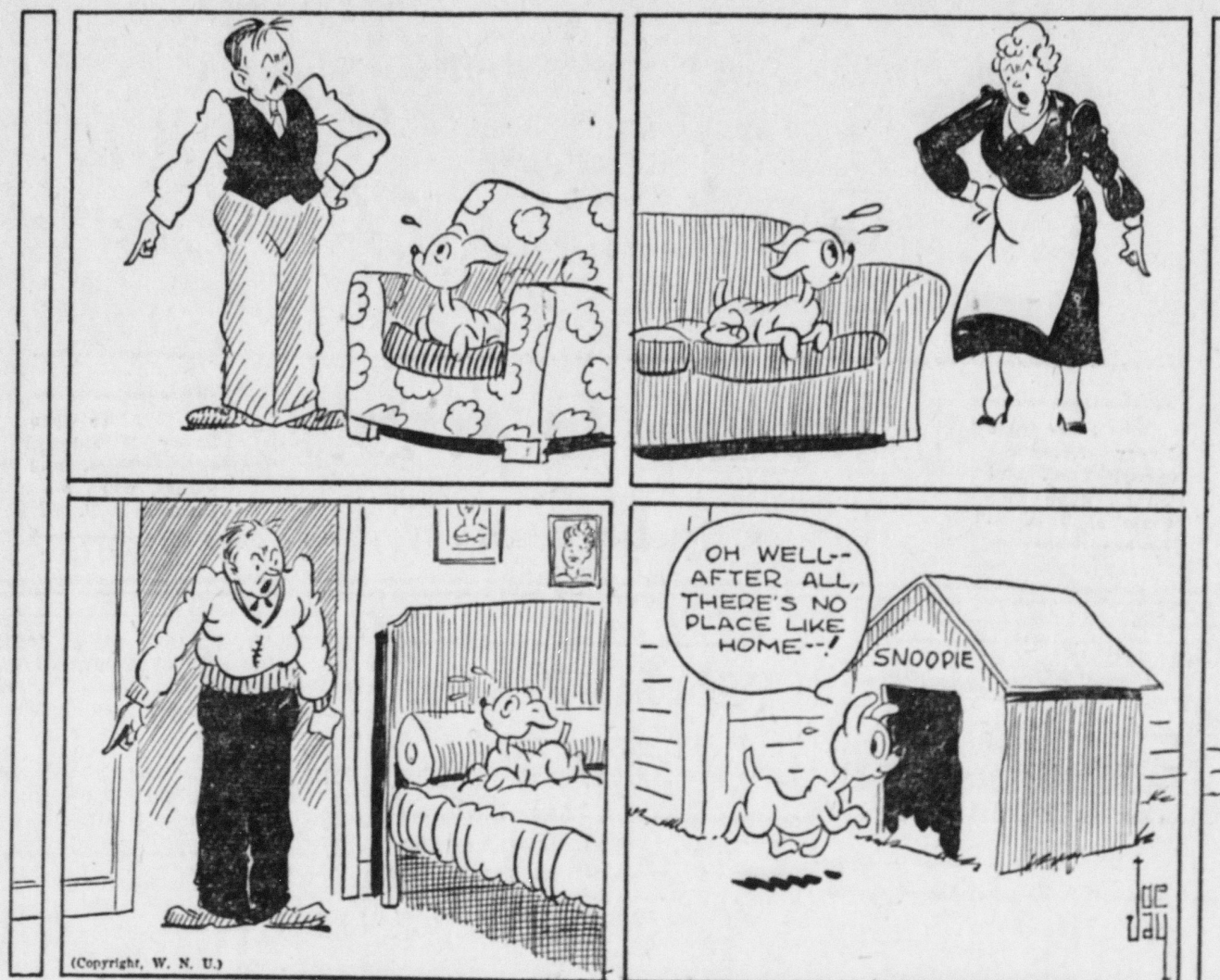


# OUR COMIC SECTION

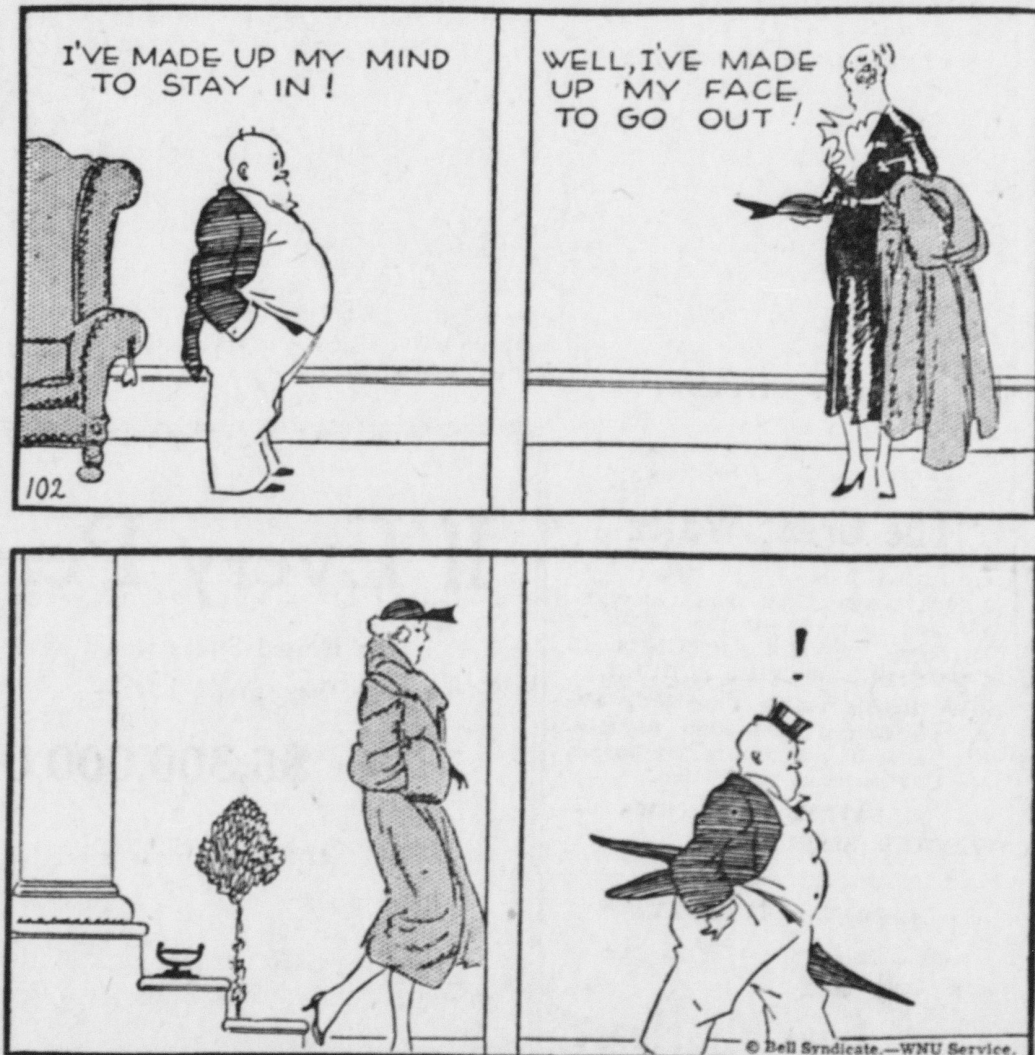
## Snoopie



(Copyright, W. N. U.)

## POP

By J. Millar Watt



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## S M A T T E R P O P

By C. M. Payne



EVER SEE A BOY WASH UP?

WELL, TAKE A LOOK

JWISH! AND IT'S ALL OVER

HEY! NOT SO FAST! DID YOU WASH UP?

YA BETCHA, POP!

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### LITTLE LOVE SCHEME



"How do you expect to get that pretty girl to take you up?"  
"Get all the other girls abusing me for all they're worth."

### Quite Safe

A little boy went up to his grandfather and said, "Are you very, very old, grandpa?"  
The old man said, "I'm 95, my son."  
Then the youngster asked him, "Have you lost all your teeth?"  
And grandpa said, "Yes, my boy, I haven't got a tooth in my head."  
So the lad said, "Well, that's all right. You can mind my roasted peanuts."

### NOT A MECHANIC



First Artist—Did you ever make any pot-boilers?  
Second Artist—No, success has never crowned my efforts.

# WHAT to EAT and WHY

## C. Houston Goudiss Analyzes the Food Values of Nuts; Discusses Their Place in the Menu

By C. HOUSTON GOUDISS

THERE is one food that can lay claim to being almost universal. It is eaten with relish by people in almost every quarter of the globe. It forms a main article of diet for the natives of some tropical countries, and is said to have been important in the dietary of early settlers in America. I refer to nuts.

Nuts, of course, are seeds. But unlike most other seeds used for food by man, they grow in a hard shell that does not open naturally when ripe. This forms a sealed package which makes nuts easy to store, and comparatively easy to keep.

### A Concentrated Food

Nuts are a highly concentrated food and provide a large amount of food value in a small, convenient form. Once they are shelled, there is very little waste in using them. It has been suggested, therefore, that they might profitably appear in the daily menu far more frequently than they do.

There are many different kinds of nuts, and they vary in composition. Some of them contain large amounts of both protein and fat. Others contain a preponderance of fat, while a third group is starchy.

The protein of many nuts has been found to be rather similar to that in meat and fish. In fact, most nuts are classed as complete proteins, meaning that their protein is of a type which is capable both of supporting growth and repairing worn-out body tissue.

### Comparison With Grains

Because they are somewhat similar in nutritional character, nuts have been compared to various grains. In regard to protein, however, they may be said to serve as a supplement to the proteins of some grains.

The high fuel value of many nuts is due to their fat content. Coconuts, pecans and walnuts are especially rich in fat, containing respectively 50.6 per cent, 70.5 per cent, and 64.4 per cent of fat. A few varieties, such as chestnuts and lichi nuts, so popular with the Chinese, are more notable for their carbohydrates. Like most starchy foods, chestnuts are improved by cooking, and therefore, are preferably roasted before eating. Fresh chestnuts contain a little over 42 per cent and dried chestnuts a little over 74 per cent of carbohydrates.

### Mineral and Vitamin Values

The amount of mineral salts in nuts varies with the type. Generally speaking, however, nuts are considered a rich source of phosphorus and a good source of manganese and of copper and iron, required for the formation of the hemoglobin or red pigment in the blood.

Most nuts are considered a poor source of calcium; or at best only a fair source of this mineral which is required for helping to build teeth and bones. Two noted investigators, however, determined as a result of careful experiments, that in adults the calcium of almonds was fairly well utilized by the body. It is not as well utilized, however, as the calcium of milk.

Nuts are not regarded as a significant source of any vitamin except B, though some kinds have also been found to contain vitamin A. As they are frequently served in combination with fruits, how-

ever . . . in salads and as desserts . . . the fruit-nut combination usually supplies a substantial amount of minerals and vitamins.

### Place in the Menu

Because of their content of protein and fat, nuts are frequently compared with meats and may be used interchangeably with meats. They make a splendid protein food to serve at lunch, supper or even dinner. They are especially good when combined with vegetables, or a carbohydrate food such as rice or noodles, and made into croquettes, patties, and casserole combinations that constitute a one-dish main course.

### A Food—Not a Tidbit

Nutritionists are of the opinion that nuts might well constitute a larger part of the American dietary . . . chiefly because they are such an economical source of protein and of energy values. Though they can be used for a main dish as an alternative to meat, it is not

advisable to allow them to replace milk or eggs.

It is highly desirable, however, that homemakers and their families regard nuts as a food and not as a tidbit to be served at the end of a meal that is already nutritionally adequate.

### Thorough Mastication Desirable

It is also important to encourage the thorough chewing of nuts, as this helps to make them more easily digestible. For children, nut butters are especially desirable. Some nuts are also prepared in the form of meal or pastes. In these forms it is not difficult for the digestive juices to penetrate them, and nuts may be considered as easily digestible as other foods of similar composition. Because they are highly concentrated, as we have seen, it is also advisable to include foods containing a generous amount of bulk or cellulose when nuts are included in a menu.

### Questions Answered

Mrs. B. T. L.—There is no important change in the nutritive quality of eggs when they are cooked. As this food does not contain vitamin C, it cannot be destroyed in the cooking.

Mrs. D. T. F.—The reason that some pickles are a light green in color is that chlorophyll is partially destroyed during fermentation. This is probably due, at least in part, to the acid formed during fermentation.

©—WNU.—C. Houston Goudiss—1939—47.

## Smart Advance Fashions



later on, in tie silk or flat crepe, or with a silk or cotton blouse and wool skirt.

### Monastic Dress for Girls.

This is the success of the season—the most exciting of all new fashions—and it's the easiest thing in the world to make with the diagram. It hangs loose and straight from the shoulder yoke, and drapes into soft, graceful fullness when the belt is fastened round it. Every girl who wears 10-to-16 sizes should have this charming new fashion—in silk print, flat crepe or thin wool.

### The Patterns.

1664 is designed for sizes, 12, 14, 16, 18, 20 and 40. Size 14 requires 1 3/4 yards of 39 inch material for short-sleeved blouse; 2 1/2 yards for long-sleeved. 2 yards of 54 inch material for the skirt.

1661 is designed for sizes 10, 12, 14 and 16 years. With short sleeves, size 12 requires 3 3/4 yards of 39 inch material; with long sleeves, 4 yards; 5/8 yards for contrasting collar and cuffs if desired. 2 1/2 yards of braid.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in cents) each.

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## Constipated? You Should Get at the Cause!

Lots of people think they can't be "regular" without frequent trips to the medicine chest. "I just dose up and get it over," they tell you. But doctors know they don't "get it over" at all—until they get at the cause of the trouble! Chances are it's simple to find the cause if you eat only what most people do—meat, bread, potatoes. It's likely you don't get enough "bulk." And "bulk" doesn't mean a lot of food. It's a kind of food that isn't consumed in the body, but leaves a soft "bulky" mass in the intestines and helps a bowel movement. If that fits you, your ticket is a crunchy breakfast cereal—Kellogg's All-Bran. It contains the "bulk" you need plus the great intestinal tonic, vitamin B<sub>1</sub>. Eat All-Bran every day, drink plenty of water, and just watch the old world grow brighter! Made by Kellogg in Battle Creek.

### Acknowledging Faults

It is a greater thing to know how to acknowledge a fault than to know how not to commit one.—Cardinal de Retz.

## POSITIVELY!

"Luden's are 'double-barrelled'... you get soothing relief, plus an alkaline factor."

CHARLES LEWIS, Chemist, New York

**LUDE N'S**  
MENTHOL COUGH DROPS 5¢

## NEW IDEAS

ADVERTISEMENTS are your guide to modern living. They bring you today's NEWS about the food you eat and the clothes you wear. And the place to find out about these new things is right in this newspaper.

## AROUND the HOUSE Items of Interest to the Housewife

**For Baby's Safety.**—Keep the handles of kettles on the stove turned toward the back.

**Lowering High Ceilings.**—One way to help make a ceiling look lower is to use simple valances at high windows.

**Cleaning Isinglass.**—Apply vinegar on a cloth to the stains on isinglass on stoves. With a little rubbing, the stains will come off.

**For Coffee Stains.**—Remove coffee stains from table linen with glycerin. Apply glycerin and let stand three or four hours or until stain disappears.

**Save Your Back.**—Whether to buy a stove with a working surface over a low oven or a high oven, it may pay to remember that bending requires four times as much energy as standing.

**Use for Old Christmas Cards.**—When you are through with your Christmas cards, the children will enjoy cutting, pasting and redecorating them.

**Flavoring Mashed Potatoes.**—One teaspoon of onion juice or half a sliced raw onion added to mashed potatoes gives them a different flavor.

**For Gravy or Soup.**—When you wish to make gravy or soup with the water in which meat has been cooked, wring a cloth out in cold water and strain the liquor through it. No grease will go through.

**The Child's Chair.**—A child's dining chair should be only deep enough to support his back and yet shallow enough to allow his knees to bend, and it should have a support if the child's feet do not reach the floor.

### Fragrant Incense

When gratitude overflows the swelling heart, and breathes in free and uncorrupted praise for benefit received, propitious Heaven takes such acknowledgment as fragrant incense, and doubles all its blessings.—Lillo.