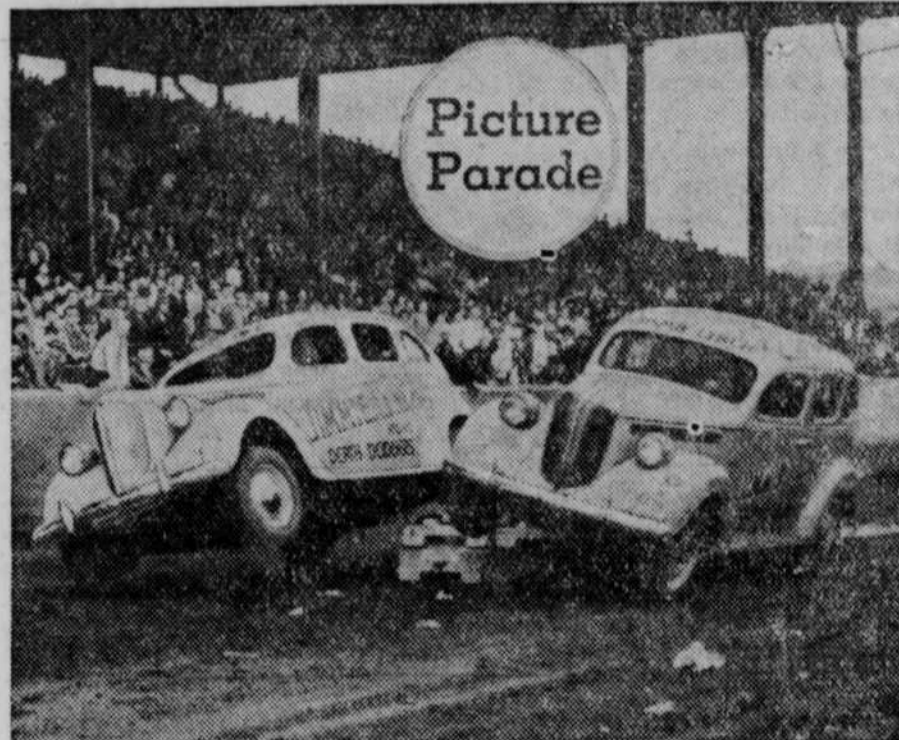


25 Million Drivers Seek Safety But Jimmy Thrives on Thrills



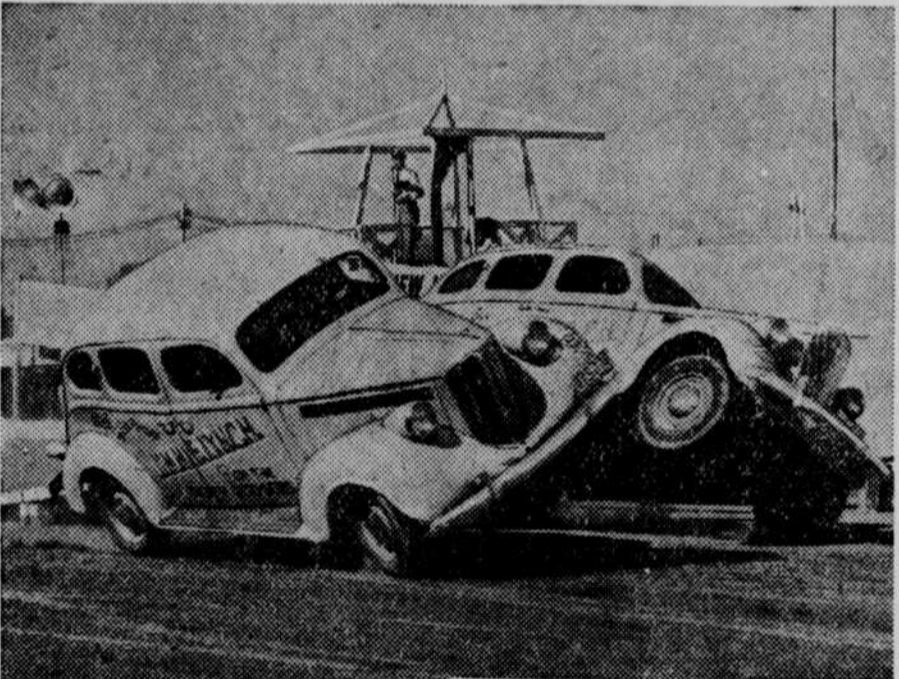
Among attractions at New York's World fair opening April 30 will be Jimmie Lynch, who flirts with cars, tires and fate to thrill thousands of motorists who go home thankful they can drive safely. From new year's to new year's Jimmie roars up ramps into thrills like that above, cheating injury with a firm grip on the steering wheel.



Left: Jimmie and his son (right), a 19-year-old daredevil.



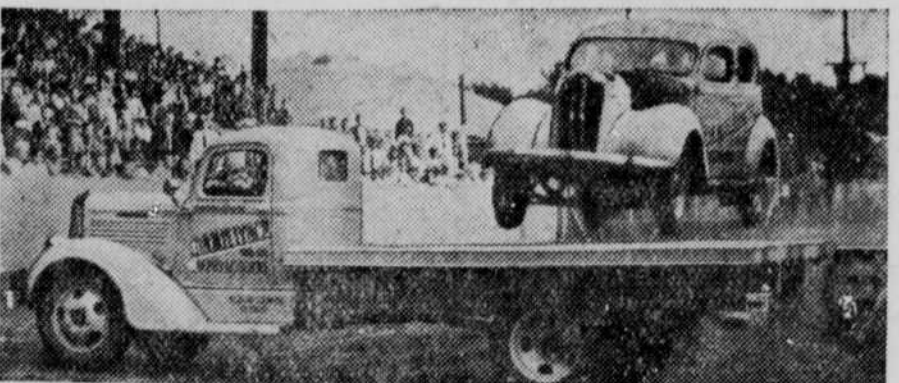
Above two action photos illustrate one of Jimmie's favorite tricks. Catapulting off a ramp, the running board bites the ground. Thrilled throngs gasp with one voice but timing and iron nerve bring Jimmie safely back to earth while the timid souls watch pop-eyed. He's been doing such tricks ever since the World war, where he rode a motorcycle.



Father and son perform in the tandem act shown above. Amplifiers spell-bind on-lookers as stunts prove car and tire protection daily serving millions on our highways.



Spectators: Above, Mrs. Lynch, wife and mother to the daredevils, wipes blood from a goggle cut above her husband's eye. Right, Odie, Jimmie's Great Dane.



WHAT to EAT and WHY

C. Houston Goudiss Explains How Food Can Make You Fat or Thin; Offers Tips on Gaining Weight

By C. HOUSTON GOUDISS

TO NEARLY every adult, weight is a matter of great concern. Thin people step on the scales in the hope of finding that they have gained a pound or two. Fat people sometimes weigh themselves several times a day, trusting each time that the arrow will point to a slightly lower figure. In many cases, the reason for this absorbing interest is vanity—a desire to look better. But the real objective should be to attain the weight at which one feels better, for few people realize that to weigh neither too much nor too little is one of the best possible aids to buoyant health. Moreover, the secret of weight control for normal individuals lies in the kind and amount of food consumed.

The science of nutrition teaches us that all body fat originates as surplus fuel that is, food which has been consumed over and above the immediate requirements of the body machine. It therefore follows that in general the problem of gaining or losing weight is concerned with an increase or reduction in the total fuel value of the diet.

Shortage or Surplus of Fuel
Those who find it difficult, after 30, to avoid taking on excess pounds must learn to reduce the total fuel intake. Otherwise, they may find themselves burdened with a mounting surplus of fat, which not only destroys beauty, but impairs health, and tends to decrease both mental and physical efficiency. On the other hand, those who feel that they must struggle to keep their weight up to normal . . . who declare that they simply cannot gain, no matter how much they eat, should acquaint themselves with the high-caloric foods and make a persistent effort each day to eat a little more than enough to meet their needs. If a gain is achieved, the result will be well worth the effort. For just as overweight is a handicap to health and efficiency, so have nutritionists observed that physical efficiency may be definitely decreased when the weight falls more than 10 per cent below the average for one's height.

It is often said that it is easier to lose weight than to gain it, and in many cases this is true. For the overweight person who consistently cuts down the fuel value of the diet, should, under normal circumstances, be able to reduce gradually, comfortably and effectively. But the individual who is underweight often has a small appetite and therefore has little desire to eat the increased quantities of food that are required in order to gain.

Influence of Body Build
Nutritionists have observed that many people who find it difficult to gain have a tall, slender type of body build. It has been determined that in people of this type, the digestive tract is usually shorter than in those having a stocky build. Moreover, they tend to be more tense, more active and of a more nervous temperament. As a result, the passage of food through

Why Let Yourself Get Constipated?

Why endure those dull headachy days due to constipation, plus the inevitable trips to the medicine chest, if you can avoid both by getting at the cause of the trouble? If your constipation, like that of millions, is due to lack of "bulk" in the diet, the "better way" is to eat Kellogg's All-Bran. This crunchy toasted breakfast cereal is the ounce of prevention that's worth a pound of emergency relief. It helps you not only to get regular but to keep regular, day after day and month after month, by the pleasantest means you ever knew. Eat Kellogg's All-Bran every day, drink plenty of water, and see if you don't forget all about constipation. Made by Kellogg's in Battle Creek. Sold by every grocer.

the digestive tract may be so rapid that it leaves the body before all the available nutrients can be utilized. At the same time, these active people tend to burn up more of their food for energy, so it is not surprising that they fail to store body fat, unless the diet is especially planned to meet their needs.

Concentrated Foods Desirable
The well balanced diet, with its full quota of minerals and vitamins is basic to good health for all. But in order to produce a gain in weight, the diet of individuals belonging to the slender type should be composed of easily digested foods, which can be utilized by the body with a minimum of effort; and it should include generous amounts of concentrated and highly nourishing foods. Included in this classification are eggs, cheese, cream, butter or margarine, bacon, bread, cereals, cream soups, custards, ice

cream, rice and tapioca puddings. The addition of two or three glasses of milk to the regular meals will be found useful in increasing the fuel value of the diet. Milk also belongs in the reducing diet, but there it is used to replace other high caloric foods. Fruit juices will be found useful in stimulating the appetite of those who desire to gain; and the fuel value of these beverages may be increased by the addition of milk or cream.

An Extra Meal
Very often it is possible to get extra nourishment into the diet by way of a light lunch in mid-morning, mid-afternoon or both—provided it does not interfere with the appetite for the regular meals. This may take the form of fruit juice and crackers; malted milk; cocoa, egg nog or plain milk. A between-meal snack is regarded as especially desirable for thin people whose work is fatiguing. It will help them to sustain energy and prevent them from coming to their regular meals too tired to enjoy or profit by food.

Importance of Rest
Since thin people have a tendency to tire quickly, they are advised to get plenty of rest. There should be long hours of sleep at night, and nutritionists have also observed that the food is apt to be better utilized if a short rest is taken before meals.

ASK ME ANOTHER ?

A Quiz With Answers Offering Information on Various Subjects

1. How does electricity produce light in an incandescent lamp?
2. What is the derivation of the word nihilist?
3. How high above sea level is Lake Champlain?
4. How many telephone calls a day are made in the national capital?
5. Who was called the "Expounder of the Constitution"?
6. What causes "the noise of the sea" in conch shells when held to the ear?
7. How much does it cost to telephone from a ship at sea?

The Answers

1. By heating the filament of the lamp. As soon as the filament

becomes hot enough it becomes luminous.

2. It is from the Latin nihil, meaning nothing; one who denies real existence.
3. Ninety-six feet.
4. Telephone calls originating in Washington, D. C., now reach an average of 1,000,000 per day.
5. Daniel Webster.
6. The circulation of the blood of the listener.
7. The rate is \$9.00 for a three-minute call when the ship is within 1,500 nautical miles of New York and \$18.00 when it is over 1,500 nautical miles away.

PATTERN DEPARTMENT



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Roll yourself 30 swell cigarettes from Prince Albert. If you don't find them the finest, tastiest roll-your-own cigarettes you ever smoked, return the pocket tin with the rest of the tobacco in it to us at any time within a month from this date, and we will refund full purchase price, plus postage. (Signed) R. J. Reynolds Tobacco Company, Winston-Salem, N.C.

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JOHN DURKIN, busy hotel man, stepped outside with a friend who snapped this photo of him with his pocket tin of Prince Albert. "I've been enjoying P.A. for 5 years now," Durkin says, "and for easy rollin', taste, and mildness nothing beats P.A." Well, that's what you expect from a finer grade of tobacco, "crimp cut" for rollin' 'em, and treated to remove tongue-bite. Try a pocket tin as a starter—you'll never know how good P.A. is in a "makin's" cigarette unless you try it. No risk—just take hold of the iron-clad money-back offer. See reminder at right.

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