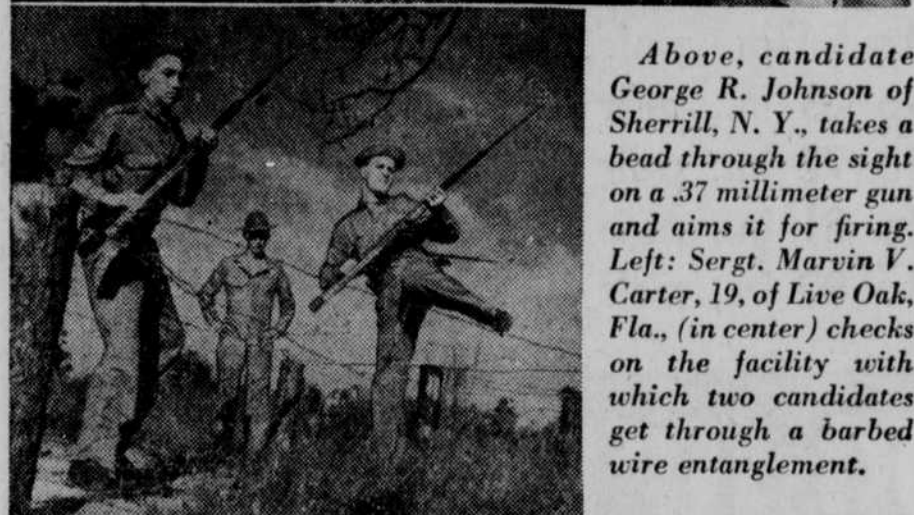


## 'Teen Age Men Learn Leadership In Officers' Training School

America's young men of war are learning to be leaders while yet in their 'teens. These youths of 17, 18 and 19 are receiving valuable training, experience and physical conditioning as members of the Officers' Candidate school at Fort Benning, Ga. By offering their service to the U. S. army at these ages they are following in the footsteps of many of our outstanding generals. The accompanying pictures, taken at Fort Benning, show typical scenes in the daily routines of the youths at the Officers' Candidate school there.



Here the officer candidates learn to shoot straight and fast. They are following a moving aerial target in the course of training in anti-aircraft firing.



A group of young officers (above) study map reading and orientation by compass. Right: Sgt. Marvin Carter, an instructor at 19 (right), shows candidate David P. Lehman, 18, of Elkhart, Ind., the proper way to handle his rifle in a bayonet charge.



Camouflaged soldier demonstrates sniping technique.

## TO YOUR Good Health

by DR. JAMES W. BARTON  
Released by Western Newspaper Union.

### RECRUIT MUST TELL ALL

When a recruit is being examined for the army, he should not hesitate to tell the examining physician his whole medical history. Unfortunately, unless he has had some definite ailment or injury, he may fail to mention his "attacks of indigestion" which he has blamed on eating the wrong foods or eating when tired or excited. He may feel that if he makes mention of these trifling attacks, the examining physician may get the idea that he is malingering, "swinging the lead." The result is that within a few weeks or even months of army life, he is brought before a medical board and sent to hospital for observation and treatment.

By failing to tell of his attacks of indigestion or bringing a certified statement of these attacks from his physician to the army medical examiner, he may put the country to considerable expense and himself to much inconvenience.

I am writing this because a report from Dr. J. M. Smellie, in the British Lancet states that of 247 cases of indigestion reported in one division 131 had definite organic disease of the stomach and first part of small intestine (duodenum) and were discharged from the service as permanently unfit. The remaining 116, after investigation and a short course of treatment, were returned to duty. Dr. Smellie states that when it has been definitely learned that a soldier has ulcer he should be discharged from the army "and immediately returned to civilian life where rest, diet and tranquility of mind are possible. Before enlistment these individuals were leading useful lives in the service of their country and should be returned to such service. In the army they remain a burden to themselves and to others."

Most physicians and physicians who have had much to do with "indigestion" cases in civil and army hospitals will agree with Dr. Smellie, that a chronic indigestion patient is a real liability.

The thought, then, is that family physicians and patients themselves should have no false sense of duty, but should state by certificate and in person if there is a history of acute attacks or chronic symptoms of indigestion present.

## Keeping Abdominal Muscles Developed

As youngsters when we wanted to show one another how strong we were we tightened the upper arm muscle and the whole strength of the body was supposed to be in proportion to the size of our upper arm muscle.

I went with an older brother to see Sandow, the strong man, and my brother pointed out the ridges of the muscles across the front of his abdomen.

"That's what shows the strength of a man," my brother told me. "If you see those ridges stand out, it shows the man is strong everywhere. Why, Sandow's abdominal muscles are so hard he uses them for a washboard!"

I believed this at the time and in a sense have always believed it, because the strength of the abdominal muscles has so much to do with the general health of the body, the proper working of the heart, lungs, stomach, liver, intestines. Well developed abdominal muscles give the body the proper posture—abdomen is drawn in, chest stands out, head is erect—thus enabling all the organs in chest and abdomen to have room to work.

A report from a European physician points out that actual disease of the organs in the abdomen can be caused or aggravated when the organs fall downward due to lack of support by the abdominal muscles. This falling down of the abdominal muscles is called ptosis. By examining 100 bodies in which these organs were down low, he found that the distance the organs had dropped was in proportion to the weakness or weight of abdominal muscles.

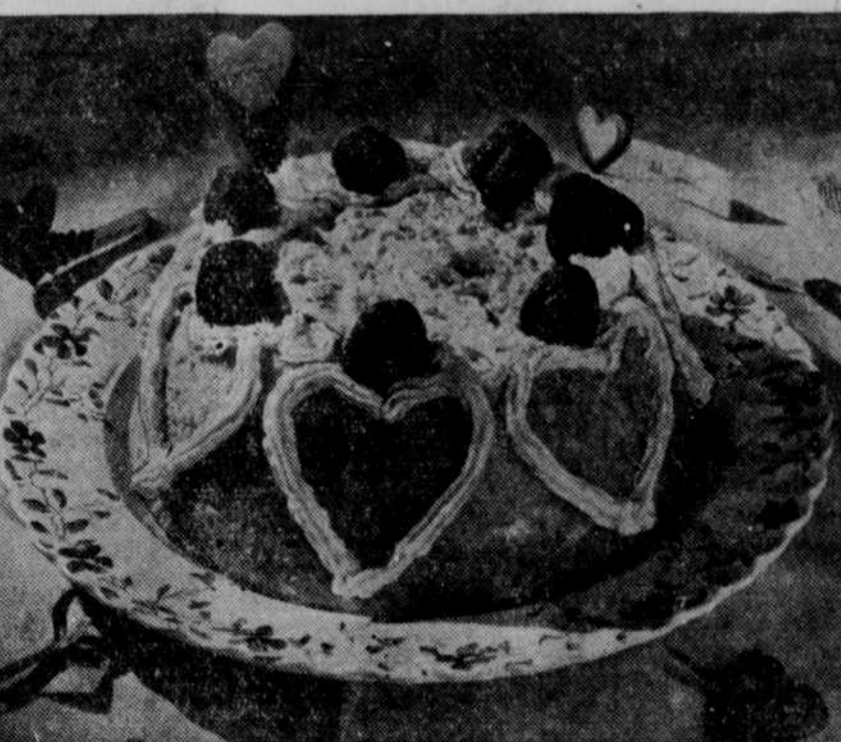
Now it is not difficult to keep the abdominal muscles developed sufficiently to hold organs in place. It requires just a little thought and a little exercise daily. At all times we should try to stand and sit erect; stand as tall as we can. The exercise is "trying" to touch the toes, keeping knees straight. The slightest bend of the knees puts the work on the legs.

### QUESTION BOX

Q. Is Vitiligo curable? Does it grow progressively worse with time? Can you tell me what causes this ailment?

A. Cause of Vitiligo—white spots on skin—is unknown. Some recent cases have been traced to a chemical used in tanning leather so that a cure may be discovered. There is no known cure at present. Painting patches with coloring matter obtained from your druggist is all that can be done.

## HOUSEHOLD MEMOS... by Lynn Chambers



Give Cupid a Break . . . Bake Him a Cake  
(See Recipes Below)

### Valentine Notes

Along about this time, even though it isn't spring, there's a note of precious sentiment that gets into the atmosphere. Perhaps it's those bits of bright red and lacy paper the children have been pasting into heart shapes, the rhymes they've been making. Yes! Valentines!

Cupid has a way of darting into this season and winning us over—even if only with a cardboard arrow springing out of a froth of red and white paper cutouts of hearts. Why not plan to give yourself up to a party with a Valentine theme?

Let's make it simple but festive for even simple gaiety will do loads for your morale. Except for the cake in today's column which is a wee bit party-ish, the rest of ingredients in the party are streamlined to save your time.

Our color scheme for the holiday runs into red-and-white, so our main dish is going to be a variation of the old favorite chicken and cranberries.

**\*Jellied Chicken and Cranberry Loaf.**  
(Serves 6)

1 tablespoon gelatin  
2 cups well seasoned chicken broth  
6 small thin slices chicken  
2 cups minced chicken  
Cranberry mixture

Soften gelatin in a little broth, add remaining broth and heat until gelatin is dissolved. Pour a little into the bottom of an oiled 1-quart loaf pan. Divide remaining gelatin between 1 cup dark and 1 cup light meat of chicken. Add alternating layers of chicken and cranberry, chilling each layer thoroughly until set before adding the next.

**Cranberry Mixture.**  
(For Chicken Loaf)  
1 pint cranberry juice  
1½ tablespoons gelatin  
¼ teaspoon salt  
Dash of cayenne  
Juice of ½ lemon  
1 cup minced celery

Soften gelatin in a little cranberry sauce; dissolve over hot water. Add remaining juice and seasonings. Cool and add celery.

Since the main dish is a combination salad and main dish—if served with a lettuce or watercress garnish and mayonnaise if you want it, balance the menu with some attractive assorted sandwiches. Sandwiches should be light snacks for this type of party, so we'll fall back on the old standby, cream cheese.

**Cream Cheese Rolls.**

Mix 1 package of softened cream cheese with 1 tablespoon of mayonnaise and a dash of Worcestershire sauce. Blend thoroughly. Take thinly

### Lynn Says:

**The Score Card:** It looks very much as though you will cook what you can find with more foods announced as to become rationed. Canned and frozen foods along with meats will be less easily available.

Fresh fruits and vegetables are to be unrationed so keep your budgetwise and marketwise eyes cocked for bargains. Turnips, carrots, beets, citrus fruits and apples will appeal to wise menu makers.

Canned soups which you obtain and pay more for now are usually more concentrated and you can get more food value from them. You'll like using dehydrated soups, too, the chicken-noodle combinations being winners.

Plan to pack whole wheat flours and dehydrated pancake mixes into your shopping bags. The former will help you get vitamin B in the diet, while the latter is a fine time-saver.

### Valentine Party.

\*Chicken Cranberry Loaf  
\*Assorted Sandwiches or  
\*Graham Gems  
\*Cupid's Cake  
Tea Hot Chocolate  
\*Recipe Given

sliced white bread, trim off crusts, and spread with cream cheese mixture. Roll, cut in half and brush with melted butter. Toast in broiler until evenly browned.

Other good cream cheese combinations, using heart or diamond-shaped bread slices, include cream cheese and apple butter or cream cheese and currant jelly or raspberry jam.

Hot muffins that pull no nutritional punches would be good foil for the cool, smooth jellied chicken and cranberry loaf. Try these:

\*Graham Gems.  
½ cup flour  
1 cup graham flour  
¼ teaspoon salt  
4 teaspoons baking powder  
1 egg, well beaten  
¾ cup milk

Sift the flour. Sift again with salt and baking powder. Add egg and milk and beat only until mixed with dry ingredients. Bake in small, buttered muffin tins in a hot (400-degree) oven for 20 minutes.

A delicious mouth-watering cake to top off the party is just the thing you need to make it a success:

\*Cupid's Cake.  
1½ cups egg whites (about 10)  
1½ cups sifted sugar  
¾ cup sifted cake flour  
¼ teaspoon salt  
1 teaspoon cream of tartar  
1 teaspoon vanilla

Measure egg whites and place in a bowl. Sift and measure sugar and add flour. Add half of sugar and ¼ teaspoon salt to flour. Sift 5 or 6 times. Beat egg whites until frothy, add cream of tartar, beat until egg whites are slightly stiff but still glossy. Fold in sugar, 2 tablespoons at a time. Fold in sifted flour a little at a time. Fold in vanilla and pour into a hot pan that has been set in a hot oven, 425 degrees, while cake is being mixed. Bake in a hot oven 20 to 23 minutes or until cake springs back when touched. Invert pan to cool cake.

**Frozen Strawberry Filling.**  
1 package lemon-flavored gelatin  
1 cup boiling water  
1 package fresh-frozen strawberries  
1 cup whipping cream

Add boiling water to gelatin, stir until dissolved. Break strawberries into separate pieces, add to gelatin and stir carefully. The cold strawberries will cool the gelatin and at the same time thaw the syrup around the berries. If strawberries are thawed, cool gelatin before adding strawberry mixture. Whip cream and fold in ½ cup of whipped cream into strawberry mixture.

With a sharp knife cut out center of cake with a sawing motion, leaving a 1-inch shell around top of cake. Lift out center of cake and tear off pieces of center to fill hole at bottom of cake left by tube. Use this extra cake and put into filling or frost small pieces and roll in coconut. Pour strawberry filling into cake. Frost outside of cake with remaining cream. Part of this frosting may be used through a cake decorator tube to add valentines to sides and swirls to top of cake as shown in picture above. Put cake in refrigerator for ½ hour or long enough to set filling. Serves 10.

What problems or recipes are most on your mind these winter days? Write to Lynn Chambers for expert advice on your particular problem, at Western Newspaper Union, 210 South Des Plaines Street, Chicago, Ill. Please be sure to enclose a stamped, self-addressed envelope for your reply.

Released by Western Newspaper Union.

## PATTERNS SEWING CIRCLE



Blouse and Jumper.

HERE'S a juvenile jumper outfit which has extra prettiness—in the soft, curving lines of the jumper and in the round Peter Pan collar and short puffed sleeves of the blouse. Any little girl will look "nice as pie" in it—yet it is very practical and can be made at next to nothing cost.

Pattern No. 8278 is in sizes 2, 4, 6, 8, 10 and 12 years. Size 4 jumper requires 1½ yards 36 or 38 inch material, blouse 1½ yards.

### Slip and Panties.

IT IS sound economy to make your own underwear, in these times particularly! This pattern will guide you in making the type slip you have always sought . . . a slip which fits without a wrinkle, has a graceful top and offers con-



**The secrets of washing woollens** successfully are: (1) plenty of suds; (2) luke-warm water throughout the washing and rinsing; (3) no rubbing or twisting; (4) drying at moderate temperature, avoiding both heat and intense cold.

When clothing is spotted by rain, place a clean damp cloth on the material and press it with a moderately warm iron.

Draperies that shrink may be remedied this way: Add a fold of contrasting color to the bottom of the old curtain, using a harmonizing color or cord between the two materials, and the effect will be very pleasing.

The first time the cork is taken out of a glue bottle, dip it in melted paraffin and allow it to dry before replacing—it will never be sticky and hard to remove.

A speck of salt greatly improves chocolate, caramel and white frostings and candies.

Furniture for a man's room is appearing in bleached and limed finishes rather than in the dark oak which used to hold sway.

When using an aluminum saucepan for boiling eggs, add a few drops of vinegar to prevent the pan from discoloring.

The popular wrap around turbans should be washed frequently because they are handled so much. Those made of silk, rayon or knit wool can be laundered with lukewarm water and mild soap if the color is fast.

When plain pillow slips made from tubing are partly worn, rip or cut off the seam at the bottom and sew the slips again with the fold in the center. It will double their life.

Control for the bust line. Panties to match are included!

Pattern No. 8261 is in sizes 12, 14, 16, 18, 20; 40 and 42. Size 14 slip and panties take 4½ yards 38-inch material. Send your order to:

SEWING CIRCLE PATTERN DEPT.  
530 South Wells St. Chicago.  
Enclose 20 cents in coins for each pattern desired.  
Pattern No. .... Size ....  
Name .....  
Address .....

### Huge Wheels

Giant flywheels in some stabilizing gyroscopes in large ocean liners require nearly three hours to reach their maximum speed of 15 revolutions a second, while the water wheels in some turbines in hydro-electric plants will run on momentum, unless the brakes are applied, for more than 12 hours.

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