

Spending \$5,000,000 a Day

Sending \$5,000,000 a day to dependents of our fighting men is typical of the tasks which make the Office of Dependency Benefits at Newark, N. J., one of the busiest spots in America. Its 10,000 hustling employees speed miles of mechanical processes and recordings to get Uncle Sam's green checks to families throughout the nation. Applications flow in at the rate of 12,000 a day. Only a year old, this rapidly growing office has had an exhilarating effect on the Newark post office. There, since O. D. B. began to function, every day is a "Christmas rush." Great mailbags of government checks keep moving out, while huge volumes of mail come in.

The work of the O. D. B. is not simply a matter of writing out so many checks and sticking them in the mails. For there are those who would take money from the men who are fighting for America by making illegal applications for dependency benefits. Few, if any, get away with it because all applications are thoroughly investigated and long rows of clerks read every piece of mail.



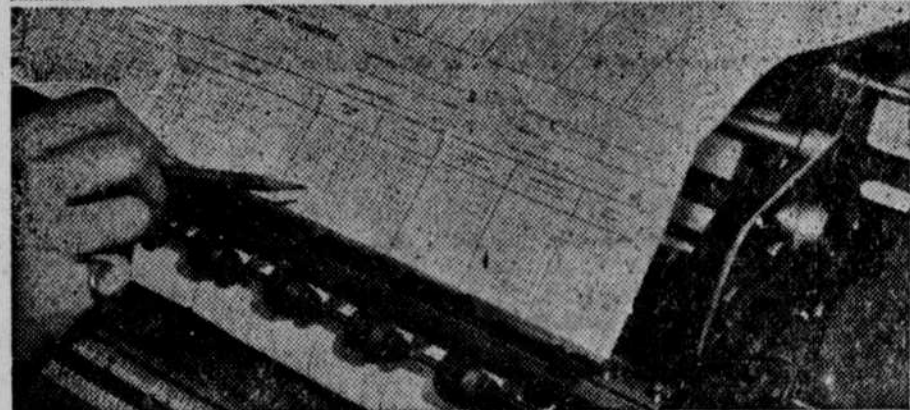
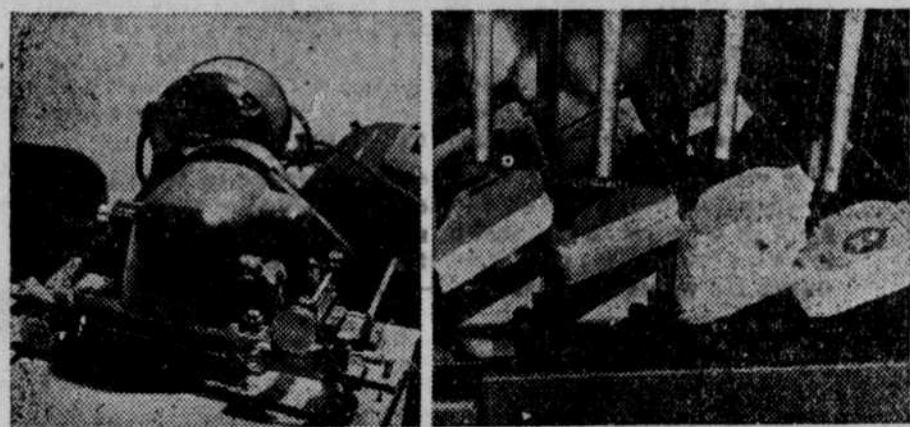
CIRCULAR SORTER—Above: A high speed machine used by O. D. B. for quickly sorting completed authorizations.



BRIG. GEN. HAROLD N. Gilbert, left, is director of the O. D. B. His 27 years of army experience have given him first hand knowledge of a soldier's problems. He has been awarded the Distinguished Service Cross, Distinguished Service Medal, and the Purple Heart.



SCHOOL—New employees take courses to prepare for their duties and to become acquainted with the machinery and operations of the agency. O. D. B. is the largest mail order business ever operated anywhere.



MECHANIZED ACCOUNTING—Top left: This machine signs General Gilbert's name to millions of checks every month. Top right: One hundred and fifty checks a minute pour from this collator. Bottom: From holes in master payment cards, this machine writes a complete voucher.

INFORMATION—Special problems are cleared up at the public relations office.



TO YOUR Good Health

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

MEAT AND PROTEINS

While the rationing of sugar, butter, tea and coffee caused considerable dismay, the rationing of meat has caused more concern than any other single food. Most food experts will agree that not only is meat an important food from the standpoint of nutrition or body building, but in the minds and the digestion of the majority of us, nothing quite satisfies the stomach and the appetite as does meat.

What then is likely to happen to the health of the individual and the nation if we cannot obtain all the meat we need? The reason that meat is so important to health and strength is because of its richness in protein and the protein of animal food—meat—is richer and is more completely digested and absorbed into the blood than is protein from vegetables.

However, there are two points that make us more satisfied to eat protein as furnished in fish and eggs (other animal proteins) and the proteins in vegetables, especially peas and beans. In Hygeia, the health magazine, Phoebe Mayo Walters, Corona, Calif., explains that while it is the protein in meat that is necessary to life, it is not the meat itself because other foods rich in protein may be made to do almost as well as meat in furnishing the necessary protein. Fish is one of those foods, as is also cheese in any form.

Other foods high in protein are those of the dry bean family—white, navy and kidney beans, soybeans, peanuts and peanut butter.

The second point is that there is no reason why we should buy the expensive cuts of meat, because there is no difference in the amount or quality in expensive or cheap cuts.

For years, physicians have been advising patients with thin blood to eat more of the gland meats—kidneys, liver, heart—which foods are not usually rationed.

Finally, there are food substitutes designed to resemble various common foods which are really rich in food value and are not rationed.

The thought then is that we should all eat our full ration of meat if we are well and about on our feet, eat more fish, eggs, cheese, and green and yellow vegetables. If, then, we feel that we want or need more meat, remember that it is the protein that the body needs and there are plenty of other foods that are rich in protein.

Infected Appendix A Constant Threat

The story is told of two British mining engineers about to go on a prospecting trip. Both were in excellent health but as they thought of their destination, its distance from civilization, they decided to enter a hospital and have the appendix removed before starting.

Most physicians would agree that these engineers were wise.

Further, physicians are agreed that while the appendix must have had some use in the body in prehistoric times, there is at present no definite use for it. The appendix is just a remnant or trace of a once useful organ that has not completely disappeared from man. It is a blind pouch that may rest or lie in various positions about the last part of the small and the beginning of the large intestine. It has its own blood supply and a closing or obstructive arrangement at its base. Even in health it is filled with infective material and it contains a large amount of lymphoid or spongy tissue (similar to tonsils and adenoids) which is particularly easy to infect.

Because there is "always" the chance of infection present, Drs. Boyce and Nelson believe that any attack of appendicitis should be considered and treated as a serious attack.

"The problem of acute appendicitis would be solved and its challenge met if the public could be taught and if physicians would remember (1) that any abdominal pain may be the first symptom of acute appendicitis; (2) that food, fluids and particularly purgatives should be withheld in every case of abdominal pain until it is definitely decided that acute appendicitis is not present, and (3) that prompt operation should be performed as soon as the physician is reasonably sure that acute appendicitis is present.

QUESTION BOX

Q.—Is brewer's yeast the same as is used in making bread?
A.—It is the same as in bread. Your druggist can supply you with brewer's yeast in tablet form. It is not expensive.

Q.—Please give me a definition of the word "thrombosis."
A.—Thrombosis is a closing, or partial closing, of a blood vessel supplying the heart muscle with blood.

Farm Topics

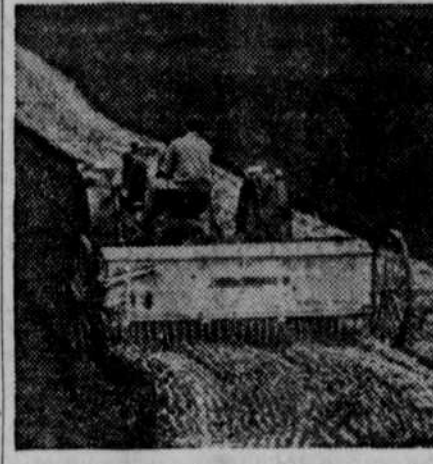
AAA Plans to Boost Production, Save Soil

Federal Payments for Conservation Continued

To help prevent disastrous soil depletion through using up of all the stored-up fertility for one tremendous harvest, a fund of 300 million dollars has been made available by congress to assist farmers in carrying out growing practices that will not only increase production immediately, but will also keep the land in condition for another high-level crop in succeeding years. Direct payments from the Agricultural Adjustment agency will be provided in some cases, while in others needed materials will be supplied, such as lime, phosphate and seeds.

Because of the variation in practices adaptable to the different growing regions, state and federal agencies will co-operate in working out an approved list for each state. The rate of payment will be determined by taking into consideration topography, soil, climate, conservation needs in the specific area, and the importance of each practice to production. Farmers will receive payments, as in the past, in proportion to how well they follow the practices for their farms.

Increases in yields per acre of crops in all parts of the country during recent years have been particularly marked in those sections where materials have been generally distributed. For example, before the Triple-A soil improvement program began, the corn yield averaged 23.5 bushels. In the last three years the average corn yield for the United States was 31.5 bushels. Wheat yields went up 4.5 bushels and the hay harvest was topped from a ton and a quarter to a ton and a half, while potatoes increased from 108 to 133 bushels and cotton from



A lime-spreader working on a lettuce field in Cumberland county, Maine. The Agricultural Adjustment agency can provide fertilizer materials and seeds when needed, under its conservation program.

191 to 253 pounds to the acre in the same period.

The 1944 practice program has a five-way emphasis: (1) expansion of agricultural use of lime, phosphate and other fertilizers; (2) promotion of legume, hay and grass seed harvest; (3) erosion control and water conservation measures; (4) range and pasture practices; and (5) supplementing of existing distribution channels, as well as adjustment of manufacture and delivery of lime and phosphate to keep movement on a more equal basis and do away with slack periods.

Approximately 190 million dollars will have been earned by farmers for soil-building and range practices under the 1943 program, according to preliminary estimates. This is an increase of 11 million dollars over 1942, of 68 million dollars over 1941 and of 75 million dollars over 1940, or a raise of 65 per cent in three years.

Agricultural Notes

The domestic wheat supply for the 1943-44 marketing year is now indicated at about 1,400 million bushels, which is 213 million bushels below the record supply in 1942-43.

Small quantities of hydrated lime will effectively deodorize and disinfect poultry manure.

Extremely large draft horses seem to have had their day. Draft mares 16½ hands high and weighing 2,000 pounds are as large as the industry requires. A satisfactory stallion measures 17 hands and weighs 2,000 to 2,200 pounds. Their offspring can be raised largely on roughage and still be big enough to fit the farmer's demands and to reach 16 hands and 1,600 pounds, the popular size for most horse markets.

Good care should be taken of borrowed equipment so it can be returned in the same condition to owner. Machines should not be re-loaned to anyone without the owner's permission. Owner's attention should be called to any parts damaged or broken before use.

The department of agriculture estimates that crops of dry beans, peas, peanuts, flaxseed, rice, potatoes and sugar cane will be considerably larger than last year, because of increased acreage.

PATTERNS SEWING CIRCLE



Party Frock
YOU'LL look so charming and feel so cool in this lovely frock with eyelet embroidered yoke. Perfect junior fashion.

Barbara Bell Pattern No. 1766-B designed for sizes 11, 13, 15, 17 and 19. Corresponding bust measurements 29, 31, 33, 35 and 37. Size 13 (31), short sleeves, requires 3½ yards 39-inch material; ¾ yard eyelet embroidery.

Canada Issues Five-Cent Piece Having 12 Sides

Canada has issued a new five-cent piece which is 12-sided rather than round. It is definitely a victory model and has already been christened "Blackout." On its face is the Roman V, symbolic of victory and the torch of sacrifice. Around the border appears this telegraphic code: "We Win When We Work Willingly." Made of tombac alloy, this new coin will save about 60 tons of nickel annually.

Matched Ensemble

B around a jumper and jacket! This princess cut jumper fits with flattering, slim lines; the jacket is shaped to minimize your waist-line.

Barbara Bell Pattern No. 1821-B is designed for sizes 10, 12, 14, 16, 18, 20. Corresponding bust measurements 28, 30, 32, 34, 36, 38. Size 12 (30) ensemble, with long sleeves, requires 4½ yards 39-inch material.

Due to an unusually large demand and current war conditions, slightly more time is required in filling orders for a few of the most popular pattern numbers. Send your order to:

SEWING CIRCLE PATTERN DEPT.
539 South Wells St. Chicago
Enclose 20 cents in coins for each pattern desired.
Pattern No. Size
Name
Address

Stripes First

Stripes of the American flag are 17½ months older than the oldest stars. The Grand Union flag, which was the Continental emblem from January 2, 1776, until June 14, 1777, consisted of 13 stripes, alternately red and white. The stars were introduced into the flag when the Continental Congress adopted the Stars and Stripes officially.

ASK ME ? ANOTHER ?

A quiz with answers offering information on various subjects

- The Questions**
1. What war was being fought when the "Star Spangled Banner" was written?
 2. The name Euclid calls to mind the science of what?
 3. Do radio waves pass through a wire as electrical waves do or not?
 4. When Lincoln was re-elected President in 1864, who was his opponent?
 5. A garrulous person is one who does what?
 6. What does the infantryman's full personal equipment weigh?
 7. What did the North American Indians mean by the word "pemican"?
 8. When William the Conqueror invaded England in 1066, he and his troops were known as what?
 9. What is the minimum age for representatives in congress?
- The Answers**
1. The War of 1812.
 2. Mathematics.
 3. No, they pass along the outside of a wire.
 4. Gen. George B. McClellan.
 5. Talks much.
 6. Sixty-three pounds, eight ounces.
 7. Dried meat.
 8. Normans (from Normandy).
 9. Twenty-five.

JUST AS YOU ARE

No Proof
"Daddy," said the talkative six-year-old son to his long-suffering father, "am I made of dust?"
"I'm afraid not. If you were, you'd dry up now and then."

A jingo is one who shoots off his mouth, but never learns how to fire a gun.

Exaggeration
"See here, what do you mean going around telling people I'm a first-class idiot?"
"It's a lie. I never said first-class."

Soon Found Out
She—You deceived me before we were married. You told me you were well off.
He—I was, but I didn't know it.

Congenial
Husband—Now, let's think.
Wife—No, let's do something you can do, too.

A few timely drops
HELP PREVENT MANY COLDS
from developing
Put a few drops of Va-tro-nol up each nostril at the very first sniffle or sneeze. Its quick action aids Nature's defenses against colds. Follow VICKS directions in folder. **VA-TRO-NOL**

Means of Teaching
The disasters of the unfortunate should prove the effectual means of teaching the lesson of caution to the fortunate.—E. Davies.

END CONSTIPATION THIS NATURAL WAY!

Millions now take Simple Fresh Fruit Drink instead of Harsh Laxatives!

It's lemon and water. Yes!—just the juice of 1 Sunkist Lemon in a glass of water—first thing on arising.
Taken first thing in the morning, this wholesome drink stimulates bowel action in a natural way—assures most people of prompt, normal elimination.
Why not change to this healthful habit? Lemons and water is good for you. Lemons are among the richest sources of vitamin C, which combats fatigue, helps you resist colds and infections. They also supply B, and P. They alkalize, aid appetite and digestion. Lemon and water has a fresh tang, too—clears the mouth, wakes you up!
Try this grand wake-up drink 10 mornings. See if it doesn't help you! Use California Sunkist Lemons.

Olivia de HAVILLAND
star of the Warner Bros. picture, "Strawberry Blonde," recommends Calox Tooth Powder for teeth that shine.
CALOX TOOTH POWDER

YOU CAN'T BEAT CAMELS FOR RICH TASTE AND EXTRA MILDNESS

IN THE NAVY
they say: "SACK" for bed
"BOOT CAMP" for training station
"SOOJEE" for water mixed with soap powder
"CAMEL" for the favorite cigarette with men in the Navy

FIRST IN THE SERVICE
The favorite cigarette with men in the Navy, the Army, the Marines, and the Coast Guard is Camel. (Based on actual sales records.)

CAMEL