

# WHAT to EAT and WHY

## C. Houston Goudiss Gives Practical Advice on Feeding 'Teen Age Child; Describes Some Special Food Needs of Both Boys and Girls

By C. HOUSTON GOUDISS

**B**EGINNING around the twelfth year in girls and the thirteenth year in boys, the rate of growth is greatly accelerated. Then children require large quantities of food to meet the needs of their rapidly maturing bodies and they usually develop huge appetites. Unfortunately, however, they are often inclined to overlook the foods that are most necessary to health, to eat at odd hours, and to stuff themselves with rich combinations that may severely tax the digestive system.

Mothers may find it exceedingly difficult to deal with their offspring all through the 'teens, when physiological changes are taking place which mark the transition from childhood to maturity. For along with the development of his fast growing body, the child's emotional life undergoes a profound and disturbing change. The boy or girl who was formerly amenable to direction suddenly exhibits a desire for independence. He becomes jumpy and irritable, and the wish to direct his own life extends even to his choice of food.



**Mothers must mobilize all the patience and forbearance at their command—must make it their solemn duty to see that their adolescent children have the foods they require for growth, for stamina, and for building resistance to disease. For the stress and strain of adolescence will be far more easily weathered by boys and girls who are properly nourished.**

**Quality Important as Quantity**  
During the years of greatest growth, boys and girls frequently require more food than their fathers or mothers. But it is essential that the diet be well balanced and of the highest nutritive value. It should include an abundance of easily digested energy foods, such as breadstuffs, potatoes, cereals and macaroni products, as well as liberal quantities of the more concentrated fuel foods, such as butter or margarine. There must be an ample supply of high quality protein—which is furnished by meat, fish, eggs, cheese and milk—to build the new muscle tissue required to cover the lengthening frames of the boys and help build the rounded contours of the girls.

**Need for Minerals and Vitamins**  
There must be ample amounts of the various minerals—especially calcium and phosphorus for the teeth and bones, and to help build sound, healthy nerves; iodine for proper functioning of the thyroid gland; iron for building increased quantities of rich red blood. Every vitamin must be included in the adolescent's diet to promote normal health and development, but vitamin A is especially valuable at this time of rapid growth, and vitamin B is also required in liberal amounts to meet the extra demands of increased activity and growth.

**A Quart of Milk Daily**  
It is highly desirable that the diet should include a quart of milk daily, because milk is such a splendid source of calcium and vitamin A, as well as other necessary minerals and vitamins. If children have been brought up with a wholesome respect for this master food, they will continue to drink it during their 'teens.

**Fruits and Vegetables**  
Fruits should be eaten freely—at least twice a day—and the high-caloric dried fruits, such as prunes and dates, may be used to advantage along with bananas, oranges, grapefruit, apples and other fresh fruits, as well as the many varieties that come in cans. Cooked and raw vegetables should be provided liberally—if possible, at both lunch and dinner. Dressing cooked vegetables with butter or margarine will increase their fuel value, and make them more satisfying for hungry boys. **Girls, who are often finicky eaters during their adolescent years, can usually be tempted with crisp, raw vegetables served in the form of salads; and protein can be added by means of eggs, cheese, fish or chicken.**

**Boys Need More Food Than Girls**  
There is a marked difference between the fuel requirements of 'teen age boys and girls. Both must have a well balanced diet. But the boys need many more calories, and therefore should

too, thanks to the button-front. A diagram design, it may be all finished in a few hours. Calico, gingham, percale or seersucker are nice for this.

For slender, youthful figures, the heart-shaped, frill-trimmed neckline of No. 1726 is perfectly charming and as flattering as can be! The pointed basque bodice diminishes your waistline to practically nothing, and the wide-shouldered sleeves and flaring skirt accent the slender youth of the silhouette. Make this pretty dress of silk crepe, taffeta or prints, and see if it doesn't win you many compliments!

**The Patterns**  
No. 1719 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 4 1/2 yards of 35-inch material; 4 1/2 yards of braid.  
No. 1726 is designed for sizes 12, 14, 16, 18 and 20. Size 14 takes 4 1/2 yards of 39-inch material; 1 1/2 yards of pleating or ruffling.  
**Spring-Summer Pattern Book.**  
Send 15 cents for the Barbara Bell Spring and Summer Pattern Book, which is now ready. Make yourself attractive, practical and becoming clothes, selecting designs from the Barbara Bell well-planned, easy-to-make patterns.  
Send your order to The Sewing Circle Pattern Dept., Room 1324, 211 W. Wacker Dr., Chicago, Ill. Price of patterns, 15 cents (in coins) each.  
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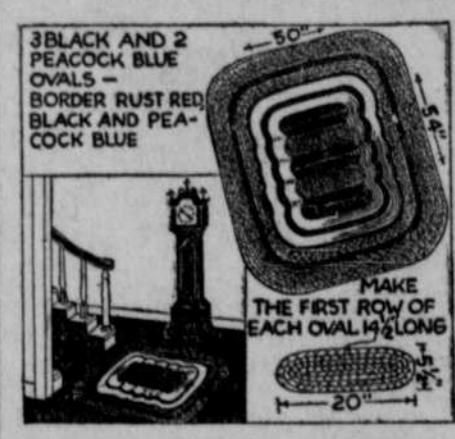
### Lovely Waist and Neckline

1719 1726

**Jerry On the Job!**  
GEE BOSS! EVERY GROCER'S HAVIN' A BIG CELEBRATION THIS MONTH LET'S GO IN.  
BOSH! A LOT OF TOMFOOLERY!  
HECK NO! IT'S A REAL PARADE OF PROGRESS TO CELEBRATE THE WAY FOODS HAVE IMPROVED OVER THE YEARS.  
CUT THE CHATTER! WE'RE IN A HURRY!  
OKAY! BUT TAKE THOSE GRAPE-NUTS FLAKES FRINSTANCE: NEW DOUBLE FLAVOR! NEW LOW PRICE! SA SHAME WE'RE IN A HURRY! 'CAUSE I COULD GO FOR A HEARIN' DISH.  
WHAT??? WHO'S IN A HURRY?  
I ALWAYS HAVE TIME FOR THOSE SWEET TASTING MORSELS—A DOZEN BOXES OF GRAPE-NUTS FLAKES QUICK!  
YOU'LL LOVE 'EM TOO! GET 'EM FROM YOUR GROCER AT THE NEW LOW PRICE.

# HOW to SEW

by Ruth Wyeth Spears



**YES,** a certain grandmother surprised everybody—even herself. She had always enjoyed making hit and miss rag rugs in cheery colors. Then one day her favorite grandson brought home the girl he was going to marry. She was a bright young thing, and chattered away about color schemes for her new home.

The living room and hall were to be peacock blue and rust with touches of black. "Well, peacock is just a greenish blue," thought Grandmother, "and rust is a brownish red." So she got out her dye pot and her best wool rags, and she mixed and she dipped and she dipped again. Then, instead of sewing her braided rags into one big oval, she made five ovals of the size shown here—3 black and 2 blue. She sewed these together,

then around them came 4 rows of rust; 2 rows of black next; then 4 of rust; 1 of black; 4 blue; 3 black; then 8 rows of blue around the outside.

When the wedding day arrived this gift was a great surprise; even Grandmother was amazed at how handsome it looked at the foot of the stairs in the new house.

Women everywhere are using their leisure to make their homes more attractive, with slipcovers; curtains; bedspreads and lampshades. They are again taking up embroidery and handwork so that they may beautify their homes and there is a revival of interest in old time hand crafts.

Mrs. Spears' Book 1, SEWING for the Home Decorator, and No. 2, Gifts, Novelties and Embroidery, clearly chart the way for you. If the old craft of rag rug making is your new hobby, you may have free Mrs. Spears' leaflet on rag rugs with your order for both books at 25 cents each. Address, Mrs. Spears, 210 S. Desplains St., Chicago, Ill.

## TIPS to Gardeners

**Care in Transplanting**  
TRANSPLANTING is an important activity in almost every garden, but a gardener will save time and possible disappointment if he knows what should and what should not be transplanted.

The following should not be moved: Celosia, didiscus (blue lace flower), four o'clock, helenium, and perennial sweet pea. Flowers which may be transplanted with little fear of damage, as long as the moving is done properly, include ageratum, alyssum, snapdragon, aster, calendula, marigold, pansy, petunia, pink, salvia, scabiosa, verbena, Canterbury bells, columbine, hollyhock, pyrethrum and viola.

There is a third division of flowers, according to Harry A. Joy, flower expert of the Ferry Seed Breeding Station, whose lives will not be endangered by transplanting, but whose growth will be stunted. Both plant and blossoms will be smaller but earlier. Larkspur, zinnia, phlox, nasturtium and bachelor button are in this group.

**Fire Walkers**  
Fire walkers claim faith protects them from injury as they walk barefooted across a bed of hot stones or smoldering ashes, says Collier's. Others claim fire walking is a trick the fanatics are able to stage because they use a fuel that is a bad conductor of heat, because they walk so rapidly that the contact is too brief to cause a burn and lastly, because they are able to induce some kind of anesthesia.

## ASK ME ANOTHER ?

A Quiz With Answers Offering Information on Various Subjects

**The Questions**

1. What is the speed of lightning?
2. What two European contemporary kings are brothers?
3. How did Wall Street, New York, get its name?
4. Are American vessels permitted to enter the Colorado river at its mouth in Mexican territory?
5. What is the source of the quotation, "Patriotism is the last refuge of a scoundrel"?
6. Why is a certain plant called Job's tears?
7. What is a pourparler?
8. What is the origin of the word etiquette?
9. What is an archer fish?
10. Is steam sold to various buildings in New York?

**The Answers**

1. The speed of lightning was measured at the Empire State building in New York at 10,000 miles a second.
2. King Christian X of Denmark and King Haakon VII of Norway are brothers.
3. From the fact that it follows the line of the palisaded wall or stockade which was built in 1652 across the southern end of Manhattan island.
4. Yes. En route they merely report to the captain of the port of Guaymas, Sonora.
5. It is from Boswell's "Life of Johnson."
6. Its name is derived from the hard, shining tearlike seeds which resemble bluish white porcelain and are used in making bracelets, necklaces and rosaries.
7. It is an informal, preliminary conference of representatives of different groups, factions, or countries, looking to a formal agreement settling disputed questions among the parties.
8. It is derived from Louis XIV's custom of asking his guests to observe and keep within the etiquettes (tickets or signs) which marked the garden beds and paths at Fontainebleau.
9. The archer fish inhabits the fresh waters of Siam and the East Indies. It is so called because of the way in which it secures its food, by shooting insects with a pellet of water.
10. The New York Steam company sells live steam in certain areas of the city. It is sold by the cubic foot.

## Life is a Mission

Every other definition of life is false, and leads all who accept it astray. Religion, science, philosophy, though still at variance upon many points, all agree in this, that every existence is an aim.—Mazini.

**YOU ALWAYS LOOK SO HAPPY WHEN YOU LIGHT UP A CIGARETTE**

**WHY NOT? CAMELS PUT A LOT OF FUN IN SMOKING. THEY'VE GOT REAL MILDNESS AND A RIPE, DELICATE FLAVOR ALL THEIR OWN**

**FOR SMOKING PLEASURE AT ITS BEST—CAMELS**

## WHO'S NEWS THIS WEEK

By LEMUEL F. PARTON

**NEW YORK.**—On August 2 of this year, Dr. Gustavus Adolphus Eisen will be 92 years old. It was his research that established, so far without authoritative challenge, the Chalice of Antioch as the "oldest surviving record of the faith of the Apostles." The chalice was exhibited during holy week at St. Thomas Episcopal church, New York, with the conjecture that its inner cup may have been the beginning of the legend of the Holy Grail. In a book published in 1926, Doctor Eisen established the use of the chalice in the Church at Antioch not later than the end of the first century of the Christian era.

At the age of 85, Doctor Eisen learned to decipher cuneiform inscriptions, to write a treatise on Mesopotamian cylindrical seals, or glyptics. In 1936, he published 15 volumes summarizing his research in legends of the Holy Grail, and is now at work on studies of early portraits of Christ and the apostles. His eyesight and hearing are still good and he puts in a full working day.

Doctor Eisen has published more than 150 books covering his amazing range of inquiry in a half-dozen sciences, including studies of earthworks, fig culture, archeology, ancient grass, portraits of George Washington and geological, zoological and botanical subjects.

Born in Sweden, he was a frail child, unable to attend school, frequently in the country, with tutors who stimulated his scientific interests. In the University of Upsala, he wrote a thesis on earthworks which attracted the attention of Charles Darwin. His correspondence with Darwin put him in touch with Alexander E. Agassiz, the American naturalist, and, when he obtained his doctorate in 1873 and removed to America, the two men formed a long and fruitful association. For 40 years, Doctor Eisen was on the Pacific coast, working at times with the late Luther Burbank on plant research.

Last year, the California Academy of Science honored him as the founder of the state's great fig-growing industry. Smyrna figs frequently had been taken to California, but there was no yield. Doctor Eisen studied this problem and reached the conclusion that the failure was due to lack of fertilization. Male trees were brought over and California began gathering fig crops.

The chalice, which had been found in the ancient ruins of Antioch in 1910 and placed in the Louvre, in Paris, was brought to this country in 1914, to safeguard it during the war. Doctor Eisen's conclusion was that it had been made by a great Roman artist, Apollodorus, who lived from 50 to 120 A. D.

Doctor Eisen's avid scientific studies continue on, unabated, into his tenth decade. He is a bachelor. None has ranged farther into the past, while pressing eagerly into the future in his zest for knowledge.

**ON A** cotton patch in the high mountains of North Carolina, a lad leaned on his hoe, and, in his imagination, followed out in the world the 11:15 train, in the **Lad With Hoe in the Whirl to Wealth** he did follow the lingering plume of smoke and that is linked, in the long chain of causation, with the Sperry corporation's harbinger of one more spring. The lad with the hoe, one Thomas A. Morgan, president of the corporation, announces a net income of \$4,961,398 for 1933, against \$2,949,860 the year before.

He joined the navy when he hung up his hoe, qualified as an electrician, and, running a gyroscope, sank his career in this magic whirligig. That geared him in with the Sperry company, and, just as the great war was breaking, he chased the Czar's navy all over the far-eastern map to sell it gyroscopes. He caught up with it and rang up a sale, in one of the epics of free American enterprise.

Thereafter he planted gyroscopes on all the great fighting ships of the world and sailed a true course to the presidency of the Sperry corporation in 1928. He became one of the grand panjandrums of aviation. He says he got where he is by thinking of today, and its demands, rather than of yesterday or tomorrow. He had ten months' schooling when he trailed the train in the valley.

Consolidated News Features, WNU Service.

## FARM TOPICS

### BABY CHICK LOSS CAN BE CUT DOWN

Obtain Reliable Birds From Tested Flocks.

By Dr. Frank Therp Jr., Associate Pathologist, Colorado State College, WNU Service.

The usual baby chick losses can be greatly reduced this spring and summer by farmers and poultrymen if they will buy their chicks from U. S. pullorum-tested hatcheries and flocks or from hatcheries known to maintain very rigid inspection over their breeding flocks.

Records show that pullorum disease is second only to fowl paralysis as a cause of poultry losses. Several lots of chicks have been tested at the college laboratories this year. Diseased birds have come from out-of-state hatcheries but none from hatcheries operated under the U. S. Poultry Improvement plan.

Flocks managed under this plan have been pullorum tested and all reactors removed. Those showing 10 per cent or more reactors cannot be used as breeding flocks until a retest shows that the disease has been cleared up.

A constant temperature and strict sanitation measures are essential in keeping losses to a minimum where a slight infection may exist.

### Grafting or Budding Is Easy for Horticulturist

There are usually only two methods in grafting or budding fruit trees, says a writer in the Montreal Herald. Grafting is done in spring before or just as growth is starting. In grafting over fair sized or large trees this may take from three to five years doing a third to a fifth of the tree each year. The process is to saw off the limb at the desired point. The stub is then split through the center and a narrow wedge driven into the center of the stub to keep the split open until the scions are inserted. Meanwhile twigs of last year's growth which have been taken from the desired variety some time ahead and kept in a cold place to keep them dormant are cut into three bud lengths and the lower end trimmed in the form of a long wedge to match the split in the stub. In trimming these make the outside a little thicker than the inside so that the pressure will be greater along the outside where the union takes place. In inserting the scions one on each side push the bottom slightly inward and the top slightly outward and thus insure contact of the cambium or growing tissue. When in place, take out the wedge, bind around with damp raffia and use grafting wax to seal up the top of the stub and about the scion.

### 'Weeping Tile'

"Weeping tile" is the name often given to ordinary farm drain tile. These tiles are unglazed, clay tile, one foot long, such as are used by farmers for the construction of underdrains in wet land. It may be of interest to know that the term "weeping tile" originates from the idea that, in order to be effective, water has to percolate through the walls of these tiles. The fact is, however, that no such percolation takes place, the water in the soil entering the drain through the joints between the lengths of tile. In fact, the best quality drain tile are those with the least porous walls; tile with an ability to absorb a large amount of water when allowed to soak are usually rejected because of insufficient burning in the kiln.

### Agricultural Notes

Corn acreage in the United States decreased 3,000,000 in 1933 and cotton acreage approximately 8,000,000 acres.

Turkey feeding tests in Michigan showed an average of about a pound per week gain between 20 and 24 weeks of age.

For 17 times in 21 years Canada won the world's wheat prize at the International Grain and Hay show in Chicago.

Fourteen out of fifteen poultry hatcheries in Louisiana are co-operating in the program for control of poultry diseases.

Young ducks forced for rapid growth and marketed at from 9 to 13 weeks of age are called green ducks. They weigh from 4 1/2 to 6 pounds each.

Italian poultry vendors never deal in other meats. They sell the rooster combs separately.

Over a period of years, alfalfa has been the most profitable of the hay crops in New York state.

Good cows will average about 15 per cent more milk on three milkings a day than they will on two.

Since lambs and sheep are easily dressed, it is possible to have this good fresh meat often on the farm.