Underweight in Children

This may be all right in some

this can be figured,

just which parent or

member of the par-

ent's family the

youngster resem-

bles. Generally

speaking there is

thick-set or stocky

type and what might

be termed the nor-

neither tall and slen-

the table for height and age is sup-

posed to be made up from the nor-

mal or average type, it can be read-

ily seen that the youngster of the

their age and height than will the

It is only too true that the young-

sters of today are taller and more

slender than their parents and

grandparents. I have mentioned be-

fore the preparatory school in To-

ronto where the sons were able to

use the beds used by their fathers

in most cases, but the grandsons

found the beds too short, so that

new and longer beds had to be se-

The slender type has light bones,

narrow body, drooping shoulders,

narrow back, sagging abdomen, flat

chest. The stocky type has large

broad chest, wide back, abdominal

How Types Behave

outside build so there is a difference in the size and arrangement of the

internal organs, and temperament

The slender type are quick, nerv-

ous, sometimes irritable, high

strung, blood thin, heart and lungs

small, stomach long and narrow,

small and large intestine short in

The stocky type are slower in

body and mind, even tempered,

blood rich, heart and lungs large,

stomach broad, and small and large

intestine a number of feet longer

You can thus see that the slender

type is not likely to want or desire

much food and the body processes

are likely to use or burn it up more

quickly and completely so that there

is nothing left to store away as fat.

However, because the parent re-

sembled was weak or underweight

at the same age doesn't mean that

some weight cannot be added to the

youngster, and it is worth the effort

to try building up as much as his or

her particular body can be built up.

Extra Food Adds Weight

bread, an extra pat of butter, an

extra glass or half glass of milk, an

extra lump or teaspoonful of sugar,

with a chocolate bar or piece of taf-

fy, banana, or glass of milk at 11

a. m. and 4 p. m., would increase the food intake by about one-quar-

This extra amount would be suffi-

cient to gradually increase the

weight, that is, increase the weight

as much as possible in each case.

If there are emotional disturbances

or upsetments, overwork, overtired-

ness, infected teeth or other condi-

tions present, little or no increase

By resting before and after each

meal, having quiet and peacefulness

at mealtime, with a little candy or

fruit to "play on" at four o'clock,

there should be a definite increase

in strength and weight if these little

extras in food are taken regularly.

Ailments Due to Foods

or more of the following symptoms:

Sour stomach, belching of gas, coat-

ed tongue, nausea or even vomit-

ing, heavy burning pain in stomach,

cramps in the stomach or abdomen.

Now research physicians are find-

ing that the above symptoms are

due to certain foods to which these

individuals are sensitive, but be-

cause they do not come out in hives.

get head colds, have attacks of hay

fever or eczema, they do not sus-

pect foods as being the cause of

their symptoms. It is estimated

that about 10 per cent of the popu-

lation are greatly sensitive to cer-

tain foods and have these well

However, Dr. W. O. Browning in

Tri-State Medical Journal tells us

that from 50 to 60 per cent of the

population while not suffering with

hives, eczema, asthma or head

colds, do have one or more of the

symptoms first mentioned. @-WNU Service.

constipation, diarrhea.

marked symptoms.

Many individuals suffer with one

can be expected.

At meal times an extra slice of

than in the slender type.

Just as there is a difference in

cured for the grandsons.

organs held high.

or disposition.

length.

ter.

normal or average type.

there is in horses.

Dr. Barton

Honeymoon Mountain

By FRANCES SHELLEY WEES

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CHAPTER X-Continued -13-

Graham backed off precipitately. "Just a minute," Tubby said softly. "Where did you get all your information about our hero?"

"It's none of your damn' bustness," Graham said.

"Let him go," Bryn said sharply to Tubby. "It's obvious, isn't it?" Pilar, back in the shadows, young and innocent, stirred. With a set frozen face she rose, walked past Grandmother and Deborah and Bryn, standing together at the top of the steps, and past Graham staring at her. She got into her car, and without a backward glance, was gone.

The morning, Bryn discovered. had somehow whirled itself away. Pilar was gone; Graham was gone. Tubby and Madeline had gone wandering off into the woods. Sally herself had taken a cushion out to the lawn after lunch, with that avowed intention of getting another layer of sun-tan, but she had promptly gone to sleep there in the heat, and Simon had carried out an umbrella and erected it over her to keep her from burning. Grandmother was asleep, too, on the couch before the open window in the sitting room. Bryn left the room softly, and shut the door behind him; and then he went on with his search for Deborah.

He went down the path toward the brook with long, quick steps, and came at last to the solid ring of trees that formed the back of Deborah's most hidden sanctuary.

Bryn rapped lightly on the tree trunk under his hand. She turned, quickly, and looked up, her eyes dark and still full of dreams, her mouth red and soft. Bryn stood beside them. "May I come in, Deborah?" he asked.

and came down toward her.

Deborah would not look up. Bryn moved nearer and dropped down a yard away, his eyes upon her. "Haven't you forgiven me," Bryn asked at last, gently, "for not telling you that Grandmother knew? I told her on that ride."

"You did try to tell me." "Tell me what's troubling you, Deborah. All the fears and worries

are gone, dear." two white teeth. She shook her right," she said, in a happy voice. head.

Bryn moved closer to her. He tried to take her hands, but she

pulled them away. She swallowed. Then, "I wish

you'd go away," she said under her breath. "Go away?"

dinner. You could go with them."

here? Go back to San Francisco?" She nodded, her eyes on a leaf. Bryn put his face down into his hands. After a long time he said, the palest rose, and set exquisitely slowly, "I don't understand, Deborah. This morning you . . . why, you gave me this dower!" he said, touching it. "I thought you were beginning to care a little about me."

She did not reply. He looked down at Deborah's bent head. "That's final, then?" he asked quietly. She did not answer.

"Sorry," he said after a moment. "I suppose I was a fool to think that you could possibly care about me. You're so exquisite, and so fine, and you're not made out of ordinary stuff like the rest of us. I might have known from the beginning that it wasn't any use. I think I did know, Deborah, so you needn't reproach yourself."

She was gazing up at him, still with that anguished look in her eyes. Bryn managed a smile. He held his hand out. "Shake hands?" he inquired. "If you don't mind, Deborah, I think I'll go now instead of waiting until tonight."

She got to her feet slowly. Her face was as white as chalk. She put her hand in his. "Good-by," she whispered, and he stood for a moment looking into her eyes, then turned away.

"No," Deborah said clearly. "No. It isn't any use. I can't let you go." She was beside him, her hands on his arms, her face upheld to his. "I can't let you go," she said. "I don't care what you think about me. I don't care if I am a new kind of toy to you. I don't care if this is only a part of an adventure to you, an ad venture that will be over . . to morrow, or in just a little while.

don't care about anything, or what happens to me, only I can't let you go away from me. I haven't go any pride or any strength left Bryn stood, motionless, staring down at her in bewilderment.

again. "I . . . I love you." "Love me?" he repeated incredu-

She lifted her wet lashes and

her eyelids. "Deborah."

tenderly down at her. "You funny think it would be much of an adventure just to marry anybody, Deborah? Do you think I would have all who happened to be in your predicament? Not in this world. Simon and Tubby into their knick-saw you standing there in the of- the car, and Grandmother had infice, Deborah, something said to me

. . . there's your girl, Bryn, out of all the world. I was completely lost from that very first look, sweetheart, and I wasn't going to let you go no matter what happened." Deborah turned and buried her

face again in his shoulder. Slowly he raised her head, and put his lips down to hers, so soft and

"Deborah," he said gently, "I love you. You're the only girl in the



"Oh, Bryn, You Are a Big Silly."

world, as far as I'm concerned, Deborah . . . will you be my wife? tween the two trees, and just out- What I'm asking you now is wheth- other time I saw it." Then he er or not you think that some time you might love me enough really to night," he said, and went toward She dropped her lashes. "If you be my wife. I couldn't hope for so his own door. . . wish," she said in a low voice. much yet, but later, when you get | Bryn came out in a moment, with He squeezed through the opening to know me better, and trust me some clothes hanging over his arm. more, do you think you could?"

you're a wife you think about . . . that is, about having children, don't in her soft voice.

you?" "If you want children."

"Well," Deborah said positively. room." "I do. There isn't any difficulty about that. I've wanted them for years and years. I built this playhouse for them, long ago for a little boy and a little girl." She looked She caught her lower lip between at him and smiled. "So that's all

"Yes," he said after a moment, now." "that seems to be all right. I think we could practically count on something like that eventually." He drew out a ring box. Then drew Doesn't he?" out the ring. He lifted Deborah's hand, and slowly took off her wed-"The others are going today. After ding ring. He slipped the new ring arms about his neck. on the finger where the wedding "Go away, Deborah? Go away ring had been, lifted the hand and she said contentedly. She kissed

> gagement ring, dear," he said. was a great gleaming pearl, flushed | ments?"

lovely," she breathed.

"It was my mother's."

Deborah looked up at him, "When you want your wedding looked at him. With a little groan ring," Bryn went on carefully, lifthe moved his arms at last, and ing a curl on her temple, "when closed them tight around her. He you're sure of me, and positive that bent his head, and put his lips to you're making no mistake, and when you get to know that you feel about me the way I feel about She turned her head, slowly, and you - as nearly as you can, of looked up at him. A flood of color course . . . and can't live withswept up over her face. He smiled out me, I'll be very glad to put it back on your finger. As far as I'm little chicken," he said. "Do you concerned, Deborah, I never did approve of long engagements."

It was time at last to say goodoffered to marry just any girl at by to the guests. Sally and Madeline got into knitted dresses and you foolish baby. The minute I ers, and their bags were put into sisted on having Gary pack a basket of fruit for them and at last they were gone.

> Grandmother went to bed early, tired from a hard day. Deborah and Bryn sat near the door, and looked across at the moon, "I can't believe that you're real, and that you love me, and that we're here together, alone," he said, "Tell me again, Deborah."

She told him again, and when Deborah looked at him she knew that she loved him for always, and when he spoke his voice rang in her heart.

After a long time he rose, "You'd better get to bed, sweetheart," he said, and his voice held the deep low note in it she was beginning to understand. "It's been a long day for you, too."

"Are you coming up too?"

"I'll take you up. I'll carry you up," he decided, and slipped his arms beneath her. They reached the top at last, and were in her sitting room.

"Why did you wear your wedding dress tonight?" he asked.

"Oh," Deborah murmured, "just because. Do you . . . like it?" "I'll never forget the first time I

saw you in it, Deborah." She looked up at him, "This is the last time I'm going to wear it," she said. "It's so delicate, and old. I'm going to save it for . . . that is, I'm going to save it."

"Aren't you going to wear it just once more, Deborah? When . . . just one more time, sweetheart?"

"No," she said under her breath. He bent and kissed her white shoulder where the lace sleeves lay against it. "There, then," he said. "That's what I wanted to do the kissed her lips again, quickly, "Good-

He started across the room toward She began to understand. "When the hall. Deborah looked up. "Where are you going?" she asked

"I'm . . . moving down the hall." he told her. "Back to my own "Why?"

He came back to her. He dropped the clothes over a chair arm and put his arms about her again. "Don't make it hard for me, darling," he begged. "I've got to go. I couldn't stay here so near to you

"Why?"

"Oh, Deborah!"

"I don't know why," she said. "Sireached into his watch pocket and mon stays with Sally. Always,

"Yes, but . . .' She stood on tiptoe and put her

"Oh, Bryn, you are a big silly," from you, you mean? Leave you put it to his lips. "That's your en- the cleft in his chin, and put her palm against his cheek. "I thought Deborah looked down at it. It you didn't approve of long engage-

[THE END]

HOW ARE YOU TODAY DR. JAMES W. BARTON New and Simple Crochet



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cases, but the big point in the matter is that children are like horses-"Can anyone do it?" Most asrace horses, light delivery horses. suredly! It is a lovely rug, a and truck or cart horses. There is matching foot-stool top or pillow just as much difference in the build for quick crocheting. Easy, sixor physique in human beings as sided medallions are done one by one, each flower a different and Phrases The first thought is color with background uniform or to figure, as well as

The Truth About Golf

There has been so much mystery, bunk and high-pressure salesmanship surrounding golf that many a would-be golfer has hesitated to take it up, and many the slender type, the who have taken lessons have soon struck snags which have hindered their pleasure in the game. It mal type which is is true that golf is a game you cannot learn by yourself, because there is no such thing as a "born" der nor too short and heavy. And as or "natural" golf swing. But there is so much health and pure enjoyment to be had out of fairly well-played golf that it is worth slender type will be lighter and of while making the few sacrifices the stocky type will be heavier for the game demands.

There are some things the human being does naturally, such as walking, running, striking with the right hand, throwing or catching a ball. Other hings, like the golf swing, are unnatural; therefore the muscles must be trained and set in those unnatural channels. Golf players call it "grooving a swing". And there are simply no short cuts o it. Only one thing will "groove" a muscle so that it performs an unnatural action naturally, and that is practice, practice and more practice.

The whole hubbub about golf revolves around the fact that huheavy bones, broad body, deep man beings are lazy They don't want to work for their fun, and practice is work. They are forever looking for short cuts, or easy ways to learn. . . .-Paul Gallico in Cosmopolitan.

not, as you please. Sew them together and you're ready to begin the border crochet, going round and round with stripes of color used to break the background. Rug wool, rags or can-

dlewicking may be used.
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Foreign Words

Ab urbe condita. (L.) From the building of the city (Rome). Aere perennius. (L.) More enduring than bronze.

Bon jour. (F.) Good day; good morning. Coup de grace. (F.) Finish-

ing stroke. De jure. (L.) By right of law. En avant. (F.) Forward; on-

Femme de chambre. (F.) A chambermaid; a lady's-maid. Gnothi seauton. (Gr.) Know thyself.

Laissez-faire. (F.) Let alone. Quoad hoc. (L.) To this extent; so far.

Being True

I am not bound to win, but I am bound to be true, I am not bound to succeed, but I am bound to live Up to what light I have. I must stand with anybody

Doing Our Part

-Abraham Lincoln.

that stands right.

YET act thy part, heroic heart! For only by the strong Are great and noble deeds

achieved; No truth was ever yet believed That has not struggled long. -John T. Trowbridge.

Chaoyang, China, recently the temple of a god named Tsao Shih had to be torn down, and his followers to keep a roof over his

head put the idol in the Wang Ku temple, but since the latter was a goddess, an elaborate wedding ceremony was held to avoid violation of the proprieties.— Pathfinder Magazine.



Doing Right by an Idol

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IN THE NEXT ISSUE

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The Patterns had lived at Wolfpen for four generations. Loving the land, proud of their heritage, their daily routine a design of tranquil, independent, self-sufficient harmony, of a gracious, simple and truly cultivated practice of life. But the outside world



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closes in. Industry, crying for more timber, marches into the Cumberlands, bringing ugliness, disease and violent death. But beauty is not altogether lost. For the lovely Cynthia Pattern, at least, there is an intimate rewarding, an exquisite compensation.