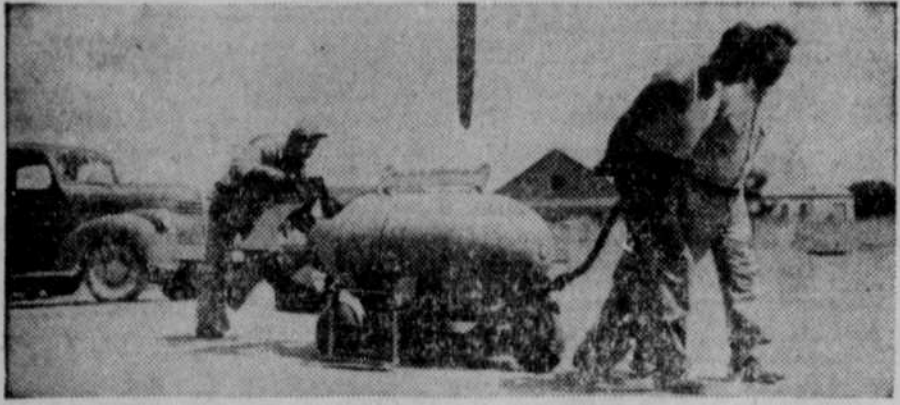


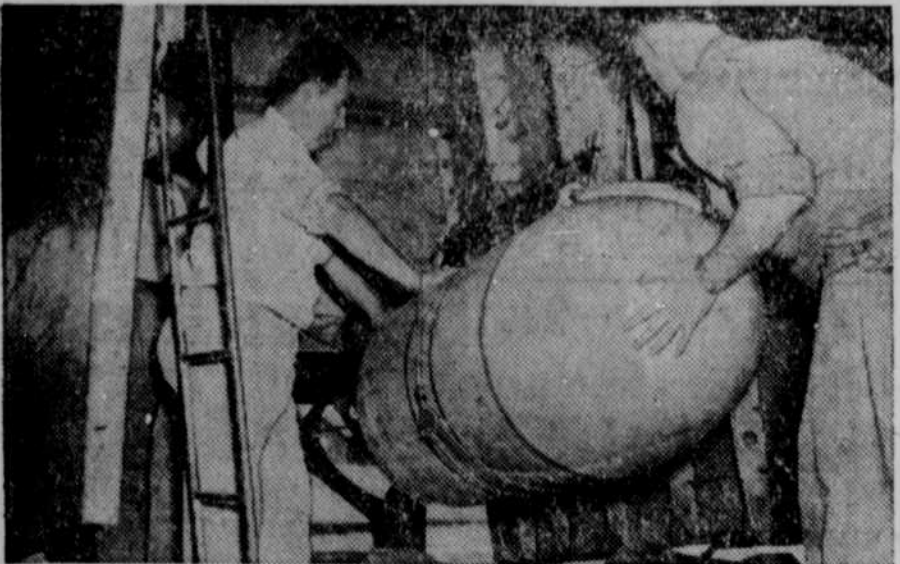


### Look Out Below! 2,000-lb. Bomb

The pictures presented herewith are the very first actual photographs of 2,000-pound bomb tests ever to be released in the United States. They were taken at the Army Ordnance department proving ground, Aberdeen, Md. In picture at top, the bombs are being readied by a muscular civilian expert for the test. He is attaching the tail fin to one bomb, across which lies a red flag—warning signal to other workmen. Fins are placed on large bombs just prior to dropping, to guide them in their flight. Made of comparatively light metal, they might be bent if shipped attached to bombs.



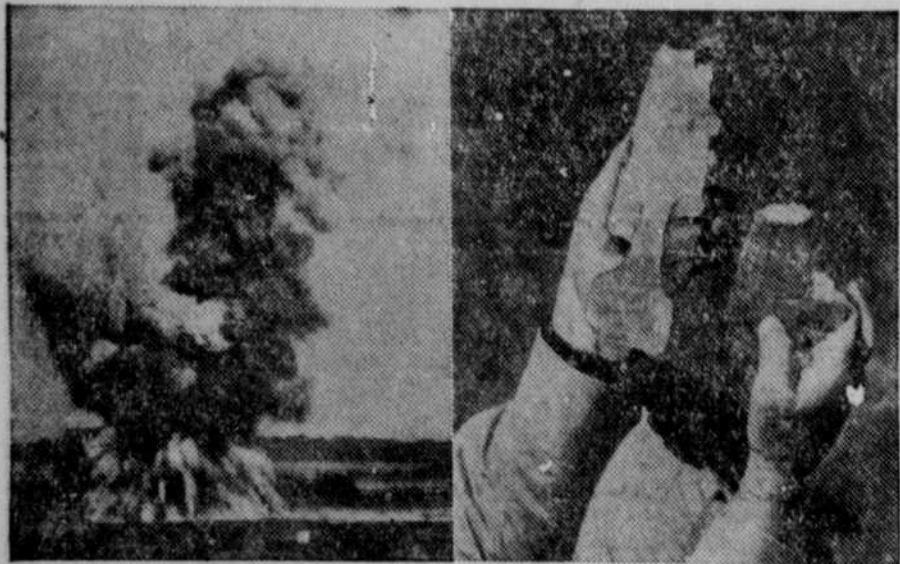
The 2,000 pound demolition bomb is trundled carefully to the bi-motored bomber. Notice the pistol worn by the soldier who is pushing the hand cart. He is armed to enforce, if necessary, rigid safety restrictions applying when high explosives are handled.



An electric winch in the bombardment plane lifts the bomb through the bomb bay to its position in the plane. These tests are conducted in co-operation with the air corps, which furnishes the bombardment aircraft and flying personnel.



This remarkable photo shows a 2,000-pound bomb an instant after its release.



Flame and smoke are sent nearly 2,000 feet skyward as the bomb explodes. Photo was taken one mile from the blast. These two ugly, jagged fragments of metal, held by an army officer, formed part of the case of the test bomb.

### TO YOUR Good Health

by DR. JAMES W. BARTON

#### RAGE AFFECTS VISION

We have all heard the expression regarding some individual who was "blind with rage" when he did something that he would not have done had he not been blind with rage.



Dr. Barton News Letter.

What about being blind with rage? Does rage really cause blindness or interfere with eyesight? As a matter of scientific fact rage or fear can blind you. In Science experiments are recorded by Dr. E. I. Strongin, Mrs. N. Bull and Dr. B. Korchin of the college of physicians and surgeons, Columbia university, which show that vision is not the same when you are under emotional strain as it is when you are relaxed. Motion pictures taken of the eyes reading showed that while 36 per cent could see better when emotionally aroused, another 22 per cent became worse under strain.

"More critical was the test of how the two eyes work together. This is important for the motorist who is trying to judge the speed of an approaching car, or for the airplane pilot who is bringing his ship in for a landing." He must be able to judge distance and depth. From 14 per cent to 22 per cent of those tested became worse under stress of emotion. Only 4 per cent improved under the excitement.

These research workers therefore recommended that men whose duties require them to use their eyes under powerful emotional strain, as in fighting or any hazardous situation, should have their vision tested under emotion, not while they are sitting calmly in the quiet of a doctor's office.

"Many of the crashes which involve army pilots occur when the flier is returning from an exciting and fatiguing flight and tries to land his speeding plane in a small field. In this situation ability of the eyes to work together is put to a severe test."

Pilots in the last war, after making poor landings, have been found to have infection of teeth or tonsils. After removal of the infection, their landings were again perfect. Tiredness manufactures fatigue products that can cause muscles to be slow in reaction.

Just why the emotions upset the eyesight is not stated by these research workers but that it does is undoubtedly true.

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### Treatment for Painful Shoulders

As I have had ligaments in both shoulders torn and the left shoulder blade broken, I make it a morning habit to "loosen up" the muscles and ligaments of both shoulders by circling my arms in various directions, elbows straight, keeping arms above shoulders most of the time.

I also try to lie with my arm above shoulder with hand behind head or under cheek. I was interested therefore to read the report of Drs. R. G. Spurling and E. G. Grantham, Louisville, Ky., in the Missouri State Medical Association Journal. These physicians state that about 75 per cent of all patients with painful shoulders and arms, seen early, have been improved or made free of symptoms, after the usual treatment, by keeping the arm up above the level of the shoulder with the hand behind the head as much as possible during waking hours, and, if possible, sleeping with arm above shoulder level. Tying the wrist to the head of the bed is a good way to keep arm above shoulder level during sleep.

The application of heat (infra-red lamp) over the shoulder muscles is also advised. Diathermy may be used if convenient.

The pain and stiffness in this region is caused by irritation or pressure of a nerve as it passes over the first rib between certain muscles. The symptoms are pain beginning in the shoulder, extending into upper and lower arm, right down to hand and fingers; numbness; coldness and sweating of the hand and sometimes blanching or even ulceration of the fingers. The pain is increased by use of the arm in certain positions. Sometimes the only sign is tenderness of the muscle. In other cases wasting of the muscles is the only sign.

If the simple treatment of keeping arm above level of shoulders and the use of the infra-red lamp or diathermy do not give relief, operation may be necessary.

### QUESTION BOX

Q.—What causes a cramp in my toes which leaves when I remove my shoes?  
A.—If not due to shoes, cramps may be due to infection. See your physician and dentist.  
Q.—I would appreciate any information you could give me regarding athlete's foot.  
A.—Stubborn cases often are helped by Whitfield's ointment—a non-proprietary drug made up by your druggist.

### Household News

by Lynn Chambers



### Honey Pumpkin Pie Inspires a Harvest Supper

(See Recipes Below.)

One of the nicest things about fall are those harvest supper socials when folks throughout the land gather together with the fruits of their summer labors and heap high the table with steaming chicken fricassee or beefsteak pies, fruits and vegetables, and pies, anything good to eat!

It's partially the food that makes these suppers unforgettable and partially, too, the way it brings old friends together before the long winter pulls in. Whether it's the local grange who sponsors the affair or the ladies' aid, or groups, the affair will be a tremendous success.

Remember the chicken fricassee? \*Chicken Fricassee. (Serves 8-10)

2 3-pound chickens  
Salt, pepper, ginger  
3 quarts boiling water  
½ cup each, onion, carrot, celery  
1 bay leaf  
4 tablespoons chicken fat  
4 tablespoons flour  
Juice of ½ lemon  
2 tablespoons minced parsley  
1 can mushrooms

Clean chickens, cut into pieces for serving. Sprinkle with salt, pepper and few grains of ginger. Cover with boiling water and cook slowly for one hour. Add vegetables and bay leaf and continue cooking until tender. Drain off liquid and surplus fat. Add flour to melted fat and cook until brown. Gradually add 3 cups chicken broth or 1½ cups chicken broth and 1½ cups rich milk. Season and cook until smooth. Add lemon juice and mushrooms. Place chicken in gravy with minced parsley and heat.

\*Baking Powder Dumplings.  
2 cups flour  
4 teaspoons baking powder  
½ teaspoon salt  
2 tablespoons butter  
2 eggs, well beaten  
Milk

Sift dry ingredients, and chop in butter. Add eggs with enough milk to form a heavy drop batter. Drop quickly by spoonfuls into chicken broth. Cover closely and cook 10 minutes without removing lid.

\*Cabbage and Apple Coleslaw. (Serves 6)  
2 cups crisped, dried, shredded cabbage  
Salt  
1 cup diced apple  
½ cup cooked salad dressing

Mix cabbage and apple with salad dressing and salt. Chill thoroughly and serve from a large bowl.

A highly prized and cherished favorite for these fall harvest suppers is Steak and Kidney pie, the meat floating in delicious gravy, topped with a flaky, crisp and golden crust:

Steak and Kidney Pie. (Serves 6)  
2 pounds beef steak (cut ½ inch thick)  
2 pork kidneys  
2 small onions, minced  
1 teaspoon salt  
¼ teaspoon pepper

LYNN SAYS:  
Sudsy Facts: Higher industrial activity and consumer income contribute to larger soap consumption, according to a Department of Agriculture report, making last year's soap consumption the largest on record.

Domestic oils and inedible tallow will take the place of imported and tropical oils for this year's soap supply.

Healthfulness dictates cleanliness, and that means not only in clothing and personal hygiene but in clean surroundings in the home, especially in the kitchen where food is prepared. Light or white floors insure cleanliness.

You can restore freshness by laundering draperies, walls, rugs and upholstery by using a soap jelly made by dissolving 1 part soap to 5 parts hot water, letting cool, then whipping to a fluff with a beater.

\*Sautéed Corn With Green Pepper. (Serves 6)  
3 tablespoons butter  
3 cups corn, cooked  
2 tablespoons green pepper  
Salt, pepper  
¼ cup cream

Melt butter in a frying pan. Add vegetables and seasonings with cream. Cover and cook slowly until liquid evaporates.

Savory Cabbage. (Serves 6)  
1 head cabbage  
1 tablespoon chicken fat  
1 tablespoon flour  
Salt, pepper  
Hard-cooked egg

Cook cabbage in boiling salted water until tender but crisp. Drain and chop. Brown flour in melted fat, add stock, cabbage and seasonings. Cook slowly for 10 minutes. Garnish with egg.

\*Honey Pumpkin Pie. (Serves 8)  
2 eggs  
1 cup milk  
½ cup cream  
1½ cups pumpkin  
½ cup honey  
½ teaspoon salt  
1 teaspoon cinnamon  
¼ teaspoon ginger

1 recipe all-bran pastry shells  
Prepare pastry shells. Beat eggs slightly, add remaining ingredients and mix thoroughly. Pour into individual, unbaked pie shells and bake in a hot oven (450 degrees) for 15 minutes. Reduce heat to moderate (350 degrees) and continue baking 45 minutes or until knife inserted comes out clean.

Pastry Shells. (Makes 8)  
¾ cup all-bran  
1½ cups flour  
½ teaspoon salt  
¼ cup shortening  
4 tablespoons cold water (more or less)

Roll cereal fine. Combine with flour and salt. Cut in shortening. Add water, little at a time, until dough is moist enough to hold together. Roll out on a lightly floured board to about one-eighth inch thickness. Place in individual pie tins. Trim edges, leaving one-half inch beyond rim of pan. Fold under and flute. Fill with pumpkin filling as directed above.

Cake Making? Bread Making? Cookie Baking? Budget Fixing? House-keeping? You name the problem and explain it. Miss Lynn Chambers will be glad to give you expert advice if you write to her, enclosing a self-addressed, stamped envelope for your reply, at Western Newspaper Union, 210 South Desplaines Street, Chicago, Ill. Released by Western Newspaper Union.

### ON THE HOME FRONT

with RUTH WYETH SPEARS



NOTE: Readers interested in making or remodeling home furnishings should send for copy of BOOK 8 which contains sketches and directions for 32 useful items as well as descriptions of the series of booklets which Mrs. Spears has prepared for readers. Booklets are 10 cents each. Address:

MRS. RUTH WYETH SPEARS  
Bedford Hills New York  
Drawer 10  
Enclose 10 cents for Book 8.  
Name.....  
Address.....

### Household Hints

Cooking apples are inclined to be white and tasteless when the best of the summer crop is over. But add a little lemon juice to your next apple pie, or put a strip of lemon peel in the pot when stewing apples, and it will give them a delicious flavor.

When a sponge cake is turned upside down in the pan to cool, it clings to the sides of the pan, and is kept stretched in position until it cools and becomes firm. This prevents shrinking or settling.

Ivy will grow in water in the house. It requires light but no sun.

Cocoa tastes best when the cocoa, sugar and salt are mixed well with the water, and then boiled for from 5 to 10 minutes before adding the scalded milk, and all heated together.

The trick in ironing sheets and pillowcases is to keep the hems straight and even, and pillowcases should be ironed away from the closed corners.

### St. Joseph ASPIRIN

WORLD'S LARGEST SELLER AT 10¢

In Defense of Liberty  
No man can suffer too much, and no man can fall too soon, if he suffers, or if he falls, in the defense of the liberties and constitution of his country.—Daniel Webster.

### SNAPPY FACTS ABOUT RUBBER

For years the U. S. has consumed over half the world's supply of rubber. Close to 70% of the rubber imported by the U. S. was used in the manufacture of tires and tubes and tire accessories.

Last year a 6.00 by 16 4-ply black sidewall tire weighed 21.54 pounds, of which 11.2 pounds was crude rubber. The balance of the weight was in rubber, fabric, wire and chemicals.

Several years ago a man from Seattle traded a small house for one of the earliest types of automobile tires, of which he was a collector.

The most welcome gift for a Ugandan bride of Africa is an old automobile tire, which she wears as a necklace on special occasions.

The tires on the "Spirit of St. Louis" in the Smithsonian Institution are fifteen years old and still good.

Joseph Spear

### CLABBER GIRL Baking Powder

• A NEW DISCOVERY... of perfection in baking results is being made by the hundreds of women who are turning, every day, to the baking powder that has been the baking day favorite of millions, for years and years.

HULMAN & CO. - TERRE HAUTE, IND.  
Founded in 1848

DON'T Let Our Fighting Boys Down; ★  
★ Subscribe NOW for U. S. War Bonds

### LOST

Lost, a cough due to a cold—thanks to the soothing action of Smith Brothers Cough Drops. Smith Bros. Cough Drops contain a special blend of medicinal ingredients, blended with prescription care. And they still cost only 5¢ a box. Yes, a nickel checks that tickle.

SMITH BROS. COUGH DROPS  
BLACK OR MENTHOL—5¢

### CLASSIFIED ADVERTISING

HAVE YOU anything around the house you would like to trade or sell? Try a classified ad. The cost is only a few cents and there are probably a lot of folks looking for just whatever it is you no longer have use for.

Classified Ads Get Results