

Basketball Goes Big Time

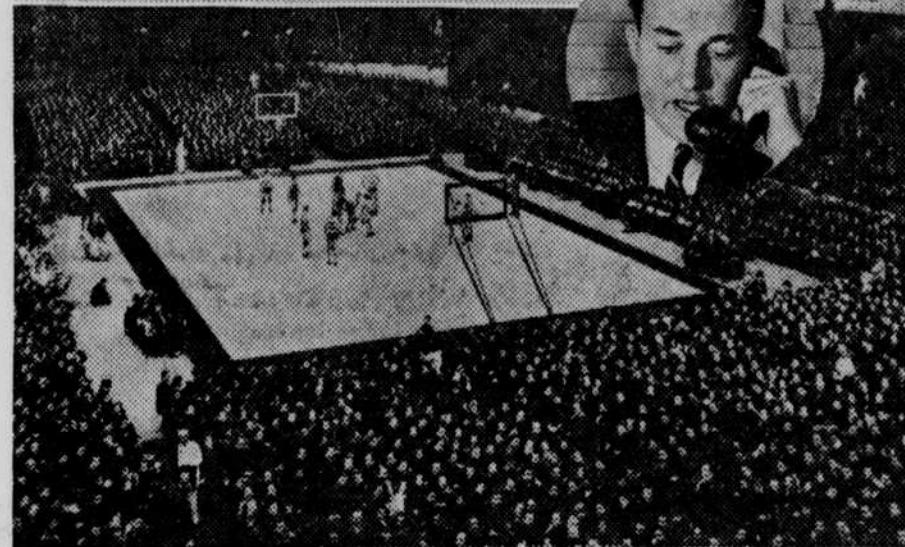


Picture Parade

In December, 1891, a staff member of the Springfield (Mass.) YMCA training school invented a new game by corraling two peach baskets, a soccer ball and a smooth floor. That man was Dr. James A. Naismith, now a 76-year-old professor emeritus at the University of Kansas. Basketball, now played by 20,000,000 people each year, got its real start at Lawrence, Kan. A member of the first girls' team, organized there, was the future Mrs. Naismith, now deceased. The "parents" of this remarkable game are shown above, in 1928.



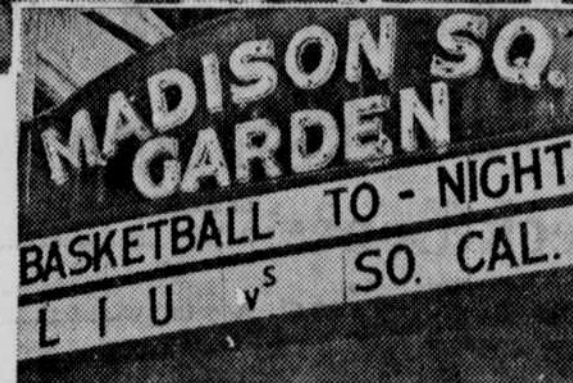
Here is basketball's first team, at Springfield, Mass. There are nine players, whose number was later reduced to five. Below is an artist's conception of the first game, played in black, full-sleeve, wool jerseys, with long trousers. Note the ball retriever standing on the ladder beside the basket.



Basketball now attracts more fans than baseball or football. Partly responsible for this growth is Ned Irish (inset), who brings big college teams to New York's Madison Square Garden each year. The above photo was taken during the Fordham-New York university game in January, 1936, when 10,074 people attended. This tilt established a new attendance record.



From old to new. Above: a photo of the famous first girls' basketball team at Kansas university. Right: a symbol of the game's growth, a sign on the Garden's marquee.



Dr. Naismith's first team at Kansas university.

WHAT to EAT and WHY

C. Houston Goudiss Offers Timely Advice on Keeping Children Well in Winter; Warns of Several Dangers

By C. HOUSTON GOUDISS

ONE of the ways by which her community judges a woman's success as a mother is by the health and well-being of her children. If they are energetic, rosy-cheeked normal boys and girls who have a high resistance to infections, such as the common cold, and if they display the good dispositions that we usually associate with buoyant health, then the verdict of friends and neighbors is usually that of a job well done.

To help her children maintain top health and vitality, a mother must constantly be alert to the various factors that help produce this ideal estate. And at the same time, she must likewise be on guard against the common conditions that may contribute to lowered resistance, especially fatigue and improper diet.

Winter Hazards

It has been said that in winter the body is on trial—and this is as true of children as of adults. Extremes of temperature require adjustments on the part of the body, and in most parts of the country, children are called upon constantly to switch their environment from a house which is all too frequently overheated to an outdoor temperature that may be below freezing.

While cool, outdoor air is stimulating to children in normal health, some children withstand it much less successfully. This is particularly true of those who are improperly nourished; who are over-fatigued or suffer from poor circulation.

When it is very cold outdoors, it is wise to have children come in from their play periodically to warm up. And if a child appears to suffer from the cold unduly, it is wise to have a physician check up on his health.

Guard Against Frostbite

Over-exposure must be avoided, particularly in cold, damp weather. For under these conditions, doctors warn, there is always a danger of frostbite. They say that whenever the temperature falls below 8 degrees Fahrenheit, children should not be permitted to play outdoors. If they do, the cold may act upon the tissues so that part of the body is deprived of its blood supply. This is most likely to occur in the fingers, toes, nose or ears which thereupon become frozen. The combination of wind and low temperature is especially dangerous and frostbite frequently occurs at temperatures up to 14 degrees Fahrenheit when there is a strong wind.

Mothers should be on guard against frostbite when the temperature is below 24 degrees Fahrenheit, however, and at all times during the winter, see that children are warmly clad. This need not mean that they are so bundled up as to preclude the possibility of active play. Suitable clothing consists of garments which provide warmth and protection against dampness, without constriction at any point.

Two layers of wool, such as that provided by a woolen sweater and playsuit are considered preferable to one too-bulky garment. Feet and hands should, of course, be well protected.

Don't Overheat the House

Only a little less serious are the consequences of dry, overheated indoor air. It is unfortunate that so many people keep their rooms entirely too warm in winter. This not only widens the gap between indoor and outdoor temperatures, but may be extremely irritating to the delicate membranes of the nose and throat. Most authorities consider an indoor temperature of about 68 degrees Fahrenheit satisfactory.

Is Your Child Lazy?

We often hear mothers complain that their children are lazy in cold weather . . . and they seem to have less pep and energy than in other seasons. If by that they

mean that their children are less active, it may be that this can be attributed in part to the bleak, shorter days that do not always invite outdoor play. But sometimes a child displays such a reduction in his activities as to appear indolent. Then the mother must seek the physical or emotional factors that may be responsible. For true laziness suggests a body that is not functioning normally.

Quite possibly the child's diet is not meeting his bodily requirements. An undernourished child usually tires easily and is disinclined to exert himself. The food may be adequate as to quantity, but not as to quality. For example, a diet that is too highly concentrated, contains too little bulk or cellulose, may cause a tendency to faulty elimination. This, in turn, is frequently responsible for lassitude. The remedy is often a simple dietary change—the addition of a salad to the daily diet; or possibly the use of stewed dried fruits in addition to a fresh fruit or fruit juice daily. Of course, the child should also have two servings of vegetables besides potatoes, one of which should be of the green leafy variety. Also a quart of milk daily; breads and cereals, at least half of which may preferably be the whole grain variety; an egg daily or at least three or four weekly; one serving of meat, fish

or chicken, and another serving of a protein food, such as cheese. Some form of vitamin D should be included in the diet of young children, especially during the winter months.

It is also most important that children follow a daily routine that includes plenty of time for sleep. And for younger children a daytime nap is usually advised.

Children Need Healthy Mothers

Mothers must give attention to the children's health. But let them give some consideration to their own. The tired, nervous mother is very apt to transfer some of her own fatigue and nervousness to her child. So in arranging your child's rest periods and diet, in looking after proper habits of elimination, make sure that Mother, too . . . and better still every member of the family . . . follows this same sound health program.

Questions Answered

Miss B. W. J.—As a rule, no special consideration need be given to the amount of sulphur in the diet. That is because sulphur in food is found almost entirely in the form of protein, and in a well-balanced diet which supplies sufficient protein, the requirements for sulphur will be adequately met.

Mrs. B. F.—Between the ages of 60 and 70, and indeed thereafter, there is a gradual decrease in the need for energy. All the body processes function more slowly. The amount of proteins, minerals and vitamins is also less, as no new tissue is being formed. An excess of food is less readily handled by the body in later years, so it is advisable for older people to guard carefully against over-indulgence in food.

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AROUND the HOUSE Items of Interest to the Housewife

A Darning Hint.—When darning silk stockings in a place where the mending does not show, use a fine needle and one strand of silk for darning one way, making sure that every little stitch is caught to prevent laddering. For the other way use two-ply skein wool.

Rearranging Furniture.—When rearranging furniture in a room, new ideas may come easier if all the pictures, mirrors, wall hangings, plants, lamps, cushions, and other small articles are moved to another room.

To Blanch Skin.—To remove thin brown skin covering from nut meats, cover the meats with boiling water and let them stand five minutes in a covered dish. Drain and then quickly rub off the skins with the fingers. A small sharp knife may be needed on Brazil nuts.

Damp Brushes and Cloths.—Cleaning brushes and cloths should never be put away until they are entirely dried out. They are most attractive to roaches in their dampened state and almost always become rank and unpleasant, and of no further use in the cleaning line.

For Baby's Safety.—Never try to carry baby in one arm and some other hard-to-manage article in the other when going down stairs.

Fillings for Baked Apples.—Various fillings for baked apples might be: brown sugar, jelly, jam, maple sugar, raisins, nuts, figs, prunes, dates, coconut, mince meat or sausage.

When Washing Glass.—A little starch added to the water used for washing windows, mirrors and glassware not only helps remove dirt but gives a lasting polish.

Baking Apples.—Apples should be slit with a sharp knife in three or four places before baking, so that the skins do not wrinkle up while in the oven.

The New Frying Pan.—Boil a few potato parings with a little water for a few minutes in the new frying pan. Food cooked afterward in the pan will not be so apt to stick.

To Reseal Envelopes.—If you have forgotten the inclosure in a letter try to open the envelope carefully by rolling a pencil under the envelope flap towards the edge. Add the inclosure and reseal by painting the flap with liquid nail polish and pressing the flap down tightly.

For the Seamstress.—Cut georgette crepe and chiffon through two or three thicknesses of newspaper and the material will not stick to the scissors and prove difficult.

Gathering Cranberries

The best grade of cranberries are hand picked, but the bulk of the crop is gathered with rake scoops. The berries are sometimes raked from the bushes onto the ground. The ground is then flooded and the berries which are floating in the water are drawn down sluice-ways, where they are easily recovered.

SAFETY TALKS

Rural Traffic Accidents Increase

Traffic accidents in the rural districts are mounting by leaps and bounds. Since 1924, the National Safety Council says, motor vehicle fatalities have increased 172 per cent. In cities over 10,000 population they went up but 30 per cent.

Of course, the council points out, a large part of this increase may be the result of much-increased rural travel. But most traffic authorities believe, however, that the more favorable city record can be traced to the more effective traffic control measures in municipalities.

In 1937, the loss of life to traffic accidents in rural districts and cities under 10,000 population was 27,400. In cities over 10,000, there were 12,100 killed.

While collisions with pedestrians constituted the major fatal accident problem in cities, rural districts had their greatest difficulty with collisions between two or more motor vehicles.

HOW to SEW By RUTH WYETH SPEARS

"DEAR MRS. SPEARS: Those pages of embroidery stitches in your Book 2 have interested me greatly. I can never remember from time to time how to do even feather stitching. It is ingenious the way you show how to make each kind of stitch, and I turn to your book often. I have a small son now four and a half years old, and have always enjoyed



making his clothes and trimming them with little touches of embroidery. Do you think he is too old for this? B. H."

You still have a year or so if you keep the suits smart and boyish. I am sketching an embroidered trimming idea for you here. The thread should match the color of the trousers. Mark an outline for the embroidery with pencil as

Chap Found Swankin' It Required Some Effort

Sir Cecil Fitch on his trip to Hollywood told the story of a chap who suddenly got rich somehow. One day a piano was delivered at his cottage. A neighbor said on seeing it arrive:

"You're fair swankin'. But you won't keep that long, mark me!"

The very next day the newly rich chap wheeled his piano out on a hand cart and started down the road.

"Ho, ho!" laughed the neighbor as he saw him. "I told you you wouldn't keep it long."

"Shut yer face, fool," said the other. "I'm off to take me first lesson."

at A. Work over this with tiny chain stitches as at B; then make larger chain or loop stitches as at C and D.

Mrs. Spears' Sewing Book 2, Gifts, Novelties and Embroideries, contains 48 pages of step-by-step directions which have helped thousands of women. If your home is your hobby you will also want Book 1—SEWING, for the Home Decorator. Order by number, enclosing 25 cents for each book. If you order both, a crazy-quilt leaflet with 36 authentic patchwork stitches will be included free. Address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.



Conclusions

The young bachelor was asked which he thought were happier, people who were married or people who were not.

"Well, I don't know," he replied. "Sometimes I think there is as many as is that ain't, as ain't that is."—Stray Stories.

Covering Up

Hubby—I wear the pants in my home.

Friend—Yeah, but right after supper I notice you wear an apron over them.

MORE GRIEF



Mrs. Cornstossel—Tommy's letter sez he jes' broke two o' th' best records in college, pa.

Mr. Cornstossel—Great snakes, sumpin' else we gotta pay for, I reckon, like them glass things wot he broke in the laberatory las' month!

Rip Van Winkle?

Teacher of History Class (to pupil who had been ill)—I'm glad to see you back, Jack; you will have a lot of leeway to make up. How long have you been away?

Jack—Since William the Conqueror landed, sir.—Stray Stories.

Business Man (after interviewing daughter's suitor)

I regret I cannot see my way to allow you to marry my daughter at present, but give me your name and address; then, if nothing better turns up in the near future, you may hear from us again.

Hear Ye! Hear Ye!

Judge Groot—So you tried to drive by the officer after he blew his whistle?

Petzinger—Your honor, I'm deaf.

Judge Groot—You'll get your hearing in the morning.

Hard on Teeth

The pastor was appealing to members of his congregation to supply refreshments for the church social.

"And now please remember," he concluded, "what we want are not abstract promises but concrete cakes!"



1. To ease pain and discomfort and reduce fever take 2 Bayer Tablets — let in 1/2 glass of water . . . gargle. 2. If throat is raw from cold, crush and dissolve 3 Bayer Tablets in 1/2 glass of water . . . gargle.

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

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

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Background of Truth
The flowers of rhetoric are only acceptable when backed by the evergreens of truth and sense.—Macaulay.

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A Post Cereal—Made by General Foods