

TO YOUR Good Health

by DR. JAMES W. BARTON
Released by Western Newspaper Union.

BLOOD DONORS

One of the ways of serving one's country these days is by giving some blood to be stored until such time as it is needed by our wounded soldiers. The transfusion of the blood itself or concentrations of the blood bring many a shocked soldier back from the brink.

There are what are called professional donors, or givers of blood who are "on call" from various hospitals, and the giving of a pint of blood every couple of months causes no faintness or weakness at the time or afterward.

Such, however, is the demand for blood and so willing are men and women to help in the war that many are volunteering for this service at the Red Cross or other blood depots.

As some of these "new" donors are high-strung or nervous individuals who have conscientiously felt that they should give blood, a few of them may faint during the giving of the blood or even after they return to their work. It can readily be seen that a man or woman who faints after he or she returns to work is not likely to encourage other workers to give their blood.

It is agreed that those who faint from other sights or events in life are likely to faint when they give up some blood, but fainting should not ordinarily occur in others who are not in the habit of fainting.

An article in the British Lancet states that factors which do seem to contribute to fainting are fatigue and hunger; persons who hurry to their appointment to give blood are likely to faint, as are those who have not eaten for three hours or more.

"It is stated that the temperature and moisture of the room are not important, but it should be airy and light, with beds rather than couches, and no screens used, as there is comfort in the knowledge that others are going through the same ordeal."

In general blood donors should remain lying down for 15 minutes, and after refreshment should sit on a chair for another 15 minutes, leaving the hospital not sooner than 30 minutes after giving their blood.

These points should be kept in mind by those giving blood for others. First, do not hurry to the appointment; second, go within one to two hours after eating; third, lie down for 15 minutes after giving blood; fourth, sit down for another 15 minutes before returning to work.

Pain in Shoulders, Arms and Neck

During the last war among soldiers and civilians there were many cases where the patients suffered with pains back of neck, in shoulder and down the arms to the hand. It was thought to be a form of rheumatism or arthritis, and teeth, tonsils, gums, gall bladder and other parts were carefully examined but often no cause could be found. Finally an X-ray of the neck, chest and shoulder showed in some cases a "short" or extra rib which was causing pressure on the nerves which accompanies one of the muscles running from the top of the first rib to spinal bones in back of neck. The removal of this spur, or short rib, gave instant relief in these cases.

In Archives of Physical Therapy, Dr. K. G. Hanson states that this group of symptoms called cervicobrachial syndrome (name of the nerves involved) may be due to: (1) high first ribs which do not give the muscle and nerve room between the bones of the shoulder, (2) extra rib or a rib or spur on the neck spinal bone where there should be no rib or spur, (3) pressure on the muscle running from first rib to spinal bones in neck, (4) poor posture, standing or sitting which makes a pull on the bones where this muscle is fastened at back of neck. It is this pull that causes the pain in practically all cases because the patient lets himself sag.

The treatment, naturally, would be to remove this pressure and this is obtained by rest and support during the acute or severe stage. Then exercises are given to hold the shoulders high—arms in line and above the shoulders, rolling of shoulders—arms at full length in line with shoulders; standing and sitting erect, shoulders high and back, chest out, chin in. Heat is applied before and after exercise. This will help 85 per cent of the cases.

QUESTION BOX

Q.—Will you please tell me something about arthritis?
A.—Arthritis is the new name for rheumatism. Can be caused by infection, wrong food, injury, exposure to cold and dampness.
Q.—Is there any help that can be given for eyes affected by diabetes after the disease has been brought under control?
A.—Would depend upon what damage had been done—cataract, inflammation of the retina, etc.

Convicts Work in Behalf Of Others' Freedom

Men who will never again know the freedom of the poorest American citizen are laboring night and day on behalf of freedom for others. They are the thousands of convicts in American prisons who are helping to bring victory as effectively as those in the outside world who are unhindered by striped suits or iron bars.

Behind the walls of the Ohio state penitentiary 3,550 inmates constantly produce war products at 1½ cents an hour. At these wages they purchased over \$20,000 worth of war bonds. Seventy-five per cent of these convicts gave blood to the Red Cross.



Top: His release is a long way off but he helps America by buying war stamps regularly.

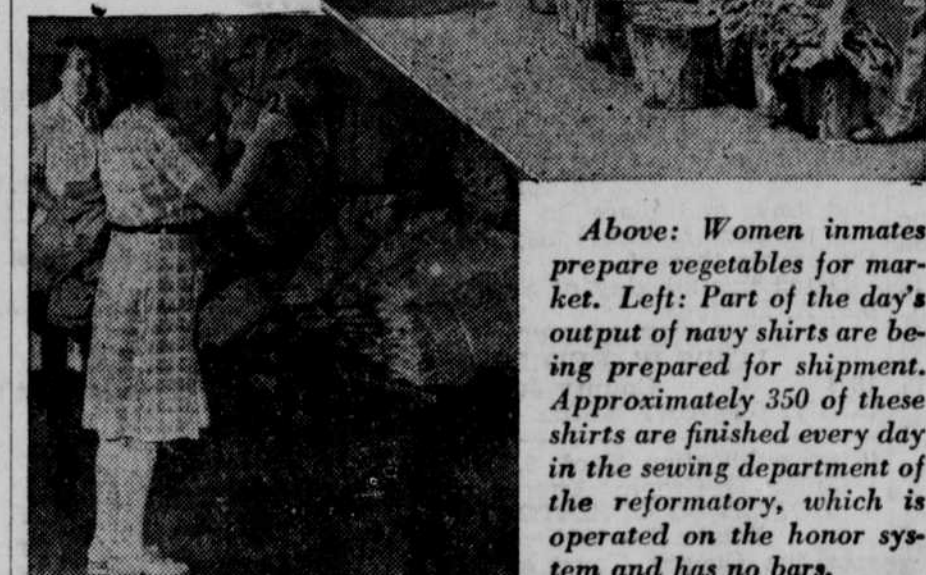


This man learned radio in the navy. He now instructs fellow-convicts in all of its branches.



Another convict supervises a battery of machines which dry and roll Osanburg cloth in the cotton mill. The army has given the prison a contract for 150,000 yards of this material which is used for target ranges, sandbags and camouflage.

Imprisoned women also are pitching into war work. At the New Jersey reformatory they make navy work shirts, roll bandages, work in nearby war plants on parole and produce foodstuffs.



A busy scene in the field of the reformatory farm. Many of these inmates cultivate victory gardens.

Star Dust

STAGE SCREEN RADIO
By VIRGINIA VALE
Released by Western Newspaper Union.

JOSEPH C. GREW, former U. S. ambassador to Japan, says "To beat the Japanese and to do the job thoroughly, we have got to understand them thoroughly." The latest March of Time, "... And Then Japan!" does more than hundreds of books and newspapers could do to help the public to do it. It traces the gains Japan has made, and shows how she is converting her newly won wealth into armaments and weapons; other scenes show the people, at home, in night clubs, and at work. It's a valuable background for current history.

Shirley Mitchell's had plenty of experience in being a sweetheart; she's done it on the air with Gildersleeve, Rudy Valle, Groucho Marx, Red Skelton, Johnny Mercer, Wil-



SHIRLEY MITCHELL

liam Bendix, and currently with Fred Brady. She got her experience when she did daytime serials in Chicago on "First Nighter"; had a different one each week!

If you've wondered, when you heard Vera Vague on the Bob Hope program, just what she looked like, prepare to see her in the All Star Comedies that she's making for Columbia. She's working now in the first of a series of four.

When Paramount hired Victor Young to write original music for "For Whom the Bell Tolls" they had no intentions of causing him to be mistaken for a messenger boy, but that's what happened. Victor, who also conducts the music on John Charles Thomas' Sunday program, bought a motorcycle to convey himself to and from the Paramount lot and NBC, carrying his orchestration in a messenger's dispatch case, slung over his shoulder. So far as the general public was concerned, he was just another messenger boy.

It's a publicity story that just had to come along—all about the five-year-old tot who got so worried about what Fred Astaire would do for dancing shoes that she sent him her shoe coupon. Her name's Dorinda Hastey, and Astaire sent the coupon back.

Carol Ann Beery, 12-year-old daughter of Wallace, made her debut in films when Robert Benchley carried her across a ship's deck in "China Seas." Bent on being an actress, she's taking another whack at it in "Rationing," in which her father stars.

Harry Sherman, who tops the list of producers of historical outdoor pictures with more than 100 to his credit, now has eight leading actors for his U-A releases. The newest addition is Rod Cameron, who'll get the same kind of roles that carried William Boyd, Richard Dix and Albert Dekker to fame as Western heroes. You'll see him first in "Wherever the Grass Grows."

Comedienne Cass Daley has a new hobby; like Gracie Allen, she's a one-finger pianist, only she's discovered that she does better on a pipe organ. So she's acquired three pipe organs, all antiques, placed them in her bedroom, living room and den—and Husband Frank Kinsella, hearing her practice and glancing at the check stubs, is trying to switch her to collecting stamps.

Charlie Spivak, "The Man Who Plays the Sweetest Trumpet in the World," just can't understand Hollywood. His drummer doesn't believe in making faces; just placidly drums. But the 20th Century-Fox folks felt that in order to look like a swing drummer in "Pin Up Girl" he ought to grimace so that he'd look like a "drummer"—and hired for him a tutor—who's never played a drum!

ODDS AND ENDS—CBS is interested in a girl vocalist for John Carr's Trio—he's the lad who started Dinah Shore... It's rumored that RKO will sign Victor Borge's lovely wife to a contract... Max Marcin, the "Crime Doctor" author, will appear in a quick flash in the next Columbia production of "Crime Doctor"... The amusing chatter handed out by the guest stars on the Bing Crosby program are the result of the joint efforts of Crosby and his writer, Carroll Carroll; Bing can think up some swell insults for the guests to hurl at him... Gale Page is coming out of retirement to replace Binnie Barnes in "Perpetual Motion."

Farm Topics

Grain-Eating Insects Should Be Destroyed

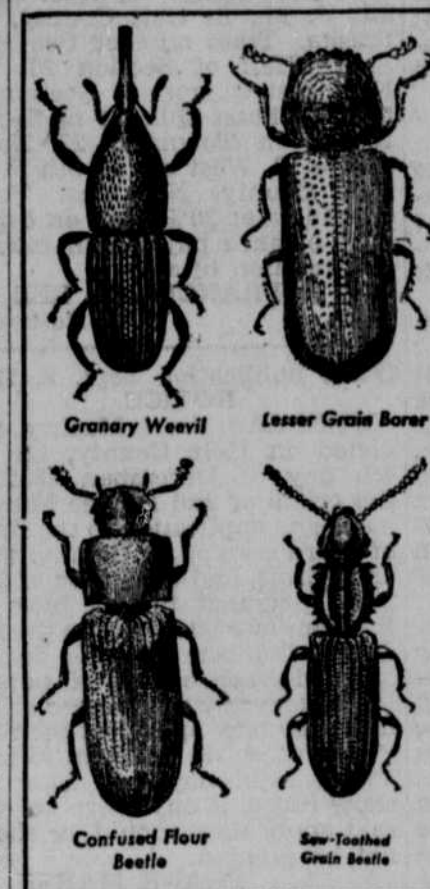
Pests Spoil Millions Of Bushels Annually

When every bushel of grain is urgently needed as a war material, it is more important than ever to see that as little as possible is eaten or spoiled by insects that infest granaries.

To assist farmers in combating these little saboteurs, the University of California has published a bulletin entitled "Insects Affecting Stored Food Products." This booklet describes many of the pests of the South and Southwest and gives the methods for their control.

Among the most common is the granary weevil. It is chestnut brown, about an eighth of an inch long, and hard shelled, with a long snout. The adult female bores into a grain with her beak and deposits an egg in it. She can lay about 200 eggs in this way. The young hatch in a week or two and eat out the inside of the grain enclosing them. Three or four weeks later they become adults, and in turn lay eggs, so under favorable conditions seven or eight generations are produced in a single year.

In the household the granary weevil may be controlled by locating and destroying the infested materials, and by protecting other food



products from it. In two or three months it should be eradicated. In storage and warehouse, fumigation, heat, or cold treatment are usually required.

Grain Borer Nuisance.
A serious nuisance in the South is the lesser grain borer. It is somewhat less than an eighth of an inch in length, and has a cylindrical, stubby body. The larvae hatch in a week or two from eggs attached loosely to the grains. Wooden structures that have contained infested grain should be fumigated or sprayed to kill the adults.

A somewhat larger beetle is the cadelle. It is often more than a quarter of an inch long, and black or dark brown. It attacks stored grain as well as cereal products and shelled nuts, and often damages wooden storage bins.

Because of its long life and rapid reproduction, the saw-toothed grain beetle is one of the worst of these destructive insects. Its slender flattened body is about an eighth of an inch long, loosely jointed, hard-shelled, and brown. A row of spiky projections along the sides of its midsection give it its name.

Common Grain Eater.
Another common grain eater is the confused flour beetle, a reddish brown insect, about an eighth of an inch long, with a hard, cylindrical body. It is found in large numbers all over the world. It prefers flour or other processed cereal, but will attack grain too. Eggs hatch in a week to ten days.

Other grain-destroying insects are: the flat grain beetle, reddish brown, and a sixteenth of an inch long; the broad-horned flour beetle, similar to the confused flour beetle, but slightly larger, the yellow meal worm and the dark meal worm, both dull black in the adult stage.

Heat is simple means of killing these pests. Flour heated to 130 degrees will be freed of it, yet the flour will be unharmed. Fumigation is most satisfactory in large establishments.

Ring Worm on Calf
To stop ring worm on a calf's neck, first remove the scales by the use of a stiff brush, soap and water, says J. A. Arey, at N. C. State college, and then paint the spot with tincture of iodine.
Ring worm is a parasitic disease and occurs on the calf's head, neck, shoulders and rump. The hair comes out and a gray scaly crust is formed over the bare surface. The stalls should be thoroughly cleaned and whitewashed.

PATTERNS SEWING CIRCLE



Smart Two-Piece.
SKILLFULLY designed two-piece that can be worn to innumerable places for all its simplicity. Immensely flattering.
Pattern No. 8483 is in sizes 12, 14, 16, 18, 20; 40 and 42. Size 14 takes, with short sleeves, 4½ yards 36-inch material.

Midriff Frock.
HOW the junior crowd loves frocks with well-defined midriff section. This one is so colorful with dramatically placed contrasting details.
Pattern No. 8465 is in sizes 9, 11, 13, 15, 17 and 19. Size 11 takes 3¼ yards 30-inch material. 9 yards braid or ric-rac.

SEWING CIRCLE PATTERN DEPT. 530 South Wells St. Chicago. Enclose 20 cents in coins for each pattern desired.

Pattern No. Size. Name. Address.

SNAPPY FACTS ABOUT RUBBER

Rubber shortage will cause motor trucks to be operated this year only 60 per cent of their 1941 mileages, according to OWI. Ton mileage haul in intercity service, however, was up 10 per cent early this year.

Rubber latex, a milk-like substance, contains from 30 to 40 per cent solids; cow's milk has only 12 per cent solids.

Add lettuce to the list of rubber producer's tests of three varieties of lettuce by the University of California, it has been reported, showed high content of rubber latex.

Hang blankets over a line with a half or a fourth on one side, and without clothespins. A blanket dries quicker if two lines—near together—share the weight. Squeeze water from the ends occasionally and shake the blanket to fluff the flap.

Hulls of lima beans make good soup if they are put through a coarse sieve or colander. The pods cook quickly, and are rich in their taste of the bean.

Grape juice frosting is delicious and different. Put three tablespoons grape juice into a pint bowl, then stir in one to one and a half cups of confectioner's sugar till mixture is thick enough to spread on your cake.

Should the clothes closet become moldy, air it with an electric fan. An electric lamp kept burning for a time will help dissipate the moisture.

ADDS PROTEIN to your daily diet!

SAVES TIME, WORK, FUEL, OTHER FOODS



The protein supplied (2.2 grams) by a normal serving of Kellogg's Corn Flakes and a normal amount of milk (4.0 grams protein) is a valuable contribution to daily requirements... helps make up for scarce protein foods and their vitamins.