

REG'LAR FELLERS

Seeing, Believing,—The Lady's Wrong

By GENE BYRNES



Visit Doctor Often If You Are Over 40

Man Who Has Regular Examinations Need Not Worry

By Dr. John L. Rice
Commissioner of Health
New York City

No matter how busy you are you usually find time to see to it that your automobile is kept in repair. You would never think of starting out if your automobile brakes, motor or gears were not functioning properly. And, if you are a prudent man every now and then, usually at stated periods, you have your car inspected by a service specialist. This you do for safety to life and limb.

But, how about your body? Has it ever occurred to you that you should have it checked up at least once every year? How do you know whether or not your vital organs are functioning properly? The periodic health examination at the hands of your family doctor will give you a complete inventory of your bodily machinery; it will tell you if any "caution or stop" signals are to be heeded and what other "repairs" are needed.

The man who submits himself to his family doctor for regular examination will rarely need to worry about his health. His physician will advise the proper diet, exercise, recreation, etc. If his advice is followed much trouble may be averted; many serious conditions can be halted in their early stages. Preventive medicine is the best of all medicines. Resolve today to try it. Telephone your family doctor for an examination.

Harry Goldberg

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HEY MOTORISTS! LISTEN!



"Battery for Today"

By THE LITTLE ENGINEER

WHAT is that thumping and crashing under the car, John dear?"
"Oh, probably a little looseness in the drip pan. No harm."
You're wrong, John. It's the battery, dashing itself to pieces in its frame because you've neglected its fastenings. Pie on you, John! Don't you know that the battery is the most important and hardest working unit on your whole vehicle?

Look what you're asking it to do. In the first place, it's got to start your car these cold mornings and you may have doubled its job by forgetting to change to lighter oil for the winter and neglecting to use one of those fuels with oil in them that give instantaneous lubricated starting. Then you've probably let the distilled water in the battery get down below the efficiency point and near the danger point. Your battery terminals have had no grease or vaseline and are all covered with nice gooey green corrosion, reducing the current.
And, in addition to starting the car and keeping its lights shining brightly and safely, you're asking it to run your radio, your horn, your cigar lighter and a lot of other extra equipment. And your spark plugs and distributor points are probably so dirty it's a wonder the battery can function at all.

Winter is a tough time for batteries, John. If you want yours to work properly and faithfully for you, you'll take it down to the battery station every little while to be recharged if necessary, but at least to be replenished with water, fastened in its bed, have terminals cleaned and tightened and given a nice winter coat of grease and ignition wires checked up.

You know from experience, John, that there's nothing more exasperating than a car with a run down battery that won't start on a cold winter night. All needless and all your fault.

IT'S TRUE!

By Wiley Padan

RICHARD ARLEN
WAS AN INSTRUCTOR IN CANADA'S ROYAL FLYING CORPS DURING THE WAR—27 YEARS OF AGE!

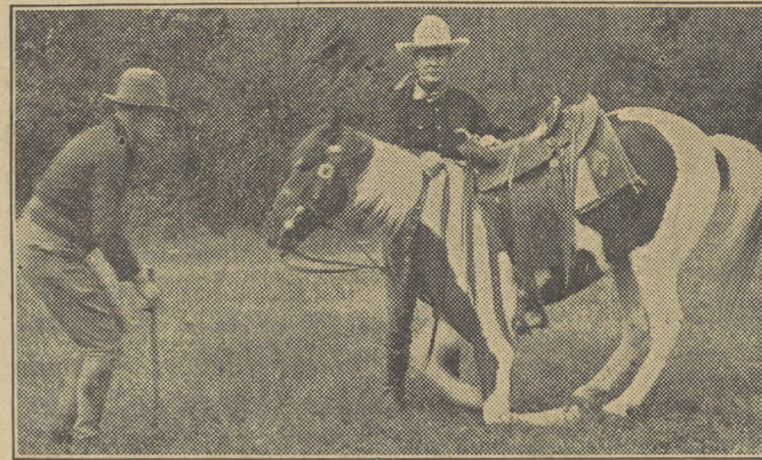
RICHARD ARLEN, WHO SCORED IN "LET 'EM HAVE IT" PLAYS THE PRINCIPAL ROMANTIC ROLE IN "THREE LIVE GHOSTS".

Leo, the MGM lion, says: "IT'S TRUE! that BERYL MERCER, distinguished character actress, was born in Seville, Spain!"

Cecilia PARKER and RICHARD ARLEN IN A SCENE FROM "THREE LIVE GHOSTS".

HILL WEATHER HOLDS NO TERRORS FOR H. BRUCE (Lucky) HUMBERSTONE, DIRECTOR OF "THREE LIVE GHOSTS" HE ALWAYS ROLLS UP HIS SLEEVES BEFORE HE DIRECTS A SCENE.

"The Best Trained Horse in Texas"



Captain Leonard Pack, chief of the Texas Ranger force at the Texas Centennial Exposition, puts his famous trained horse, Pinto, through his paces at Kiest Park, on the outskirts of Dallas. Assisting Captain Pack, who for 25 years has been one of the South west's best-known peace officers, is Jerry Wolfe, noted rodeo star. Pinto is said to be the best trained horse in the Lone Star State.

ENCOURAGE FEEDING

Pullets in reasonably heavy egg production may not eat enough grain to maintain their body weight. A mixture of one pound each of ground yellow corn, ground rolled oats, and condensed milk before moistening, fed to each 100 birds daily may aid in maintaining feed consumption and consequently body weight. It should be fed in crumbly form.

SEEK CAUSE OF TROUBLE

Where pullets show lack of good condition, an attempt should be made to find the cause. Intestinal coccidiosis and worms may be to blame. If egg production is low and loss of birds is heavy, immediate treatment for worms is justified when it is learned that they are causing the trouble.

The SNAPSHOT GUILD
OUR GOOD FRIEND WINTER



Winter brings many picture opportunities.

OLD Man Winter may not be popular with everybody but, as an inexhaustible inventor of opportunities for taking beautiful pictures, he is certainly a good friend of amateur photographers. Remember that with his tools of snow and wind, he is a landscape artist, painter, etcher, and sculptor of the first order. Remember also that his handiwork is fleeting, so do not fail to have your camera ever ready to take pictures before the opportunities are gone.

Each snowfall creates new subjects for picture taking, for you will find that each time the snow mantle is put on differently, changing the landscape to obliterate some features on one occasion, bringing them into relief on another, giving a peculiar charm to objects that do not attract attention in other seasons, and often displaying weird or fantastic snow formations, never to be exactly repeated.

These magic changes of scenery make winter a snapshotter's paradise. Long shadows on the white snow add beauty and interest to many a scene. Such a simple thing as a picket fence casting its serried outline over a curving snowdrift that it has helped to build may make a photograph of "Winter" that any salon would be proud to exhibit. The lone pine tree, sitting in a graceful bowl of snow, the wind has moulded around its base, fantastic snowdrifts on the hill tops, the drifted weather-blackened old

—these suggest but a few of the picture taking opportunities which winter offers for the camera owner. Then, too, there are the human interest pictures of winter sports—action shots of skiing, sliding, skating, and ice boat racing—not to forget Sally, Pal and the snow hut they so laboriously hollowed out of the great drift in the yard. Chances like these prove a source of joy to those clever enough to shoot at the right moment and with the right exposure and focus.

With regard to exposures in winter, many think that because snow is white, they should not be so long as in summer, but remember on the other hand that light is not so strong in winter. The old rule—expose for the shadows and let the highlights take care of themselves—works fully as well for snow pictures under most conditions. When, however, you wish to take a picture to emphasize shadows, as in the case of the picket fence, a sky filter placed upside down on the lens (that is, yellow part at the bottom) so that the light from the snow will be subdued in passing through should reproduce them even better with no loss of detail in other parts of the picture.

So put on the galoshes and the muffler after the next snowfall, and wade out with your camera. With a little thought to composition, you will come back with a "picture no artist can paint" and more than one.

JOHN VAN GULDER

YOUR CHILD AND THE SCHOOL

By Dr. ALLEN G. IRELAND
Director, Physical and Health Education
New Jersey State Department of Public Instruction

Posture

Aside from disease, poor posture seems to cause parents more worry than any defect of children. For that reason I want to stress again one step in the treatment of poor posture which every mother can take. I refer to good nutrition.

If I let a stone fall from my hand, it drops to the ground. In this, you recognize the force of gravity. Precisely the same force is acting on the bones of the human body. If the bones were not held together by ligaments and tendons, they, too, would drop to the ground.

Now ligaments and tendons receive their strength from the food we eat. But if that food is lacking in elements that give strength, the tissues become flabby and weak. In that condition, they stretch under the weight of the body. Of course, as they stretch the bones are less firmly held in place. They're loose and sloppy. The force of gravity is stronger than the ligaments, and a slouchy posture results.

The correction is found in proper foods for strength and in sleep. The strength-giving foods are milk, fruit, vegetables, eggs, lean meat, fish, bread and butter. All vegetables are valuable, but for best results the green-leaf varieties must be included in liberal quantities.

FOUNTAINS SAVE LABOR

Thinking fountains on the hill save labor. Each fountain in condition will

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