

Windsors Mark 2nd Anniversary

Two years ago, on June 3, 1937, a king married a commoner at Monts, France. Still exiled from his native England, apparently resigned to a life of inconsequence, the duke of Windsor lives contentedly in France with his American born wife, the former Mrs. Wallis Warfield Simpson. Some day he hopes to return to England with "the woman I love." Meanwhile the Windsors make the most of an uncomfortable situation.



Above: They frequently appear at public ceremonies, as when this picture was taken with Maxime Real del Sarte, who presented them with his medallion of Queen Victoria, which will become part of a monument to be erected at Biarritz. Right: An unusual camera study of the duchess.



Picture Parade



Above: Night club life like this has recently become less important to the Windsors. Left: Grace Moore, American singer, who stirred a controversy among British at the Riviera when she gave the duchess the royal honor of a deep curtsy in public last winter. Below: Last autumn the duke and duchess of Gloucester visited the Windsors in Paris, giving rise to reports that Edward and his wife may soon return to the British Isles.



WHAT to EAT and WHY

C. Houston Goudiss Describes the Role of Phosphorus in Nutrition; Tells Where to Obtain This Mineral

By C. HOUSTON GOUDISS

THERE are at least 11 different mineral salts which are essential to the structure or functioning of the human body. But of these, only four—calcium, phosphorus, iron and iodine—require the careful consideration of the homemaker. That is because a diet which furnishes adequate amounts of these four will automatically provide the others. But when the diet is deficient in any one of these four minerals, disastrous consequences may result.

It is therefore of the utmost importance that every homemaker should know something of their functions, and what foods supply them. In this article, we shall deal specifically with phosphorus.

Versatile Phosphorus

It has been said that if the biographies of the elements could be written, that of phosphorus would be the most interesting of all. That is because there are 14 different ways in which compounds of phosphorus may function in the body. In fact, it is doubtful if any other inorganic element enters into such a diversity of compounds or plays an important part in so many functions.

This mineral is indispensable for all the active tissues of the body and likewise helps in regulating the neutrality of the blood. It is found abundantly in nerve tissue.

Needed for Teeth and Bones
Its most significant role, however, is to team with calcium in giving rigidity to the bones and teeth. Approximately 90 per cent of the total phosphorus of the body and 99 per cent of the calcium are found in the bones and teeth.

Both these minerals are required in generous amounts, but almost twice as much phosphorus as calcium should be supplied every day. Moreover, children should have about one-and-one-half times as much phosphorus as adults, to meet the requirements for growth.

The muscles and soft tissues need phosphorus as well as the bones, and in the dietary of the child, they must share with the bones, the phosphorus that is pro-

vided by the food. Hence, the greater need for this mineral during childhood.

Phosphorus and Rickets

If a child's diet is deficient in phosphorus or calcium, or if conditions are not favorable for their proper absorption, rickets will occur. This devastating nutritional disease may result in deformities of the chest and pelvic bones, as well as the more familiar bow legs and knock-knees.

Investigators have spent many years in discovering how to prevent and cure this disease which has made life miserable for so many children and which has far-reaching effects that carry over into later life. For example, adults who have bow-legs or a pigeon breast as a result of childhood rickets, are always self-conscious because of their defects. And motherhood may be far more difficult for young women whose pelvic bones were deformed by rickets in their early years.

A Low-Phosphorus Diet

It was found that rickets may be associated with a low-phosphorus diet, even when the calcium content is high. And investigations also determined that there is a seasonal tide of blood phosphorus which corresponds to the amount of available sunlight. This led to the realization that sunlight—which we now know helps the body to manufacture vitamin D—is closely related to the proper utilization of phosphorus. And today it is well established that rickets can be prevented, or cured, by a diet containing liberal amounts of phosphorus, calcium and vitamin D. Vitamin D can be obtained from direct sunshine, but where this is not available in adequate amounts, cod-liver oil, irradiated foods, or those fortified with a vitamin D concentrate will supply this necessary substance.

As we approach the season when the greatest amount of sunshine

is available, homemakers should see to it that not only the children, but every member of the family spend as much time as possible in the sunlight. This will help to promote the proper utilization of phosphorus and calcium. And both teeth and bones will benefit, as well as the general health.

Where to Find Phosphorus

Every homemaker should acquaint herself with the foods that supply phosphorus most abundantly, so that she will be prepared to include this mineral in the diet every day. Egg yolk and dried beans are both valuable sources of phosphorus. So are whole grain cereals and lean meats. In fact, cereals and meats have this in common—both are rich in phosphorus and deficient in calcium. Whole grain breads are likewise important for their phosphorus content. And on a percentage basis, cheese ranks very high as a carrier of this mineral.

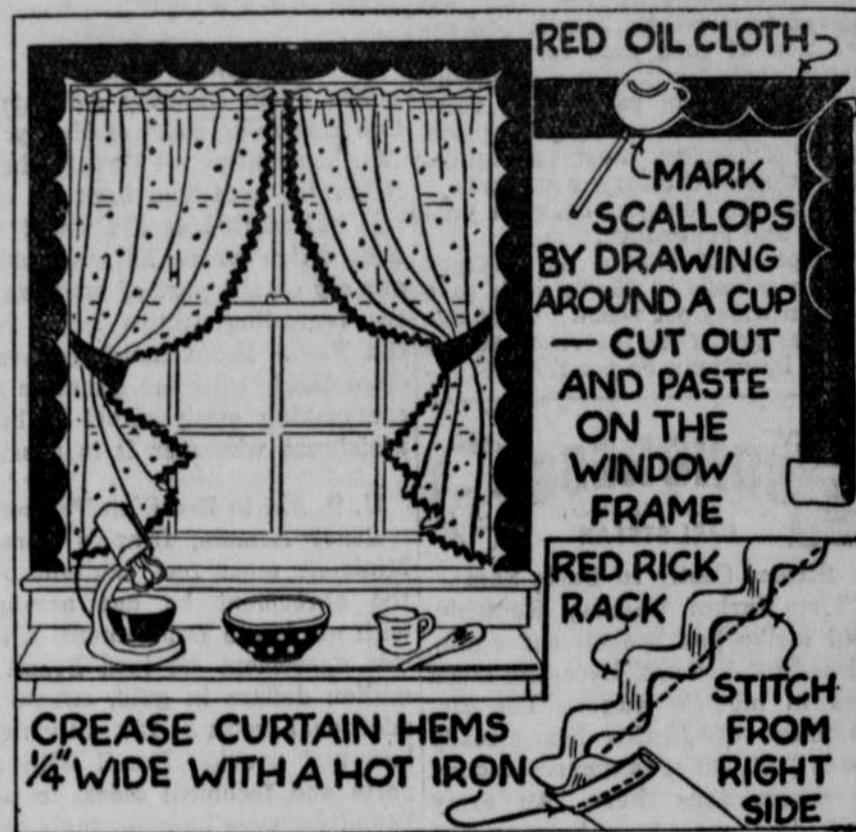
Cocoa also contains a large percentage, though it must be remembered that, as a rule, only small quantities of cocoa are consumed at one time. Many nuts, including almonds, peanuts, pecans and walnuts, furnish significant amounts. And this mineral is found in dried fruits such as raisins, figs and prunes, and in much smaller quantities in vegetables, such as spinach, cauliflower, string beans, carrots and Brussels sprouts.

Milk supplies phosphorus, though not in such generous amounts as calcium. However, if you follow the rule of a quart of milk daily for every child and a pint for each adult, you will contribute materially to the phosphorus and calcium content of the diet.

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HOW TO SEW

by Ruth Wyeth Spears



CREASE CURTAIN HEMS 1/4" WIDE WITH A HOT IRON



RED OIL CLOTH MARK SCALLOPS BY DRAWING AROUND A CUP - CUT OUT AND PASTE ON THE WINDOW FRAME RED RICK RACK STITCH FROM RIGHT SIDE

Oilcloth Scallops and Red Rick Rack

"DEAR MRS. SPEARS: The curtains I made from your Book 1—SEWING, for the Home Decorator, are so smart and modern looking that they have given our living room an entirely new appearance. Right now I need an idea that will pep up my kitchen windows. Everything is up to date but the curtains. They look old fashioned. The color scheme is red and white, but please don't tell me to use red and white checked gingham because I have done that before.—J. B."

Alright, no checked gingham! How about some nice crisp dotted

swiss with the widest red rick rack you can find for the edge? Then make a border around the top and sides of the window by pasting scalloped red oilcloth on the window frame, using wall paper paste. Cut the oilcloth in strips first, then mortise the corners by cutting them on the bias. Start marking the scallops at the corners, as shown here, making the center top scallop wider than the others. The tie-backs for the curtains may also be made of the red oilcloth.

With the help of Book 1, SEWING, for the Home Decorator, you can make many of the things you have been wanting for your home. Book 2—Embroidery and Gifts, is full of ideas for ways to use your spare time in making useful things. Books are 25 cents each. Enclose 50 cents for both books, and leaflet illustrating 36 authentic embroidery stitches will be included FREE. Address, Mrs. Spears, 210 S. Desplains St., Chicago, Ill.

ASK ME ANOTHER ?

A Quiz With Answers Offering Information on Various Subjects

The Questions

1. What is the difference between a bridge, a viaduct and an aqueduct?
2. How many stars has the President's flag?
3. What is the origin of the round table?
4. What is a wash-bear?
5. When a ship's clock strikes five bells, what time is it?
6. Who are the cajuns?
7. Is it possible to impeach or accuse any national officer?
8. Is it possible to stand at the North pole and walk any other direction than south?
9. What are the verses in the Bible which seem to prophesy the automobile?
10. Does the sun go around the earth or does the earth rotate around the sun?

The Answers

1. A bridge is usually over water, a viaduct usually over land, such as a railroad bridge, but an
2. There are four stars in the President's flag.
3. Boswell traced it to a sailor's custom followed when they entered into a conspiracy so as to hide the identity of the first signer.
4. A raccoon.
5. It is 2:30, 6:30 or 10:30 of the night or day.
6. Descendants of the Acadians, banished from Nova Scotia by the British.
7. Yes. The Constitution provides for the bringing of the impeachment by a member of the house with the senate sitting as a court.
8. No.
9. Nahum II, 3-4: "The chariots shall be with flaming torches . . . The chariots shall rage in the streets, they shall jostle one against another in the broad ways; they shall seem like torches, they shall run like the lightnings."
10. The earth goes around the sun.

AROUND the HOUSE Items of Interest to the Housewife

An Appetizer.—Celery stuffed with crabmeat salad can be used for variety on an appetizer tray.

Keeping Linens White.—Stored linens will not become yellow if the inside of the linen closet is painted a deep blue.

A Good Sink Brush.—A worn whiskbroom makes a fine sink brush if you cut off the worn bristles clear up to the stiff part. Always rinse clean after using.

Heat Brown Sugar.—If dark or light brown sugar is too hard to measure, heat it in the oven, then measure it quickly while it is soft. Store it in the refrigerator or bread box, where it will remain soft.

Prevent Soiled Curtains.—Paint patent clothes pins the color of your decorations in different rooms and use a pair to pin back curtains at night or during showers. This keeps the curtains from being soiled by the screens.

Grease on Carpet.—Grease can often be removed from the carpet by rubbing with bicarbonate of soda applied with a piece of flannel. Rub well into pile with fingertips and then sweep vigorously with a small hand brush.

Sharp Kitchen Tools.—One of the most effective aids to speeding up cooking preparations, is to see that paring knives for fruits and vegetables, and knives for trimming up meats and fowl, are kept sharp. Dull knives not only waste an unbelievable amount of time, but they are disconcerting to thoughtful planning.

Burnt Aluminum.—If you burn an aluminum saucepan when cooking, boil an onion in it. The burnt part will rise to the top like scum and leave the saucepan clean.

For Glue Stains.—White vinegar will remove glue stains.

Life's Battle

WE ARE constantly speaking of the "struggle for life," and calling life "a battle"; but we do not see that our very existence, and the fact that we have a battle to fight, are due to the struggles and triumphs of those who have gone before us. We think that some strange thing has happened to us, and that our lot is an unusually hard one.

But such thoughts are altogether unworthy. Our fathers found life as hard a battle as we do, and if they had not fought we should not be alive to fight. Every stage of human history is the outworking of the same destiny; and it is in fulfilling our, and entering well into the struggle for life as arranged for us, that we do our part toward perpetuating the moral life of humanity.

We are descendants, and somebody is responsible for us. We are progenitors, and we are responsible for somebody.

Years in Moments

At certain periods of life we live years of emotion in a few weeks, and look back in those times as on great gaps between the old life and the new.—Thackeray.

HAVE YOU GOT WHAT IT TAKES TO SPIN UP "MAKIN'S" SMOKES FASTER, NEATER?



I CAN ROLL UP NEAT, FIRM 'MAKIN'S' SMOKES IN PRACTICALLY NO TIME WITH PRINCE ALBERT. P.A. IS CRIMP CUT TO LAY RIGHT WITHOUT SPILLING. EXTRA MILD? I'LL SAY - RICH-TASTING TOO

JOHN HOBGOOD (left, with tin) sure agrees there's no other tobacco like Prince Albert for rolling "makin's" smokes FASTER, PLUMPER. P.A. is extra easy on your tongue, too. It's choice tobacco, "no-bite" treated. Get P.A.'s joy in your papers now!

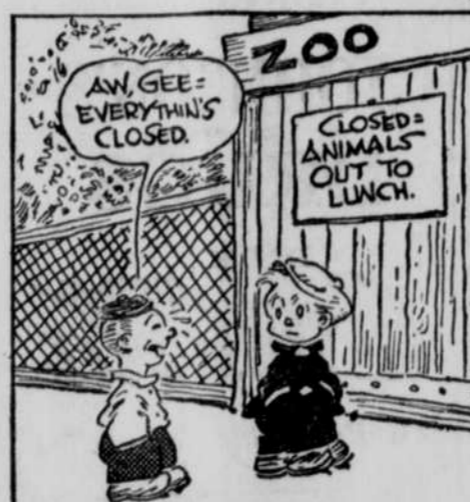
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By HOBAN