

REG'LAR FELLERS

A Case In Point

By GENE BYRNES



ARE WE



IN THE RED?

SOME say yes, some say no—economically speaking, Fashion promoters unanimously agree it's a season of reds. Walk down the avenue and see how many red coats you can count. Why not make your table fashionably red, and incidentally brighten up the red cheeks in your family, by serving lots of tomatoes this winter?

Gay and Good

**Stewed Tomatoes and Mushrooms:** Drain the liquor from one 4-ounce can of mushrooms and sauté the mushrooms gently in one tablespoon butter for three minutes. Add the contents of one No. 2 can of tomatoes, salt and paprika to taste, one bay leaf and one slice of onion. Stew gently for ten minutes. Remove the bay leaf and onion and serve with a triangle of toast on top of each serving. This serves six persons.

**Scalloped Tomatoes and Pecans:** Mix the contents of one No. 2 can of tomatoes with three-fourths teaspoon salt, one tablespoon sugar and a few grains of pepper. Then put alternate layers of tomatoes, chopped pecans (using one-half cup of nuts in all) and grated cheese into a buttered baking dish. Cover the top with crumbs and bake in a hot oven, 400 degrees, for twenty-five minutes. This serves six persons.



**Tomato Consommé:** Mix the contents of one No. 2 can of tomato juice with two 10½-ounce cans of consommé. Bring to boiling. Season to taste with salt and pepper. Heat one-third cup of heavy cream. Pour the first mixture into the hot cream and serve at once, with croutons if desired. This serves six persons.\*

Don't Neglect Your Cough If Over 40

Play Safe and Let Your Doctor Look You Over

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

More than twice as many men as women die from tuberculosis after the age of forty. This is almost the reverse of the situation in adolescents and young adults. Here are some figures from a recent survey in New York City: In the forty year group 151 men out of each 100,000 died of tuberculosis as against 60 women; out of each 100,000 in the 45 year group, 171 men to 63 women; in the 50 year, 180 men to 56 women; in the 55 year, 203 men to 59 women; in the 60 year, 192 men to 67 women; in the 65 year, 184 men to 62 women.

Tuberculosis can be permanently arrested if it is treated in its very early stages. Often it begins as a cold and if treatment is neglected the disease gets so firm a hold that cure is difficult. If you have a cough that has "held on" more than four weeks you should be on your guard. Such a cough will not "wear off," usually it wears down the individual, frequently to a point beyond aid.

Play safe and let your doctor look you over. If necessary have him arrange also for an X-ray examination of the chest, for this will disclose the actual conditions of the lungs.

No matter where you are, however, do not neglect a cough; do not try to cure it with patent medicine—your doctor is the only one who can really help you. It will pay you to place yourself under his care.



Dr. John L. Rice

SAGAS OF THE SKIES

By R. C. Oertel  
Manager, Aviation Division, Sales Department  
Standard Oil Company of Pennsylvania

PILOT M. D. "Doc" ATOR is a modest man. His reports contain only what the forms call for. Nowhere, in any of them, can be found an inkling of two exploits that have made him the most celebrated flier along the Illinois-Indiana section of the American Airways system between Chicago and Atlanta. But, although "Doc" won't talk about them, others will. And here they are:

The Village of Wallace, Ind., drowsed in the stillness of an August night. Stars twinkled cheerily in the sky and hardly a sound was to be heard except the steady drone of a plane winging its way high above the sleeping countryside. At the controls of the ship was "Doc" Ator. Suddenly his attention was riveted upon something that was not a usual part of the scene—a long, crooked undulating line, glowing dull-red and yellow through the night. He dove to investigate and then went into immediate action. A brush fire, fanned by a freshening breeze, was advancing rapidly upon the unsuspecting settlement. Banking his plane swiftly, he dived at the village, zooming upwards with a roar when he was a few feet above the rooftops. Startled villagers threw up windows and rushed into the streets. And then, as clouds of smoke assailed them, the alarm was given, and in a body they ran to fight the flames which were already licking greedily at some buildings on the outskirts. Three houses in the village were destroyed but the rest were saved.

A hint of summer was borne to Pilot Ator as he piloted his Atlanta-bound plane across Illinois through the night in early May. Something of the fresh scent of new-born leaves and blossoms seemed to be wafted up to him as he sped above the countryside. Even the rooftops of Centralia appeared to have taken on a new lustre. All but one! Above it hovered a cloud of smoke through which avid firefighters clutched at dry wood. For the second time within a year, "Doc" Ator pitched, roaring, headlong towards earth to warn of fire. And once again he saw his warning heeded. A woman and two children rushed from the burning house into the street and crouched in fear against a neighboring building just as the roof of their home caved in, and a seething, roaring burst of flame shot high into the sky.



IT'S TRUE!

By Wiley Padan

JEAN HARLOW IS LISTED IN THE LATEST "WHO'S WHO AMONG THE WOMEN OF THE NATION!" DURWARD HOWES, EDITOR, STATES THAT LISTINGS ARE MADE ON MERIT ALONE.

JEAN HARLOW (PLUCK IN "MIDSUMMER NIGHT'S DREAM") IS IN "RIFF-RAFF."

JEQ. M. G. Linn says: "JEAN HARLOW COULD RIDE HORSEBACK AT 3 YEARS OF AGE!"

JOSEPH CALLEIA SERVED A 15-YEAR APPRENTICESHIP IN THE THEATRE BEFORE HE BECAME A STAR, BEGINNING AS A CHORUS BOY.

JEAN HARLOW APPEARS FOR THE FIRST TIME AS A BRUNETTE IN IRVING G. THALBERG'S "RIFF-RAFF."

JEAN HARLOW and ELEANOR POWELL COLLECT OLD PHONOGRAPH RECORDS AS A HOBBY!

SPENCER TRACY IS ELATED OVER THE FACT THAT HE NOW HAS A NATIONAL POLIO RATING AS A ONE-GOAL MAN!

A HANDY GUIDE

These firms are vitally interested in the welfare of Dallas and vicinity. We recommend them in the hope that your patronage and their services will result in greater growth of this thriving community.

A QUICK HELP

**READY BUSINESS DIRECTORY**

OF FIRMS WHO ARE ANXIOUS TO HAVE YOUR BUSINESS - AND WHO DESERVE IT

YOUR CHILD AND THE SCHOOL

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

Minerals in Food

To anyone who has not studied chemistry, it must be baffling to read about iron in the blood, lime in the bones, and phosphorus in the nerves. Indeed, it does sound spooky. Nevertheless, it is true. More than that, the presence of minerals in the right quantity is very important, not only to general health but in the prevention of certain diseases.

Of course, the source of minerals is the food we eat. Perhaps the best known source is milk and milk products. From these we get most of the lime or calcium and phosphorus we use. In children, these minerals furnish the building material for bones and teeth. When they are insufficient in amount, the well-known disease called "rickets" results.

Iron has long been a stand-by among home remedies. Adults will remember the days when "iron tonics" were popular. Today, we know that iron is easier and pleasanter to take in food. The best sources are cabbage, lettuce, spinach, milk, egg yolk, liver, peas, string beans, and beef.

Iodine is familiar to residents of the so-called goiter belt in this country. Its great contribution is to the very important thyroid gland. We find it in many foods, but most abundant in fish and other seafood, onions, and lettuce.

Perhaps you have noted this fact while reading. The mineral-rich foods are also the vitamin foods. This fact makes everything simple. Just build meals around the essentials—green vegetables, fruit, milk, bread, and butter—and stop worrying.

SELECT SEED EARLY

Growers who want to plant the leading strains and selections should order their seeds early. Later, they may have to take poorer types.

The Snapshot Guide PICTURING SNOWFLAKES



Snow storm snapshots need a wide lens opening and a dark background

IF YOU want to take pictures these winter months that you will be proud of, watch away and let her be well muffled up to give an additional touch to the wintriness of the scene.

Now for setting the camera. The lens should be focused not on the building but on your human subject. With box type outfits or other set focus cameras, just use the largest lens opening and click the picture—you will be sure to get something interesting, even if the day is only fairly bright. The chrome type of film should record the picture quite satisfactorily, although the super-sensitive will help out a little more on darker days. For cameras with double lenses, the aperture should be no smaller than f.8 with a shutter speed of 1/25 second. If there is a slight wind this shutter speed may not entirely "stop" the flakes but a very slight movement will tend to show the flakes all the more definitely. The flakes that show will be those that fall within a distance of a few feet from the subject.

A regular swirling snow storm can also be caught and will be another type of winter storm picture that will fairly make you shiver to look at. The picture will not show individual flakes nor should it, if you want to produce a realistic picture that looks like a roaring blizzard. The same exposure suggestions as given for the other type of picture will do.

Get some one in dark clothes into

JOHN VAN GUILDER

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