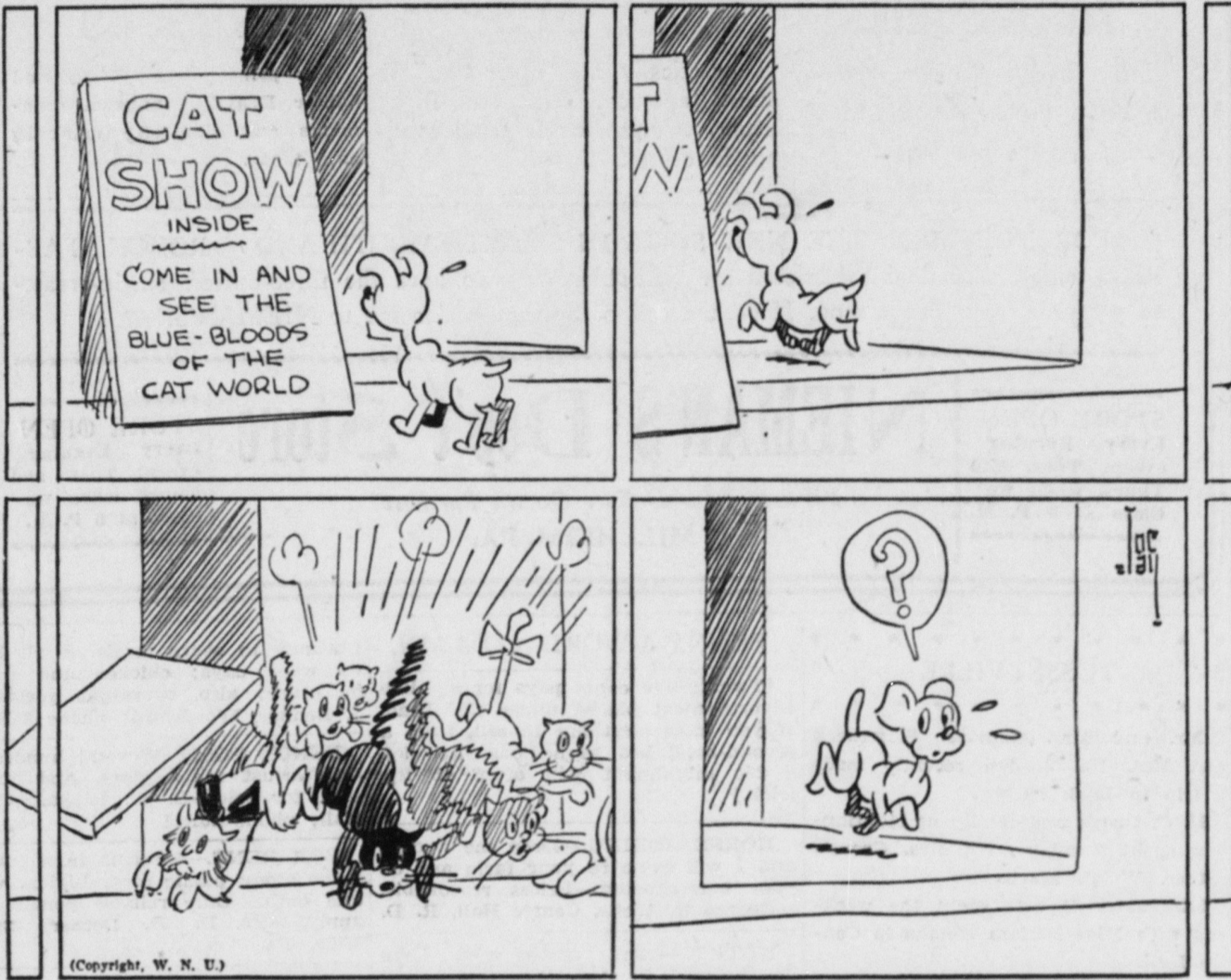


OUR COMIC SECTION

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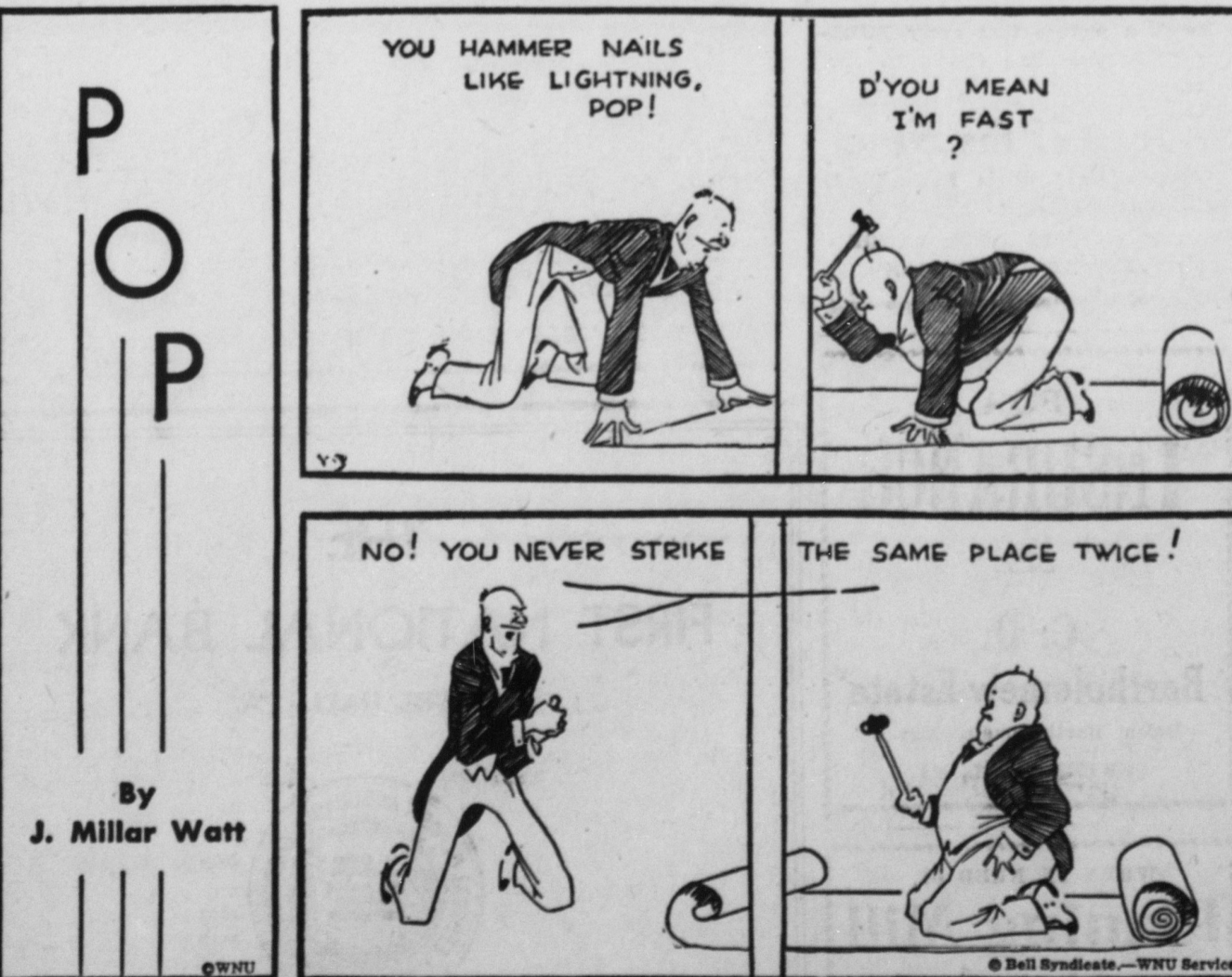


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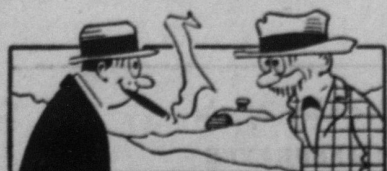


By J. Millar Watt

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ALMOST SWORE



"You say she all but swore at you?"
"She gave me a cursory look."

No Reason at All

Wife—Oh, come on—Do come to Mrs. Baker's with me, Tom. She'll make you feel so at home.
Husband—Then what's the use of going?—Prairie Farmer.

Papa Pays

Hubby—You never tell me what you buy! Don't I get any voice in the buying?
Wifey—Certainly, darling! You get the invoice.

JUST RIGHT



Mr. and Mrs. Bugg—What an ideal dancing partner—his is!

WHAT to EAT and WHY

Advice to Homemakers on How to Feed Families During Coldest Days of Winter; Essential Nutritive Values Described in Terms of Everyday Foods

By C. HOUSTON GOUDISS

TOWARD the end of winter we sometimes experience some of the coldest weather of the entire season. Temperatures remain below freezing for days at a time. The air is often raw and penetrating, and blustery winds make it seem as if man is being persecuted by nature.

Moreover, this trying weather comes after months of short and often sunless days . . . days which many people have spent in overheated houses, and without sufficient exercise. So it is no wonder that the body is on trial . . . fighting to maintain health . . . to avoid the colds and other respiratory diseases that are so prevalent. This is, perhaps, one season when food has a mightier power than at any other time to influence physical well-being.

Food Your First Defense

In general, women seem to be more aware of the power of food than men. This is fortunate, because they are charged with the solemn responsibility of determining what foods their families shall eat. Since the right food sometimes makes the difference between sickness and health their husbands and children are the unhappy losers if they fail to recognize the need for even one essential food substance.

Occasionally the homemaker's task is made more difficult by men-folks who poo-poo the idea that meals should be planned scientifically, and who point out that generation after generation survived without a specific knowledge of nutrition.

People who hold this view fail to take into consideration that many of our ancestors consumed a satisfactory diet without knowing it.

Safeguarding Health

They should realize also that one can suffer from dietary deficiencies and live . . . though he may not live well! A man can exist upon much less than the amount of iron required for normal health . . . but he probably cannot escape secondary anemia. He may be able to get along on a meager supply of vitamins . . . but the chances are that his vitality will be greatly diminished. And he will face the constant threat of disease that follows in the wake of lowered resistance.

Nothing is more foolish than to suppose that what a man eats is entirely his own business! It is a matter of grave concern to his wife and children. For it has been suggested that fully one-half of the illnesses of the American people may be traceable directly, or indirectly, to dietary deficiencies. Let no man, therefore, twist his wife for trying to feed him correctly!

Time for Good Eating

But don't imagine for a moment that correct eating and good eating cannot be synonymous. It is true that there is no time of year when correct eating is more important. But it is also a fact that there is no time of year when good eating is more distinctly indicated!

These are the days when breakfasts must be especially hearty . . . to satisfy keen appetites, to provide generous amounts of fuel or energy values. That means cereals always, and some form of breadstuff, pancakes or waffles.

Cereals are primarily energy foods, but they may also carry substantial amounts of precious mineral salts and vitamin B. Whole grain varieties are also a good source of bulk or cellulose . . . so necessary for regular health habits . . . so often overlooked in diets that are carelessly planned.

Eggs belong on the breakfast menu, too, because they are a top-notch protective food. And there must be fresh or stewed fruit—for vitamins, minerals and roughage.

Balancing the Big Meal

Whether the main meal of the day is served at noon or at night, it should be well-balanced, to help safeguard health, and appetizing, to make it so enjoyable that it will be digested efficiently.

It should be built first of all around a protein food: meat; fresh, canned, or quick-frozen fish; cheese, chicken, an egg dish, or a casserole of hearty baked beans. There should be an energy food such as sweet or white potatoes, rice, macaroni, or noodles, though frequently this can be combined with the protein food, as in cheese macaroni or beef stew. For variety and palate pleasure, occasionally serve baked bananas. They rank as an energy food, and also contribute important minerals and vitamins.

Vegetables—Raw and Cooked
There should be vegetables—one or two of them. Green leafy vege-

tables, either fresh or canned, should be served several times a week . . . for their iron and vitamins A, B, G, and sometimes C. These may be alternated with the yellow vegetables which are particularly notable for their vitamin A. Don't overlook onions—they are inexpensive, and a fine source of bulk. Served raw, they provide a substantial amount of vitamin C, the vitamin for which we especially prize oranges, grapefruit and tomatoes.

Include a salad at dinner, lunch or supper; it is well for most normal individuals to eat some raw food daily. In cold weather, dress it generously with salad dressing for extra fuel value.

Dessert may be pie, pudding or gelatin. The choice depends partly upon the other foods served at dinner, partly upon the dessert to be served at the third meal of the day. But here is a good general rule to follow. Serve a fruit dessert at one meal—and a pudding containing milk at the other. Of course, the fruit need not be served plain unless you wish.

Fruit pies are splendid for cold weather meals, fruit and gelatin combine nicely, and fruit may be incorporated in cakes, as in apple sauce cake.

Rounding Out Day's Nutrition

Whether the third meal of the day is lunch or supper in your household, it should round out the day's nutrition. If you need to get more milk into the diet, let your lunch or supper include a cream soup. If you haven't served eggs previously during the day, choose a soufflé or a dish containing creamed eggs. A starchy food, a salad, a dessert and a beverage will complete a meal that both satisfies the appetite and meets nutritional requirements.

It is not difficult to obtain the day's quota of minerals, vitamins, cellulose, protein, carbohydrates and fats. These substances are to be found in delicious, wholesome foods. All you need to remember is not to serve too much of one food and too little of another.

Let the balanced diet be your ideal—and cold weather will prove a tonic instead of a possible menace to health!

Questions Answered

Mrs. G. M. L.—At the present time, nutritionists have not yet determined the exact amounts of vitamins G and E that should be supplied daily. It is known, however, that a diet which furnishes plenty of fruits, vegetables, whole grains and milk will protect the body against a shortage of either vitamin G or E.

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Patterns SEWING CIRCLE



NO. 1672—A very flattering dress is this with braid used to emphasize the bust fullness, with the effect of a bolero, and with a graceful, rippling skirt. Make this

tiny-waisted charmer of thin wool, flat crepe or silk prints. You'll enjoy having some cottons like this, too, in the summer-time; it's a pattern you'll frequently repeat.

No. 1505—The little dress with the sleeveless bolero is a perfect style for girls from four up to twelve. The full skirt, the round balloons of sleeves, the high neckline, are just as becoming as possible! In challis, in gingham, in dimity—this dress will be charming, and a dress-up version in taffeta will go smartly to parties.

No. 1672 is designed for sizes 14, 16, 18, 20, 40 and 42. Size 16 requires 3½ yards of 35-inch material and 5 yards of braid.

No. 1505 is designed for sizes 4, 6, 8, 10 and 12 years. Size 6 requires 2½ yards of 35-inch material without nap; ¾ yard of contrasting for collar; 2½ yards of braid to trim.

Spring Pattern Book Ready.

Send 15 cents for the Barbara Bell Spring Pattern Book. Make yourself attractive, practical and becoming clothes, selecting designs from the Barbara Bell well-planned, easy-to-make patterns. 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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TIPS to Gardeners

Rock Garden Advice

SELECTION of flowers and their location in the garden can make or break your rock garden. Therefore, descriptions on seed packets must be read carefully when seeds are bought, and the plan of the rock garden must be carefully worked out.

Creeping plants, for instance, should be allowed to make carpets of color in the larger soil pockets. Erect plants may be used in flat spaces. Trailing plants should be allowed to droop over the face of rocks, or they may be placed at the top of the bank or wall.

In smaller crevices, tufted plants with rosettes of foliage and short flower stalks are suitable. Ordinary garden or bedding plants should be eliminated from consideration for the rock garden, it is advised by Gilbert Bentley, flower expert.

True rock garden plants grow less than 10 inches tall. Use only low-growing annuals and perennials that grow among rocks in their native haunts—those that belong by nature among stones.

Common Sense About Constipation

A doctor would tell you that the best thing to do with constipation is get at its cause. That way you don't have to endure it first and try to cure it afterward—you can avoid having it.

Chances are you won't have to look far for the cause if you eat the super-refined foods most people do. Most likely you don't get enough "bulk"! And "bulk" doesn't mean a lot of food. It means a kind of food that isn't consumed in the body, but leaves a soft "bulky" mass in the intestines.

If this is what you lack, try crisp crunchy Kellogg's All-Bran for breakfast. It contains just the "bulk" you need. Eat All-Bran every day, drink plenty of water, and "Join the Regulars." Made by Kellogg's in Battle Creek. Sold by every grocer.

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