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Ask Doctor About This Ideal Way TO LOSE FAT

READ EVERY WORD!

Make up your mind now that you'll lose some of that ugly fat and really enjoy life. No one can blame you if you don't want to take harmful drugs, go on starvation diets and do backbreaking exercises. No sane woman would! And for sensible women like yourself who really want to reduce yet don't expect miracles overnight—who are willing to faithfully follow a most simple, inexpensive and pleasant 28-day plan, we suggest this easy method—First of all go light on fatty foods and sweets. Eat plentifully of lean meats, fresh fruits and vegetables. And for proper functioning by removal of accumulated wastes be sure to take a half teaspoonful of Kruschen in hot water every morning. Kruschen is made right here in U. S. A. from famous English formula. And let's get this straight right now about Kruschen. It is not harmful. It is NOT just one salt as some people may ignorantly believe. Look on the box! You'll see it is a blend of 6 active minerals which—when dissolved in water—is similar to the famous medicinal Spa waters where wealthy women have gone for years. A jar of Kruschen costs but a few cents and lasts 6 weeks. Get a jar RIGHT AWAY! At drug stores everywhere.

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Atom Upon Atom

Immensity is made up of atoms. —Leibnitz.

Watch Your Kidneys!

Help Them Cleanse the Blood of Harmful Body Waste

Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery. Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength. Other signs of kidney or bladder disorder may be burning, scanty or too frequent urination. There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. Doan's have been winning new friends for more than forty years. They have a nation-wide reputation. Are recommended by grateful people the country over. Ask your neighbor!

DOAN'S PILLS

Star Dust

★ Charlie Is Taken Down

★ Politics Promotes Ann

★ Orchestra Leaders All

By Virginia Vale

PEOPLE in New York are still talking about Charlie McCarthy's first week there. In fact, a new aristocracy sprung into being; its members were the people who had actually gone to the first broadcast (tickets were scarcer than hen's teeth), and they are still high-hatting their friends who couldn't get in, and running perfectly good luncheons and dinner parties by insisting on telling about how cute Charlie is.

"You simply have to see him to appreciate him," they declare. Charlie's kidnaping, one evening, by the amusement editor of one of the newspapers, very nearly stirred up a lot of trouble. The famous little man is insured for \$2,500. Bergen was so worried that after Charlie's reappearance he took to taking Charlie apart and hiding him in sections.

Ann Sheridan has sort of crept into stardom by the back door, although she deserves the promotion. It's "Naughty but Nice" that stars her, and studio politics are involved. For this is Dick Powell's last for



ANN SHERIDAN

Warner Brothers, and it's an old studio custom to play down the departing star, since advertising him just means that you're promoting property that will soon belong to somebody else.

So the charming and hard-working Ann gets big billing in this one, after five years of doing her best with whatever roles came her way.

Nowadays it seems that everybody who can't get a job feels that the answer to the unemployment problem is becoming an orchestra leader. Prize fighters, millionaires, tap-dancers, movie stars—all are more than willing to step in front of a band and wave a baton. But it's a rare thing for a man who works with his hands to become an orchestra leader—Russ Morgan is about the only exception to the rule.

He's an ex-coal miner, you know. He worked in the Nanticoke Mine, near Scranton, Pa., until the foreman fired him for playing a trombone in his spare time. The foreman happened to be his father.

Today he is one of the top bracket orchestra leaders. Before he was twenty-one he had written arrangements for such famous musical men as John Phillip Sousa and Victor Herbert.

ODDS AND ENDS—All the big name bands will be in New York for the World's fair. Joan Crawford has picked South America for her impending vacation. Bing Crosby brought the law down on a Topeka lawyer recently, when arrested for speeding the lawyer elbowed, "I was listening to Bing Crosby and forgot to look at my speedometer," and when Bing heard of it he wrote the man a note saying "You've been punished twice; how much do I owe you?"

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What to Eat and Why

C. Houston Goudiss Offers Practical Help in Planning Meals That Avoid Hidden Hunger; Illustrates Right and Wrong Methods of Menu Building

By C. HOUSTON GOUDISS

A GENERATION ago, homemakers approached the problem of feeding their families with but two objectives: to put weight on their children and to send adults away from the table with their appetites appeased. If the child failed to gain satisfactorily, or if his teeth were crowded and subject to decay, he was said to "take after his Uncle Abner" or perhaps to have inherited the poor teeth of his maternal grandmother. And if adults were chronically tired or suffered from "nerves," that, too, was blamed on circumstances that had nothing to do with the diet.

No one had ever heard of hidden hunger! For nutritionists had not yet startled the world by demonstrating that food may satisfy the appetite and yet fail to feed . . . that the absence of minute amounts of minerals and vitamins may be responsible for a long train of deficiency diseases which cause untold misery and are responsible for mental and physical inefficiency.



Planning Meals Scientifically

Today we know that a definite relationship exists between food consumption and bodily activity, and that normal individuals can usually control body weight by regulating the amount of fuel foods in the diet. We know that minerals and vitamins play a powerful part in building and maintaining sound teeth as well as healthy nerves; and that we can build resistance to disease, defer old age, and even lengthen the span of life by choosing our food, not merely for its appetite appeal, but for the qualities that contribute toward what nutritionists term a balanced diet.

The Balanced Diet

Every modern homemaker therefore owes it to her family not to plan meals at random, but to take into consideration the seven

factors that science has determined to be essential for top health. These include: protein for building and repairing body tissue; carbohydrates to produce quick heat and energy; fats, a more compact form of fuel; minerals, which serve both as builders, and as regulators of body processes; vitamins A, B, C, D, E and G, which act as regulators, and help to prevent the various deficiency diseases; water, which serves as a vehicle by which food is carried to the tissues, and cellulose or bulk, required for the normal functioning of the intestinal tract.

A Day's Food Plan

The various food essentials will be supplied if the three daily meals include a quart of milk for every child, a pint for each adult, which may be served as a beverage, with cereals, in soups, sauces or made into desserts; an egg daily, or at least three or four weekly; one serving of meat, fish or chicken, usually at the main meal of the day; a second protein food, such as cheese, baked beans or nuts, usually served at lunch or supper; two vegetables besides potatoes, one of which should be of the raw, leafy variety; two servings of fruit, and at least one serving of a whole grain cereal.

By adhering to this plan, you will help to supply your family with the necessary proteins, minerals, vitamins and cellulose. Fuel foods may be added by way of breadstuffs, macaroni, rice and other cereals; butter or margarine and the fats used in cooking.

Common Errors in Menu Planning

Common mistakes in menu planning are a concentration of too many proteins or carbohydrates

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in one meal; the failure to include adequate bulk by way of fruits, vegetables and whole grain cereals; and the massing in one meal of too many foods that are high in fat.

The following menu, for example, contains more protein than necessary, and too little bulk, yet it is typical of the dinners served in many homes: Hamburger Steak, Baked Beans, Potatoes, Stewed Corn, Custard Pie.

Since both meat and baked beans are rich in protein, they may well be served at separate meals, as indicated by either of the following combinations: Hamburger Steak, Creamed Potatoes, String Beans, Lettuce Salad, Fresh or Cooked Fruit. Or, Baked Beans, Stewed Tomatoes, Cabbage Salad, Custard Pie.

In the first menu, the beans, potatoes, corn and pastry are all high carbohydrate foods. To provide additional bulk, as well as to reduce the amount of carbohydrate, it would be advisable to serve a green vegetable such as string beans, and choose fruit instead of pie for dessert. It is assumed, of course, that eggs would be given in some other form during the day.

Since baked beans contain both protein and carbohydrate, we omit potatoes in the third menu, and serve a food rich in vitamin C—the tomatoes, and add a bulky raw vegetable by way of the salad.

It's Balance That Counts

It requires no more time or effort to prepare nutritionally correct meals than those which lack balance, nor is it more expensive. For elaborate meals can lack balance, if they are deficient in minerals, vitamins and bulk, while those composed of such simple foods as bread and milk, and stewed fruits may provide an abundance of the protective substances which satisfy the hidden hunger of the body.

My plea to homemakers is to give less thought to the preparation of elaborate recipes, and more thought to supplying the food values that will create abundant health and vitality. In that way, I believe we shall take a real step forward in human progress.

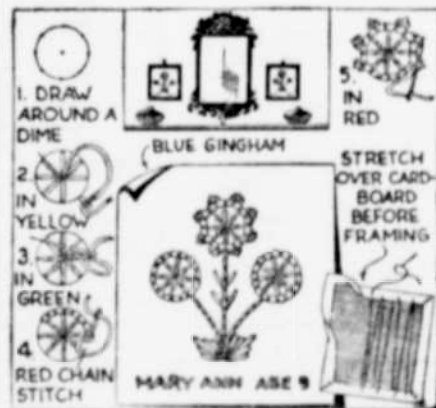
Questions Answered

Mrs. T. L. D.—The alkaline or base-forming foods include vegetables, most fruits, nuts and milk. Among the foods which have been found particularly effective as body alkalizers are bananas, apples, oranges, dried beans and potatoes.

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HOW to SEW

By RUTH WYETH SPEARS



MARY ANN was named for her grandmother, who at the age of nine, made an elaborate sampler of embroidery stitches. Everyone thought it would be nice if the modern Mary Ann could also do a bit of hand work to be framed and kept. We here report, thanks to a series of rainy afternoons, this was actually accomplished.

Mary Ann's mother started the project with a rather large piece of blue gingham; a pair of embroidery hoops and some odds and ends of bright six strand mercerized embroidery thread. Outlines for flower designs were made by drawing around coins and the flowers were embroidered as shown here. Stems were done in outline

stitch and leaves in groups of straight stitches.

From the many attempts on that piece of gingham, two flower groups had almost as much life and charm as the modern Mary Ann, age nine. These were neatly framed and lend a gay note at each side of an old mirror.

NOTE: Book 1, Gifts, Novelties and Embroidery, gives full instructions for ninety embroidery stitches with many sketches showing ways to use them. You and your children may have happy hours with this fascinating hand work. Book 1, SEWING, for the Home Decorator, contains 48 complete lessons for making slipcovers, draperies, bedspreads and many other things for the house. Books are 25 cents each. If you order both books, crazypatch leaflet, reviving interest in this old-time hand craft, is included FREE. Address, Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

Nothing Is Lost

Nothing is lost, neither thoughts nor even dreams. They remain the soul of the earth, in order to produce other thoughts—other dreams.—Pierre De Coulevain.

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