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Selfish End

There never was a man who thought he had no law but his own will, who did not soon find that he had no end but his own profit.—Edmund Burke.

How Women in Their 40's Can Attract Men

Here's good advice for a woman during her change (usually from 35 to 52), who fears she'll lose her appeal to men, who worries about hot flashes, loss of pep, dizzy spells, upset nerves and moody spells.
Get more fresh air, 8 hrs. sleep and if you need a good general system tonic take Lydia E. Pinkham's Vegetable Compound, made especially for women. It helps Nature build up physical resistance, thus helps give more vivacity to enjoy life and assist calming jittery nerves and disturbing symptoms that often accompany change of life. **WELL WORTH TRYING!**

See Only Shadows

The sun is shining all around, but many will only contemplate their own shadows.

CONSTIPATED?

Here is Amazing Relief for Conditions Due to Stagnant Bowels
Nature's Remedy
If you think all laxatives act alike, just try this all vegetable laxative. Soft, 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.
NR TO-NIGHT
TOMORROW ALRIGHT!

ALWAYS CARRY QUICK RELIEF FOR ACID INDIGESTION
DR. TUMS

WNU-13 16-39

That Nagging Backache

May Warn of Disordered Kidney Action

Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—throws heavy strain on the work of the kidneys. They are apt to become over-taxed and fail to filter excess acid and other impurities from the life-giving blood.
You may suffer nagging backache, headache, dizziness, getting up nights, leg pains, swelling—feel constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder may be burning, scanty or too-frequent urination.
Use Doan's Pills. Doan's help the kidneys to get rid of excess poisonous body waste. They are antiseptic to the urinary tract and tend to relieve irritation and the pain it causes. Many grateful people recommend Doan's. They have had more than forty years of public approval. Ask your neighbor!

DOAN'S PILLS

Star Dust

- ★ Siren Again as Escape
- ★ Picture Valentino's Life
- ★ On the Screen Map

By Virginia Vale

FOR the first time in a lifetime during which she has shown deep interest in motion pictures, the Dowager Queen Mary of Great Britain recently visited a motion picture studio. She was shown around his studios by Alexander Korda, and watched a group recording war songs for the picture, "Four Feathers." She also saw two reels of the picture.

Some years ago Myrna Loy rebelled against playing siren roles. She showed what she could do in the part of a delightful wife in "The Thin Man," and since then she's been playing delightful wives until she's sick unto death of them, too.

So now she'll turn siren again, as "Lady Esketh," in "The Rains Came," the picture version of that



MYRNA LOY

very good book that everybody was reading a year or so ago. After that she'll play another young woman who is something less than perfect when she is co-starred with Spencer Tracy in "Sea of Grass," in a role that will have to be considerably rewritten if the censors are to approve of it.

A picture based on the life of Rudolph Valentino is to reach the screen at last. It is one of the five productions to be released through United Artists in 1939-40 by Edward Small Productions, Inc. And various old newspaper men are waiting for it with considerable interest, wondering how certain parts of that biography will be fixed up so that they are fit for the screen.

Two Texas cities, Fort Worth and San Antonio, took particular interest when two recent R. K. O. pictures were released. One was Douglas Corrigan's "The Flying Irishman," because it was in San Antonio that Corrigan worked as a newsboy to support his mother after his father deserted the family. Fort Worth wanted to see "The Story of Vernon Castle," with Ginger Rogers and Fred Astaire, because it was at Benbrook field, Fort Worth, that Castle crashed his plane to avoid colliding in mid-air with another.

Incidentally, Mrs. Castie, who acted as technical director for the picture, is very much pleased with Astaire's portrayal of her famous husband.

ODDS AND ENDS—Hollywood's glamour girls who appear as guest stars on "The Circle" broadcasts usually demand that Cary Grant play opposite them. Isabel Sheridan, stand-in for Joan Bennett in "The Man in the Iron Mask," is Mary Pickford's cousin. A perfect piece of casting seems to be that of Ronald Colman for the hero in "The Light That Failed." Warner Brothers won't screen "John Dillinger" unless "after all—too many people didn't like the idea."

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WHAT to EAT and WHY

C. Houston Goudiss Gives Practical Advice on Feeding 'Teen Age Child; Describes Some Special Food Needs of Both Boys and Girls

By C. HOUSTON GOUDISS

BEGINNING around the twelfth year in girls and the thirteenth year in boys, the rate of growth is greatly accelerated. Then children require large quantities of food to meet the needs of their rapidly maturing bodies and they usually develop huge appetites. Unfortunately, however, they are often inclined to overlook the foods that are most necessary to health, to eat at odd hours, and to stuff themselves with rich combinations that may severely tax the digestive system.

Mothers may find it exceedingly difficult to deal with their offspring all through the 'teens, when physiological changes are taking place which mark the transition from childhood to maturity. For along with the development of his fast growing body, the child's emotional life undergoes a profound and disturbing change. The boy or girl who was formerly amenable to direction suddenly exhibits a desire for independence. He becomes jumpy and irritable, and the wish to direct his own life extends even to his choice of food.

Mothers must mobilize all the patience and forbearance at their command—must make it their solemn duty to see that their adolescent children have the foods they require for growth, for stamina, and for building resistance to disease. For the stress and strain of adolescence will be far more easily weathered by boys and girls who are properly nourished.

Quality Important as Quantity
During the years of greatest growth, boys and girls frequently require more food than their fathers or mothers. But it is essential that the diet be well balanced and of the highest nutritive value. It should include an abundance of easily digested energy foods, such as breadstuffs, potatoes, cereals and macaroni products, as well as liberal quantities of the more concentrated fuel foods, such as butter or margarine. There must be an ample supply of high quality protein—which is furnished by meat, fish, eggs, cheese and milk—to build the new muscle tissue required to cover the lengthening frames of the boys and help build the rounded contours of the girls.

Need for Minerals and Vitamins
There must be ample amounts of the various minerals—especially calcium and phosphorus for the teeth and bones, and to help build sound, healthy nerves; iodine for proper functioning of the thyroid gland; iron for building increased quantities of rich red blood. Every vitamin must be included in the adolescent's diet to promote normal health and development, but vitamin A is especially valuable at this time of rapid growth, and vitamin B is also required in liberal amounts to meet the extra demands of increased activity and growth.

A Quart of Milk Daily
It is highly desirable that the diet should include a quart of milk daily, because milk is such a splendid source of calcium and vitamin A, as well as other necessary minerals and vitamins. If children have been brought up with a wholesome respect for this master food, they will continue to drink it during their 'teens. However, if they complain about

usually be tempted with crisp, raw vegetables served in the form of salads; and protein can be added by means of eggs, cheese, fish or chicken.

Boys Need More Food Than Girls

There is a marked difference between the fuel requirements of 'teen age boys and girls. Both must have a well balanced diet. But the boys need many more calories, and therefore should have a more generous allowance of highly concentrated foods which supply necessary fuel with a minimum tax on the digestive system.

They should have cereals in generous-size portions—and it's advisable to choose part of the cereals from those retaining the bran and the germ. And they'll welcome nourishing desserts, such as custard, tapioca, bread and corn-starch puddings.

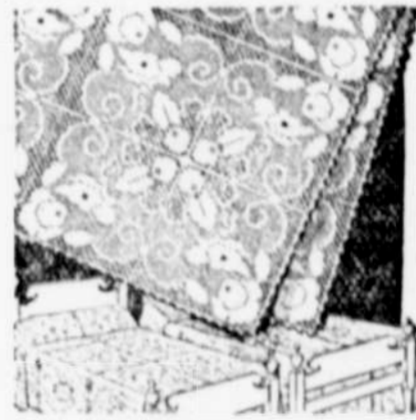
Girls Warned Against Reducing

Girls, on the other hand, may become fussy and try to cut down radically on the fuel foods, with the foolish idea of keeping fashionably thin. This must not be permitted, because it may result in under-nutrition, which opens the way to fatigue and nervousness, and may lead to serious disease.

In addition to wholesome, nourishing food, 'teen age boys and girls should have plenty of rest, sunshine and healthful outdoor exercise. And they also deserve the sympathy and deep understanding of their parents.

©—WNU—C. Houston Goudiss—1939—59.

Filet Crochet Squares



Pattern No. 1499

Extra lovely—this lacy spread—but yours at no extra cost save that of this simple pattern and the string used to crochet it. One 10-inch filet square, repeated, makes all this loveliness! In spread or cloth—use only four for a square doilie or an inset for a cloth. Pattern 1499 contains directions and a chart for making the "square

shown and joining it to make a variety of articles; illustrations of it and of all stitches used; material requirements.

Send 15 cents in coins for this pattern to The Sewing Circle, Needlework Dept., 82 Eighth Avenue, New York, N. Y.

Please write your name, address and pattern number plainly.

Fire Walkers

Fire walkers claim faith protects them from injury as they walk barefooted across a bed of hot stones or smoldering ashes, says Collier's. Others claim fire walking is a trick the fanatics are able to stage because they use a fuel that is a bad conductor of heat, because they walk so rapidly that the contact is too brief to cause a burn and lastly, because they are able to induce some kind of anesthesia.

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