

# U. S. WARFARE

Since mid-1937, the United States has suffered more than its share of labor troubles, which always appear during periods of business stringency. Whereas most strikes used to be peaceful, modern strikes are often accompanied by rioting in which bystanders and participants both are injured. Here are some of the strikes that have made headlines this year.



At Newton, Iowa, striking washing machine factory employees clashed with back-to-workers and the above fist fight resulted. After a 20-minute free-for-all in which 20 persons were beaten or knocked down, the National Guard arrived to restore order.



Detroit, America's automobile manufacturing center, is also the nation's most notorious strike center for that very reason. The above participant was felled when the company attempted to take employees through picket lines at a factory gate.



In North Chicago, Ill., a C. I. O. picket is led away after police resorted to tear gas and clubs to disperse 500 pickets who prevented non-strikers from entering a hardware foundry plant. Five of the pickets were arrested and many were injured in the scrap.



At New Orleans, both C. I. O. and the American Federation of Labor sought to be bargaining agencies for the big truckers. Here an A. F. of L. trucker is supported after being hit in the head with a bullet supposedly fired by opposition truckers.

## BEDTIME STORY

### Buster Bear's Home Town Hails Him as a Great Hero

By THORNTON W. BURGESS

THE news that Little Joe Otter told at the Smiling Pool how Farmer Brown's boy had run away from Buster Bear without even seeing him, soon spread all over the Green Meadows and through the Green Forest until everyone who lives there knew about it. Of course, Peter Rabbit helped spread it. Trust Peter for that! But everybody else helped too. You see, they had all been afraid of Farmer Brown's boy for so long that they were tickled almost to death at the very thought of having someone in the Green Forest who could make Farmer Brown's boy feel fear as they had felt it. And so it was that Buster Bear became a hero right away to most of them.

by seeing Farmer Brown's boy afraid could he ever be made to believe it. But nearly everybody else believed it, and there was great rejoicing. Most of them were afraid of Buster, very much afraid of him, because he was so big and



"Caw, caw, caw!" broke in Blacky the Crow.

strong. But they were still more afraid of Farmer Brown's boy.

So now they were very proud to think that one of their own number

actually had frightened him, and they began to look on Buster Bear as a real hero. They tried in ever so many ways to show him how friendly they felt and went quite out of their way to do him favors. Whenever they met one another all they could talk about was the smartness and the greatness of Buster Bear.

"Now, I guess Farmer Brown's boy will keep away from the Green Forest and we won't have to be all the time watching for him," said Bobby Coon as he washed his dinner in the Laughing Brook, for, you know, he is very neat and particular.

"And he won't dare set any more traps for me," gloated Billy Mink.

"Ah wish Br'er Bear would go up to Farmer Brown's henhouse and scare Farmer Brown's boy so that he would keep away from there. It would be a favor to me which Ah certainly would appreciate," said Uncle Billy Possum when he heard the news.

"Let's all go together and tell Buster Bear how much obliged we are for what he has done," proposed Jerry Muskrat.

"That's a splendid idea!" cried Little Joe Otter. "We'll do it right away."

"Caw, caw, caw!" broke in Blacky the Crow. "I say, let's wait and see for ourselves if it is true."

"Of course, it's true!" snapped Little Joe Otter. "Don't you believe I'm telling the truth?"

"Certainly, certainly. Of course, no one doubts your word," replied Blacky with the utmost politeness. "But you say yourself that Farmer Brown's boy didn't see Buster Bear, but only his footprint. Perhaps he didn't know whose it was, and if he had, wouldn't he have been afraid. Now I've got a plan by which we can see for ourselves if he really is afraid of Buster Bear."

"What is it?" asked Sammy Jay eagerly.

Blacky the Crow shook his head and winked. "That's telling," said he. "I want to think it over. If you will meet me at the Big Hickory Tree at sun-up tomorrow morning, and get everybody else to come that you can, perhaps I will tell you."

© T. W. Burgess.—WNU Service.

### How to Arrange Your Twin Beds In a Small Room

By BETTY WELLS

WE'RE always crabbing about twin beds. For purely practical reasons, rest assured. Because most bedrooms aren't big enough to hold them and leave room enough to turn around in.

And yet twin beds are a lot more comfortable for twistlers and turners. Besides, they do look more stylish somehow. We asked a decorator friend of ours for her ideas.

"Oh, I don't have any trouble arranging a room with twin beds," said she. "I just put them where I please instead of right in the middle of the floor."

"For example," we encouraged her to go on.

"Well, as often as possible I place them so that they can each have a long side to the wall. That saves loads of space. It works best if there are two opposite walls of the room that the beds can go against, leaving the middle of the floor clear. But if there aren't two opposite walls with the corners free, I use one corner, building in a false square of compo board, like this." She got out a pencil. "I have a shelf for books, radio, clock and so on at the head of each bed—that takes the place of bedside tables."

© By Betty Wells WNU Service

## MESSAGE... In 4 Lessons



Pretty Ann Rutherford illustrates a simple beauty massage in these four pictures. On the neck, cream should be rubbed in with a firm pressure, with the finger or palm movement upward from the base of the neck.



Progressive finger pressure should be used, working up on nose-to-mouth lines, as illustrated in the above photograph.



Applying cream, finger or palm movement should be up along the jaw line with a firm pressure.



Around the eyes, the finger massage should be very gently out over the eyes and in under them. Miss Rutherford illustrates.

# WHAT to EAT and WHY

## C. Houston Goudiss Explains the Causes of Food Allergy

### Well-Known Food Authority Names the Foods That Cause Trouble

By C. HOUSTON GOUDISS

6 East 39th St., New York City

A NEW phrase has crept into daily usage in recent years, and has in fact become so common that comedians use it in jest and draw laughs from their audiences when they mimic, "I'm allergic!" But the words have deep significance for perhaps 30 to 60 per cent of the population who have cause to agree with the old saying that "one man's meat is another man's poison."

They are victims of the curious phenomenon known as food allergy and have an abnormal reaction to the proteins in certain foods and other substances. As a result, foods which are beneficial in themselves and which usually have an important place in a normal balanced diet, cause a variety of unpleasant effects.

These may range from hives or a skin rash to a gastric disturbance with spells of nausea. The individual may suffer from migraine headache or an attack of hay fever or asthma; or he may have a tendency to what appears to be bronchial or head colds.

It has been determined that these symptoms in an individual who is allergic are due to intolerance of certain proteins. Even when the offending foods are fruits and vegetables, it is the protein that is responsible. It has been suggested that the sensitization results because at some previous time, an unsplit or undigested protein in some way passed through the membranes lining the digestive tract and entered the blood stream. This acted very much like a foreign substance and sensitized body cells in some way so that whenever the same food is eaten, the disturbing symptoms occur as a sort of defense mechanism.

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seems to be common in persons who are sensitive to milk, eggs and butter.

### Other Offending Substances

Foods are not always responsible for allergy, and the symptoms may be produced by contact with wool, feathers, dust, pollen, dander from horses or other animals; or even the sting of a bee.

### Discovering the Offenders

The ideal procedure for the allergic victim is to find out the offending foods or substances and avoid them. For early recognition of a tendency to allergy may prevent discomfort and trouble.

There are two ways to discover the trouble makers. One is to learn by experience, either by keeping a record of the foods eaten and noting the appearance of symptoms, or by eliminating from the diet, first one and then another of the foods that are suspected of causing difficulty. The other is to let your doctor conduct simple skin tests. Small scratches are made on the arms and legs, and each scratch touched with a solution made of the protein of a food or substance known to cause trouble. If a person is allergic to that substance, the skin around the scratch swells and becomes inflamed. The inflammation disappears after a few hours and causes no pain or inconvenience.

### Other Foods Must Be Used

Once the offending food or foods are determined, they should be eliminated either for all time or until the individual becomes desensitized. If the trouble maker is an uncommon food, such as lobster or clams, the allergy presents no great problem, but when children react to necessary foods such as milk, eggs and wheat, the homemaker faces a difficult task. When milk is the offending food, it must be avoided, not only as a beverage, but in bread, cakes and puddings. Sometimes dried or evaporated milk, goat's milk or soy bean milk may be used instead. When wheat is the trouble maker, the alternatives include cornstarch, rice flour, potato or rye flour; rice and corn cereals;

### Hereditary a Factor

A tendency to allergy seems to be inherited. But the substances which caused a disturbance differ with each individual, and the type of reaction also differs. For example, a mother may be allergic to milk; her child inheriting the tendency may be allergic to fish. Drinking milk may give the mother an attack of asthma; eating fish may cause the child to break out with hives.

### Trouble-Making Foods

It is difficult to generalize regarding the foods that cause trouble, because they vary so widely among individuals who are sensitized, and often one person is sensitized to a number of foods. It has been found that the foods most frequently causing allergic symptoms include wheat, milk, eggs, chocolate, pork, fish and shellfish, tomatoes, cauliflower, cabbage, strawberries and oranges.

Skin rashes are believed to be caused most frequently by hypersensitivity to milk, cereal or pork. Hives are reported to occur often from eating strawberries, chocolate, fish and tomatoes. Wheat is frequently an offender in migraine headaches. Asthma

thread used double. The center round should be 8-inches long as shown. Sew around and around, until the center oval is 14-inches long, then make the eight loops shown in the next round—three along each side of the oval and one at each end.

These loops should be 2-inches long. In working around the loops with the next rows, the trick is to "ease" the inside edge of the braided strip in just enough to keep the work perfectly flat, and to give the scalloped effect shown. As you work around, the scallops gradually straighten out and the rug becomes more oval in shape.

NOTE: Every Homemaker should have a copy of Mrs. Spears' book SEWING, for the Home Decorator. Forty-eight pages of directions for making slipcovers and curtains; dressing tables, lampshades and many other useful articles for the home. Price 25 cents postpaid. Ask for Book 1, and address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

SO MANY readers have expressed interest in rag rugs that I know many of you will want to copy this one. I discovered it in a village on Buzzards bay where, a century ago, whaling ships put out to sea. In the book offered below there is a knitted rag rug found one time on a trip through Ohio. I have not yet done a special book on rag rugs. It does seem that there should be a way to exchange designs from different parts of the country.

The center medallion of the rug shown here is its outstanding feature. The braiding is fine and tight. The braided strips should be sewn together with strong linen thread or about size 8 cotton

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## SEND FOR THIS FREE CHART of FOODS THAT OFTEN CAUSE TROUBLE

C. Houston Goudiss will gladly send you, FREE, a chart showing which foods have been found most frequently to cause allergic reactions, and also those which are the least likely to cause trouble. Just state your request on a postcard and address it to C. HOUSTON GOUDISS, 6 East 39th Street, New York City.

tapioca or barley. When hen's eggs are injurious, duck's eggs can sometimes be used with success, or meat or fish may be substituted.

Sometimes after a period of exclusion, an immunity is built up so that later the foods may be reintroduced gradually into the diet.

### Don't Jump to Conclusions

It must be borne in mind that many of the symptoms produced by food sensitivity may also result from other causes. For this reason, it is unwise to decide that one is allergic without due investigation. Nor must the imagination or the current widespread discussion of the subject be allowed to cause adults or children to mask their unwillingness to eat certain foods with the false notion that they are unduly sensitive.

On the other hand, homemakers should be sympathetic with both children and adults who say with good cause, "I can't eat that!" And it would appear that there may even be some compensation in this unpleasant situation. For a group of scientists who have studied the subject announced a few years ago that those who belong to the allergy group appear to have a definite capacity for becoming intellectually superior. Thus, the child who suffers from a skin rash or stuffy nose today, due to food sensitivity, is apt to be full of energy when he reaches manhood and exhibit unusual ability for cultural leadership.

## Questions Answered

Mrs. A. M. T.—The notion that onions or lettuce contain opium or some other narcotic drug is wholly without foundation. They are two of our finest vegetables.

R. F. B.—Vitamins A, C and D are required for healthy teeth. Calcium, in adequate amounts, is also essential.

Mrs. A. F. J.—The caloric value of fresh or canned mushrooms is very slight, as their carbohydrate is in a form that cannot be readily assimilated. They are useful, however, for adding flavor and appetite appeal to many dishes.

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## HOW to SEW RUTH WYETH SPEARS



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## Smart Toque of Black Felt



Marie Alphonsine interprets the new bulky and high hat idea in this smart toque of black felt. The mushroomed brim is draped with a suede-like fabric in bright green and purple, which will be important fall colors.



## This Is a Beach—Find Any Water?

BROOKLYN.—This is how famous Coney Island beach looked when an estimated 1,000,000 persons stormed down to bathe, stroll the boardwalk or raise high jinks in the amusement center. On exceedingly warm days such a sight is not uncommon as outdoor-hungry New Yorkers fight for a few square feet of sand and a chance to dip their toes.

**"IRIUM sold me 100% on Pepsodent Tooth Powder!"**

**Pepsodent alone of all tooth powders**