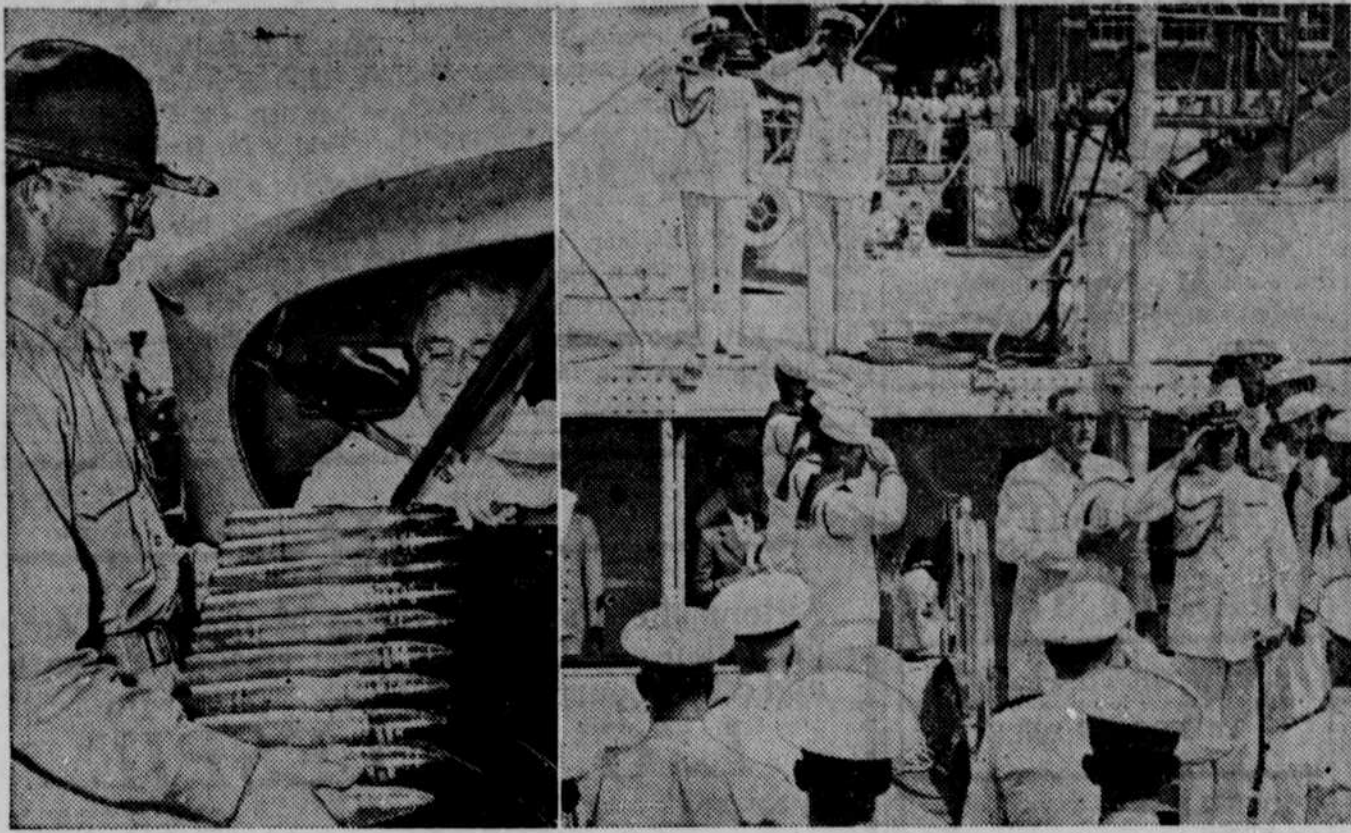
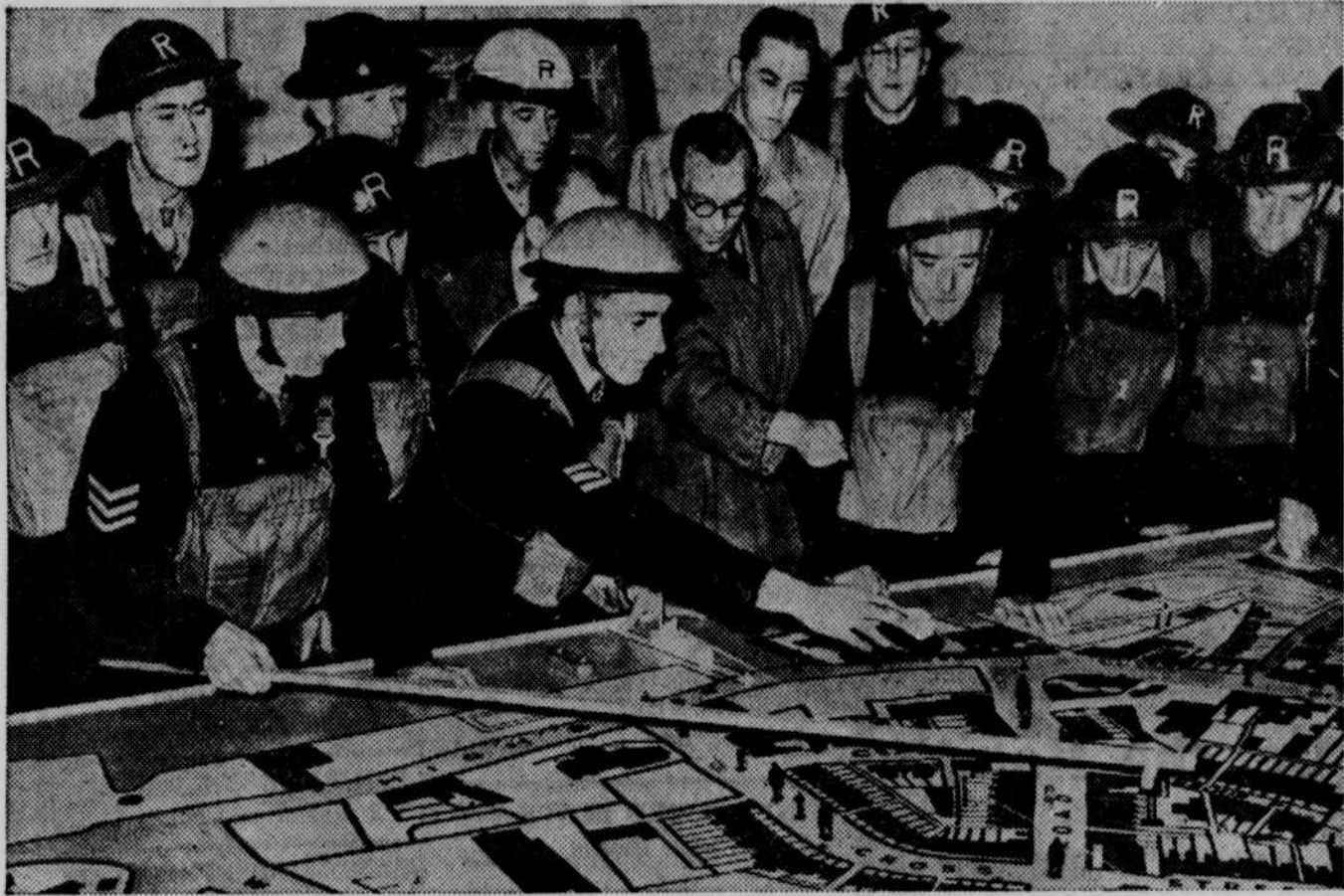


## Preparedness Is Speeding Ahead, Says F.D.R.



Visiting the U. S. naval stations, aerial and ship yards in the Norfolk, Va., area, and the naval and army bases in the Hampton Roads, Va., area, President Roosevelt expressed his pleasure over the advancing state of armament preparations. At left, the President is shown some 37 millimeter anti-aircraft shells by Lieut. E. H. Walter at Fort Monroe. At right, the President is shown arriving at the Norfolk navy yard with his naval aide, Capt. Daniel J. Callaghan. The presidential yacht Potomac is in background.

## Skull Practice Perfects A.R.P. Wardens' Work



Efficient rescue work by air raid precautions wardens in England following bombings by Nazis is due to their rigid training. Above is shown a squad of wardens during a "skull drill" in a tactical table in one of the air headquarters in London. By using this table the men are carefully drilled in handling traffic, administering aid to the injured and extinguishing fires during the raids. Credit for an unusually low casualty rate during the raids on England following France's capitulation was given them.

## Bottle Tops Make Guns for Tommies



Miss Lillian Hall, a London clothes model, appointed herself a committee of one to collect all the metal bottle tops she could find. Her quest was in response to the government's appeal for old metal to be transformed into guns and munitions with which to meet the onslaught of the Nazis. Among other articles being collected are pots, pans, old cannon and tin cans. The movement which was started in London spread to other cities in the British Isles.

## Expert Training for War Portfolio



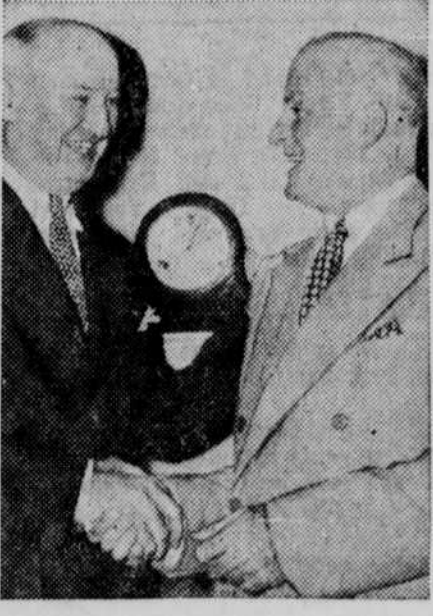
Robert P. Patterson, newly appointed assistant secretary of war, shown as he underwent training recently in the Citizens' Training camp at Plattsburg, N. Y. A former federal circuit judge, he succeeded Louis Johnson as assistant secretary of war following the appointment of Col. Henry L. Stimson to the war post. He won the D. S. C. in France in 1917.

## 'Colleagues Cheer'



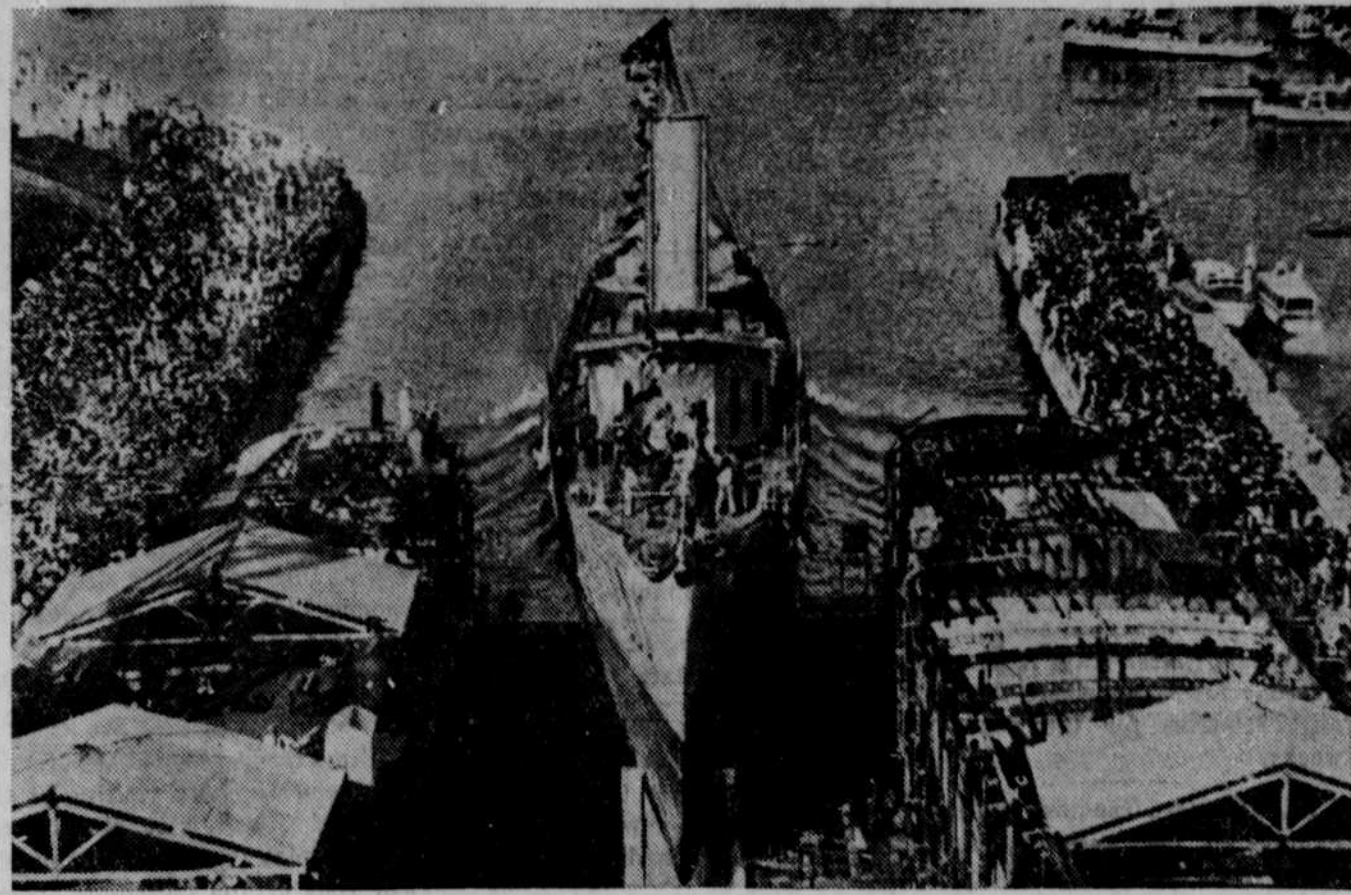
"Colleagues cheer as one of their comrades takes a swipe at a ball during a baseball match" was the way an English newspaper described this Canadian soldier's battling efforts during a camp game in Britain.

## Succeeds Farley



Edward J. Flynn of New York city, right, newly appointed chairman of the Democratic national committee, is shown receiving congratulations from James A. Farley, his predecessor.

## Brazil Launches 'Good Neighbor' Warship



Putting teeth into the declaration of Pan-American unity in defending the Monroe Doctrine, Brazil leads the parade of South American nations in speeding preparedness by launching a new destroyer, the Marcellio Dias, at Rio De Janeiro, one of the six class "A" destroyers being rushed to completion. Mrs. Getulio Vargas, wife of Brazil's president, christened the vessel.

## Southwest Indians Join in Tribal Ceremonies



Seven thousand Indians representing 30 tribes of the Southwest will give demonstrations of chants, games, races and ceremonial dances at a celebration which opened at Gallup, N. M., August 14, to continue for three days. The celebration marks the twentieth annual Inter-Tribal ceremonial. Sixty different types of Indian dances will be exemplified. Above are shown typical scenes from the ceremonial.

## 'East Side, West Side' Takes a Walk



Former Gov. Alfred E. Smith of New York, who announced his intention of supporting Wendell L. Willkie for President, is shown at the piano after acting as judge in the Barber Shop Quartet contest at the New York World's fair. The Happy Warrior made a quintet by joining the winners in "The Sidewalks of New York," his campaign song in the Presidential race of 1928.

## Girl Scouts Sponsor Hemisphere Ties



Inter-American friendship will be the slogan of the annual international encampment of Girl Scouts and Girl Guides from 15 countries in the Western hemisphere which opened at Camp Andree, N. Y., on August 14, to continue for two weeks. Girl Scouts are shown en route to the camp grounds. Mrs. Eleanor Roosevelt, honorary president of the Girl Scouts, is shown in inset.

## Coffee Queen



This is 18-year-old Peggy Van Vleet of Glen Ridge, N. J. What is Peggy doing? She's drinking iced coffee. So what? Just as a symbol of coffee, "the drink of Western hemisphere friendship."

## V. F. W. Convention



Joseph C. Menendez of New Orleans is expected to be elected commander-in-chief of the Veterans of Foreign Wars at its forty-first annual convention opening at Los Angeles, Calif., on August 25.

## Hot Weather Menus Which Perk You Up

By DR. JAMES W. BARTON  
(Released by Western Newspaper Union.)

THE foods you should eat in large quantities during the summer are fruits and vegetables and fortunately they are in such abundance that they are reasonably priced.

**TODAY'S HEALTH COLUMN**

If you are a calorie counter and count or measure the number of calories you eat each day, you can safely cut down about 500 calories from your winter to your summer diet.

As meat, eggs, fish and butter may "look" too heavy for warm weather, and salads and juicy fruits appear and are more appetizing, you may be tempted to live entirely on fruits and salads during the warm weather. This is a mistake and you will find yourself "tired," because the salads and fruits are so bulky they have filled your stomach and satisfied your appetite and yet not enough calories and not enough meat, eggs or fish for rebuilding tissue have been eaten.

You have been rightly advised that you need more fruit and leafy vegetables in warm weather than in cold weather, but you are advised also that you should eat "some" meat, fish or eggs once a day.

A few of the summer menus which give an all-around diet are:

Breakfast—Fruit with milk or cream; a boiled egg and two slices of bacon (or two eggs); bread or roll, tea or coffee.

Luncheon—Celery or lettuce soup; canned or fresh fish; cabbage or lettuce salad; berry cake or pudding; iced tea or coffee.

Dinner—Roast beef, or chicken, or fish; potatoes; leafy vegetable, corn or peas; berries.

Breakfast—Cereal with milk or cream; toast and bacon or bacon and one egg; roll, fruit; tea or coffee.

Luncheon—Cream or chicken soup; cottage cheese or cold tongue; salad (lettuce, celery, cucumbers); fresh fruit; wafers or soda biscuits; tea or coffee.

Dinner—Fowl, fish, or meat; potatoes; lettuce and tomato salad; peas or corn or asparagus or squash; berries and cream or iced fruit.

## Removing Objects From Eye Safely

THE commonest object that gets into the eye is a tiny cinder or a speck of dust.

As soon as the cinder or speck of dust gets into the eye, the eye begins to water, which is nature's way of washing the object down to lower part of eye or into the corner. Just allowing yourself to "cry" for a minute will often bring the object to a point where it can be readily seen and removed by the corner of a clean handkerchief or a piece of tightly rolled gauze.

If object is in lower part of eye on eyeball or lower lid it can be readily seen and removed if the patient is told to look upward as you pull the lower lid downward.

By having patient look downward as you lift upper lid, any object on the eyeball can be seen if the light is good. If no object can be seen and the patient tells you that he feels as if something is scratching the upper part of his eyeball, the object is on the inner side of the upper lid.

**The Benefit of Tears.**

The upper lid has hard tissue—cartilage—on its edge. This makes it a little difficult to turn the lid to expose the object. However, if you stand behind the patient, as he looks upward, and hold the point of a pencil on the upper part of the lid, the object can be turned backward. If the object is on the inner side of the lid, it can be removed with the pointed piece of gauze.

The thought, then, is that when an object gets into the eye, the tears should be allowed to flow for about a minute, which may be all that is necessary to get rid of it. If this does not remove it to the inner side of lower lid, then search and removal must be made as suggested above.

Don't use anything harder than soft gauze.

## QUESTION BOX

Q.—What would cause me to have repeated colds in the head?

A.—Repeated colds may be due to dust or pollen irritating the lining of the nose, or to some low or slow infection in the sinuses.

Q.—I have a large hernia and weigh 250 pounds. Would the injection treatment be suitable in my case?

A.—You had better ask your physician. A large hernia and much fat is not likely to be suitable for the injection method.