

HOUSEHOLD QUESTIONS



Heat Brown Sugar.—If dark or light brown sugar is too hard to measure, heat it in the oven, then measure it quickly while it is soft. Store it in the refrigerator or bread box, where it will remain soft.

Burnt Aluminum.—If you burn an aluminum saucepan when cooking, boil an onion in it. The burnt part will rise to the top like scum and leave the saucepan clean.

For Shiny Linoleum.—Dissolve a lump of sugar in the water when washing linoleum or oilcloth and a brilliant polish will result.

A Good Sink Brush.—A worn whiskbroom makes a fine sink brush if you cut off the worn bristles clear up to the stiff part. Always rinse clean after using.

An Appetizer.—Celery stuffed with crabmeat salad can be used for variety on an appetizer tray.

Life's Battle

WE ARE constantly speaking of the "struggle for life," and calling life "a battle"; but we do not see that our very existence, and the fact that we have a battle to fight, are due to the struggles and triumphs of those who have gone before us. We think that some strange thing has happened to us, and that our lot is an unusually hard one.

But such thoughts are altogether unworthy. Our fathers found life as hard a battle as we do, and if they had not fought we should not be alive to fight. Every stage of human history is the outworking of the same destiny; and it is in fulfilling ours, and entering well into the struggle for life as arranged for us, that we do our part toward perpetuating the moral life of humanity.

We are descendants, and somebody is responsible for us. We are progenitors, and we are responsible for somebody.

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Narrow View

He who never leaves his country is full of prejudices.—Goldoni.

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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

American Adventurers

By Elmo Scott Watson

Immortalized by a Dam

BONNEVILLE dam in the Columbia river perpetuates the memory of an adventurous explorer who was both a great success and a great failure. In 1832 French-born Capt. Benjamin Bonneville of the United States army obtained a leave of absence to engage in a fur trading expedition on condition that he explore the trans-Missouri West and obtain information concerning the Indians, the topography of the country and its economic possibilities. Two years later he set out at the head of a party of 110 men.

Commercially his venture was a complete failure. He built forts in such poor locations that the frontiersmen called them "Fort Nonsense." Some were so high in the mountains that they were cut off from the outside by the first snows of winter. But his expedition was successful in that he explored the route through South Pass for wagon trains and mapped the passage of the Columbia river through the Cascade mountains. Moreover he was an able military leader for he did not lose a single man during all his perilous journey through the Indian-infested wilderness.

After his return to the East he met Washington Irving at the home of John Jacob Astor and the result was the book "The Adventures of Captain Bonneville" by that famous writer. The book was a "best seller" of its time but it did not help Bonneville's reputation greatly. He had long overstayed his leave of absence and when President Jackson reinstated him as a captain in 1836 many people protested that Bonneville should have been dismissed from the service instead.

Bonneville proved them wrong by his conduct during the Mexican war which won for him a citation for gallantry in action. In 1852 he became commandant at Fort Vancouver which stood 30 miles down the river from the dam that now bears his name. He was brevetted a brigadier general in 1869 and died in St. Louis in the spring of 1878.

'A Message to Garcia'

OUT in California lives an 82-year-old retired army officer whose name was once on every American's lips. He is Col. Andrew Summers Rowan, the man who carried "a message to Garcia."

In 1898 war with Spain was imminent and President McKinley wanted to know if General Garcia, commander of the Cuban insurgents, would co-operate with the American forces if an army was sent there. The man chosen to find out was young Lieutenant Rowan.

Rowan proved that the confidence of his superiors was not misplaced. Making his way through the steaming, insect-infested jungle, drinking germ-filled water, living on such food as he could find and in constant danger of capture and execution by the Spaniards as a spy, Rowan found Garcia, got the information he sought and safely made an equally perilous return trip.

Rowan was taken to the White House where he received the thanks of the President and promoted to the rank of lieutenant-colonel of volunteers. But the thing which made him famous was an editorial, written by Elbert Hubbard, for his magazine, the Philistine, the following year. This editorial, published under the title of "A Message to Garcia," was translated into 20 languages, reprinted all over the world and is one of the best known pieces of English prose ever written.

As for the man who inspired it, not until 1922 did he receive public recognition from his country in the form of the Distinguished Service Cross for carrying the "message to Garcia."

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Most Beautiful Island

Bali, perhaps the world's most beautiful island, lies off the eastern end of Java.

Star Dust

★ A Promising Newcomer
★ Warning Bing Crosby
★ Radio Vets Team Up

By Virginia Vale

WHEN you see "Wuthering Heights" you'll probably want to know something about Geraldine Fitzgerald. She plays the part of "Edgar's" sister, who marries "Heathcliff," and she makes a definite contribution to every scene in which she appears.

She was born in Dublin, Ireland, in 1914, was educated in a convent school, studied painting for a while, and then joined the Gate Players. The Gate Players did repertoire, so Miss Geraldine got experience in all sorts of roles. Then she was asked to make pictures in England, and did; she appeared in "The Turn of the Tide" and "The Mill on the Floss," and went right back to the theater.

But this time it was the New York theater, where she was seen in "Heartbreak House." Hollywood discovered her then. Warner Brothers gave her a contract, (with six months off each year for the theater), and she made tests on the Coast, and then returned to Ireland.

She wouldn't believe that she ought to return for "Dark Victory" until she had received three letters and a cablegram. But she finally did return, was promptly borrowed by Samuel Goldwyn for "Wuthering Heights," and made "Dark Victory."

If Bing Crosby is ever found mysteriously dead a lot of the other singers in motion pictures will probably be questioned by the police.

Some one of them will certainly be driven to commit the crime by the way in which the young man



BING CROSBY

sings. For example, he strolled into the Universal sound room not so long ago, took the pipe out of his mouth, sang four songs, one after another, put his pipe into his mouth again and went home. The recordings were perfect—you'll hear them in "East Side of Heaven."

All of which won't seem remarkable to you unless you know what a complicated business this matter of recording sounds can be.

Erno Rapee, Jane Froman and Jan Peerce will be co-starred in a gala musical revue which has been signed to replace the Screen Guild show on the Columbia network for the summer months, beginning June 11. There will also be a 16-voice mixed chorus.

The three stars are radio veterans, but this is the first time that they have appeared together. Rapee is one of the best known musical directors in America, Jane Froman has made a name for herself in both movies and radio, and Jan Peerce has long been a protege of Rapee's as well as one of the screen's popular singers.

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What to Eat and Why

C. Houston Goudiss Describes the Role of Phosphorus In Nutrition; Tells Where to Obtain This Mineral

By C. HOUSTON GOUDISS

THERE are at least 11 different mineral salts which are essential to the structure or functioning of the human body. But of these, only four—calcium, phosphorus, iron and iodine—require the careful consideration of the homemaker. That is because a diet which furnishes adequate amounts of these four will automatically provide the others. But when the diet is deficient in any one of these four minerals, disastrous consequences may result.

It is therefore of the utmost importance that every homemaker should know something of their functions, and what foods supply them. In this article, we shall deal specifically with phosphorus.

Versatile Phosphorus

It has been said that if the biographies of the elements could be written, that of phosphorus would be the most interesting of all. That is because there are 14 different ways in which compounds of phosphorus may function in the body. In fact, it is doubtful if any other inorganic element enters into such a diversity of compounds or plays an important part in so many functions.

This mineral is indispensable for all the active tissues of the body and likewise helps in regulating the neutrality of the blood. It is found abundantly in nerve tissue. Needed for Teeth and Bones

Its most significant role, however, is to team with calcium in giving rigidity to the bones and teeth. Approximately 90 per cent of the total phosphorus of the body and 99 per cent of the calcium are found in the bones and teeth.

Both these minerals are required in generous amounts, but almost twice as much phosphorus as calcium should be supplied every day. Moreover, children should have about one-and-one-half times as much phosphorus as adults, to meet the requirements for growth. The muscles and soft tissues need phosphorus as well as the bones, and in the dietary of the child, they must share with the bones, the phosphorus that is provided by the food. Hence, the greater need for this mineral during childhood.

Phosphorus and Rickets

If a child's diet is deficient in phosphorus or calcium, or if conditions are not favorable for their proper absorption, rickets will occur. This devastating nutritional disease may result in deformities of the chest and pelvic bones, as well as the more familiar bow legs and knock-knees.

Investigators have spent many years in discovering how to prevent and cure this disease which has made life miserable for so many children and which has far-reaching effects that carry over into later life. For example, adults who have bow-legs or a pigeon breast as a result of childhood rickets, are always self-conscious because of their defects. And motherhood may be far more difficult for young women whose pelvic bones were deformed by rickets in their early years.

A Low-Phosphorus Diet

It was found that rickets may be associated with a low-phosphorus diet, even when the calcium content is high. And investigations also determined that there is a seasonal tide of blood phosphorus which corresponds to the amount of available sunlight. This led to the realization that sunlight—which we now know helps the body

to manufacture vitamin D—is closely related to the proper utilization of phosphorus. And today it is well established that rickets can be prevented, or cured, by a diet containing liberal amounts of phosphorus, calcium and vitamin D. Vitamin D can be obtained from direct sunshine, but where this is not available in adequate amounts, cod-liver oil, irradiated foods, or those fortified with a vitamin D concentrate will supply this necessary substance.

Make Use of Sunlight

As we approach the season when the greatest amount of sunshine is available, homemakers should see to it that not only the children, but every member of the family spend as much time as possible in the sunlight. This will help to promote the proper utilization of phosphorus and calcium. And both teeth and bones will benefit, as well as the general health.

Where to Find Phosphorus

Every homemaker should acquaint herself with the foods that supply phosphorus most abundantly, so that she will be prepared to include this mineral in the diet every day. Egg yolk and dried beans are both valuable sources of phosphorus. So are whole grain cereals and lean meats. In fact, cereals and meats have this in common—both are rich in phosphorus and deficient in calcium. Whole grain breads are likewise important for their phosphorus content. And on a percentage basis, cheese ranks very high as a carrier of this mineral.

Cocoa also contains a large percentage, though it must be remembered that, as a rule, only small quantities of cocoa are consumed at one time. Many nuts, including almonds, peanuts, pecans and walnuts, furnish significant amounts. And this mineral is found in dried fruits such as raisins, figs and prunes, and in much smaller quantities in vegetables, such as spinach, cauliflower, string beans, carrots and Brussels sprouts.

Milk supplies phosphorus, though not in such generous amounts as calcium. However, if you follow the rule of a quart of milk daily for every child and a pint for each adult, you will contribute materially to the phosphorus and calcium content of the diet.

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