

Water to Wash Out Urinary Poison

Stomach or Bladder
You, Begin
Salts

Stomach and bladder
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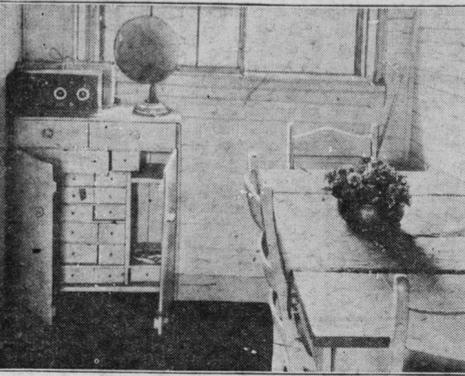
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NO. 10-1930.

HANDY DINING ALCOVE FOR LIGHT MEALS



A Radio Set in a Dining Alcove Near the Kitchen.

(Prepared by the United States Department of Agriculture.)

No doubt you, Mrs. Housewife, like to hear music and other good things coming in "over the air" while your hands are busy. So you need to have the radio located somewhere near the kitchen without having it in your way. In a farm home in Virginia the radio set, with a cabinet for parts, tools, and other paraphernalia the man of the house considers his own—it is placed in a little dining alcove just off the kitchen, as the United States Department of Agriculture has shown in the accompanying picture.

BEAN SOUP GOOD DISH FOR WINTER

(Prepared by the United States Department of Agriculture.)

Soups from the various dried legumes are nourishing and appealing in cold weather. Different seasonings are preferred with different vegetables—green peas, or chick or cow peas, navy, kidney, black, or lima beans, lentils, or other legumes. The dried legumes are soaked overnight or longer to help make them tender, and then cooked in added water with some or all of the seasonings until they are soft enough to press through a sieve to remove the skins. Additional thickening may or may not be used. Salt pork is a favorite and old-fashioned seasoning for all of the dried legume soups, since it furnishes both fat and flavor. Many people like butter just as well for the same purpose, and if pork is not on hand, use butter to taste. Here is a recipe for one of these soups, made from navy or black beans, given by the bureau of home economics, United States Department of Agriculture:

- 1 pint dried navy or black beans
- 4 celery stalks or 1 tbs. flour
- Cold water
- 1/2 lb. salt pork
- 1 onion
- 2 tbs. water
- Salt
- Pepper

Wash and soak the beans overnight in two quarts of cold water. The next morning add two more quarts of water, the salt pork, onion and celery, and cook until the beans are soft. Remove the salt pork, cut into small pieces, press the beans through a sieve, and save all the liquid. Combine all these ingredients, reheat, and add the flour and water, which have been well mixed. Add the salt and pepper and cook for a few minutes. Serve with a slice of lemon on the top of each portion.

Cabbage Is One of Best Sources of Vitamine "C"

The most recent information we have on the occurrence of vitamins in vegetables, indicates that the vitamine C content is highest when the foods that supply this vitamine are used raw or cooked only a very short time. Cabbage is one of the best sources of vitamine C if properly cooked, or, better still, served raw. Those who like the crisp texture and pungent flavor of raw cabbage will find some of these qualities present in cabbage cooked just a few minutes in hot milk. The method of preparing it is described by the bureau of home economics of the United States Department of Agriculture.

- 3 cups milk
- 1 1/2 quarts shredded cabbage
- 1 cup cream or rich milk
- 3 tbs. melted butter
- 3 tbs. flour
- Salt
- Pepper

Heat the milk and cook the cabbage in it for two minutes. Add the cupful of cream or rich milk, the blended butter and flour, and the seasoning, cook rapidly for three or four minutes, and stir constantly. The result is cabbage delicate in flavor and color.

Why Eggs?
Eggs cooked below the boiling point of water are more easily and quickly digested than are boiled eggs. Compared with other foods, eggs are easily and quickly digested. Eggs are a tissue building food, being rich in protein and mineral matter. They are among the first foods to be fed to little children, because they are so rich in iron, and because the proteins, fats and mineral substances are especially well suited to building body tissues.

RAZORBACK SOW FIGHTS PANTHER TO SAVE BROOD

Attacking Cat Limping Howling Away After Brush With Pig.

West Point, Ga.—Wild razor-back hogs will fight without quarter in defense of their young. Even the panthers which infest the wilds of the Martin lake country in Alabama are no match for an infuriated sow driven to protect her brood, according to Guy Coffee, editor of the West Point News, who reports witnessing such a battle.

Coffee was on a hunting trip to Martin lake and arose early to roam the wilds with his rifle. He shortly came upon the wild sow, leading her brood to breakfast. Shortly a panther arrived to dispute possession of the pigs.

The Panther Lunges. With a grunt of warning, the sow scampers the pigs into a protecting pit, then stood guard against the ever shortening, increasingly menacing circles of the attacking cat—about the size of a large dog. Always, Coffee said, the sow kept between the cat and her young.

Finally the panther lunged. The sow made a successful parry and caught the cat's paw in her jaws. There followed a wild flurry in which the cat extricated herself to limp howling away to lick the mangled member.

During the fight which by no means ended with the first direct contact, Coffee said, both the sow and the cat in

Food Habits Developed in Childhood Are Best

Good food habits, developed in childhood under wise guidance, are the foundation of good nutrition through life. With the best of intentions parents may make mistakes in the management of their children at the table, erring by overindulgence or ill-advised strictness. With patience and careful methods children's food habits can be retrained, but it is, of course, much simpler to build good food habits from the start.

A child can become accustomed from babyhood to a variety of foods, flavors and food textures, says Miss C. Rowena Schmidt, of the bureau of home economics, in leaflet 42-L, Good Food Habits for Children, just issued by the United States Department of Agriculture. As the child grows, says Miss Schmidt, take it for granted that he will enjoy the food set before him. Don't talk about "how good it is for him." Let the adults of the family set a good example by eating without comment all wholesome, well-prepared foods, and let the mother make it her responsibility to see that the special dishes for the child are not only suitable in kind, but carefully cooked and attractively served in fairly small portions.

Meals should come at regular hours, and there should be no "piecing" to spoil the appetite. Make meals the occasion for pleasant comradeship, whether the child has his own food separately or eats with the family. Bright colored individual dishes and small table implements that the child can handle personally add interest.

Never Eat Raw Pork as It May Cause Illness

Cook pork well! To eat raw pork is dangerous owing to the risk of contracting the disease called trichinosis. Trichinosis causes serious illness and sometimes death. It comes from very small worms, known as trichinae, that live in a small proportion of hogs and remain in the pork. Thorough cooking will kill these parasites and make them harmless. If meat containing them is eaten without being well cooked, they multiply rapidly in the intestines, get into the blood supply and scatter into the muscles where they grow in little lemon-shaped nests which they form within the muscles. No dependable treatment is known for the disease.

Some people like the flavor of raw pork in sausages, hams, and other meats. But it is dangerous to eat it. Often whole families get sick after eating raw pork at a feast or party. The only safe way is to cook pork well so that the heat goes all through it and kills every worm, making them harmless.

This warning is frequently given by the United States Department of Agriculture and is now repeated by Dr. Benjamin Schwartz in Leaflet No. 34-L, Trichinosis: A Disease Caused by Eating Raw Pork, just published for free distribution by the department.

Lightweight Meat Cuts Favored

The present-day meat consumer wants his purchase in a small "package." Proper weight is a matter of increasing importance, says the bureau of agricultural economics, United States Department of Agriculture, and in the New York market a difference of 25 pounds above or below the carcass weight desired may lower the price \$1 or more per 100 pounds. During the late fall, winter, and spring heavy lamb cuts, for instance, often sell at several cents a pound lower than similar qualities in lighter weights.

Looks Better, Too
Linoleum is said to wear much better if varnished when new and waxed lightly every month after washing.

DANIEL GOT INTO STORY-BOOK STUFF

He don't want Aunt Julia's money if she's not got it!

Berton Keith was called away that afternoon to another city. He would be gone for a week.

"When I get back," he told Eleanor, snapping his bag to, "I'm going to search this town over in an effort to find some lonely somebody who will take that child and make him happy. I'll pay them well, for as long as I live I intend to look after Daniel!"

The night Keith returned Eleanor met him at the train. He could not remember when he had ever seen his wife's eyes so eager and bright. She'd probably been happier in his absence. "Do you know what day this is, Berton?" she asked, squeezing his arm. Her birthday, and he'd failed to remember! Now, for it was in the winter. Their wedding anniversary. No, that was in the fall, and this was June.

"You never do remember it," laughed Eleanor. "Your birthday! And I've got the darlings gift for you that I could find!"

He guessed all the way home, recalling every birthday gift he had ever received in all his thirty-odd years. But he had no luck. Eleanor was jubilant over his failure.

When they reached home he found that the table was laid for dinner. In the center was a huge cake with its candles. A man with a birthday cake and candles! No wonder he couldn't guess! Cakes with candles were for children.

"He's ours, Berton," said Eleanor, tears brimming her eyes, "to keep for our very own—if you want him!"

"But do you?" asked Berton Keith quickly. "Do I? Why, Berton, do you realize that we've not had a quarrel since we've known Daniel? We've had him to think about and talk about instead of getting on each other's nerves! Don't you know that there are very, very few cases in this world where only two persons can live together year in and year out without fighting?"

Keith got up and went around to her and kissed her. "You solved all this yourself! And I thought I was the lawyer!"

"Of course, I didn't think of it myself. It's everywhere—even in every story book you pick up! The cake—you see, it has only five candles—is for Daniel, celebrating his day. He is born to us. Your birthday gift, Berton, is Daniel—our son!"

Daniel put his small hand into the eager one of the big man's awkwardly. "Welcome to our home, Daniel, my boy!" said a voice a bit husky.

"Gee, Mr. Keith," Daniel grinned back at the man, "so many nice things are happenin' to me I must be a reg'lar story-book boy!"

"Yes, sir, Daniel," agreed Berton Keith, warmly, "there's a whole lot of story-book stuff taking place around here!"

That night at the table Keith sat smiling a broad smile. "What in the world, Berton, do you see funny?" inquired his wife. "I was thinking of Daniel."

"The chap I hurt, you know, I asked him when I came by the hospital a while ago if he was in pain. 'You mean does it hurt, mister?' he said, with his little face all white and twisted. 'I'll say it does! But my mother, she named me Daniel so's I'd be brave. I've reckon she knew this was goin' to happen to me? I believe this is 'most bad as bein' in a lion's den!' But I believe, Eleanor, that the old Daniel didn't have anything on this little Daniel when it comes to bravery!"

The next morning Eleanor went to see Daniel for herself. And Berton Keith found himself looking forward to his visits with the boy. Even after that she had left home his weather-beaten old house on the corner of Mill and Harvey streets, Keith always stopped by to see him. He was glad he had that case of Porter's, for it took him by the child's home on every trip. And he was a lonely little chap, living as he did with his spinster aunt, whose every breath was a complaint against the responsibility of the child.

AMERICANS LEAD WORLD IN CONSUMPTION OF SOAP

Chicago.—Monday wash days and Saturday night baths have combined to place Americans at the top of the soap consuming nations. This is in spite of the reluctance of little Junior to have his sores washed, according to Rosece C. Edlund, general director of the Cleanliness Institute, at the annual meeting of the Association of American Soap and Glycerine Producers here.

Higher cleanliness standards inculcated into our people by physicians, public health authorities, and educators have made necessary the output of 3,000,000,000 pounds of soap each year. Compared to our 25 pound per capita average is the four pound average in most European countries.

Boy's Mistake Moves Picture of Ex-Governor

Boston, Mass.—A schoolboy pointed to a portrait of Gov. Edmund Andrus as it hung in the hallway of the executive chamber of the statehouse. "Why, that man was a pirate and he was hanged, too," exclaimed the youngster.

Later the portrait was transferred to a less conspicuous part of the building. But both the charges preferred by the youngster were untrue. Sir Edmund died a natural death. Three years after he had been appointed governor of New England by King James II, in 1683, a revolution broke out and his imprisonment followed. He was tried on piracy charges which failed to be proved.

REINFORCEMENTS COME

The cat's case first, a male mate which came bounding over the briars, sent him spinning on his ear just as aid for the sow came charging through the briars. And while the original attacker limped hurriedly away, Coffee said, the razor-back reinforcements tore her mate to pieces.

A few days later, Coffee said, he went back to the same locality and saw the battle-scarred sow again leading her brood, apparently well on the way to complete recovery.

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RESEARCH THROWS LIGHT ON ELIZABETHAN TIMES

Three important discoveries in connection with Elizabethan research were announced at the annual opening meeting of the London Shakespeare League in the London Day Training college, Southampton row, says the London Times.

Dr. J. Leslie Hotson of Harvard university, who discovered in the patent rolls at the record office the report of the inquest into the death of Christopher Marlowe, the poet, in a tavern at Deptford, said that he had now traced, through a document found by Sir Sydney Lee in the records of the Middlesex sessions, a bond given by two men of East Smithfield and also by Christopher Marlowe, for Marlowe's appearance at Newgate on some charge or other.

"We do not know what the charge was," added Doctor Hotson, "but considering that £20 (worth five to eight times that amount now) was put up for Marlowe's appearance, it shows that he had good friends. I searched the records of 1565 and later at St. Botolph's, Aldgate, and found that the two bondsmen were churchwardens and also that Ingram Frizer, who killed Marlowe, became a deputy assessor of taxes at Aldgate."

William Peel, chairman of the league, said that W. J. Lawrence, a member of the league, had written to say that he had found indisputable proof that "Hamlet" had been produced in the year 1600 and that details of the find would be given by Mr. Lawrence in the course of lectures he had been invited to deliver before the students of Harvard university.

The third discovery was made public by St. John Ervine. He said that a hitherto unknown diary had been found in an English country house which gave personal references to Shakespeare. These placed him as a man of eminence among his contemporaries. Mr. Ervine had been trying to get hold of the diary, but so far the owner had kept its contents secret.

Pictureque Troopers
The name "hussars" formerly was confined to the light cavalry of the Hungarian army, but it is now applied to that in other European armies which possess similar characteristics. The hussars are described as "light-horse troopers, armed with sabre and carbine, brilliantly uniformed and formerly wearing dolman and busby."

Member of the "Caterpillar Club"
earns his right to membership by 5000 foot Emergency Jump.

What is the matter with these brave people when they are not up to par? The natural poisons in their bodies have not been swept away. They are allowing their brains to be clouded and dulled by poisons which should not be permitted to remain in the body.

See how the sunshine floods into your life when you are really well. Get a bottle of Nujol in its sealed package at any drug store. It costs only a few cents and it makes you feel like a million dollars. Find out for yourself what Nujol will do for you this very night. You can be at top-notch efficiency and happy all the time. Get a bottle today.

Insure Him a Healthy Skin through life by using Cuticura Soap
[Cleansing, Healing, Soothing and Antiseptic]
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For COLDS

We all catch colds and they can make us miserable; but yours needn't last long if you will do this: Take two or three tablets of Bayer Aspirin just as soon as possible after a cold starts. Stay in the house if you can—keep warm. Repeat with another tablet or two of Bayer Aspirin every three or four hours, if those symptoms of cold persist. Take a good laxative when you retire, and keep bowels open. If throat is sore, dissolve three tablets in a quarter-glassful of water and gargle. This soothes inflammation and reduces infection. There is nothing like Bayer Aspirin for a cold, or sore throat. And it relieves aches and pains almost instantly. The genuine tablets, marked Bayer, are absolutely harmless to the heart.

BAYER ASPIRIN

Aspirin is the trade mark of Bayer Manufacture of Monocetaceticacid of Salicylicacid

Better to ignore the children than to scold them all the time. They, at least, are happier.

Does thought flow more easily out of a lead pencil than out of typewriter keys? Some think so.

Children Cry for it

Children hate to take medicine as a rule, but every child loves the taste of Castoria. And this pure vegetable preparation is just as good as it tastes; just as bland and harmless as the recipe reads. (The wrapper tells you just what Castoria contains.)

When Baby's cry warns of colic, a few drops of Castoria has him soothed, asleep again in a jiffy. Nothing is more valuable in diarrhea. When coated tongue or bad breath tell of constipation, invoke its gentle aid to cleanse and regulate a child's bowels. In colds or children's diseases, use it to keep the system from clogging. Your doctor will tell you Castoria

deserves a place in the family medicine cabinet until your child is grown. He knows it is safe for the tiniest baby; effective for a boy in his teens. With this special children's remedy handy, you need never risk giving a boy or girl medicine meant for grown-ups. Castoria is sold in every drug store; the genuine always bears Chas. H. Fletcher's signature.

There are more than enough people who are rather repetitiously "beg pardon."

Is a city housekeeper to be forever resigned to a fresh layer of soot on her window sills every day?

Fliers Say Courage Varies with the Way they Feel

AEROPLANE pilots tell us that their courage, their whole attitude toward flying, varies from day to day, with the way they feel. If they feel full of pep, healthy, they can try anything—nothing frightens them. Their nerve is unshakable; their skill keen; their flying is machine-like in its perfection.

It is an entirely different story, however, if they wake up in the morning feeling sick, down in the mouth. Then flying becomes a real danger.

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