



LIFE'S LITTLE JESTS

A Late One
"Please, sir, could I have tomorrow afternoon off?"
"Ah, yes. Your grandmother, I suppose."
"Exactly, sir, she is making her first parachute jump."

"The bravest man I ever knew," said the explorer, "was the chap who took a taxi to the bankruptcy court and then, instead of paying his fare, invited the driver in as a creditor."

AN INTRODUCTION



"It certainly seems that the most ill-natured women get the best husbands."
"Nice of you to say so, my dear—what do you want?"

"Look here," said the indignant woman in the post office, "your mistakes are getting too bad. My husband has gone to Philadelphia on business, and this morning I had a letter from him with an Atlantic City postmark."

Allowed No Insult
Snooks (fiercely)—Do you mean to call me a liar, sir?
Brooks—That is the construction which suggests itself in connection with the observation I addressed to you.
Snooks (mollified)—All right, I accept your apology.

I LEARNED TO 'BEAT' ACID INDIGESTION
ONCE LIFE WAS MISERABLE, NO APPETITE... LITTLE SLEEP...UNTIL THE DOCTOR SAID 'ALKALIZE'

BUT NOW—AT THE FIRST SIGN OF ACID-INDIGESTION I USE PHILLIPS' AND I FEEL LIKE A NEW PERSON ALMOST IMMEDIATELY!

The fastest way to "alkalize" is to carry your alkali with you. That's what thousands do now that genuine Phillips' comes in tiny, peppermint flavored tablets—in a flat tin for pocket or purse. Then you are always ready.

Use it this way. Take 2 Phillips' tablets—equal in "alkalizing" effect to 2 teaspoonfuls of liquid Phillips' from the bottle. At once you feel "gas," nausea, "over-crowding" from hyper-acidity begin to ease. "Acid headaches," "acid breath," over-acid stomach are corrected at the source. This is the quick way to ease your own distress—avoid offense to others.

No Tricks
There are no tricks in plain simple faith.—Shakespeare.

Watch Your Kidneys!
Help Them Cleanse the Blood of Harmful Body Waste

Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery.

Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength. Other signs of kidney or bladder disorder may be burning, scanty or too frequent urination.

There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. Doan's have been winning new friends for more than forty years. They have a nation-wide reputation. Are recommended by grateful people like country over. Ask your neighbor!

DOAN'S PILLS

BEDTIME STORY
By THORNTON W. BURGESS

JUMPER TELLS PETER WHO THE STRANGER IS

PETER RABBIT could hardly believe what he had seen—the big black stranger, with the great terrible claws, backing away from Jimmy Skunk, and Jimmy acting just as if he were in the habit of meeting this stranger every day and making him get out of his way. And yet he knew that Jimmy never had seen him before. Peter always had had a great deal of respect for Jimmy Skunk. He knew that Jimmy just laughed at Reddy Fox, although Reddy is ever so much bigger than he, and he knew that Bowser the Hound always turned aside if he happened to meet Jimmy. But



"Supposing You Tell Me Who You've Seen," Said He, Quite as if He Had No Particular Interest in the Matter.

he really had not thought that Jimmy would dare to treat this great stranger so, and if he hadn't seen it himself he wouldn't have believed it because—well, because he couldn't have believed it.

Peter was full of wonder and excitement as he hurried away to tell all whom he should meet what he had seen. He didn't know who the stranger was. Never had he seen anyone like him in the Green Forest. The very thought of him made Peter shake with fright, even if Jimmy Skunk should say that there was nothing to be afraid of, and Peter knew that this is just what Jimmy would say when he met him. Presently as he hurried, lipperty-lipperty-lip, through the Green Forest he met his cousin, Jumper the Hare.

"Oh, Jumper! Cousin Jumper! I've seen him!" cried Peter just as soon as he was near enough to make himself heard.

Jumper sat up and looked at Peter curiously. "Supposing you tell me whom you've seen," said he quite as if he had no particular interest in the matter.

"Why, the stranger! The great big stranger who made those tracks in the snow I told you about and whom you tried to find and couldn't. I saw him just a few minutes ago! Who do you suppose he is, and do

Potential Bomber



Japan believes so firmly in the airplane as a factor in modern warfare that her children are taught aeronautics in the primary military training schools, and glider clubs have been organized for the boys. The lad pictured here is about to start on a glider flight. One day he may pilot a bomber and rain death on the enemies of his country.

Love, Honor and Obey



you suppose he has come to the Green Forest to stay?" cried Peter, talking so fast that the words just tumbled out.

"How should I know?" replied Jumper the Hare. "Suppose you tell me something about him. What does he look like?"

"Well, he's big," began Peter. "He's bigger than anyone else in the Green Forest. Why, he's as big as Farmer Brown's boy! He wears a black fur coat. He stands on two legs and he walks on four legs, and he hasn't any tail."

Jumper yawned just as if he weren't the least bit interested. "I've heard all that before from Sammy Jay," said he.

"And don't you believe it?" cried Peter.

Jumper the Hare smiled at Peter, and Peter knew right away by that smile that his big cousin had been teasing him. "Yes," said he. "I believe it because—well, because I have seen him myself."

"You have?" cried Peter, "and do you really know who he is?"

Jumper nodded. "Yes," said he, "he's an old acquaintance of mine."

"Who?" demanded Peter, his eyes popping out with excitement.

"Tell me quick, who is he?"

"He's someone I used to know when I lived in the Great Woods be-



"Along with the breaks in life," says erudite Emily, "we must take the bumps."

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fore I came to live in the Green Forest on the edge of the Green Meadows," replied Jumper, speaking so slowly that Peter thought he would never get it out.

"But what's his name? Do tell me his name, Cousin Jumper," implored Peter.

"His name," replied Jumper slowly, very slowly, while Peter held his breath and leaned forward with eyes and ears and mouth wide open. "His name is—"

"Is what?" cried Peter.

"Is Buster Bear," replied Jumper the Hare.

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Importance of Water to Body

Look to Source of Supply When Choosing a Home.

By EDITH M. BARBER

THE most important material which we take into our bodies through the mouth is completely lacking in food value! This sounds like a contradictory statement. It is, however, water which we are describing in these terms. As has been proven many times, man can live much longer without food than he can without drink, which he must have, not only to satisfy his thirst craving, but for use in every body process.

The first qualifications in choosing a place of residence is a liberal and sure water supply. Those of us who live in cities and suburbs take this for granted. This is not the case, however, in the country. It was brought to my attention in Maine when a new well was necessary. Captain Sinnott was called upon to locate the well on one of the veins of water which run at intervals through the region. He came armed with a crocheted willow twig, which, believe it or not, turned toward the ground when it found running water. Of course, it would not be so obliging for everyone, although we were allowed to try our hand at divining. One or two of us actually found that we had the power, although we were scientific scoffers.

To go back to the importance of water which too often we neglect to drink in the proper quantity. At least eight glasses should be taken daily if our body machinery is to be supplied with amounts which will enable it to run efficiently. Some of this may be taken at meals if it

is drunk after food has been chewed and swallowed. The rest may be taken between meals. Part of the supply may of course be in the form of any sort of liquid beverage.

Chocolate Sauce.

- 1½ ounces chocolate
- ½ cup cold water
- ½ cup sugar
- 1 tablespoon cornstarch
- Salt
- 1½ cups hot water
- ½ teaspoon vanilla

Cut the chocolate in pieces, add the cold water and cook over low fire until smooth. Mix the sugar, cornstarch and salt together and add to the chocolate. Stir in the hot water and cook until smooth. Add the vanilla.

Cottage Cheese Salad.

- ½ pound cottage cheese
- 1 tablespoon minced onion or chives
- 1 teaspoon paprika
- Lettuce or romaine
- 1 pimiento

Mix the cheese, onion or chives and paprika well and pack in a small bowl to set in the refrigerator to chill. Cut the pimiento into slices. When ready to serve place the mold of cheese in the center of a platter or chop plate. Arrange the lettuce or romaine around the edge in six bundles and hold together lightly with strips of pimiento. Pass spicy dressing with this salad.

Fruit Punch.

- ¾ cup orange juice.
- ½ cup lemon juice
- 1 cup pineapple juice
- 1 cup strong tea.
- 1 pint ginger ale or charged water.

Sugar syrup
Slices of orange and lemon

Mix fruit juices and tea. Chill in the refrigerator, and just before serving add ginger ale, sugar syrup and lemon. Serve with ice cubes in each glass.

Grape Juice Flip.

- 1 pint grape juice
- ½ cup lemon juice
- ¼ cup sugar
- 1 cup water
- 1 pint ginger ale

Combine grape juice, lemon juice, sugar and water and stir until sugar is dissolved. Pour over cracked ice and add ginger ale. Makes six large glasses.

Veal Scallopini.

- 1½ pounds veal steak
- Flour, salt, pepper
- Olive oil or butter
- 1 clove garlic
- ½ cup white wine
- 2 tablespoons lemon juice
- Parsley

Have the veal cut thin. Dust with flour, salt and pepper. Brown in the olive oil with the garlic. Add wine and lemon juice and let simmer 30 minutes, or until the veal is tender. Remove garlic. Sprinkle with minced parsley and serve.

Baked Cabbage and Tomatoes.

- 1½ cups well-seasoned tomato sauce
- 3 cups chopped cooked cabbage
- ¼ cup grated cheese
- ¼ cup bread crumbs
- Salt
- Pepper

Put alternate layers of tomato sauce and cabbage in a greased baking dish. Sprinkle each layer with cheese and crumbs, salt and pepper. Bake in a moderate oven (350 degrees Fahrenheit) until slightly browned.

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FIRST AID TO THE AILING HOUSE
By Roger B. Whitman

DOUBLE WINDOWS FOR CASEMENTS

DURING the warm times of year, casement windows that swing outward are certainly attractive. This is not only for appearance, but for the full ventilation that comes with the opening of an entire window space. In winter, however, the situation is reversed. Out-swinging casement windows are more likely to leak than is the case with windows of other kinds. Also, the ordinary form of double window cannot be used.

When there are two or more casement windows in a room, it is unusual for more than one to be opened during bitter weather. This being so, all of the windows but one can be kept closed, and ordinary double windows put on outside. For the one window that is to be opened, a removable double window can be attached inside. If the casement is provided with inside insect screens on hinges, the screens can be replaced with glass. Another possibility is a sheet of plate glass covering the entire opening, set in a frame of wood molding, fitted to the inside of the window frame. The molding should have good-sized handles attached to it, so that it can be easily moved, and when in place, it is held by simple bolts or turn-buckles.

Double windows raise the temperature of a room by many degrees. There is far less chilling of the space near a window, and drafts in the room are greatly cut down. Double windows are well worth whatever they may cost.

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MANNERS OF THE MOMENT
By JEAN

YOUNG wives are always telling us that they can't drag their Bens and Bills out of the house of an evening. They are sure that they have married drips, after all.

If we are in a romantic mood when one of these confidences comes along, we are always horrified. Don't the poor girls know how lucky they are to have husbands who love their hearts? Don't they realize that they are envied the length and breadth of Maple



When Your Husband Refuses to Go Places, Use Your Head and Not Your Temper.

avenue? Don't they remember that two people sitting under the same lamp was always their picture of marital bliss before they were married?

But sometimes our modern mood is upon us, and we tell our fretting friends to act their age. To use their brains. A temper, we tell them, is just a sign of an empty head. If you really want your husband to go places with you, try to think up places that he might really like to go. Don't be unimaginative and suggest the movies every night, or a bridge party at the Simpsons. By mere repetition he gets bored. Think up thirty-one different places you might go, and spring a new one every night in the month. Suggest ferry rides and moonlight swims and country fairs. Ten to one, by the end of the month your Ben or Bill will catch fire. If he doesn't, maybe he is a drip.

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ANIMAL CRACKERS
By WARREN GOODRICH



"There's Radcliffe! Asleep at the switch!"

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Understood Hydraulic Engineering
The early Egyptians and Mesopotamians understood hydraulic engineering.

Removal of Gall Bladder

By DR. JAMES W. BARTON
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A PROMINENT lawyer was going down hill physically. He was seventy years of age but had always been able to look after his legal work despite attacks of indigestion and an irritation which caused painful and frequent emptying of the urine.

The indigestion gave him loss of appetite, sour taste in the mouth, a bloated feeling, gas on the stomach and in the intestine, fullness after eating, and either constipation or diarrhoea.

He didn't want to go to a doctor as he was afraid that an operation, perhaps two operations, might be necessary, and at seventy years of age he was "taking no chances."

The symptoms, however—terrible attacks of indigestion, and the frequent desire to pass urine—made him decide that life wasn't worth the living with this pain and distress so he consulted his physician.

Some months later friends meeting him on the street stopped him and congratulated him on his splendid appearance—good color, brisk walk, calm, serene face.

Don't Put Off Operation.

To the inquiry as to the cause of the change in his appearance, he quite casually remarked, "Oh, they found some gall stones and removed my gall bladder, and then a little later I had them remove the gland at the neck of the bladder, so with these two annoyances removed I'm feeling young again."

The point here is that while operation can never be treated lightly and operation on one past seventy would seem somewhat of a serious risk, nevertheless when gall stones are present it is not the age of the patient that matters from the standpoint of a good recovery after operation, but the length of time the patient has allowed the symptoms to be present before undergoing the operation.

So if your doctor advises removal of the gall bladder, don't put it off too long. If it should come out, the sooner the better.

DiETING Daughters.

One of the unfortunate things about prescribing reducing diets, particularly for women, is that so many young women of normal weight, or even below normal weight, believe that they will have a better appearance, will look "slim," if they follow the general rule of reducing weight, which, after all, is "just to eat less food."

Intelligent young women, college and business girls, who would not think of using a drug such as thyroid extract to reduce weight, will deliberately "starve" themselves to get the slim boyish figure.

"Of all the conditions found on examination of large groups of young women, underweight is about the most universal and likewise the most likely to prove dangerous." I am quoting Jane Foster, R. N., in Hygeia. Miss Foster is assistant director of health, Sarah Lawrence college.

"There is then the problem of the girl of eighteen or nineteen consciously controlling her own weight at a standard below that for good health. Now the greatest cause for death in this age group is tuberculosis, the predisposing factor of which is malnutrition—underweight.

"The greatest cause of illness in college health records is found to be infections of the nose, throat and chest and these, too, go with pronounced underweight. Other companions of underweight may be irritable dispositions and a loss of the natural mental ability or alertness. Those who work with this age group are frequently impressed with the large number who complain of fatigue and general dissatisfaction with life."

Of course the cause of this fatigue, irritability, dissatisfaction with life, is that these young women, who should be eating more food at this age than at any other age in their lifetime, are actually eating less than the body needs just to keep it working, aside from the extra food needed for growth in height and width. And the foods that should be eaten for growth and strength—meat, eggs and milk—are not included to any extent in the diet of these slim-mad girls.

What these girls of normal weight forget is that underweight means undernourishment, and undernourishment means that a reduction of the "energy reserves" of the body occurs when not enough food is eaten and the body is below normal weight.

The energy reserves of the body—the reserves needed to promote health and growth, and prevent or lessen the effects of illnesses—can only be maintained by a generous all round diet at this important age in a woman's life.

Household Questions

Potatoes for Short Cakes.—Hot, boiled and mashed white potatoes are good in making short cakes and puddings. They not only save flour, but require less shortening.

Cleaning Enameled Sinks.—Those stubborn dark streaks which accumulate on enameled sinks and bathtubs can be removed with kerosene.

Dry Soiled Clothes.—When clothes are sent to the laundry they are usually paid for by weight. Money can be saved if the housewife makes certain all articles are dry before they are sent out.

Eggs in Tomatoes.—Take large tomatoes, slice off the tops, remove the pulp. Break an egg into each case, replace the pulp, add a nut of butter, season with pepper and salt. Replace the tops and bake in a hot oven for 5 to 10 minutes. Serve hot or cold, garnished with cress, peas or lettuce.

Strain the Starch.—Starch used in laundering should be strained to remove all lumps that might blister when ironing.

When Peeling Small Onions.—Cover small onions with hot water and let stand for a minute or two and the skins are easily removed.

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I'M FEELING FINE THIS MORNING
—FREE FROM THAT THROBBING HEADACHE AND READY FOR A GOOD DAY'S WORK.

All people who suffer occasionally from headaches ought to know this way to quick relief.

At the first sign of such pain, take two Bayer Aspirin tablets with a half glass of water. Sometimes if the pain is more severe, a second dose is necessary later, according to directions.

If headaches keep coming back we advise you to see your own physician. He will look for the cause in order to correct it.

The price now is only 15¢ for twelve tablets or two full dozen for 25 cents—virtually, only a cent apiece.

15¢ FOR 12 TABLETS

virtually 1 cent a tablet

Seeking and Blundering
Seeking and blundering are so far good, that it is by seeking and blundering that we learn.—Goethe.

TRAP LINES

Hi, BUCK! GETTIN' READY FOR TRAPPING SEASON?

YEP, AND THIS YEAR ALL MY NEW TRAPS ARE GONNA BE VICTOR STOP LOSS SURE TO CATCH AND SURE TO HOLD. I'M THRU LOSING 'RATS FROM WRING-OFF.

VICTOR TRAPS

ANIMAL TRAP COMPANY OF AMERICA - LITITZ, PA.

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