

**Your Dreams May Tell
Secrets About Yourself**



Should He Ignore His Dream?

"LUCKY" that was just a dream," he thinks, "or I'd lose my job."

But he's wrong. No dream is "just a dream." Often it reveals something in yourself that you never knew—and perhaps should.

Dreams can really help when you take them to heart. You may dream of stains, inkspots, because you're feeling guilty about something. Thinking out what it is might relieve you greatly.

Instead of lightly dismissing these dreams, use them to help solve your problems. Our 32-page booklet gives the scientific explanations for several dreams—flying, falling off a cliff, running from wild animals and other typical dream situations. Tells why some dreams are "prophetic." For your copy send your order to:

READER-HOME SERVICE
117 Minna St. San Francisco, Calif.
Enclose 10 cents in coin for your copy of THE MEANING OF DREAMS.



Appreciate Life
Be glad of life because it gives you the chance to love and to work and to play and to look up at the stars.—Henry Van Dyke.



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Outlook Is Virtue
One's outlook is a part of his virtue.—Amos Bronson Alcott.



To the West—and Back!

EIGHT nights in Pullman berths, 6,300 miles! Left Shreveport before midnight. Three hours and 20 minutes later rolled under the portico of the Arlington hotel in Hot Springs, Ark.—202 miles in 200 minutes, through three states, one city and eight towns. The last 40 miles a bit difficult because of hairpin curves zooming up into the Ozarks.

Some 3,000 uniformed high school musicians accompanied by nearly 2,000 parents, chaperones and instructors were also in Hot Springs for the eleventh session of Arkansas bands and orchestras contest. Contesting units included 64 school bands and 54 orchestras. All day long the bands paraded through the streets playing not only marching tunes, but excellent hillbilly music also.

Took the Ozarks Express on an overnight spin—and spin it was, as it whipped in and out of those circuitous little hills. Nearly spun me out of my berth, but managed to get several hours of interrupted shut-eye. Changed sleepily next morning in St. Louis to the American, the Pennsy's flier for New York. Everywhere across the Middle West—blossoms, buds, birds and beauty. Into New York in time for some important conferences with persons high in the realm of national affairs. Would not be surprised to see a tax on mines, postage stamps, slot machines, even phonographs, records and movie film.

Boarded the Iroquois Limited, for the eleventh time this season! Spun across New York, Pennsylvania, Ohio, Indiana, Michigan, to Illinois. Changed trains and whizzed across Iowa to Columbus, Neb. Rain had turned the country upside down. Counted 11 gasoline trucks, 41 passenger cars in ditches along the dirt highways, and was glad to climb aboard the Pacific Limited for a slow trip to the West. After all the fast, zippy shiny streamliners, it's nice to know there are still some vehicles on steel which travel as we used to. Passed another milestone crossing the Continental Divide. Rain squalls lashed the countryside, and Wyoming looked dull and foreboding. Patches of snow still remain on the higher reaches of the Rockies. Train almost empty; a few soldiers being transferred to posts.

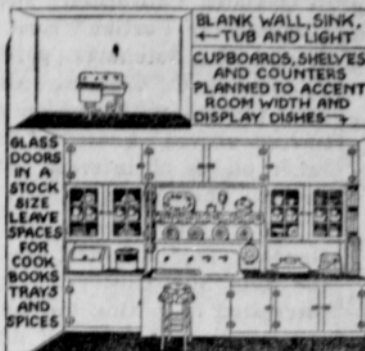
Picked up a Skyliner in Cheyenne for a swift 10-hour jaunt through the clouds back to Manhattan. Have bridged this continent 52 times by air, however, most of these trips were made way back in the early days when flying was a haphazard affair. Great strides have been made since then and today sky-riding is not very different from sitting up in the coach of a fast train, except that the motion is more sea-like than the train's. I have never quite passed the stage of nausea when the flying horse strikes an air pocket and dives down-down-down and then up-up-up, with a notion like that of a fast elevator.

Reaching New York, tore down to the dock on the lower side of the Hudson river and there boarded one of the new, fast white vessels of the United Fruit Lines. This line operates what is probably the best service to Latin America, our "Good Neighbor." The boats are more yacht-like than strictly commercial, and one has a feeling of being master of one's own craft as one strolls leisurely along their trim decks. Unlike most ocean liners, one does not have to be continuously properly dressed for this or that occasion, which is another great comfort.

Days of lolling in the bright sunlight, of lying listlessly in one's cabin, of gazing at a bright tropical moon. Flying fish skim the surface of the seas, some of them actually landing on deck. Tropical showers come and go with tremendous ferocity—and then are quickly over without leaving a trace. Tiny atolls with a palm or two atop them, stick out of the aquamarine sea. As we near land, canoes filled with a motley crowd of brightly clad Bahaman Negroes approach the boat, and shout in their curious accent, more cockney than southern. The boat seems to be a world to itself, and except for the rapt attention with which the passengers listen to the news broadcasts, and the sudden and heated arguments on policy and politics which break forth occasionally, one could almost forget the crowding worries of our hectic world.

HEARING THINGS: Letter from Jean Donnelly in Hollywood tells of the swell work of the Women Fliers of America. This organization plans to train women along the same lines as its British forerunner did—as an auxiliary to our Air Corps. They would carry supplies, deliver planes from factories to military and naval depots, operate ambulance-planes, give first aid, etc. It would not duplicate the work of any other women's organization in the country.

NEW IDEAS
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By RUTH WYETH SPEARS



boards are 1 by 12-inch boards. These rest on the lower cupboards and are placed far enough apart to accommodate the glass doors. The 1 by 12-inch board across the room makes the top of the glass cupboards and the bottom of the upper cupboards. The ruffle trimmed shelf between the glass cupboards is 6 inches wide and the plate rail below it is made of two moulding strips.

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Uncle Phil Says:

With Doers in Minority
The world is divided into people who do things, and people who take the credit.

So far, no navigator has made a reliable chart of the Sea of Matrimony.

A little pull will get you most places—but not through a door marked "push."

Monkeys Look On Seriously
Men laugh at the behavior of monkeys, but the monkeys are more polite.

When a man pays his taxes his patriotism is at its lowest ebb.

A chairman spends 20 minutes introducing the man "who needs no introduction."

Many a man is put in the shade because he stands in his own light.

A Blessing Possible
Peace can be made perpetual if nations will agree not to make new wars until they have paid for the old ones.

Of the two, I'd rather listen to the boaster than the alibier.

There are three kinds of men who do not understand women: young men, old men, and middle-aged men.

"To be at my best for morning rehearsals, I like the Self-Starter Breakfast."

says RUTH DREYER Chorine

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