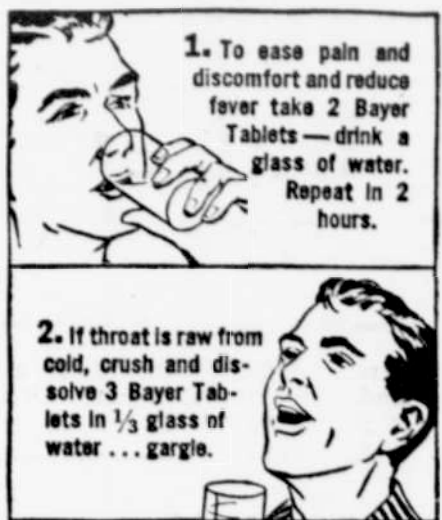


DO THIS

TO RELIEVE PAIN AND DISCOMFORT OF A COLD

Follow Simple Method Below Takes only a Few Minutes When Bayer Aspirin is Used



Starts to Ease Pain and Discomfort and Sore Throat Accompanying Colds Almost Instantly

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.



Change of Mind

No well-informed person ever imputed inconsistency to another for changing his mind.—Cicero.

HEADACHE?

Here is Amazing Relief for Conditions Due to Sluggish Bowels

Nature's Remedy If you think all laxatives act alike, just try this all vegetable laxative. So mild, thorough, refreshing, invigorating. Dependable relief from sick headaches, bilious spells, tired feeling when associated with constipation.

Without Risk Get a 25¢ box of NR from your drugist. Make the test—then if not delighted, return the box to us. We will refund the purchase price. That's fair. Get NR Tablets today.

ALWAYS CARRY **QUICK RELIEF** **FOR ACID** **INDIGESTION**

WNU-13 11-39

Sin's Handle

"Sin has many tools, but a lie is the handle which fits them all."—Oliver Wendell Holmes.



too, approve every word of advertising you read, the objective of which is only to recommend Doan's Pills as a good diuretic treatment for functional kidney disorder and for relief of the pain and worry it causes.

If more people were aware of how the kidneys must constantly remove waste that cannot stay in the blood without injury to health, there would be better understanding of why the whole body suffers when kidneys lag, and diuretic medication would be more often employed.

Burning, scanty or too frequent urination may be warning of disturbed kidney function. You may suffer nagging backache, persistent headache, attacks of dizziness, getting up at night, swelling, puffiness under the eyes—feel weak, nervous, all played out.

Use Doan's Pills. It is better to rely on a medicine that has won world-wide acclaim than on something less favorably known. Ask your neighbor!

DOAN'S PILLS



'Pegleg' Smith

FOR an example of chilled steel nerve, consider the case of Thomas L. Smith. He and his partner, Jim Cockrell, were trapping in the Green river country of Wyoming in the 1820s when Smith fell over a cliff and broke his leg. It was not an ordinary fracture. The bone was shattered and a piece of it protruded through the flesh. Prompt action was necessary to prevent blood poisoning.

"Guess we'll have to cut 'er off," Jim," said Tom Smith, calmly.

Their only instruments were a three-cornered file and their hunting knives. Cockrell used the file to make a saw of Smith's knife. Then Smith took his partner's knife, cut through the flesh, tied up the arteries, sawed the bone, seared it with a red-hot iron and sewed up the stump.

When the wounded leg healed, Smith made a wooden leg for himself and thereafter he was known as "Pegleg" Smith. Before the accident he had been a famous horseman. Now there was all the more reason for going mounted and the wooden leg apparently made little difference in his horsemanship.

At any rate he became the most successful horse thief on a large scale in the history of the West. He spent most of his time organizing expeditions into California to rob the Spaniards. He and the famous Jim Beckwourth made one foray into the land of the dons that netted them 3,000 head of horses!

But when California came under the Stars and Stripes it changed the habits of "Pegleg." "I won't never steal from my fellow-Americans," he declared virtuously. Temperance, however, was not among his newly acquired virtues. He ended his days, a victim of strong drink, in San Francisco in 1866.

A Perilous Journey

CAPT. RANDOLPH B. MARCY halted with his party of 40 soldiers and 25 mountain men at the junction of the Uncompahgre and Gunnison rivers on his way to Fort Union, N. M., in 1857. "Me no guide you over San Juan mountains in winter time," declared the old Ute Indian chief.

Capt Marcy had orders to join the forces of Col. Albert Sidney Johnston near Salt Lake City with animals and supplies. The orders said to proceed without delay so there was nothing for Captain Marcy to do except proceed. In spite of the Indian warning that none of the men would get through Cochitopa pass alive, the party left December 11 for Fort Massachusetts near the present Fort Garland.

Four days later, when they reached the mountains, winter's fiercest storms were raging. Snow swirled and beat against their faces. It piled in deep drifts and hung heavily on the legs of animals and men. The cold became intense.

Captain Marcy's detachment pushed on, although animals fell dead in their tracks and men had to abandon equipment. Before they reached even the summit of the pass their rations were exhausted and they had to eat the flesh of the mules as the animals died.

On January 12 couriers from a relief party arrived and announced that help was close at hand. Shortly thereafter aid came. So starved were the men that Captain Marcy issued strict warnings to eat sparingly.

His orders evidently were only partly obeyed as one man died from overeating—the only fatality in one of the most trying adventures of American history.

© Western Newspaper Union.

Origin of Lord Mayor

It is said that the title lord mayor arose from the expression domino maiore, literally sir mayor. It had its origin during the reign of Edward III in the Fourteenth century.

WHAT to EAT and WHY

C. Houston Goudiss Reveals Several Reasons Why Food Sometimes Disagrees; Warns Against Eating When Tired or Worried

By C. HOUSTON GOUDISS

A GREAT many people have the unfortunate habit of warning friends and acquaintances against this or that food, on the ground that it is "difficult to digest," or "is almost sure to cause digestive distress, especially if eaten at the wrong time of day or in combination with the wrong foods." Indeed, to hear some men and women recount the various dishes that are best left alone, is to wonder how they manage to find anything to eat at all, in view of the many good foods they consider taboo!

Certainly there is no objection to food as the topic of conversation.

It is so basic to good health that it should be uppermost in the mind of every individual who desires to promote physical and mental efficiency.

And it is also natural for a person to be guided by past experience in determining what he should eat, and what it may be advisable for him to avoid.

But it is a grave mistake for one person to warn another against any food or combination of foods on the ground that it will cause digestive distress. For the truth of the matter is that under proper conditions, a normal, healthy person should have no difficulty in digesting almost any food that has a place in the well-balanced diet.

Food Dislikes Often Unfounded

I once met a woman who told me that her contented-looking husband could, and did, eat most everything 'cept horseshoes. Menu planning was simple for her! And how different from the problems of the home-maker who must try to reconcile her menus, both with the food dislikes of various members of the family, and with the foods that they declare they can't eat, for fear of digestive distress.

It is true, of course, that individuals differ greatly, and occasionally a food that can and should be eaten regularly by most people, will cause distress in an individual case. But that is no indication that the food will have the same effect on another person, and it is misleading either to proffer or accept advice of this nature from friends.

It may be that the victim has an allergy to the food in question—that he reacts to it differently than the majority of people. But there is also the possibility that the prejudice exists because of some previous distress, caused, not by the food itself, but by the circumstances under which it was eaten.

Perhaps a clearer understanding of some of the mental and physiological factors influencing digestion would dispel many of the bugaboos that cause people to avoid various, wholesome foods and food combinations, and to warn others against them.

Emotions Influence Digestion

Scientists have established that the stomach is capable of reacting to almost every emotion and sensation that is experienced by men and women. Thus, how you eat becomes quite as important as what you eat. And any food or combination of foods consumed when you are tired, worried or angry, may cause acute distress, whereas the same food, when eaten at another time, may be digested without the slightest disturbance.

This indicates the folly of jumping to the conclusion that you

can't eat this or that, and shows that one is scarcely justified in warning friends or relatives to avoid certain articles of diet.

There is a large amount of evidence that fear, anger or anxiety have the effect of diminishing the gastric secretions, and further, of arresting or slowing down the movement of the intestines.

If food is eaten under these conditions, it may remain stagnant in the alimentary canal, with the subsequent formation of gases and decomposition products. But instead of recognizing the true cause of the trouble, many people erroneously blame the food itself!

Medical men have frequently noticed that people often develop gastric disturbances when they suffer financial reverses, and continue to suffer from them until their financial condition improves.

—a striking demonstration of the importance of banishing fear and worry!

Never Eat When Tired

Almost any food may cause distress when one is suffering from fatigue. So it is unwise to sit down to a large meal when exhausted from too much physical or mental work. A brief rest before eating will put the body in much better shape to receive and assimilate the food.

Then, if the meal is served in pleasant surroundings, and if the food is flavorful and well cooked, the chances are that it will be digested satisfactorily by all normal individuals.

Be Tranquil at Mealtimes

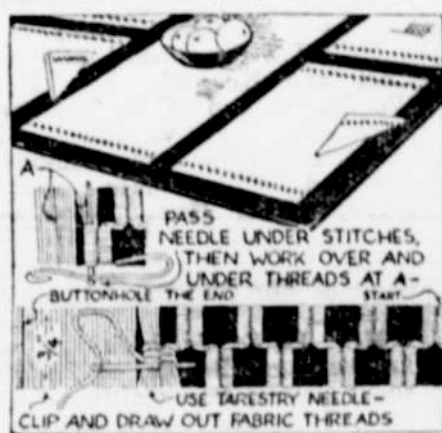
In view of the fact that tranquillity of mind is essential to the proper utilization of food, home-makers should remember never to discuss unpleasant subjects at meal times. Don't nag the children about eating, or choose that time to discuss their lapses from discipline. Don't talk about finances or take up real or fancied grievances with your husband. Let such matters wait until the meal has been digested.

If these suggestions were more generally followed, it is almost certain that we would hear much less conversation about foods that cause distress, much more wholesome talk about the pleasures of the table.

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HOW to SEW

By RUTH WYETH SPEARS



"DEAR MRS. SPEARS: I had been wanting some really handsome velvet roses to pep up an evening dress. I was thrilled to find in your Book 2, instructions for making them from materials I already had. I would also like to thank you for the knitted rag rug in Book 1. My Mother spent many happy hours making it last winter."

"I thought you might be interested in a luncheon set I have just finished. It was planned to go with a set of blue dishes. There are four mats and a long runner in medium blue linen with bands of old fashioned needle weaving in darker blue across the ends. Just two edges of the napkins are banded with the weaving."

We can imagine how attractive the table must be set with these mats and the blue dishes. Some of you who have pink dishes might like to try the same idea in tones of rose. Use a rather coarse linen. Prepare the work for the weaving by drawing out the fabric threads as for hemstitching. Each

step is shown here in the diagram. Either linen or mercerized embroidery thread may be used.

Sewing Book No. 2, Gifts, Novelties and Embroideries, contains 48 pages of step-by-step directions which have helped thousands of women. If your home is your hobby you will also want Book 1—SEWING, for the Home Decorator. Order by number, enclosing 25 cents for each book. If you order both books, copy of the new Rag Rug Leaflet will be included free. Those who have both books may secure leaflet for 6 cents in postage. Address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

To Check Constipation Get at Its Cause!

If constipation has you down so you feel heavy, tired and doped, it's time you did something about it. And something more than just taking a physic! You should get at the cause of the trouble.

If you eat the super-refined food most people eat, the chances are the difficulty is simple—you don't get enough "bulk." And "bulk" doesn't mean heavy food. It's a kind of food that isn't consumed in the body, but leaves a soft "bulky" mass in the intestines.

If this common form of constipation is your trouble, eat Kellogg's All-Bran for breakfast every day and drink plenty of water. All-Bran isn't a medicine—it's a crunchy, toasted, nutritious cereal. And it will help you not only to get regular but to keep regular, day after day. Made by Kellogg's in Battle Creek. Sold by every grocer.

EXTRA



Remember—when you take a Smith Brothers Cough Drop you get Vitamin A—extra!

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