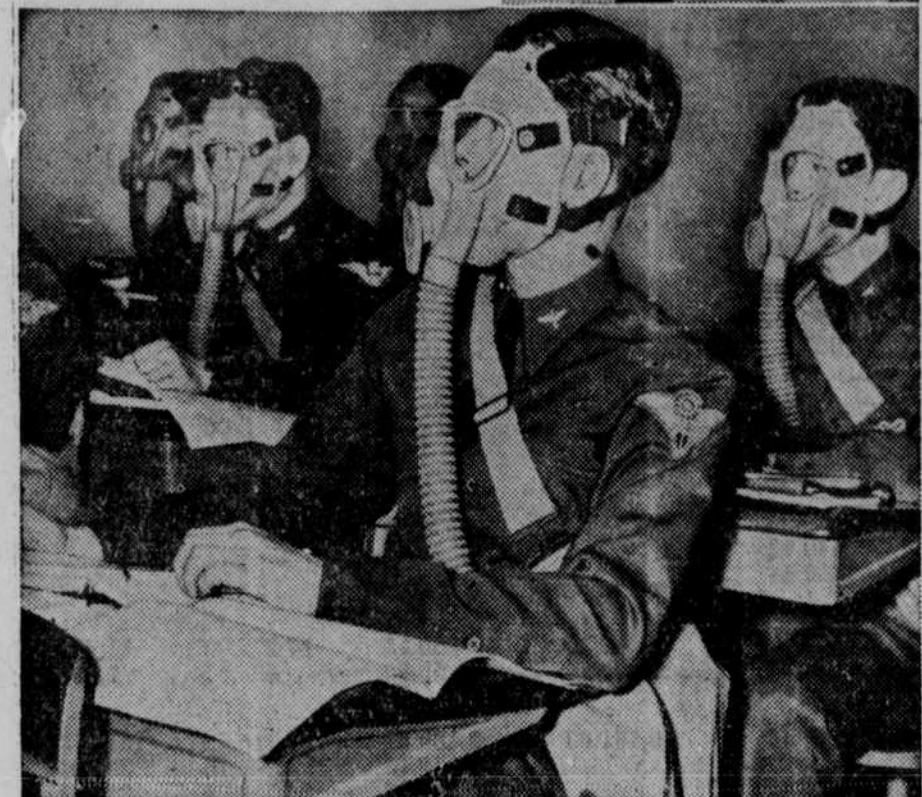


Thunderbird

The Japs probably have never heard of Thunderbird field in Arizona. But it is going to be one of the greatest contributions to their defeat. For here a new Chinese air force is being built. Here hundreds of young Chinese flyers are learning the latest techniques of air fighting from United States officers. Many of these young Chinese students already have had plenty of combat experience against the Japs in Southern China, where they fought courageously with the pitifully inadequate and outmoded equipment they had at hand. The next time the Chinese air force fights it will be with deadly, speedy little fighter planes and heavy bombers. Aided by units from the United States China hopes to oust the invader.

The Chinese cadet at right is a man with a mission. His parents were in Hong Kong when it fell to the Japs and his ambition now is to knock out as many Japs as possible.



At Thunderbird field cadets wear gas masks in classrooms to make their training realistic. The Chinese front is the first area where gas has been reported used in this war. President Roosevelt issued a stern warning that we would reply in kind if our enemies used gas against our allies.

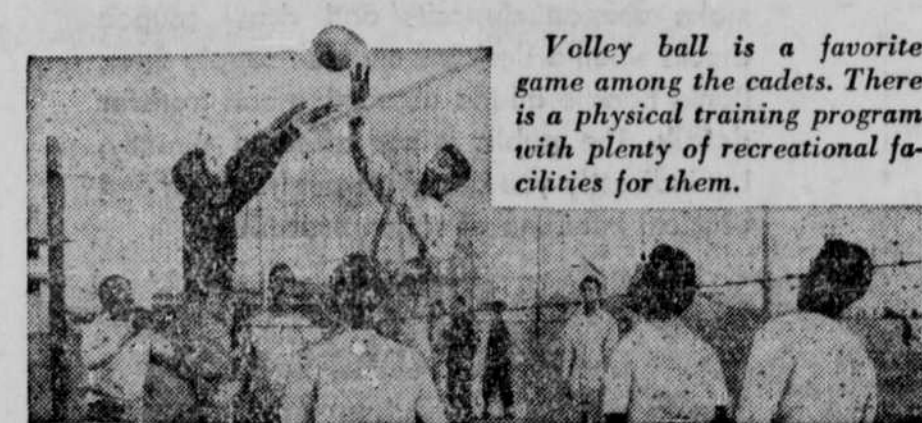


Cadets receive instructions before a routine training flight. They receive lessons in English in their primary training and learn aviation terminology in both English and Chinese.

This young man is mentally flying without actually leaving the ground. He is learning instrument flying in a link trainer which duplicates flying conditions.



Military drill such as the contingent of cadets above are executed by special Chinese officers who accompanied them from China. The cadets are carrying full equipment. At left, cadets record greetings to their relatives which will be shipped to China and broadcast there.



Volley ball is a favorite game among the cadets. There is a physical training program with plenty of recreational facilities for them.



TO YOUR Good Health
by DR. JAMES W. BARTON
Released by Western Newspaper Union.

FATIGUE AND WORK CONDITIONS

One of the things I learned as a boy was that even if we failed to observe the seventh or Sabbath day as a day of rest on religious grounds, every seventh day should be a day of rest for the sake of health. It was pointed out that when a certain nation decided to make every 10th day a day of rest instead of every seventh day, the health of the people suffered and every seventh day was again established as a day of rest.

Today we are facing the problem of how to get the most work done each week or each day and how much time should be given to sleep and to recreation in order to get the most and the best work done.

An editorial in the Journal of the American Medical Association, entitled "Fatigue and Working Conditions" states:

"Mechanization, speeding of industrial processes and mass production of the war effort have combined to present new problems in industrial health. The illness of the workers, their accident rates and the amount of work they do have been shown to be closely related to fatigue."

Now, we all get tired at times but the amount or degree of tiredness varies with how much and how monotonous or interesting our work is, and how long we stay at work each day or each week.

Quoting Dr. R. R. Sayers who made extensive studies of fatigue, there are three degrees of fatigue: (a) temporary, (b) moderate (sub-acute), and (c) chronic fatigue. Temporary fatigue passes away after a short rest and work is resumed and performed as well as before. Subacute or moderate fatigue requires more rest or chronic fatigue may occur. Chronic fatigue may end with disabling illness.

How many hours should our men and women work? Some industrial plants who have tried 12, 14 and 16 hours, found that each decrease in number of hours of work resulted in an increase in amount of work done. Below eight hours there was no increase in work done in a day. Where one day in seven is given to rest, 10 hours daily gave the greatest output of work.

What about sleep? Up to the age of 21, there should be not less than eight hours sleep each night or 56 hours per week. After the age of 21, there should be not less than 50 hours per week, which is about seven each night.

Excess Weight Shortens Life

One hundred years ago the expectation of life was about 40 years; today it is more than 65 years. A gain of 25 years in life span in less than 100 years breaks all previous records. The fact that more babies are saved at birth and during the first year is one big factor in lengthening the life span; another is the saving of life from the infectious diseases of childhood by the use of vaccines. And now with the sulfanilamide drugs, pneumonia, which formerly had a death rate of nearly 10 per cent, has a death rate of less than 3 per cent.

It is, of course, true that if the lives of youngsters are saved and the middle-aged adults are prolonged, there will be twice as many older individuals to be cared for than at present. This means that more cases of heart disease, cancer and diabetes will occur.

While infection can cause or aggravate these three diseases, over-eating and the acquiring of much excess weight is a most important factor. Fortunately, overweight can be prevented by care and sacrifice on the part of the individual and proper treatment.

Aside from the above diseases caused or aggravated by overweight is the matter of the life span. In his book "Diabetic Manual," Dr. E. P. Joslin has an illustration showing how 10 fat and 10 lean men, aged 30, fare as they walk through life. At the age of 40 there are nine fat men and nine lean men living; at 50 there are only six fat men but still nine lean men; at 70, one fat man and three lean men are living. The lesson then is that if we want to feel well, be able to play or work at our best, and live longer, we should avoid overweight.

QUESTION BOX

Q.—Please tell me if benzedrine sulfate is a sulfa compound.
A.—Benzedrine sulfate is not a sulfa drug used to kill pus forming organisms.

Q.—What is the function of the pneumogastric nerve?
A.—The function of pneumogastric nerve is both sensation and motion. It supplies the larynx, lungs, heart, esophagus, stomach and most of the abdominal organs. This is a very important nerve.

FIRST-AID to the AILING HOUSE

by Roger B. Whitman

Roger B. Whitman—WNU Features.
You may not be able to replace worn or broken household equipment. This is war. Government priorities come first. So take care of what you have. . . as well as you possibly can. This column by the homeowner's friend tells you how.

FLYING INSECTS

Question: In our bungalow we are bothered with flying insects that come down the chimney when the fire is out. To stop this we plan to put a piece of window screening over the top of the chimney. Would this interfere with the draft of a wood fire?

Answer: Window screening laid flat on the chimney would be quickly clogged with ashes. Instead of laying the screening flat, use it to make a box the size of the flue, to rise at least 12 inches above the chimney top. The opposite side should be left open, with long pieces that will extend down into the flue and hold the box in place. Wind blowing across the box will prevent ashes from clinging.

Waxing Linoleum

Question: What could I use on my linoleum to make it glossy? There is no sign of wear as yet, but it becomes very dull after cleaning. I'm tired of using wax which isn't lasting.

Answer: It should not be necessary to use wax as often as you apparently are doing. You can get special waxes, and tools with which to apply them for your own variety of linoleum. By following the directions, you can reduce greatly the labor of cleaning and waxing. A light rubbing up every day or two should be enough. Spots can be taken off with a damp cloth. Linoleum manufacturers do not advise varnishing or lacquering.

Hot-Water Heating System

Question: You have recommended leaving the water in a hot-water heating system the year 'round, only adding water when necessary. Doesn't the water become "dead" and circulate slowly and give off less heat?

Answer: What you call "dead" water is preferred in a heating system, because such water causes less corrosion in the boiler, pipes and radiators than does fresh water. Fresh water contains air, which is corrosive to iron and steel, but when fresh water is reheated several times the air is driven off. The heating efficiency of the system is not affected by such water.

Moisture Spots

Question: Since the heavy summer rains, small cracks in our cement basement floor show spots of moisture. These cracks are near the corners of the walls and floor. The brick of the walls is crumbling. How should I make repairs?

Answer: You can check the crumbling of the brick by coating it with a cement base paint, the kind that comes in powder form, to be mixed with water. For the small floor cracks, begin by wire-brushing the area, wet it with clear water, and then give it a coat of Portland cement mixed with water to the consistency of thick paint.

Garage Floor

Question: The garage attached to my house has a floor of crushed rock screenings. This is being tracked into the house continuously. What can be done to this floor?

Answer: If the screenings are very fine, pulverized calcium chloride sprinkled over the floor will settle the dust; but if the aggregate is larger, an asphalt binder can be used. Your local road commissioner is familiar with both materials and can advise you where they can be obtained. The asphalt binder may be difficult to procure at present.

Yellowed Refrigerator

Question: My electric refrigerator has a yellow cast to it, was perfectly white when I bought the unit. How can I bring it back to the original whiteness?

Answer: It may not be possible to restore the box to its original whiteness, but you might try the following: Wash the enamel with mild soap and warm water, then rinse with a solution of Javelle water, about three tablespoons in a quart of water, and wipe dry. If the above does not help, have your local refrigerator service man spray a new lacquer finish on the box.

Doing Over Armchair

Question: The wood of an armchair is scratched badly. We want to stain and varnish the chair, but should prefer a dull varnish to the shiny kind. Can we get this?

Answer: Certainly; you can get a semi-gloss or dull varnish that should be just what you want. The present finish first should be rubbed down with very fine sandpaper, then wiped with turpentine; and, for a really good job, the first coat of varnish also should be rubbed down.

PATTERNS SEWING CIRCLE



Pretty Frock and Panties.
Such a pretty picture—a 2 to 6 year old in this darling frock with whirling skirt. There are panties to match.

Pattern No. 8447 is in sizes 2, 3, 4, 5 and 6 years. Size 3 dress takes 2 yards 35-inch material, panties 3/4 yard.

Your Bedside Tables From Orange Crates



THESE orange crate bedside tables are useful and easy to make; they are very decorative, too, when fitted out as illustrated. These were lined with green oil cloth cut, fitted and pasted, as shown. The full skirt pieces were tacked to the top of the sides and lapped a few inches around the back. A top cover with a 3-inch

frill was then added. The bedspread is trimmed with 5-inch frills of the muslin and 1-inch straight bands over seams and for the monograms.

NOTE—These bedside tables are from BOOK 7 which also contain 31 other thrifty home making ideas. BOOK 2 contains a complete alphabet for making monograms similar to the one illustrated. Books are 15 cents each. Send your order to:

MRS. RUTH WYETH SPEARS
Bedford Hills, New York
Enclose 15 cents for each book desired.
Name
Address

Cold Radiant Light

Probably the coldest radiant light made by man is produced by the reaction of certain chemicals in an alkaline solution, says Collier's. While about two gallons in a glass container are bright enough to illuminate a large room for a night photograph, the liquid has no perceptible heat emission, and ice cubes may be floated in it without effect.

FIRST IN THE SERVICE

The favorite cigarette with men in the Army, Navy, Marines, and the Coast Guard is Camel. (Based on actual sales records in Post Exchanges and Canteens.)



ASK ME ANOTHER?

A General Quiz

The Questions

1. What does chicanery mean?
2. Why are macadamized roads so called?
3. Who was the tallest President of the United States? Who was the shortest?
4. How many lines has a sonnet?
5. What is the status of children born in this country of alien parents?
6. How many states meet where the Ohio and Mississippi rivers merge?
7. Why is a stiff hat called a derby?
8. Who was Jean Lafitte?
9. Give three words that are pronounced alike, are spelled differently and each has a different meaning.
10. Why is the name of Peter Stuyvesant remembered?

The Answers

1. Trickery or sharp practice, especially in legal proceedings.
2. That type of road was invented by John Loudon MacAdam, a Scottish engineer.
3. Abraham Lincoln was our tallest President, at six feet four inches. James Madison, five feet four inches, was the shortest.
4. Fourteen.
5. They are citizens of the United States.
6. Three—Illinois, Kentucky and Missouri.
7. That type of hat was first worn at the Earl of Derby's race track.
8. An American buccaneer.
9. Do, first note in the musical scale; doe, a female deer, and dough, soft mass of moistened flour.
10. He was the last Dutch governor of what is now New York.



St. Joseph ASPIRIN
NONE SURER
WORLD'S LARGEST SELLER AS OF

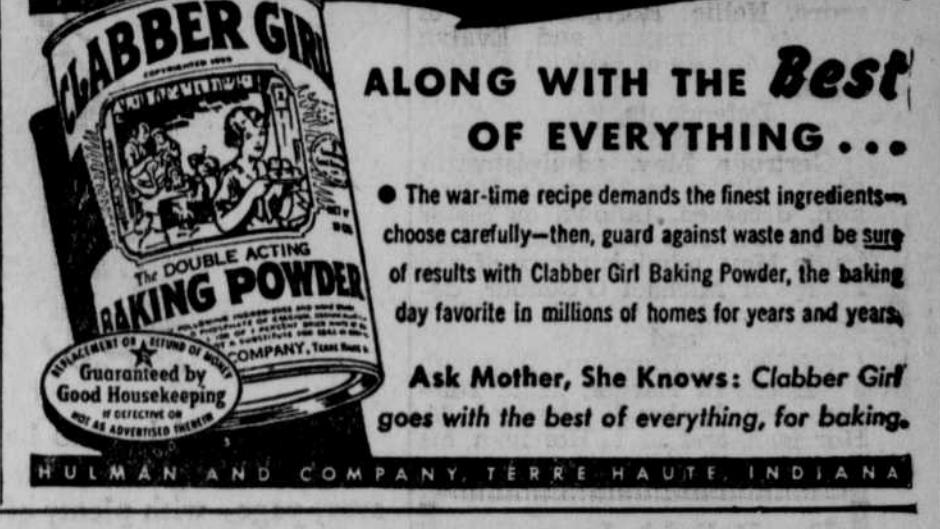
Mind's Sweetness

Let thy mind's sweetness have its operation upon thy body, clothes, and habitation.—George Herbert.



Drink **Kool-Aid**
Makes 10 BIG DRINKS
In the Right
Nothing deters a good man from what is right.—Seneca.

CLABBER GIRL Baking Powder



ALONG WITH THE Best OF EVERYTHING ...

The war-time recipe demands the finest ingredients—choose carefully—then, guard against waste and be sure of results with Clabber Girl Baking Powder, the baking day favorite in millions of homes for years and years.

Ask Mother, She Knows: Clabber Girl goes with the best of everything, for baking.

HULMAN AND COMPANY, TERRE HAUTE, INDIANA

★ IN THE ARMY ★
they say:
"ARMY BANJO" for shovel
"HIVE" for discover
"BOUDOIR" for squad tent
"CAMEL" for the favorite cigarette with men in the Army

I SURE GO FOR CAMEL'S FULL FLAVOR AND EXTRA MILDNESS

YOU BET—FOR STEADY PLEASURE, CAMELS WIN!