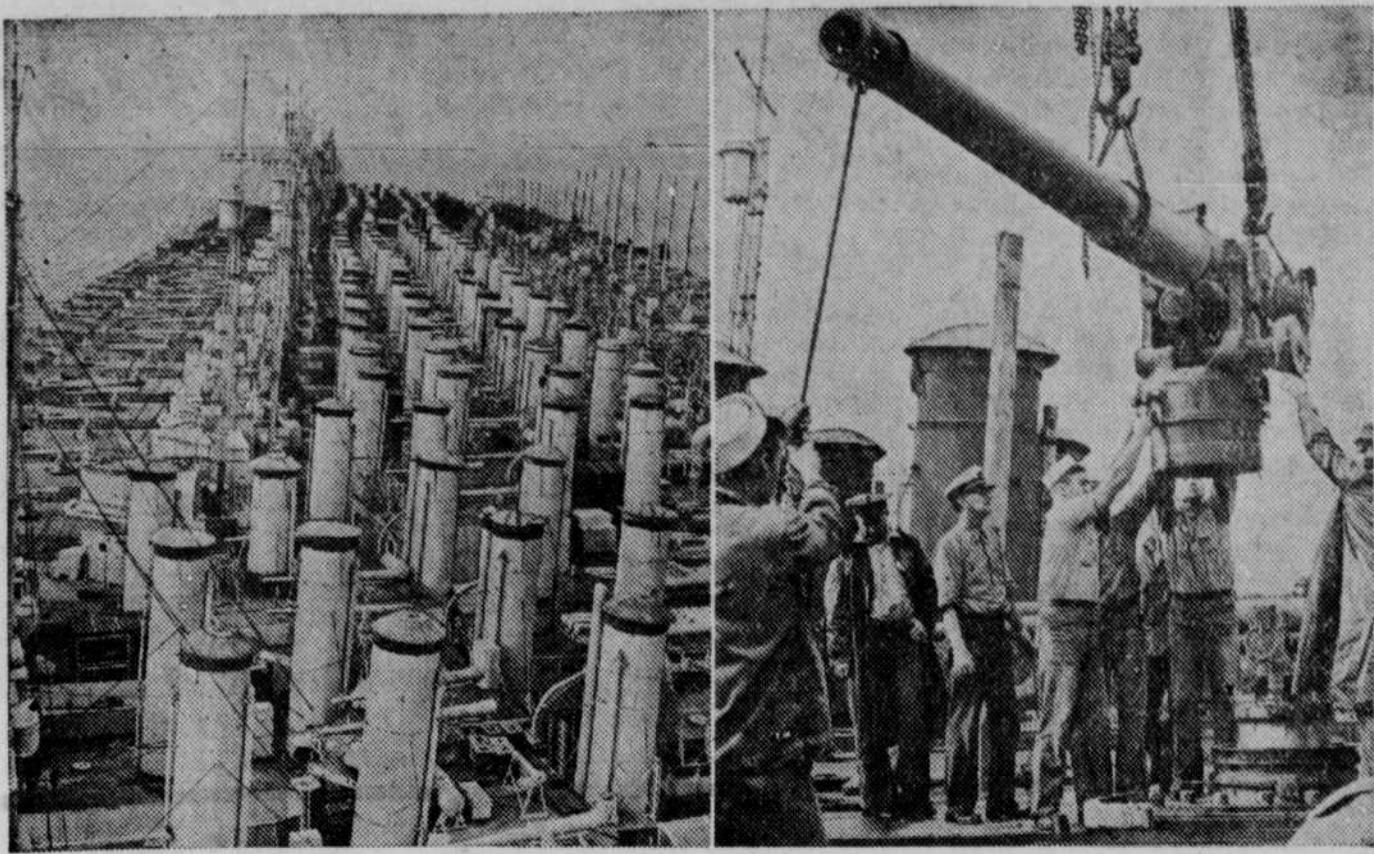


War-Time Destroyers Save Nation \$150,000,000



A cross section of the navy's far-flung preparations for war emergency is disclosed at the United States destroyer base at San Diego, Calif., where 48 World War destroyers are being reconditioned into instant readiness for service. Instead of being scrapped under terms of the Washington and London naval treaties, they were saved for the nation's defense, thus saving the country some \$150,000,000 in costs. In event of war, crews would merely have to walk aboard, get up steam and proceed to sea, as all equipment is in good condition. Torpedoes and other munitions have been kept in good condition. Right: a four-inch gun is being mounted on the destroyer U. S. S. Mead.

WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

NEW YORK.—Mrs. Ella A. Boole, the iron chancellor of prohibition, goes into action again, with Sen. Morris Sheppard of Texas and several other famous old-time dry leaders who think they see a new and arid day dawning. A friend of this writer, scouting material for a magazine article on a trip through the Middle West, says the dries are coming back like an army with banners. Too many saloons, too much educational elbow-bending, too many tangles between barleycorn and automobiles, too much cutting of corners to meet heavy tax and license costs—all this, and more, is rallying the dries for a return engagement, say the above and other detached observers.

The massive and deliberate Mrs. Boole is 80 years old and looks much less. In New York, she addresses the luncheon of the state W. C. T. U., commemorating the centenary of the birth of Frances E. Willard, founder of the W. C. T. U. Her firmly set spectacles with gold bows, her crown of abundant white hair, the stern godliness of her features all are as they were. Nothing whatever has been repeated in Mrs. Boole's person or ideas.

For more than 50 years she has been fighting alcohol. With her husband, the late William H. Boole, pastor of the Willett Street Methodist church, she waged war against the B-wery dives, away back in the eighties. She had come from Wooster, Ohio, an alumna of the University of Wooster, where, immediately after her graduation, she had taken up her life-work for prohibition. From 1909 until 1919, there was no important piece of anti-liquor legislation in which she did not participate.

In 1925, she became national president of the W. C. T. U., and, in 1931, world chairman. During the prohibition years and in the preceding years of strife, she was the head of the combined prohibition board of strategy, shrewd, resourceful, tireless. Fittingly, her citadel is still a little Van Wert, Ohio, hedge-bordered house, set down in Brooklyn, holding its middle-western ground far in the enemy territory. As does Mrs. Boole, still standing firm and unshaken in her flat-heeled shoes.

IN THE last 14 years, Dr. Donald A. Laird of Colgate university has written 14 books and 500 articles, but has inspired many more than that. He has been heaven's blessing to the make-up man, needing a snappy little box to dress a page. As Dr. Laird retires, to engage in research at the callow age of 41, here are just a few of his stimulating findings:

Horizontal thinking is best. It is quite possible that a new stage of evolution is setting in which will take us back to all-fours.

When you feel jittery, snap up some red meat.

Some cases of second sight are explained by an odorless scent which almost, but not quite, wells up into consciousness.

If you feel rotten today, you will be happy in just 23 days, as that is the life-ordained cycle of hope and despair.

The Dionne quint is in danger of growing up to be man-haters—on account of women nurses and governesses.

Brains are sluggish in summertime.

Eat candy to fight off sleepiness at work.

Never count sheep to put yourself to sleep. It doesn't work.

Noise makes city people smaller than country people.

Women employees are more adaptable than men and stay longer on the job.

Many of these discoveries have been made by Dr. Laird in his research as a consultant for concerns in heavy industries, in which field he has been busy and distinguished. He is a world authority on noise and sleep. Farm-reared in Indiana, he was educated at the Universities of Dubuque and Iowa and taught at many universities before joining the Colgate faculty 14 years ago. He has been out in front in the above novel ideas, with the exception of the one about our getting back to all-fours. That has been evident for at least seven years, as revealed by prevailing trends in world politics.

Consolidated News Features, WNU Service.

WHAT to EAT and WHY

C. Houston Goudiss Touches Upon the Food Values of Fish and Shellfish; Shows How They Can Help to Improve Nutritive Quality of the Diet

By C. HOUSTON GOUDISS

A PRESENT-DAY nutritionist might easily quarrel with the traditional distinction between fish, flesh and fowl. For the flesh of fish, cattle, swine, sheep and poultry is commonly referred to as "meat," and the nutritive values of all these foods properly may be considered together. Their composition is very similar, consisting principally of protein, water and fat, with the chief variation occurring in the fat content. They also average about one per cent of minerals and contain some of the vitamins in varying amounts.

Fish vs. Other Flesh Foods

There is a wide variation among the different kinds of fish in the amount of fat they contain. In general, fish have less fat and more water than other forms of meat. Their tissue fibers are also shorter, which makes for ease of digestion. In many cases, their flavor is less pronounced because there are fewer extractives. For this reason, fish is considered less stimulating, and that is also why it is often served with some sort of sauce, or with a lemon garnish to point up the flavor.

The proteins of fish are regarded as equally useful with other forms of meat for helping to build and repair body tissues. Most lean fish are richer in minerals than fatty fish; in this respect, they resemble lean meats.

Salt water fish are notable as a source of iodine, required for the proper functioning of the thyroid gland. It is desirable that this mineral be included in the dietary to help prevent simple goiter.

The Cattle of the Sea

The most significant difference between fish and most other flesh foods is that with the exception of certain shellfish which are produced under government regulation, "crops" from the sea are neither planted by man, nor cultivated by him.

Unlike the farmer or the cattle man, the fisherman gathers his "harvest" without the previous effort of sowing seeds or cultivating plants; without the necessity of providing shelter or fodder.

To a man or woman who has never enjoyed the experience of catching fish for dinner, the sea may suggest nothing but an expanse of blue-green water. But to those who are familiar with the habits of its denizens, the sea is a fascinating place . . . teeming with life. It contains many forms of vegetable materials, of which seaweed is the best known. These

provide food for the lower forms of animal life which inhabit the waters. They, in turn, are eaten by larger creatures. In the final analysis, all forms of animal life in the sea, as on land, are dependent for their sustenance upon the sun, which stores up energy in green plants.

Fish as a Source of Vitamin D

The sun is concerned, too, with the production of vitamin D, as it is by means of sunshine that our best source becomes available. Fish liver oils are the richest natural sources of vitamin D. This vitamin is necessary for the proper utilization of calcium and phosphorus in building strong bones and sound teeth. We prize highly the liver oils of the cod, halibut, salmon, swordfish and tuna for their fine amount of this precious vitamin.

The body oils of certain fish are also valued for their vitamin D. Some varieties that are notable in this respect are salmon, herring and sardines. It is agreeable as well as economical to obtain vitamin D by serving seafood, because fish supplies so many other valuable nutrients at the same time.

Fish Is Universally Available

There are perhaps more varieties of fish than any other type of first-class protein food. A government bulletin has listed 40 kinds besides smoked and salted fish and the various shellfish.

Thus the use of fish provides ample opportunities for varying the menu. Moreover, though fish is more perishable than other flesh foods, it is available today in every town and hamlet, however remote from the waterways.

No matter where she lives, the homemaker can choose from a wide variety of canned, dried, smoked, salted and quick-frozen fish. And both transportation and refrigeration have been so improved that fresh-caught fish are distributed far inland.

The quick-frozen fish should be handled as carefully as fresh fish, kept under refrigeration, and used within a reasonable time after purchasing. Canned fish, naturally, requires no refrigeration, and a supply can always be kept on hand both for everyday use and for emergencies.

The most important canned fish, in terms of the amounts packed

and sold, is salmon. This flavorful fish is an excellent and economical protein food which is also notable for its energy value; its calcium, phosphorus and iodine; and as a source of vitamins A and D. Other canned seafoods that are sold in volume include tuna, sardines, shrimp and clams. Canned crab and lobster meats and oysters are also to be found upon the shelves of most grocers, together with other varieties of seafood, some packed in tomato sauce.

When using canned salmon and other kinds of fish that have been put into the cans before cooking, it is advisable to conserve the juices which cooked out during the sterilization process, as these contain valuable nutrients.

Varieties of Shellfish

Clams, oysters, shrimp and scallops differ somewhat from other forms of seafood, chiefly in that they contain some carbohydrates. They have very little fat. Oysters are rich in iodine and they might be compared to the glandular organs, such as liver and kidney, as a source of three vitamins, A, B and G.

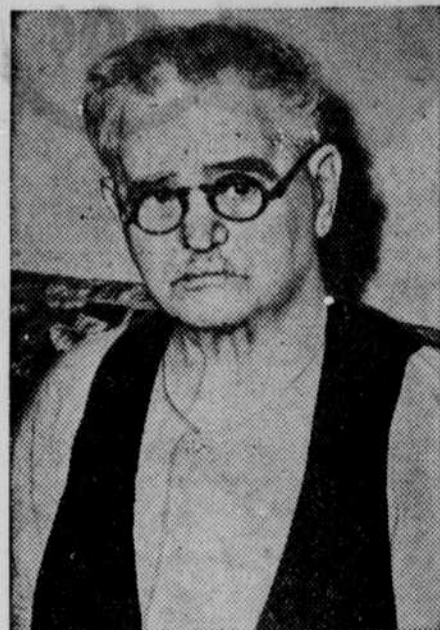
Place of Fish in the Diet

The most important contribution of all forms of fish is their proteins, which as we have seen may be used interchangeably with those of beef, pork, lamb, veal and poultry. The iodine of seafoods and shellfish is also extremely important, and in some varieties, the content of vitamins A and D. The more fatty fish, including mackerel, salmon, eels, herring, catfish and shad are comparatively rich in energy values. The fuel value of cod, flounder, perch, smelts and haddock, which are low in fat, and halibut and whitefish which have a moderate amount, may be increased through the use of a rich sauce, or they may be cooked in fat.

Taking into consideration its food values and economy, and when the preserved forms are utilized, its ease of preparation, the homemaker who desires to feed her family well should serve fish or shellfish, in some form, much oftener than once each week!

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SON COMES TO AID



When James J. Braddock, former world's heavyweight champion, was informed that his father, 76-year-old Joseph Braddock, pictured above, had applied to North Bergen, N. J., relief officials for aid, he said: "Why, he shouldn't have done that. He knows I'll take care of him, but he has never asked for anything." The former champ made approximately a half million dollars in the ring.

Magician Happy as Spirits Fail to Answer



Carrying out a secret pact made between four magicians, Harry Blackstone, the sole survivor, recently attempted to communicate with the spirits of Harry Houdini, Howard Thurston and Charles Carter. So far he has been unsuccessful and remarked to friends: "If anything should happen that the lock springs open, the card floats or the hand taps, there will be a new door in the back of the building as I will go right out through the wall."

Manassa Mauler Behind Bars—as a Guest



Jack Dempsey, former heavyweight champion of the world, addresses a throng of prisoners at the state penitentiary in Raleigh, N. C., during a southern tour. The popular restaurant proprietor is still champion to a large share of his audience, many of whom have been in prison since the Manassa Mauler won his title from Jess Willard back in 1919.

Herb Merchants Mark 50th Anniversary



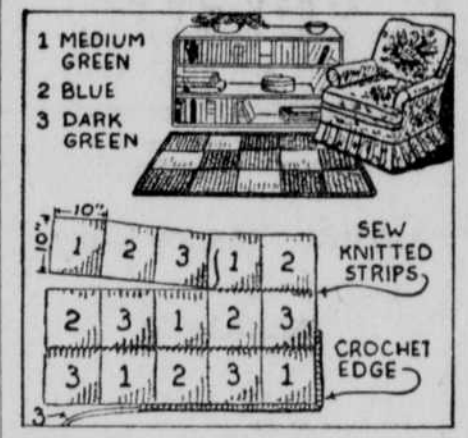
Uncle Charlie and Aunt Lena, "yarb" merchants, who for 50 years have brought their ancient natural medicines to the curb market at Winston-Salem, N. C., are doing at least average business. Sassafras, hemlock, mandrake and "John de Conqueror" root are among their wares. Many of the roots, leaves and barks are ingredients in magical formula of southern Negroes.

CONTENTED PRISONER



Detroit, Mich., police recently arrested a good natured, bearded and ragged old man on a charge of vagrancy. When the judge asked him his name, he replied that it was plain John Doe. He was found sleeping peacefully in the cold on a sidewalk, and is happy with all his present attention.

HOW to SEW RUTH WYETH SPEARS



inches by cutting the material close to the needle and sewing a new color to it.

When three strips have been knitted with the colors arranged as shown here, sew them together on the wrong side with heavy carpet thread. Use a crochet hook of about the same size as the knitting needles for the edge of single crochet.

NOTE: Be your own decorator. Make new draperies; curtains; slipcovers; bedspreads and dozens of other things for every room. Mrs. Spears' Sewing Book No. 1—"SEWING for the Home Decorator," shows you exactly how, with step-by-step illustrations. Book 2—Gifts, Novelties and Embroidery, shows you how to make fascinating things from odds and ends and will save its cost many times. Books are 25 cents each; if you order both books, the Rug Leaflet is included FREE. Address: Mrs. Spears, 210 S. Desplains St., Chicago, Ill.

HOUSEHOLD QUESTIONS

Remember Your Feet.—When you put cream on your hands at night rub a little into your feet, too, to keep the skin soft.

Large Pillow Cases.—Pillow cases wear out quickly when they are too small for the pillows forced into them.

Washable Pictures.—Pictures for children's rooms can be made washable by covering them with white shellac.

Antique Candles.—Brush brown floor stain over white candles to obtain an antique effect.

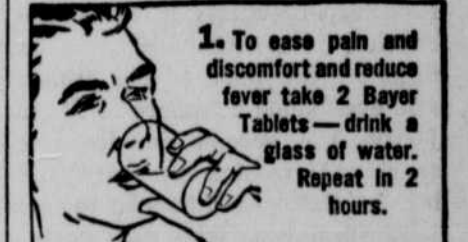


... There are two classes of news in these columns every week (1) Interesting Local Items (2) The Advertisements YES, the advertisements ARE news, and in many ways the most important of all because they affect you directly and personally. You'll find that it pays to follow this news every week. Reading the advertisements is the sure way to learn of new comforts and conveniences . . . to keep up with the times and get full money's worth for every dollar you spend.

DO THIS

TO RELIEVE PAIN AND DISCOMFORT OF A COLD

Follow Simple Method Below Takes only a Few Minutes When Bayer Aspirin is Used



1. To ease pain and discomfort and reduce fever take 2 Bayer Tablets—drink a glass of water. Repeat in 2 hours.

2. If throat is raw from cold, crush and dissolve 3 Bayer Tablets in 1/2 glass of water . . . gargle.

Starts to Ease Pain and Discomfort and Sore Throat Accompanying Colds Almost Instantly

The simple way pictured above often brings amazingly fast relief from discomfort and sore throat accompanying colds.

Try it. Then—see your doctor. He probably will tell you to continue with the Bayer Aspirin because it acts so fast to relieve discomforts of a cold. And to reduce fever.

This simple way, backed by scientific authority, has largely supplanted the use of strong medicines in easing cold symptoms. Perhaps the easiest, most effective way yet discovered. But make sure you get genuine BAYER Aspirin.

15¢ FOR 12 TABLETS
2 FULL DOZEN 25¢