

With Regrets to Follow

When one passes an evening wisely he gets his satisfaction out of it by thinking about it next morning; but when he spends his evening in folly he thinks he is rewarded right there and then.

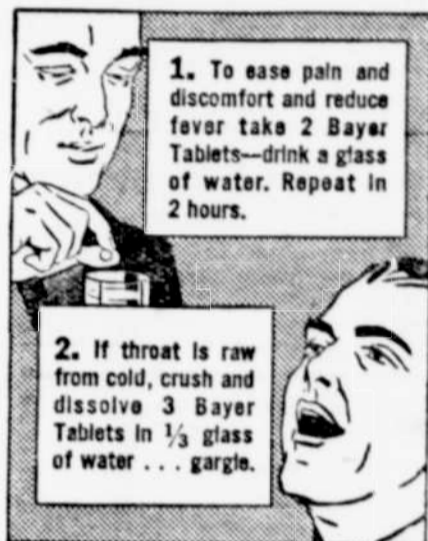
It Is Your Debt

Every time you know a compliment is deserved, pay it. Why be stingy with good will?

When the men wore knee trousers not a one of them tried to show just a little more knee.

HOW TO RELIEVE COLDS

Simply Follow These Easy Directions to Ease the Pain and Discomfort and Sore Throat Accompanying Colds



1. To ease pain and discomfort and reduce fever take 2 Bayer Tablets—drink a glass of water. Repeat in 2 hours.

2. If throat is raw from cold, crush and dissolve 3 Bayer Tablets in 1/2 glass of water... gargle.

THE SIMPLE WAY pictured above often brings amazingly fast relief from discomfort and sore throat accompanying colds.

Try it. Then—see your doctor. He probably will tell you to continue with the Bayer Aspirin because it acts so fast to relieve discomforts of a cold. And to reduce fever.

This simple way, backed by scientific authority, has largely supplanted the use of strong medicines in easing cold symptoms. Perhaps the easiest, most effective way yet discovered. But make sure you get genuine BAYER Aspirin.

15¢ FOR 12 TABLETS
2 FULL DOZEN 25¢

Dangerous Friend

Nothing is so dangerous as an ignorant friend.—La Fontaine.

AT LAST! THE TRUTH ABOUT LOSING FAT

NEW YORK, N. Y.—In a test by a prominent N. Y. physician and nationally known newspaper woman—25 women lost a total of 286 lbs. in 40 days. YOU, too, can follow this SAME, SENSIBLE plan right at home and here it is:

First of all go light on fatty meats and sweets. Eat plentifully of lean meats, fish, fowl, fresh fruits and vegetables. And for proper functioning by removal of accumulated wastes take a half teaspoonful of Kruschen in hot water every morning. — DON'T MISS A MORNING. — Kruschen is made right here in U. S. A. from famous English formula.

And this is important! Kruschen is NOT harmful. It is not just one salt as some people ignorantly believe. Rather it's a blend of 6 active minerals, which when dissolved in water make a healthful mineral drink similar to highly effective Spa waters where wealthy women have gone for years. A jar of Kruschen costs only a few cents and lasts 6 weeks.

So, fat ladies—get some gumption! MAKE UP YOUR MIND YOU'LL STICK to the above Plan for 28 days—and just see if you don't lose fat and feel healthier and younger. You can get Kruschen at drug-gists everywhere.

SHOPPING

The best place to start your shopping tour is in your favorite easy-chair, with an open newspaper.

Make a habit of reading the advertisements in this paper every week. They can save you time, energy and money.

HEALTH

● Rheumatism attacks greatly relieved by injection of patient's blood.

—By Dr. James W. Barton—

ALTHOUGH it is generally agreed that the majority of cases of rheumatism are due to infection—teeth, tonsils, sinuses, gall bladder—and that many are due to dampness, to climate, to errors in diet, there is also the belief that there is a "tendency" to rheumatism in some families. It may be that this tendency is due to the fact that the individual is allergic or sensitive to certain substances, just as the tendency to the hay fever, asthma and eczema complex seems to pass down from parent to children. That the results obtained by a new method of treating rheumatism are due to this sensitiveness or allergy seems logical.



Dr. Barton

Dr. J. LeCalve, in Medical Press, Paris, states that injecting the rheumatic patient's blood back into him causes a mild shock which the patient withstands well, and which increases his resistance to further attacks of rheumatism, stimulates the circulation and desensitizes the body against the substance causing the attacks.

The injection of his own blood has a calming effect upon the pains, especially if the injection of his blood is made directly into the painful part.

Sulphurated Oil Injected.

In a number of cases Dr. LaCalve injected sulphurated oil, and also the blood, and in others the sulphurated oil alone was injected. In 12 cases he found that the combination of the blood and the sulphurated oil produced better results than did the injection of the oil alone, but he also obtained several cures by the injection of the blood alone. One or two injections of 30 to 45 drops of the patient's blood are made.

"It appears that the action of the injected blood, particularly its pain-relieving action, is due to the fact that it promotes the presence of histamine or similar substance in the blood. As the injected blood gets mixed very slowly with the patient's blood, the relief of symptoms lasts for a long time."

As you know, the idea of curing or preventing disease by injecting small quantities of the substances causing the disease is used in a great many ailments—smallpox, hay fever, asthma and others.

Copyright.—WNU Service.

Paris Flashes

Pretty femininity is keynote to new fashions.

Designers see the bustle silhouette bidding for favor.

The Spanish influence reflects in many lace evening gowns.

Fawn color and rust shades are approved colors for spring.

Newest handkerchiefs have printed reproductions of famous paintings.

Lace trimmings abound throughout early costume collections.

Bags come in colorful leathers such as lipstick red, violet and heather pink.

French women like the new black and white prints with colorful accessories.

In the new flower vogue a big play is being made on the rose as favorite theme.

WHAT to EAT and WHY

Advice to Homemakers on How to Feed Families During Coldest Days of Winter; Essential Nutritive Values Described in Terms of Everyday Foods

By C. HOUSTON GOUDISS

TOWARD the end of winter we sometimes experience some of the coldest weather of the entire season. Temperatures remain below freezing for days at a time. The air is often raw and penetrating, and blustery winds make it seem as if man is being persecuted by nature.

Moreover, this trying weather comes after months of short and often sunless days . . . days which many people have spent in overheated houses, and without sufficient exercise. So it is no wonder that the body is on trial . . . fighting to maintain health . . . to avoid the colds and other respiratory diseases that are so prevalent. This is, perhaps, one season when food has a mightier power than at any other time to influence physical well-being.

Food Your First Defense

In general, women seem to be more aware of the power of food than men. This is fortunate, because they are charged with the solemn responsibility of determining what foods their families shall eat. Since the right food sometimes makes the difference between sickness and health their husbands and children are the unhappy losers if they fail to recognize the need for even one essential food substance.



Occasionally the homemaker's task is made more difficult by men-folks who pooh-pooh the idea that meals should be planned scientifically, and who point out that generation after generation survived without a specific knowledge of nutrition.

People who hold this view fail to take into consideration that many of our ancestors consumed a satisfactory diet without knowing it.

Safeguarding Health

They should realize also that one can suffer from dietary deficiencies and live . . . though he may not live well! A man can exist upon much less than the amount of iron required for normal health . . . but he probably cannot escape secondary anemia. He may be able to get along on a meager supply of vitamins . . . but the chances are that his vitality will be greatly diminished. And he will face the constant threat of disease that follows in the wake of lowered resistance.

Nothing is more foolish than to suppose that what a man eats is entirely his own business! It is a matter of grave concern to his wife and children. For it has been suggested that fully one-half of the illnesses of the American people may be traceable directly, or indirectly, to dietary deficiencies.

Let no man, therefore, twit his wife for trying to feed him correctly!

Time for Good Eating

But don't imagine for a moment that correct eating and good eating cannot be synonymous. It is true that there is no time of year when correct eating is more important. But it is also a fact that there is no time of year when good eating is more distinctly indicated!

These are the days when breakfasts must be especially hearty . . . to satisfy keen appetites, to provide generous amounts of fuel or energy values. That means ce-

Of course, the fruit need not be served plain unless you wish. Fruit pies are splendid for cold weather meals, fruit and gelatin combine nicely, and fruit may be incorporated in cakes, as in apple sauce cake.

Rounding Out Day's Nutrition

Whether the third meal of the day is lunch or supper in your household, it should round out the day's nutrition. If you need to get more milk into the diet, let your lunch or supper include a cream soup. If you haven't served eggs previously during the day, choose a souffle or a dish containing creamed eggs. A starchy food, a salad, a dessert and a beverage will complete a meal that both satisfies the appetite and meets nutritional requirements.

It is not difficult to obtain the day's quota of minerals, vitamins, cellulose, protein, carbohydrates and fats. These substances are to be found in delicious, wholesome foods. All you need to remember is not to serve too much of one food and too little of another.

Let the balanced diet be your ideal—and cold weather will prove a tonic instead of a possible menace to health!

Questions Answered

Mrs. G. M. L.—At the present time, nutritionists have not yet determined the exact amounts of vitamins G and E that should be supplied daily. It is known, however, that a diet which furnishes plenty of fruits, vegetables, whole grains and milk will protect the body against a shortage of either vitamin G or E.

Miss K. P. D.—Fatty foods have several important functions in the diet. They are a concentrated source of fuel; some of them are a good source of vitamin A; they improve flavor and texture in cookery; and they help to prevent hunger because they slow down the emptying time of the stomach. However, they are highly concentrated, and should be combined with other foods.

©—WNU—C. Houston Goudiss—1939—52.

Common Sense About Constipation

A doctor would tell you that the best thing to do with constipation is get at its cause. That way you don't have to endure it first and try to cure it afterward—you can avoid having it.

Chances are you won't have to look far for the cause if you eat the super-refined foods most people do. Most likely you don't get enough "bulk"! And "bulk" doesn't mean a lot of food. It means a kind of food that isn't consumed in the body, but leaves a soft "bulky" mass in the intestines.

If this is what you lack, try crisp crunchy Kellogg's All-Bran for breakfast. It contains just the "bulk" you need.

Eat All-Bran every day, drink plenty of water, and "Join the Regulars." Made by Kellogg's in Battle Creek. Sold by every grocer.



A LAW



There ought to be a law against people who cough in public. Don't do it. Carry Smith Brothers Cough Drops with you. Just 5¢ a box. Smith Bros. Cough Drops are the only drops containing VITAMIN A. This is the vitamin that raises the resistance of the mucous membranes of the nose and throat to cold infections.

It Will Pay You to Patronize Our Advertisers