

## Mind, as Much as Body, Needs Food

### Mental Nourishment Point That Must Never Be Overlooked.

There never was a time when the importance of proper food for the body was more stressed. For years there has been scientific research into what foods are composed of in respect to the nutritive elements they supply. These elements are divided into differing classifications from time to time, but always the nourishing values are given significance. The health of the body in its material form is fostered.

Since the mind is a vital element of the substantive existence, it, too, requires proper nourishment. It can fall into a decline which is no less regrettable than when the physique weakens. The reactionary harmful or helpful influence of the mind over the body is reputed, after research, to be far greater than the reverse effects of health or illness of the body on the mind. From this it is easy to see that providing proper food for the mind is no less important than providing proper edibles for the physical body.

In speaking of the mind, the word is used in its broad sense and includes the spirit, since it is the combination which forms the immaterial elements, which though not tangible are no less potent. Electricity is not tangible yet no one denies its wondrous power, of such magnitude it is awe-inspiring. Neither does anyone deny the existence of mind nor its influence for good.

In order to preserve well-rounded good health, both physical food and mental are essential. The latter cannot be neglected. The mind must feed on wholesome food, and digest it well so that its vigorous vitality can exercise its potent influence for good on the material body. Proper mental nourishment should be partaken of so that courage, good cheer, happiness, and all the best spiritual qualities can strengthen nerves and sinews in pleasant ways.

Does the question arise, how can I supply the mind with good food? If so, here are some good diets. Fortunately they are pleasant to digest. The first is, think good thoughts, for "As a man thinketh, so is he." Put the best construction on actions of others. It tends toward personal peace, without which mind and body are disturbed. Read fine books, fine in the sense of excellence of ideas, those which stimulate the thoughts and nourish the better side of your nature, or which create a hunger and thirst for more knowledge of history, travel, biographies of noble men, nobly treated, the wonders of nature in flowers, zoology, astronomy, or whatever appeals most to your own individuality.

But above all, seek the food that feeds spiritual growth. It may be through companionship with persons of high character, or through books, contemplation or thinking and believing the best.

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## Woman's Weakness

NOTHING gives a woman such a wan, pale, tired-out look as periodic pains, drains and sideaches. There is no need for the girl or woman to suffer so, because Dr. Pierce's Favorite Prescription will overcome these evils. Read what Mrs. Mary J. Hardman of 1055-6th Ave., Des Moines, Iowa, says: "When I used to suffer so much with pains in my side and back and with headache, I always found relief by taking a bottle or two of Dr. Pierce's Favorite Prescription. Of course I did not have to take that much before relief came, but I continued taking it for my general health." All druggists.

Write Dr. Pierce's Clinic, Buffalo, N. Y.

## Use KIT FOOT OIL

For sore, tired, aching, bleeding, chafing, raw, itching feet. Send \$1.00 for bottle. Money back guarantee. Excellent remedy for athlete's foot trouble and summer itch. NELSON & LINDGREN, 6621 Drexel Ave., Chicago, Ill.

SONGS COMPOSED & ARRANGED FREE. An opportunity for new writers to start. Honest offer of a reputable composer. Enclose stamp. Songs, 794, Ferry, Fla.

## HER DOUBLE CHIN IS VANISHING

Shape Growing Normal

"Why am I taking Kruschen Salts? Because I was getting so broad across the hips I was ashamed of myself. I've been taking Kruschen about 2 months and they certainly are bringing my shape down to a normal condition and what is nice about them (to my way of thinking) is they haven't taken flesh from my cheeks but to my surprise my double chin is vanishing for which anyone should be glad." Mrs. F. E. Gardner, Worcester, Mass. (Jan. 2, 1932).

To lose fat and at the same time gain in physical attractiveness and feel spirited and youthful take one half teaspoonful of Kruschen in a glass of hot water before breakfast every morning. A jar that lasts 4 weeks costs but a trifle at any drugstore in the world but be sure and get Kruschen Salts the SAFE way to reduce wide hips, prominent front and double chin and again feel the joy of living—money back if dissatisfied after the first jar.

Sioux City Ptg. Co. No. 22-33

## INSURANCE FOR JOBLESS GAINS

International Labor Office Prepares Statistics for Convention

Geneva — (UP)—Forty-two million workers throughout the world are covered by unemployment insurance, as against less than five million in 1919, according to the latest information of the International Office.

A convention for international regulation of unemployment insurance, which could be adhered to by every nation, is envisaged in the Labor Office 300-page report, entitled "Unemployment Insurance."

The report will be presented to the International Labor Conference when it meets at Geneva, June 8. There is every likelihood that a draft convention on unemployment insurance will be accepted at least in principle by the conference.

A vivid picture is given in the report of how the world has been forced to provide for unemployed workers, how countless relief schemes, organized or subsidized by the state have been adopted from necessity. State control of unemployment compensation schemes is advocated.

The report gives Britain the honors for first insuring workers against unemployment, describing her as the first country to approve the actual organization by the public authorities of unemployment insurance, which system was applied 22 years ago in the case of British building, engineering and shipbuilding industries.

## Tree Grew Around A Monkey Wrench

Sweetwater, Tex. — (UP)—Portion of a mesquite tree which grew around a monkey wrench is in the private museum here of Newt Prince as a memorial to a father who wrongly spanked his son and years later apologized.

In 1897, A. J. Cook, living near Leuders, couldn't find his monkey wrench. He accused his young son, A. C. Cook, of misplacing the tool, and administered paternal reproof.

Years later, the elder Cook noticed a portion of the wrench protruding from a mesquite tree—the same tree, he remembered, where he had placed it.

He straightway apologized to his son.

## Tobacco Chewing Listed as Fire Hazard

Boston. — (UP)—Smoking has long been listed as a leading fire hazard. Now comes tobacco chewing.

Insurance men, at a state safety conference, demonstrated how a tobacco cud, under certain circumstances can start a blaze. It was explained that the bleaching room of a textile factory was the one locale where tobacco chewing was a fire menace.

To demonstrate, the insurance men sprinkled sawdust on a table to represent the floor of a bleaching room. On this was spilled a small quantity of bleach, containing sodium peroxide. Tobacco juice, contacting this combination, caused a burst of flame.

## Increase in Life Policy Rates Planned

Toronto, Ont. — (UP)—Canadian life insurance companies are planning to make a substantial increase in the rates of non-participating life policies, in accordance with the change made recently in the United States. The increase to be made by Canadian companies is to provide a more adequate protection for the companies, regardless of the fluctuations of business conditions.

The rate jump by American companies has been roughly about five per cent, but it is thought that the increase in Canada will be somewhat higher.

## Mother's Novel Business Brings Her a Living

Plymouth, Mass. — (UP)—Though a mother of three children, Mrs. Anna Rogers finds time to carry on a novel business career that pays handsome profits.

She is a trout raiser. Behind her home here are 40 pools connected with streams that are artificially made and fed from seven artesian wells. At present she is caring for approximately a half million baby trout.

Trout shipments go from the Rogers home to various parts of the United States and Canada.

Ninety-nine of Iowa's rural schools in 34 counties have reported attainment of a perfect record in number of dental corrections among pupils.

Americans spend \$700,000,000 for medicines and drugs annually, it is estimated.

## Lost Will Gives Estate to Another

New Haven, Conn. — (UP)—When Mrs. Jane N. Tuttle died in 1914 no will was found, and her son, Arthur Tuttle, succeeded to the estate.

Recently a will made by Mrs. Tuttle in 1906 was found among the effects of a dead man. In the will Mrs. Tuttle bequeathed her estate to a grandson, Phillip Tuttle. The estate will be reopened in probate court and the lost will filed.

## Open Markets First to Respond

From National Syndicate Service.

Organized markets, where competitive trading prevails, are given credit by O. W. Woodward of La Salle county, Illinois, for higher prices of farm commodities. His remarks regarding livestock marketing, which apply as aptly to the markets for grain, cotton and provisions, are quoted by the Chicago Daily Workers Journal as follows: "Events of the last few weeks emphasize the underlying strength of the open, competitive marketing system. Handicapped though they are by direct selling, which is rapidly shackling the hog raiser, it is both impressive and significant that the price advances still originate at the open competitive markets."

"Take the biggest of them all, the Chicago market, for instance. Prices here have been relatively the highest in the country for more than a month. Why? Because there is an undercurrent of strength in the market which cannot be hidden entirely, even by the pressure of directs."

"The open markets are the first to benefit by optimistic news. They are the first to hear of anything that will help the trade. Real effort is made there to raise the price level. This is not theory. Actual facts over a long period of years have proved this to be so. Where do we get our information regarding prices, available receipts, prospects and other important news pertaining to markets? Prices have been gradually working upward, but with events developing as they have the last few weeks it is clearly evident that something more than just the unemployment situation is holding back prices. The open market was the first place where livestock felt the effects of the plan to inflate money. It was the first to benefit by the sharp rise in grains and securities."

"What if the central markets of the country should cease operations? What if there were no place where the value of cattle, hogs and sheep could be determined on an equitable basis of supply and demand? What if there were no market receipts by which to gauge the supply? What if you received no market report this morning by means of radio, your market paper or personal letter? The basis of all trading is on the open market price. Do away with it and where will you find a substitute?"

"The only way to fully protect your own interest . . . is to ship only to the open market, where it will meet real buying competition. As long as you do business through the central markets you take no chances. There is no other medium through which you can buy and sell . . . that offers you equal assurance. Experience during the last financial crisis convinced many in our section of the state of this fact. The . . . points will invariably pinch out in times of trouble . . . Why add to the weakness of our financial structure by weakening the position of the farmer through breaking down competition?"

"Those who built the big central markets were closely connected with agriculture. They learned that to have competition there must be more than one buyer and the more buyers the greater the competition."

## Ringworm's Prevalence Is Blamed on Athletics

BY DR. MORRIS FISHEIN  
Editor, Journal of the American Medical Association, and of Hygiene, the Health Magazine

Diseases change in their incidence from time to time. A condition which hardly attracts serious medical attention over a number of years may suddenly loom into prominence through the fact that it afflicts large numbers of people.

Just why ringworm of the feet began to spread so rapidly during the last decade, and now affects tremendous numbers of people, is not certain. This spread has been related to the increasing use of gymnasiums, swimming pools, shower baths in golf clubs, and other conditions associated with modern craze for sport.

The condition has been brought prominently into public notice through antiseptic and lotions for so-called athlete's foot. It should be realized, however, that the condition also affects the skin in the groin and may also attack the skin of the face and the scalp.

Once entrenched in the human body this condition is hard to control, particularly in people who seem to be susceptible to it. Apparently the ringworm grows much better in the bodies of some people than in the bodies of others.

It has been suggested that this is due to a chemical factor or a physical factor, but just what this factor is has not been determined. During the war there were eruptions of the skin between the fin-

gers of women who were constantly knitting. Apparently the irritation of the skin and the association with the wool was related to the outbreak.

In many instances the eruption appears between the thighs when tight fitting woolen bathing suits are worn. Certainly the infection between the toes persists when woolen socks are worn. Among the most prolific sources of infection is repeated wearing of athletic clothing without washing after the person has been perspiring.

It is customary to leave trunks, jerseys and stockings in a locker after they are worn. The mold or fungus which causes ringworm of the skin can live for long periods of time in clothing kept under such conditions.

Ringworm of the skin usually appears as a red eruption between the thighs, between the toes or between the fingers. There is itching and in some forms the appearance of cracks and fissures. There is also mild itching and blistering.

It is well to warn people against contact with leather or woolen objects of dress, toilet and sport. Wool and leather should not be worn next to the skin by such people. Any clothing which has come in contact with the infection should be used only once, and then boiled separately from the rest of the household linen. It may help to destroy the fungus.

There is one dog to every four inhabited houses in England.

## One on the House



The house in this case is a Chicago hotel, and the young lady is Lady Margaret Burton, whose family makes a famous brand of English Ale. She is in America to see what distributors want to do about the brew that London cries for. But she seems to have been converted to the American ice cream soda.

## Violet Rays Used To Protect Grass Seeds

Washington — (UP)—Violet rays now are used to protect the American farmer, but they are used on grass seeds — not on the farmer.

The rays, familiar artificial process of giving a Florida sun tan in a Maine bedroom and killing little Johnnie with Vitamin D, have been discovered by the agriculture department to be of value in showing up varieties of ryegrass

passed off on farmers as another variety.

When seeds of Italian ryegrass represented as English ryegrass are germinated on filter paper and put in a dark room with short rays played upon them, experiments showed, the paper on which the roots lie immediately betray the seed by giving of a "distinct, ghostlike glow."

Approximately 700 tons of silt are removed weekly from the water of the Mississippi river to give New Orleans a pure drinking supply.

## FASCIST MOVE GROWS RAPIDLY

Leader Sir Oswald Mosley Claims Membership of 500,000

London — (UP)—Conservative Britishers who, up to now, have smiled derisively at Sir Oswald Mosley's infantile Fascist movement are somewhat less amused by reports that the organization has increased 10-fold in recent months.

The movement now is estimated to have 500,000 followers. Its headquarters report that new members are joining daily.

It is known that a mutual and steadily-increasing sympathy exists between Sir Oswald's organization and the Italian Fascists, as well as with the German Hitlerites.

British Fascism, its leaders claim, is not patterned upon either the Italian or the German movements, but it resembles them technically in many respects. Its political and economic aims generally are similar.

The British organization, moreover has its specially-selected and specially-trained "Defense Troops," devoted to precisely the same purpose that Hitler's early troops were, namely, to maintain order at campaign meetings.

These blackshirted troops, at the same time, are being prepared (as they were in Italy and Germany) to meet with force any eventual Communist uprising.

Magnet for Youth  
Meanwhile, the Defense Troops are declared at headquarters to be proving a magnet to British post-war youth, as well as to men who have been active service.

Sir Oswald himself recently has returned to Rome where a detachment of British Blackshirts took part in an international Fascist demonstration.

For those Britishers to whom Fascism means ruthlessness and a negation of all that is traditionally British in government, Sir Oswald has no time. They are the men he is out to overthrow. Not by violence unless it becomes imperative, but by a campaign of education.

Sir Oswald and his colleagues are convinced that the present system of government is leading Britain to chaos and disaster. They hope to have gained sufficient power before the collapse occurs to take over the state and remodel it on Fascist lines.

British Fascist headquarters today are temporarily in a set of cluttered dusty rooms in Lower Grosvenor Place, but shortly are to be moved to permanent accommodations in keeping with the growth of the movement.

## Indian Expects to End His Days in South

Locust Grove, Ark. — (UP)—A tall, straight Indian, the "last of the Flying Clouds," sat in the yard of his home here with the gaze of his piercing black eyes toward the North where his "hopes and people are."

Yet, Dr. E. Eagle Flying Cloud, 72, expects to "end my days in the South." He "loves the sunny land of Arkansas" and expects to remain here.

Although the doctor has seen many summers he is unusually active for his age. He recalls many interesting events associated with his life with the Dakotas, commonly called the Sioux.

"The old tribe is almost extinct," he said, "and I am the last of our noble family, the Flying Clouds."

He recalls "Teddy" Roosevelt. "He was two years older than I, and I knew him well. He came to a ranch in the west for his health. I visited him in Washington after he became president."

## University Rules Put Stop to Cheating

Salt Lake City — (UP)—Six regulations were adopted at the University of Utah to put a pedagogic thumb on "cribbing" during examinations.

They are:

One—All examinations shall be under strict faculty control.

Two—Instructors shall be required to remain in the room during examinations.

Three—A special fee shall be charged on special examination books.

Four—Students shall not be allowed to bring text books to the examination room.

Five—Students shall be placed in alternate seats, with one vacant seat between each student.

Six—Class work shall cease during examinations, which will be held during the last five days of each quarter.

No Chance.  
From Pathfinder.

Sniff: Do you believe marriage is a lottery?  
Pack: No, in a lottery a man is supposed to have a chance.

## Oldest Newlyweds Honeymooned Quietly

Modesto, Cal. — (UP)—California's oldest newlyweds were honeymooning quietly here somewhat annoyed at the attention they attracted.

The couple, Henry Whitmore Patterson, 93, and Mrs. Mary Ette Darling, 75, were married after a brief courtship which followed the deaths of their previous mates. It was Patterson's third venture and Mrs. Darling's second.

## MAY BE ANTIDOTE FOR DEADLY GAS

Dyestuff Employed to Fight Carbon Monoxide.

A San Francisco man who attempted suicide by the inhalation of carbon monoxide gas from the exhaust of his automobile in a closed garage and was for half an hour "out of this life," as the doctors solemnly asserted, was almost literally snatched from the grave by injections of methylene blue, administered by his physician in an experimental test of the efficacy of that chemical.

It had been conjectured by chemists that methylene blue might be an antidote for poisonous gas, though its common use is for coloring fabrics. The idea of employing a synthetic dyestuff as a medical agent was scoffed at by some physicians, out in the San Francisco cysic, it worked out, and the effect produced is regarded as something of a scientific wonder.

Carbon monoxide gas poison is produced by burning carbon-containing fuels in a chamber in which there is a deficiency of air. It exerts its extremely dangerous action on the body by displacing its oxygen content, thus removing it from its combination with haemoglobin, which forms the solid coloring of red blood corpuscles, and destroying bodily tissue. Formerly the treatment of monoxide poisoning was by artificial respiration, the administration of pure oxygen and the stimulation of circulation. But in cases where a person has been under the influence of the gas for as much as thirty minutes' treatment of the latter kind usually has been of no avail.

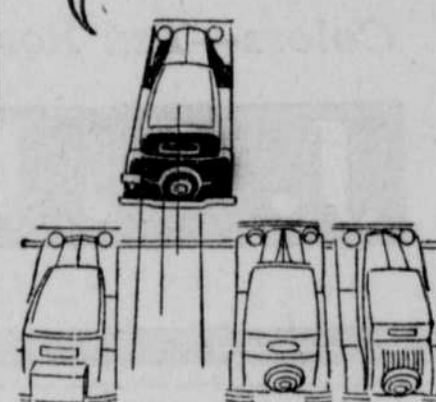
However, before science may be credited with the discovery of a new and infallible restorative agent its successful use in a good many other cases of the kind will be necessary. One swallow doesn't make a summer nor one cure a remedy.—Los Angeles Times.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 60 years ago. They regulate liver and bowels.—Adv.

## Real Estate Bargain

Admiral Sir Murray Anderson, the new governor of Newfoundland, reminded his friends the other day that Newfoundland was discovered by a British sailor, who got \$50 for it. Although money went further in 1497 than today, the governor thinks someone got a bargain.

## BOY! WHAT A GETAWAY



Watch how the big new Dodge "Six" shoots ahead in traffic it's always in front and gets you there quicker

It's fun to drive—its performance, style, beauty! . . . And it's more fun to own it—when you know how little more it costs than the lowest-priced cars! . . . See it—drive it—and thrill!

## Sensational "SHOW-DOWN" PLAN Wins Thousands Overnight!

Imagine a car that sells itself—and doubles its sales almost overnight in city after city. That's what the new Dodge is doing . . . laying its cards on the table . . . then asking any other car near its price to match it on the open road, in traffic and up hills. Go to your nearest Dodge dealer today and ask for the sensational "Show-Down" score card. Then make your own "Show-Down" test against any other car.

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