

## No Dog Fights for Fido, He Wears Glasses



Though dogs, as a rule, have excellent eyesight, some of them have been known to be shortsighted. At the request of a patient, Robert Muller, Geneva optician, worked out a special set of glasses for her dog. Pictured at the left is the Swiss doctor measuring the distance from one eye to the other. At the right Dr. Muller is inserting a vision test lens in the frame. The inset shows Fido all decked out in his new spectacles, ready to go promenading with his mistress.

## FARM TOPICS

### CORN AND ALFALFA BEST LAMB RATION

May Need No Supplement If Both Feeds Are Good.

By W. E. Morris, Extension Animal Husbandman, University Farm, St. Paul, WNU Service.

Corn and alfalfa will make about the most profitable ration the lamb feeder can provide for his flock this winter. If both feeds are of good quality, it is doubtful, at present prices, that a supplement of any kind need be fed.

Whole shelled corn has been found a most suitable grain ration. When on full feed, lambs weighing from 60 to 85 pounds should eat from one and one-half to two pounds of grain per head daily, including any supplement provided, and from one and one-fourth to one and one-half pounds of hay. If a common roughage is used, such as prairie hay, a protein supplement should be fed at the rate of one pound daily to each five lambs. The supplement can be linseed oil meal, corn gluten meal, cottonseed oil meal, or soy-bean oil meal, depending on which is lowest in cost. If corn is not available, whole barley, oats, wheat or rye may be fed alone. Feeding oats alone, however, is not recommended for fattening lambs, but only for starting lambs on feed, and finally should not make up more than 25 per cent of the grain ration.

Lambs should gain at least one-third of a pound daily, making a gain of 25 to 30 pounds in 75 to 100 days of feeding. An efficient feeder will have his lambs fat enough to kill out well and suitable to the packer in that period of time. Slightly above 90 pounds is a good weight to begin marketing lambs, if they are fat.

Experiments show that it is best to feed all the grain lambs will clean up in about 20 minutes' time twice a day. Hay also is best fed twice daily. The hay should be fed after the lambs have eaten their grain.

### Mentions Some Causes Of Soft Shelled Eggs

A number of things may cause hens to lay soft shelled eggs, among which are fright, close inbreeding, and diseases like fowl pox, coccidiosis, and laryngotracheitis.

Hens that are too fat may lay soft shelled eggs, the egg simply slipping through layers of fat too quickly to allow the shell to form. Excessive feeding of mangels or cabbage which causes looseness of the bowels may result in the appearance of many poor shelled eggs. But the chief cause of soft shelled eggs, according to an authority in the Missouri Farmer, is a low assimilation of lime by the layers. The lime may be available in the form of oystershell and still this will happen. The oystershell may become covered with dirt and hence be unappetizing, or vitamin D may be deficient which does not allow a proper assimilation. It is a good plan to keep the oystershell fresh, stir it daily or sprinkle some over the mash so as to stimulate consumption, and then make sure that the laying mash contains at least 2 per cent cod liver oil so as to insure a proper supply of vitamin D. Hard grit should also be available at all times.

It is important to guard against soft shelled eggs because it encourages the egg-eating habit which is so expensive when eggs are high in price.

### Soy Bean Hay for Horses

If soy bean hay is well-cured, free from mold and dust, and was cut too much, it may be fed to horses, says A. L. Harvey, division of animal and poultry husbandry, University Farm, St. Paul. Horses can be fed about as much soy bean hay as they will eat daily. When feeding the beans, it is best to grind or chop them and give them with other feeds. From one to two pounds of the beans can be fed in this manner to each horse per day.

### Winter Greens for Poultry

Alfalfa hay, lespedeza, and clover hay make good greens for winter use provided they are so cured as to retain their green color. Alfalfa leaf meal, if a bright green color, makes a satisfactory green feed, but should not constitute more than 10 per cent of the mash, says a North Carolina Agricultural college authority. Where the hays are used, they should be fed in racks as the birds will eat only the leaves and the stems can then be thrown in the litter. Of the feed mentioned, green alfalfa hay is the most satisfactory.

### 'Red' Mites Attack Poultry

Mites are thieves that really do come in the night. Hidden away in cracks and crevices during the day, they steal forth and crawl over the hen's body when she goes to roost at night to feast upon her blood until their tiny bodies are distended and red in color, which doubtless gave them their name, "red" mite. Their bodies filled with warm blood, they stream back to their crevices where they carry out nature's plan of multiplication and growth.

# WHAT to EAT and WHY

## C. Houston Goudiss Reports Some Current Knowledge of Vitamin G, a Substance Essential to Growth and Normal Nutrition

By C. HOUSTON GOUDISS

A NUMBER of the vitamins have been discussed in these columns from time to time. The latest findings of nutritional science have been related, together with suggestions made by outstanding authorities concerning the amounts of different vitamins required to help maintain top health.

So far vitamin G has not been discussed specifically. Yet a knowledge of some of the functions and sources of this vitamin should be possessed by every homemaker. For eminent authorities are of the opinion that it has a far-reaching influence upon health.

### Possible Effects on Longevity

The avowed objectives of modern nutritional scientists are to help humanity to enjoy happier, healthier and longer lives. If any one vitamin could be said to have more influence than any other on longevity, the distinction most certainly would be accorded—so far as present knowledge is concerned—to vitamin G.

Extensive laboratory experiments by investigators who are paramount in their field seem to indicate that vitamin G has a pronounced effect upon the maintenance of health and vigor at all ages. It has been demonstrated with experimental animals that a diet containing more vitamin G than is required for normal growth resulted in greater vigor, a postponement of the onset of senility and a comparatively short period of the mental and physical infirmities we usually associate with old age.

### Effect on Digestion and Nerves

Laboratory experiments have also indicated that when there is a shortage of vitamin G, digestion is usually impaired. In this respect, a shortage of vitamin G has a slightly different effect than a deficiency of vitamin B. A definite lack of vitamin B causes an abrupt and complete loss of appetite. Withholding vitamin G appears to affect the desire for food, so that experimental animals consume only about two-thirds as much as they would normally take.

A form of nervous depression may occur when the diet is low in vitamin G for any protracted length of time. Other unfortunate consequences may be a decline in the health of the skin. Studies with animals indicated that when the vitamin was withheld, not only did a loss of weight occur, but there were other signs of nutritional failure. These included an inflammation of the mouth, a loss of hair, a thickening and in some cases, a cracking and scaling, of the skin.

### Vitamin G and Healthy Eyes

Studies with a variety of experimental animals resulted in the startling disclosure that on diets lacking vitamin G the health of the eyes was distinctly affected.

Not only was there a loss of hair around the eyes, but the eyeball developed a whitish appearance which was determined to be cataract.

At present, scientists are not prepared to say whether these laboratory findings may be confirmed clinically. But certainly when we know that in many ways, the food requirements of experimental animals are comparable to those in man, it would be distinctly to our advantage to make sure that we do not lack for adequate amounts of vitamin G.

### Sources of Vitamin G

Because vitamin G is closely associated with vitamin B, some homemakers occasionally confuse the two. This is not surprising, inasmuch as it was some years following the initial recognition of vitamin B that scientists established beyond a doubt that there was more than one growth-promoting vitamin. Subsequently, they learned that while the substance, later named vitamin G, was frequently found in close association with vitamin B, such was not always the case. For example, vitamin G is known to occur without vitamin B in egg white.

### Milk, Meat, Eggs, Greens

The richest sources of vitamin G are the concentrates of yeast, yeast extract and wheat germ. Almost equally well supplied with this vitamin are liver and kidney. Muscle cuts of meat contain vitamin G, but in lesser amounts than liver and kidney.

The vitamin is also found in young green plants, and it is interesting to note that the vitamin is formed during the growth of the plant and decreases with maturity. The amount of the vitamin has been found to vary with differ-

ent parts of the same plant. In broccoli, the flower buds are said to contain only half as much as the leaves, while the stems contain even less. Among the greens, turnip tops and beet tops have been found to be unusually rich. Investigations indicate that weight for weight, they are twice as rich as eggs, though eggs are considered a good source.

Homemakers will be glad to learn that heating does not appear to destroy vitamin G. Canned foods are therefore as good a source as though they had not been processed.

Milk must not be overlooked. For all practical purposes, and chiefly because of the amounts in which it is consumed, it is proba-

### Questions Answered

**Mrs. G. M. L.**—The term, water balance, about which you inquired is used to describe the situation in which the available water from food, beverages, and that manufactured in the body equals that of the water excreted or lost from the body. It is to help keep the body in water balance that the daily diet must contain adequate amounts of fluids.

**E. G. M. Jr.**—Yes, it is true that approximately one-third of the protein required during infancy is stored by the child's body to take care of growth and development. As children grow older, the amount of protein stored for growth gradually decreases until they become adults.

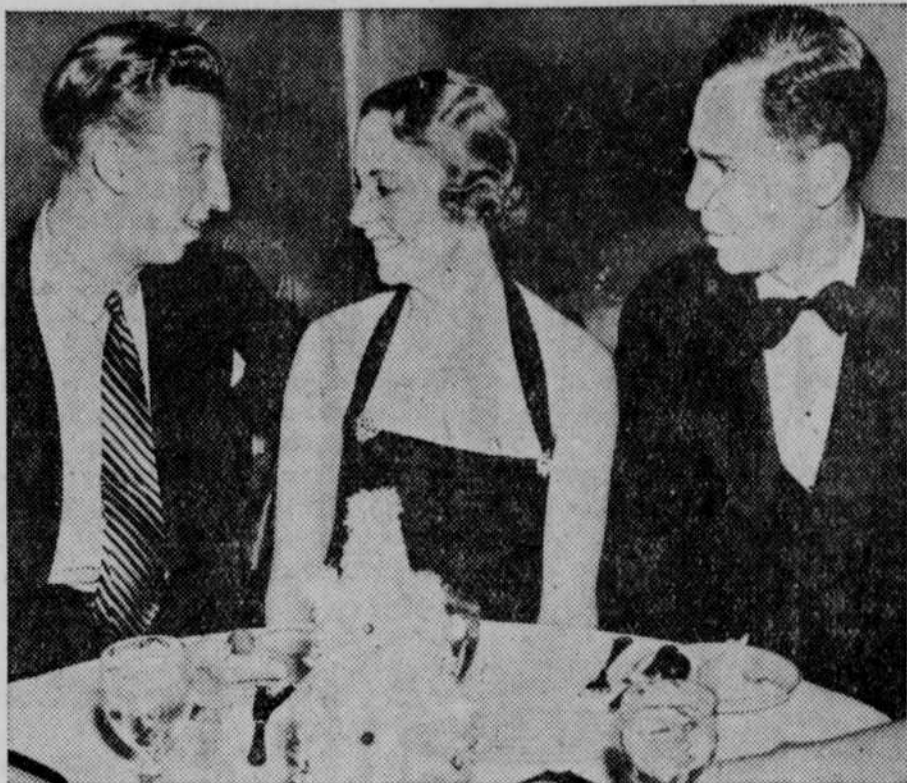
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### GRIDIRON GHOST



This Martian looking character is what the football player of the future will resemble if he dons all the safety equipment demonstrated recently at a football coaches' meeting. The various safeguards are designed mainly to protect the player in practice.

### Tennis Champs Hold Friendly Session



Don Budge (left) and Ellsworth Vines, the nation's top-notch professional tennis players, pay a social call on Alice Marble, national amateur singles and doubles tennis champion, at a New York hotel where she is appearing nightly as a professional singer. Budge, who recently turned pro, is on exhibition tour with Vines.

### DEGREE FOR ACTRESS



Recipient of the honorary degree of Doctor of Humane Letters from Hamilton college, New York, Actress Helen Hayes is the second woman to receive a degree from that school. In 1924 Ruth Draper, dramatic monologist, was awarded the degree of Master of Arts.

### Bovine Triplets Are Honored Guests



Rare in bovine vital statistics is the birth of triplets. In this photograph Clarence Kipp Jr. is showing off Susie, Charlie and Tom, normal, healthy offspring of Betsy, a Holstein cow on the Kipp farm near Marietta, Pa. At the time the picture was taken the calves were 18 days old.

## Fox Farmer—Wins \$532,153 Suit—Tennis Queen



Returning from a sojourn of five months in the far north of Alaska, on Ushigat Island, which she leased from the government, Miss Kay Baker, West Virginia socialite, arrived in Seattle with 20 foxes that she had raised. Center inset: Margaret Ayer Barnes, Pulitzer prize winner in 1931, who with Edward Sheldon, bedridden writer, was awarded damages of \$532,153 for the plagiarism of their Broadway success, "Dishonored Lady." The court held that the movie, "Letty Linton," infringed on their play. At the right: Miss Marguerita Madden, 16, Boston, winner of the girls' national indoor tennis title in recent New York matches.

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Send your order to The Sewing Circle Pattern Dept., Room 1020, 211 W. Wacker Dr., Chicago, Ill. Price of patterns, 15 cents (in coins) each.

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### It's Early Worm That Get the Bird's Smile

John and his twin brother George had been paying a great deal of attention to the very pretty girl at the dance. And at last John managed to get her to himself for a few minutes:

"Mary," he said earnestly, "every morning you are my first thought."

Mary looked up at him.

"George says so, too," she murmured.

For a moment John looked blank, then his face lit up.

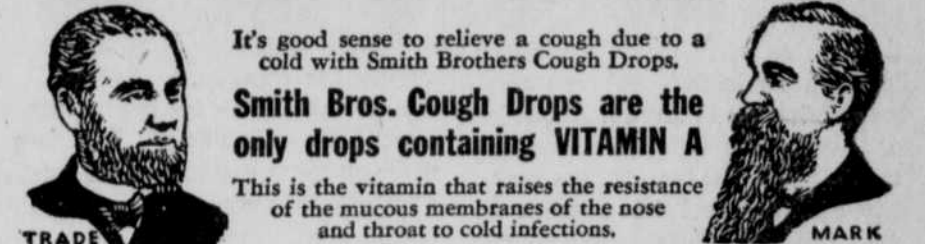
"Ah," he exclaimed, "but I get up an hour before he does."

And she favored him with a smile.

### Six-Weeks' Song

When the Carnival comes to Nice on the French Riviera, there is a charming custom of launching, a new song whose melody is played daily by every orchestra and street band until everyone is whistling or humming it. When King Carnival dies the song dies, too, and the following season another takes its place.

# SENSE



### DIZZY DRAMAS

Now Playing—"OLD CROWLY"

By Joe Bowers

