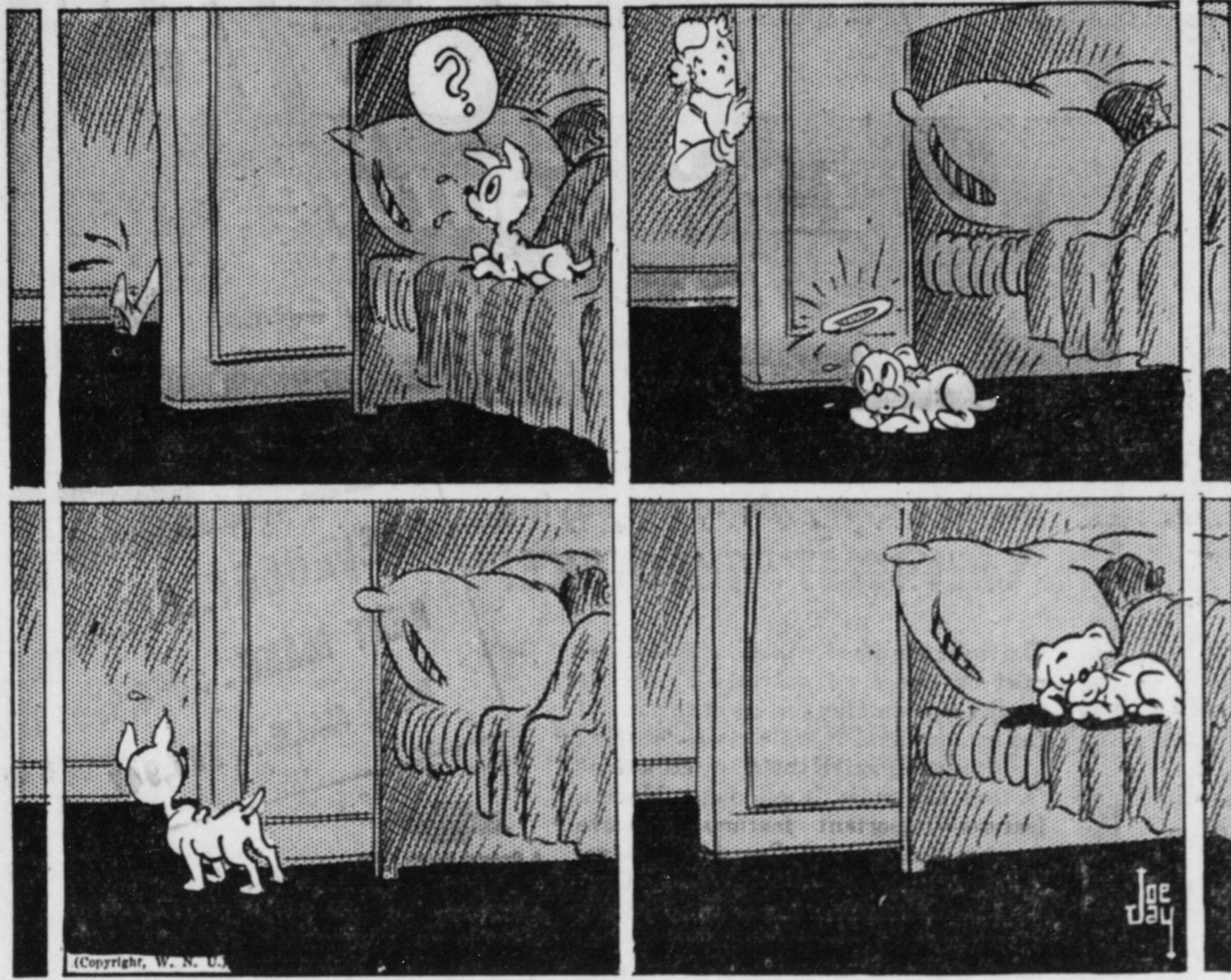


# OUR COMIC SECTION

## Snoopie



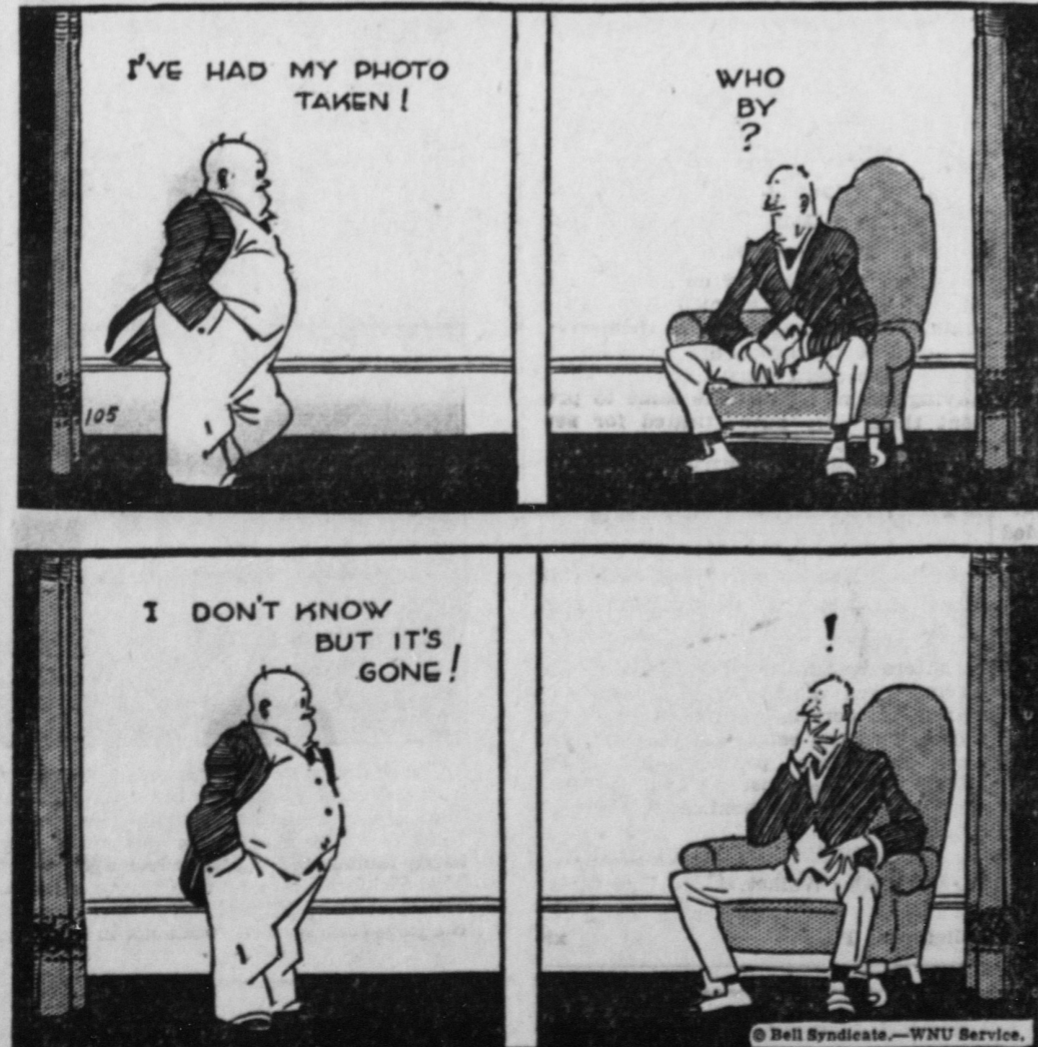
## SMATTER POP

By C. M. Payne



## POP

By J. Millar Watt



### DEEP SEA MECHANICS

"One of the advantages of being a saw fish is cutting open these sunken treasure chests—Heh! Heh!"

### False on Its Face

Binks—I was reading in the paper about finding a collar button in a cow's stomach.

Skinks—Nonsense—how could a cow get into a bedroom and crawl under the dresser?

### Mistaken Identity

Judge—Have you not appeared before me as a witness in this suit, madam?

Lady—No, indeed! This is the first time I've ever worn it.

### THERE ARE OTHERS

"Why is Cora studying the piano? She has no talent."

"No; but she has beautiful hands and a number of rings."

# WHAT to EAT and WHY

## C. Houston Goudiss Touches Upon the Food Values of Fish and Shellfish; Shows How They Can Help to Improve Nutritive Quality of the Diet

By C. HOUSTON GOUDISS

A PRESENT-DAY nutritionist might easily quarrel with the traditional distinction between fish, flesh and fowl. For the flesh of fish, cattle, swine, sheep and poultry is commonly referred to as "meat;" and the nutritive values of all these foods properly may be considered together. Their composition is very similar, consisting principally of protein, water and fat, with the chief variation occurring in the fat content. They also average about one per cent of minerals and contain some of the vitamins in varying amounts.

### Fish vs. Other Flesh Foods

There is a wide variation among the different kinds of fish in the amount of fat they contain. In general, fish have less fat and more water than other forms of meat. Their tissue fibers are also shorter, which makes for ease of digestion. In many cases, their flavor is less pronounced because there are fewer extractives.

For this reason, fish is considered less stimulating, and that is also why it is often served with some sort of sauce, or with a lemon garnish to point up the flavor.

The proteins of fish are regarded as equally useful with other forms of meat for helping to build and repair body tissues. Most lean fish are richer in minerals than fatty fish; in this respect, they resemble lean meats.

Salt water fish are notable as a source of iodine, required for the proper functioning of the thyroid gland. It is desirable that this mineral be included in the dietary to help prevent simple goiter.

### The Cattle of the Sea

The most significant difference between fish and most other flesh foods is that with the exception of certain shellfish which are produced under government regulation, "crops" from the sea are neither planted by man, nor cultivated by him.

Unlike the farmer or the cattle man, the fisherman gathers his "harvest" without the previous effort of sowing seeds or cultivating plants; without the necessity of providing shelter or fodder.

To a man or woman who has never enjoyed the experience of catching fish for dinner, the sea may suggest nothing but an expanse of blue-green water. But to those who are familiar with the habits of its denizens, the sea is a fascinating place . . . teeming with life. It contains many forms of vegetable materials, of which seaweed is the best known. These provide food for the lower forms of animal life which inhabit the waters. They, in turn, are eaten by larger creatures. In the final analysis, all forms of animal life in the sea, as on land, are dependent for their sustenance upon the sun, which stores up energy in green plants.

### Fish as a Source of Vitamin D

The sun is concerned, too, with the production of vitamin D, as it is by means of sunshine that our best source becomes available. Fish liver oils are the richest natural sources of vitamin D. This vitamin is necessary for the proper utilization of calcium and phosphorus in building strong bones and sound teeth. We prize highly the liver oils of the cod, halibut, salmon, swordfish and tuna for their fine amount of this precious vitamin.

The body oils of certain fish are also valued for their vitamin D. Some varieties that are notable in this respect are salmon, herring and sardines. It is agreeable as well as economical to obtain vitamin D by serving seafood.

### Antique Candles.

Brush brown floor stain over white candles to obtain an antique effect.

### Washable Pictures.

Pictures for children's rooms can be made washable by covering them with white shellac.

### Use Honey.

Fruit cakes, steamed puddings, cookies, and candies made with honey stay moist a long time.

### For Baby's Safety.

See that rickety furniture is removed when baby starts to walk, as he will hang onto any article within reach and it may topple over on him.

### Smooth Cornmeal Mush.

To keep cornmeal mush from being lumpy, mix the dry meal with a little cold water before adding the hot water.

because fish supplies so many other valuable nutrients at the same time.

### Fish Is Universally Available

There are perhaps more varieties of fish than any other type of first-class protein food. A government bulletin has listed 40 kinds besides smoked and salted fish and the various shellfish.

Thus the use of fish provides ample opportunities for varying the menu. Moreover, though fish is more perishable than other flesh foods, it is available today in every town and hamlet, however remote from the waterways.

No matter where she lives, the homemaker can choose from a wide variety of canned, dried, smoked, salted and quick-frozen fish. And both transportation and refrigeration have been so improved that fresh-caught fish are distributed far inland.

The quick-frozen fish should be handled as carefully as fresh fish, kept under refrigeration, and used within a reasonable time after purchasing. Canned fish, naturally, requires no refrigeration, and a supply can always be kept on hand both for everyday use and for emergencies.

The most important canned fish, in terms of the amounts packed and sold, is salmon. This flavorful fish is an excellent and economical protein food which is also notable for its energy value; its calcium, phosphorus and iodine; and as a source of vitamins A and D. Other canned seafoods that are sold in volume include tuna, sardines, shrimp and clams. Canned crab and lobster meats and oysters are also to be found upon the shelves of most grocers, together with other va-

### Place of Fish in the Diet

The most important contribution of all forms of fish is their proteins, which as we have seen may be used interchangeably with those of beef, pork, lamb, veal and poultry. The iodine of seafoods and shellfish is also extremely important, and in some varieties, the content of vitamins A and D. The more fatty fish, including mackerel, salmon, eels, herring, catfish and shad are comparatively rich in energy values. The fuel value of cod, flounder, perch, smelts and haddock, which are low in fat, and halibut and whitefish which have a moderate amount, may be increased through the use of a rich sauce, or they may be broiled in fat.

Taking into consideration its food values and economy, and when the preserved forms are utilized, its ease of preparation, the homemaker who desires to feed her family well should serve fish or shellfish, in some form, much oftener than once each week!

### Questions Answered

Mrs. L. C. A.—There is absolutely no basis for the old superstition that fish and milk should not be taken together. Some persons might have been made ill by taking fish and milk at one meal. But in that case, we must conclude that the individual must have been allergic to one of these foods; or possibly the fish was not fresh.

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### Fashion News in Patterns

flare, so that you can wear a real petticoat under it, or sew in petticoat ruffles, for rustle and charm. Above the doll-waist, the bodice is gathered over the bosom, and has a crisp little frill that simulates the line of a bolero. High-shouldered sleeves complete its Victorian charm. The whole thing does nice things to your figure, and it's just about the most seductively feminine fashion you can choose. Make it of taffeta, flat crepe or silk print.

### Skating Suit With Hood.

Whether you ice or roller-skate, this is the thing to wear! And since the skating silhouette will be very smart for spring in sports clothes, too, you'll want a run-about outfit made with this same pattern, later on. The fitted, high-shouldered jacket, buttoned straight up to the throat, is excellent style for street and sports wear, as well as the swirling skirt. If you make this suit to wear for ice skating or in a cold climate, line both skirt and jacket of wool.

### The Patterns.

No. 1669 is designed for sizes 12, 14, 16, 18 and 20. With long sleeves, size 14 requires 4 1/4 yards of 39 inch material. With short sleeves 4 3/4 yards. Requires 4 3/4 yards of pleating.

No. 1673 is designed for sizes 11, 13, 15, 17. Size 13 requires 1 3/4 yards of 54 inch material for long-sleeved jacket, 1 yard for short-sleeved jacket. 1 3/4 yards of 54 inch material for the skirt and 1/2 yard for the cap. To line jacket, 1 3/4 yards of 54 inch material; to line skirt, 1 3/4 yards; to line cap, 1/2 yard.

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.

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### AROUND THE HOUSE

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## MANNERS

It's bad manners to cough in public places. Keep Smith Brothers Cough Drops handy! (Two kinds—Black or Menthol—just 5¢.)

Smith Bros. Cough Drops are the only drops containing VITAMINA

This is the vitamin that raises the resistance of the mucous membranes of the nose and throat to cold infections.

## Advertised BARGAINS

Our readers should always remember that our community merchants cannot afford to advertise a bargain unless it is a real bargain. They do advertise bargains and such advertising means money saving to the people of the community.