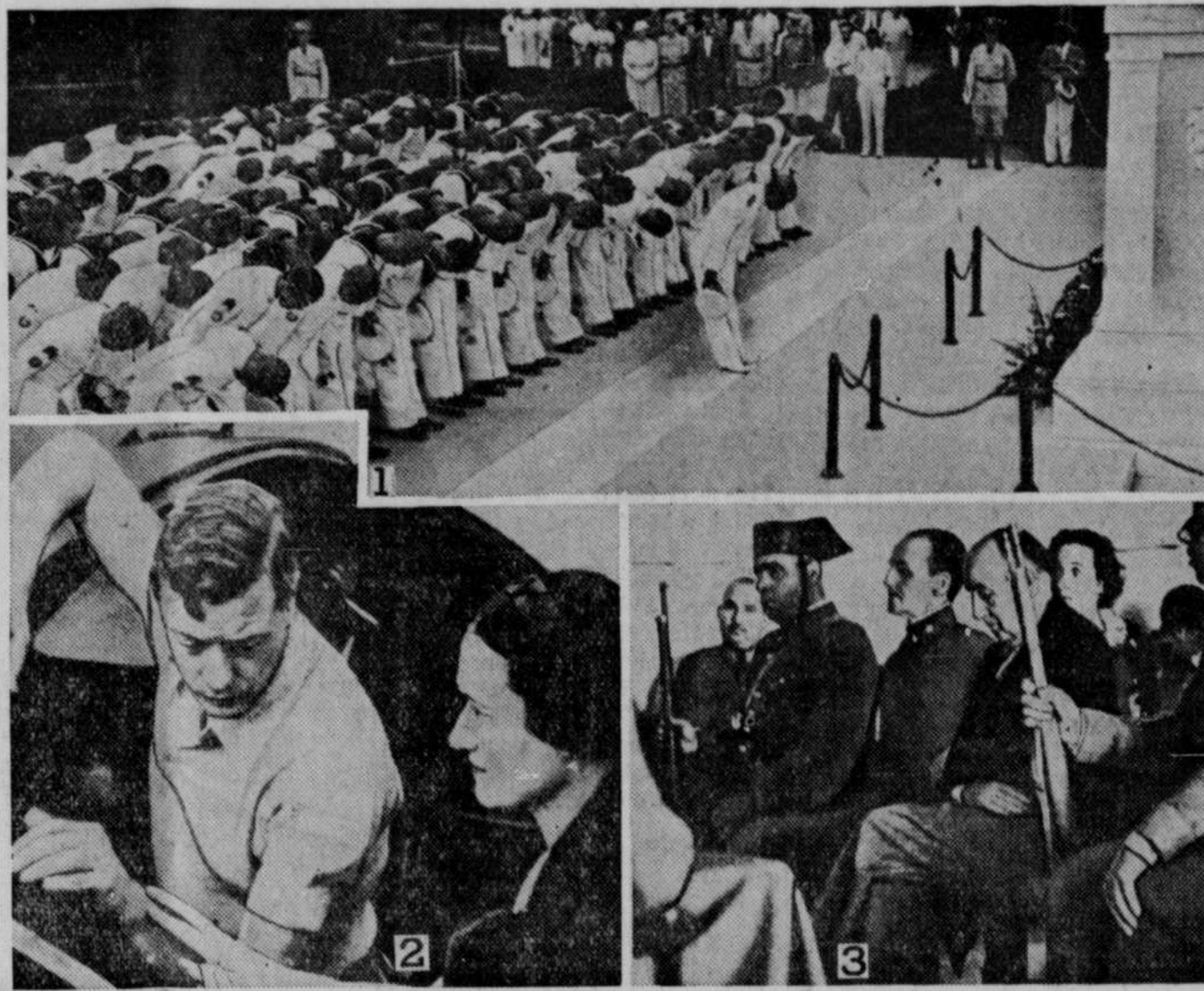


Minnesota Farmers Fighting Forest Fires



Farmers are shown fighting a fire which swept over hundreds of acres near Markham, Minn. Orchard sprayers were used to prevent the flames from sweeping across meadows and stubble fields and wiping out more farm homes in the area, in which fifty farmers were burned out.

Scenes and Persons in the Current News



1—Crews of two Japanese warships paying their respects at the Tomb of the Unknown Soldier in Arlington cemetery. 2—King Edward VIII of England, vacationing in Yugoslavia, enjoying a motorboat ride with Mrs. Ernest Simpson, one of his guests. 3—Generals Goded and Burriel, captured Spanish rebels, at the court martial trial that resulted in their conviction and execution.

HOW ARE YOU TODAY

DR. JAMES W. BARTON
Talks About

Eating to Grow Thin

FROM time to time a new reducing diet appears, catches popular fancy for a while, and then passes out of existence, never to return.

Now these reducing diets if followed faithfully will take the weight off and take it off in a short time, but unfortunately they remove more than fat from the system. This is because, while removing weight, they fail to supply some of the needed minerals—lime, phosphorus, iron and some of the needed vitamins such as vitamin C which prevents scurvy and skin ailments, vitamin D, the bone forming vitamin, vitamin A which helps to prevent colds and bronchitis, vitamin B which assists appetite and digestion.

Therefore a diet that contains good nutritious foods may be too one-sided, as it were.

While the reduction of weight is being accomplished the body must be protected from loss of vital substances or rather these vital substances must be supplied by the diet while this same diet is reducing weight.

Thus the ideal reducing diet is a "protective" diet also.

Ten Diet Rules

One of the simplest yet correct diets for providing a protective reducing diet is that outlined by Dr. Mabel E. Baldwin in her book "Diet and Like It."

There are ten rules to follow: Include in the diet daily:

1. At least one pint of milk (whole or buttermilk). The chief purpose of this rule is to provide lime (calcium). The only foods besides milk that are rich enough in lime to prevent shortage of this element are cheese and leafy vegetables.
2. About one-quarter pound of meat, fish or poultry, or about two-thirds cupful of beans or peas (measured after cooking). These foods provide protein (body builder), iron, and phosphorus. Fish is only half as rich in iron as meat.
3. A small portion of butter. The chief purpose here is to provide sufficient vitamin A, butter containing more than any other common food. Eggs, fish livers, and the yellow and green vegetables are also rich in vitamin A.
4. At least one egg. This is to provide sufficient vitamin D. Of course everybody knows that cod-liver oil is rich in vitamin D, but eggs certainly suit the palate more than cod liver oil. Eggs also contain iron.
5. At least two servings of raw fruit.
6. At least one serving of raw vegetable. Some raw foods should be included in the diet because the vitamin C content of most foods is destroyed so rapidly during ordinary cooking that diets consisting entirely of cooked foods do not usually contain enough vitamin C. Canned or stewed tomatoes are an exception as they retain the vitamin C.
7. About one-half cupful each of three cooked vegetables. Any vegetables will do but on the days that fish is selected, one of them should be a green leafy vegetable. Vegetables provide the important minerals and also the roughage which by irritating the lining of the lower bowel prevent constipation.
8. At least one portion of whole-grain product. Whole grains provide protein (body builder), starch (energy giver), vitamins, minerals, and plenty of roughage. Whole wheat, for example, contains from three to five times as much iron, lime and phosphorus as white flour made from it.
9. Iodized salt. This iodized salt is to prevent any shortage in iodine. This provides all the iodine the body needs.
10. In addition to foods provided by the first nine rules, include whatever kinds of food may be desired, and arrange so that these amounts of food do not increase the weight.

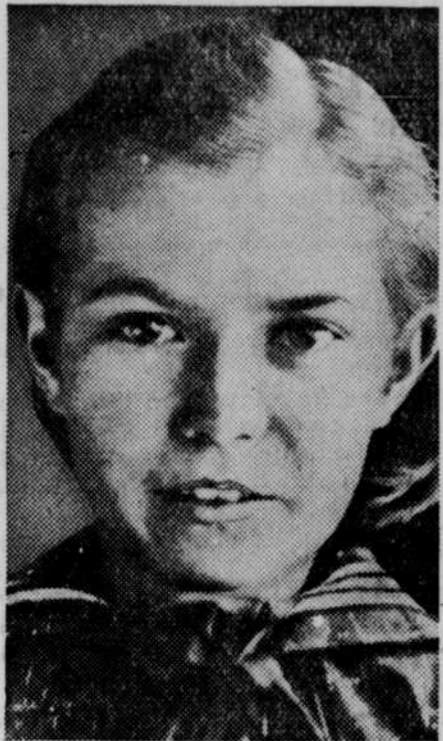
As we consider the above ten rules, even those of us who are not wanting to reduce weight will recognize what an all-round diet is provided.

Salt Stops Heat Cramps

So serious is the loss of water in those individuals working in hot places—foundries, furnace rooms, bakeries—that some means had to be found to prevent severe heat cramps which affected hundreds of men during the hot weather. Fortunately it was found that a little tablet containing a quarter teaspoonful of ordinary table salt taken with each glass of water was sufficient to prevent the heat cramps and prevent too great loss of weight.

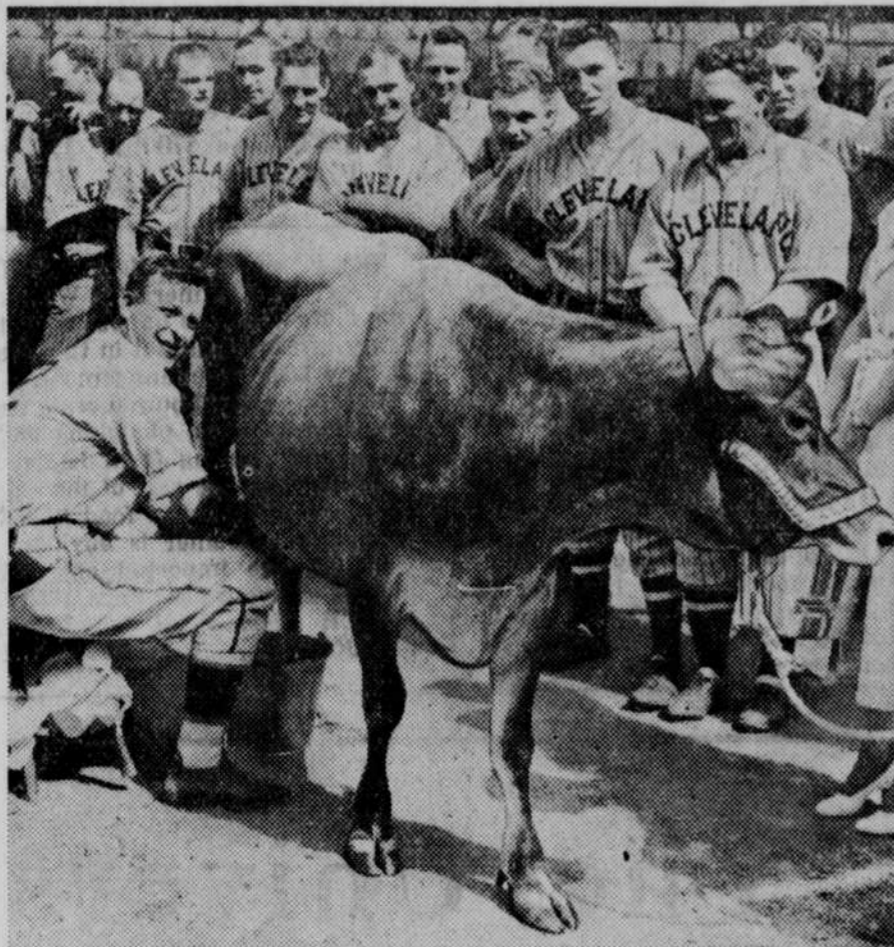
©—WNU Service.

WINS HERO MEDAL



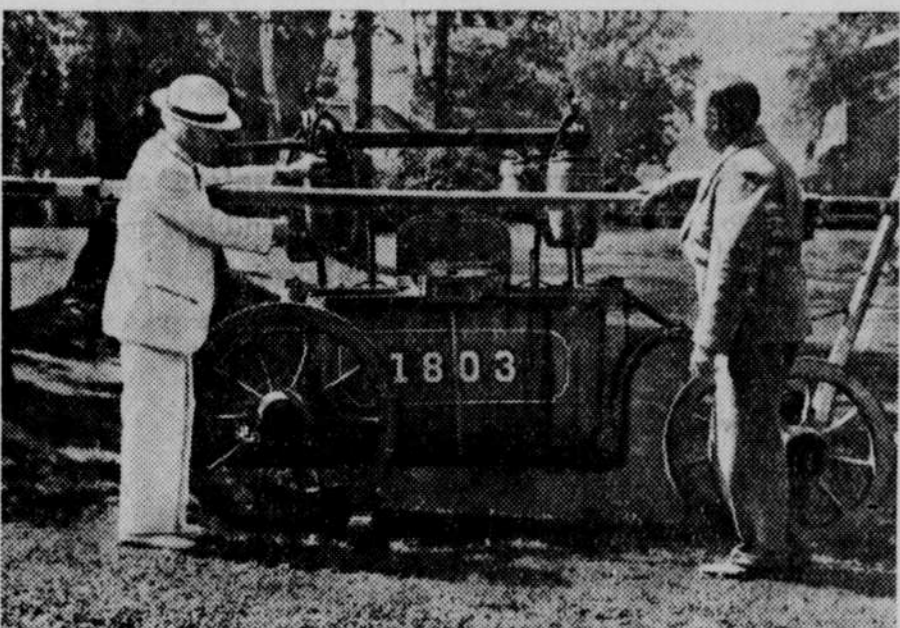
Cara Katherine Van Horn, twelve, of White Cottage, Ohio, who was awarded the annual gold medal by the Army and Navy Legion of Honor which awards the medal to the American boy or girl who performs the most heroic act during the year. Last winter Miss Van Horn saved two boys who were coasting into the path of an approaching express train by throwing herself under their sled.

Jim Selected the Cow Himself



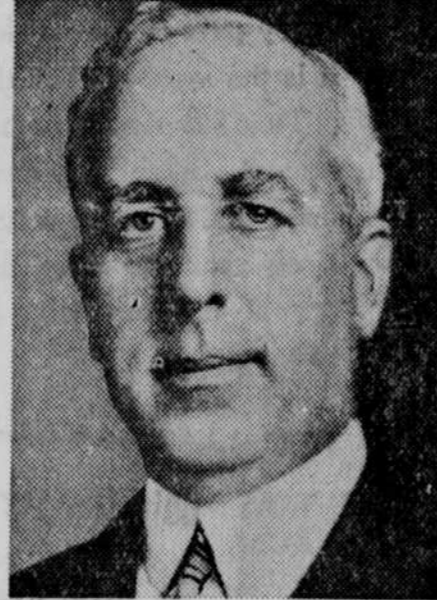
Jim Bottomley, first baseman of the St. Louis Browns baseball team, milks "Fielder's Choice," which was given him by admirers, after presentation ceremonies on "Jim Bottomley Day" at Sportsman's park in St. Louis. The cow was Bottomley's own choice as a gift.

Wiscasset's Ancient Fire Engine



One of the oldest fire engines in the United States is this one exhibited during the recent "open house" day at Wiscasset, Maine. Equipment for the fireman who manned the engine included "two leather buckets, two cotton bags, and a bed key." The latter article was used to dismantle old-fashioned beds so that they could be removed from the premises. The bags were used to hold small articles picked up in the burning house.

BROADCASTS POLL



Because of the unusual interest in the Presidential campaign this year, P. W. Litchfield, president of the Goodyear Tire & Rubber company, has completed arrangements to broadcast three times weekly the result of the Literary Digest Presidential poll.

OUSTED FROM MEXICO



Gen. Nicolas Rodriguez, leader of the Gold Shirt movement in Mexico, which was officially banned recently by the government, shown on arriving at the international boundary at El Paso after being transported by plane from Mexico City. The political refugee predicted the possibility of a civil war similar to that raging in Spain.

Marital Barque Launched in Lake



Five years ago, Merlin Andrews, life guard at Lake Pontchartrain, New Orleans, rescued Miss Elsie Hagner from drowning in the lake. The other night he took her back into the waters of the lake and married her before a huge audience that lined the beach.

Lumberjack Shaves With an Ax



Jack Wallulis, lumberjack who works among the giant firs of Oregon, shown shaving himself with a double-bitted ax which has one blade ground to a razor edge. He has shaved with an ax for three years without an accident.

FIRST G-WOMAN



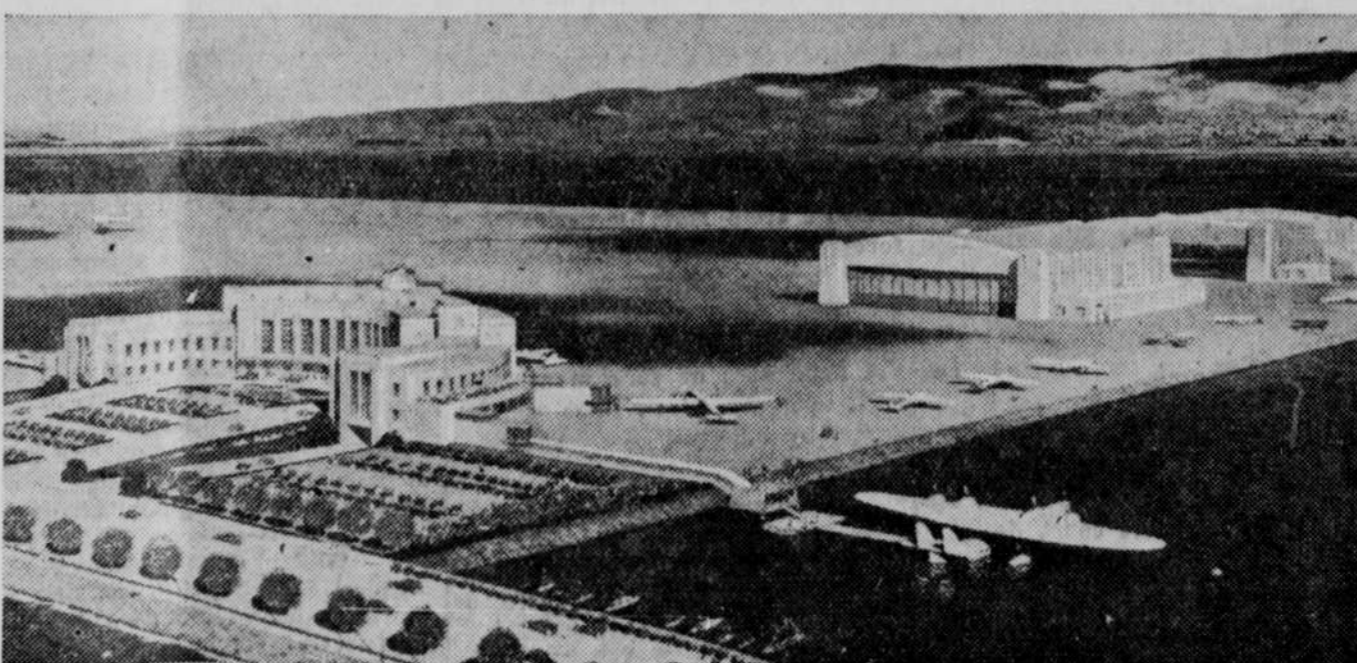
Margaret Eleanor Connors of Bridgeport, Conn., has become the country's first G-woman. Attorney General Homer Cummings has announced her appointment.

Tin Can Tourists of World Hold Convention



The Tin Can Tourists of the World, folks who have put wheels under parlor, bedroom and bath, assembled 2,000 strong for their summer conclave at the Erie County fair grounds, Sandusky, Ohio. From all the highways and byways of the North American continent, they poured into the fairgrounds.

Big Airport Which San Francisco Will Build



First official sketch of San Francisco's new municipal airport, to be opened in 1940 at Yerba Buena Shoals. The 430-acre site, now under reclamation by army engineers, will be the scene of the Golden Gate International exposition in 1939. Part of the exposition program is the construction of the three permanent structures shown in this oil painting—the Administration building, embodying the most modern design and equipment of aeronautical engineering, and the two hangars. The three buildings, financed by PWA grants, will cost more than \$1,600,000.