

# OUR COMIC SECTION

## Events in the Lives of Little Men



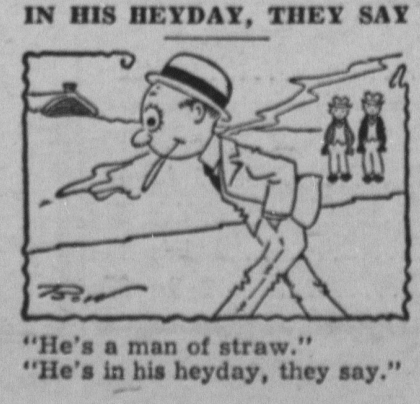
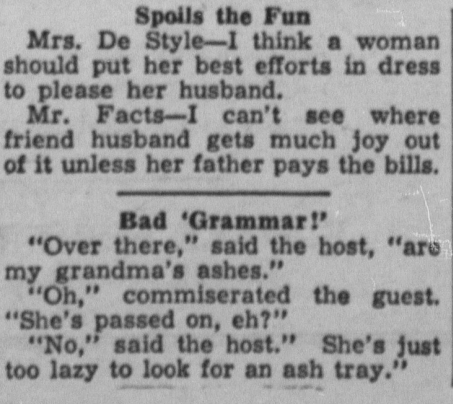
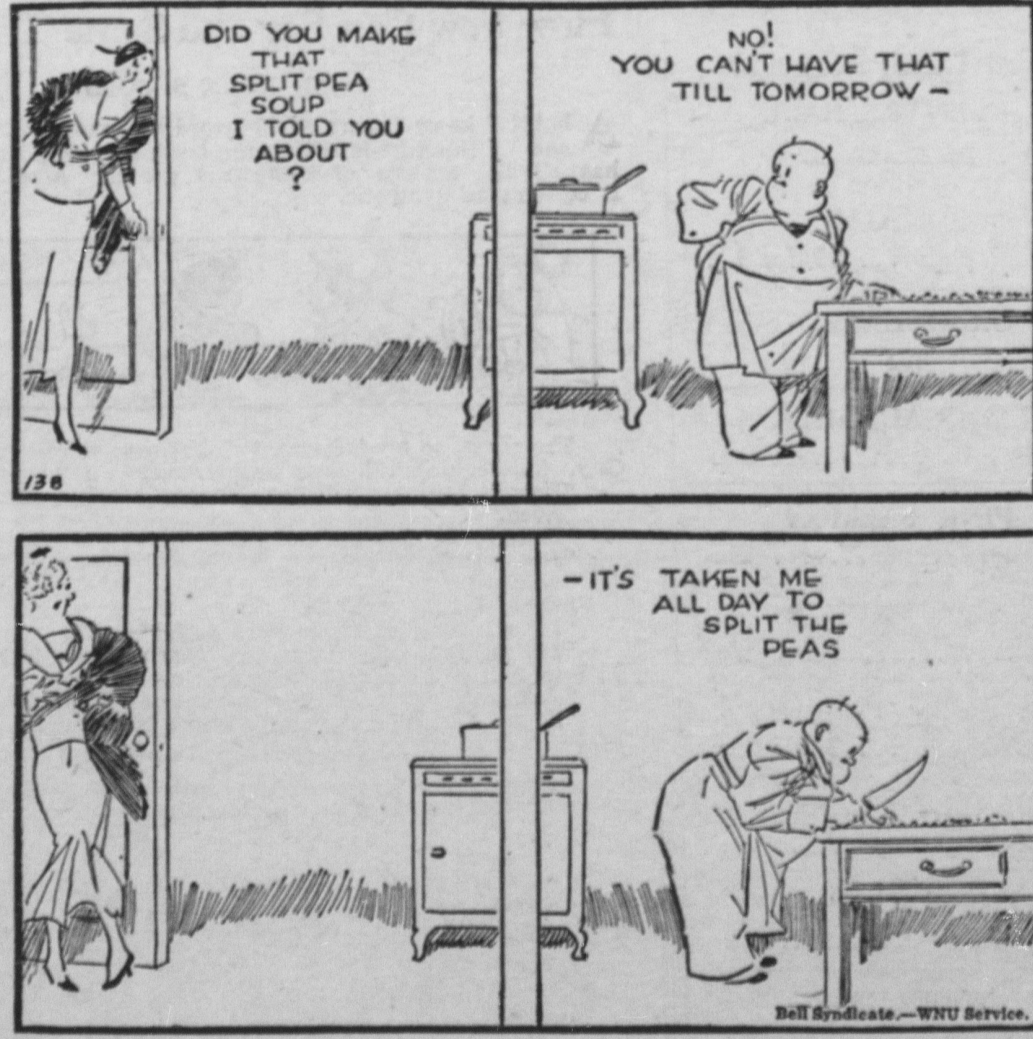
## S M A T T E R P O P

By C. M. Payne



## P O P

By J. Millar Watt



## A Little Bit Humorous

**EARLY FILIAL FIDELITY**

One of the clerks at the employment agency was a bit of a wit, and he was preparing to gain a laugh at the expense of the next in line.

"Where were you born?" he asked the man, a Scotchman.

"Glasca," was the reply.

"Glasgow! Whatever for?" continued the funny one.

"I wanted to be near mother," said the other with devastating meekness.

**Call the Union!**

A little girl had been to church for the first time. When she returned home her mother asked her what she thought of church.

"I like it very much," she said, "but there was one thing I didn't think was fair."

"What was that, dear?" asked her mother.

"Why, one man did all the work and then another man came around and got all the money."

**ASSOCIATION**

**Mr. Jones (viewing Niagara)—**What a stupendous sight!

**Mrs. Jones—Robert,** are you sure you turned off the water in the bath room before we left home?

**His Middle Name**

**Teacher—**What is your name, young man?

**New Boy—**Tommy Jones.

"And what is your other name—your middle name?"

"Don't, miss."

"Don't? Are you sure that is your middle name?"

"Well, they're always calling me Tommy Don't at home."—Stray Stories.

**And Licenses?**

"We were out on the steppes of Siberia in our sleigh," related the "woman's club" explorer. "Suddenly we heard an awful yowling—and soon, looking back, we could see the dark muzzles of bloodthirsty wolves!"

"Gracious!" gasped a sweet young thing. "How fortunate for you they had on their muzzles!"

**Two Good Reasons**

"You never read the weather predictions?"

"Nope. I skip 'em for two reasons. One is that there's no use o' worrying about what you can't help, an' the other is that you never can rely on a prophecy till after it's come true, an' then it's too late to make any difference."

**No Danger**

**Teacher—**Jimmy, is it true that your mother has diphtheria?

**Jimmy—**Yes, ma'am.

"But don't you know you mustn't come to school? You might get it from your mother and then give it to the whole class."

"No, ma'am; it's only my step-mother, an' she never gives me nothin'!"

**Annoying**

**Aged Patient—**I'm very much concerned. I've got into the habit of talking to myself.

**Doctor—**That's nothing. Many elderly people do. I do.

**Patient—**That's different. The trouble with me is that I'm such a confounded bore!

**FAST FELLOW**

"Frank's car is a speedy one—why does he say it is slow?"

"Because it can't keep up with him, I suppose."

**That Snore**

**Smith—**My wife and I suffer from alternate insomnia.

**Brown—**Alternate insomnia! What is that?

**Smith—**Whichever gets to sleep first keeps the other awake all night.

**Can't Help It**

"Is your father always as glum as this?"

"By no means. He laughs twice a year—spring and autumn—when the women's new hats come in."—Philadelphia Bulletin.

# What to Eat and Why

## C. Houston Goudiss Describes the Role of Phosphorus In Nutrition; Tells Where to Obtain This Mineral

By C. HOUSTON GOUDISS

THERE are at least 11 different mineral salts which are essential to the structure or functioning of the human body. But of these, only four—calcium, phosphorus, iron and iodine—require the careful consideration of the homemaker. That is because a diet which furnishes adequate amounts of these four will automatically provide the others. But when the diet is deficient in any one of these four minerals, disastrous consequences may result.

It is therefore of the utmost importance that every homemaker should know something of their functions, and what foods supply them. In this article, we shall deal specifically with phosphorus.

**Versatile Phosphorus**

It has been said that if the biographies of the elements could be written, that of phosphorus would be the most interesting of all. That is because there are 14 different ways in which compounds of phosphorus may function in the body. In fact, it is doubtful if any other inorganic element enters into such a diversity of compounds or plays an important part in so many functions.

This mineral is indispensable for all the active tissues of the body and likewise helps in regulating the neutrality of the blood. It is found abundantly in nerve tissue.

**Needed for Teeth and Bones**

Its most significant role, however, is to team with calcium in giving rigidity to the bones and teeth. Approximately 90 per cent of the total phosphorus of the body and 99 per cent of the calcium are found in the bones and teeth.

Both these minerals are required in generous amounts, but almost twice as much phosphorus as calcium should be supplied every day. Moreover, children should have about one-and-one-half times as much phosphorus as adults, to meet the requirements for growth.

The muscles and soft tissues need phosphorus as well as the bones, and in the dietary of the child, they must share with the bones, the phosphorus that is provided by the food. Hence, the greater need for this mineral during childhood.

**Phosphorus and Rickets**

If a child's diet is deficient in phosphorus or calcium, or if conditions are not favorable for their proper absorption, rickets will occur. This devastating nutritional disease may result in deformities of the chest and pelvic bones, as well as the more familiar bow legs and knock-knees.

Investigators have spent many years in discovering how to prevent and cure this disease which has made life miserable for so many children and which has far-reaching effects that carry over into later life. For example, adults who have bow-legs or a pigeon breast as a result of childhood rickets, are always self-conscious because of their defects. And motherhood may be far more difficult for them.

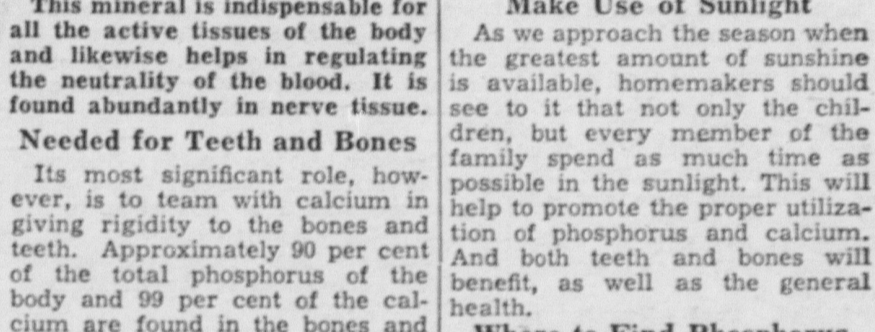
**Where to Find Phosphorus**

Every homemaker should acquaint herself with the foods that supply phosphorus most abundantly, so that she will be prepared to include this mineral in the diet every day. Egg yolk and dried beans are both valuable sources of phosphorus. So are whole grain cereals and lean meats. In fact, cereals and meats have this in common—both are rich in phosphorus and deficient in calcium. Whole grain breads are likewise important for their phosphorus content. And on a percentage basis, cheese ranks very high as a carrier of this mineral.

Cocoa also contains a large percentage, though it must be remembered that, as a rule, only small quantities of cocoa are consumed at one time. Many nuts, including almonds, peanuts, pecans and walnuts, furnish significant amounts. And this mineral is found in dried fruits such as raisins, figs and prunes, and in much smaller quantities in vegetables, such as spinach, cauliflower, string beans, carrots and Brussels sprouts.

Milk supplies phosphorus, though not in such generous amounts as calcium. However, if you follow the rule of a quart of milk daily for every child and a pint for each adult, you will contribute materially to the phosphorus and calcium content of the diet.

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## HOW to SEW

By RUTH WYETH SPEARS

ains may also be made of the red oilcloth.

With the help of Book 1, SEWING, for the Home Decorator, you can make many of the things you have been wanting for your home. Book 2—Embroidery and Gifts, is full of ideas for ways to use your spare time in making useful things. Books are 25 cents each. Enclose 50 cents for both books, and leaflet illustrating 36 authentic embroidery stitches will be included FREE. Address, Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

**DEAR MRS. SPEARS:** The curtains I made from your Book 1—SEWING, for the Home Decorator, are so smart and modern looking that they have given our living room an entirely new appearance. Right now I need an idea that will pep up my kitchen windows. Everything is up to date but the curtains. They look old fashioned. The color scheme is red and white, but please don't tell me to use red and white checked gingham because I have done that before.—J. B.

Alright, no checked gingham! How about some nice crisp dotted swiss with the widest red rick rack you can find for the edge? Then make a border around the top and sides of the window by pasting scalloped red oilcloth on the window frame, using wall paper paste. Cut the oilcloth in strips first, then mortise the corners by cutting them on the bias. Start marking the scallops at the corners, as shown here, making the center top scallop wider than the others. The tie-backs for the cur-

## ESSO REPORTER NEWS

	A.M.	Noon	P.M.	P.M.
WJZ	7:55	12:25	6:00	11:00
KYW	7:15	12:45	6:00	11:00
KDKA	8:00	12:00	6:00	11:00
WBAL	7:25	12:00	5:25	10:00
WRC	8:00	12:00	5:30	10:00
WCHV	8:00	12:00	6:30	10:00
WRVA	7:55	11:55	5:55	11:00
WTAR	8:00	12:30	6:30	11:00
WBT	8:00	12:55	5:10	11:00
WPTF	7:40	12:30	6:30	11:00

\*Daylight Savings Time

**Gentle and Strong**  
Gentle in manner, strong in performance.—Claudio Aquaviva.

**A GREAT BARGAIN**  
**VESPER TEA**  
PURE ORANGE PEKOE  
50 Cups for 10 Cents  
Ask Your Grocer