

Radio Singer

HORIZONTAL

- 1 Diminutive of Lillian
- 2 Dejected singing star
- 3 Entrance
- 4 Lack of activity
- 5 Legal point
- 6 Violent detonation
- 7 Written form of Mistress
- 8 Solar disk
- 9 Painful
- 10 Comparative suffix
- 11 International language
- 12 Writing tools
- 13 Heathen deity
- 14 Average (ab.)
- 15 Myself
- 16 Palm lily
- 17 Half-em
- 18 Blow with the open hand
- 19 Walking stick
- 20 Italian river
- 21 Alleged force
- 22 Jewel
- 23 Upper limbs
- 24 Chemical suffix
- 25 Mistake
- 26 Follower
- 27 Counter tendency
- 28 Anger
- 29 He is a
- 30 September (ab.)

VERTICAL

- 1 Metal rod
- 2 Notion
- 3 Hearken
- 4 Lieutenant (ab.)

CROSSWORD

ACROSS: 1. Lillian, 2. Dejected, 3. Entrance, 4. Lack of activity, 5. Legal point, 6. Violent detonation, 7. Written form of Mistress, 8. Solar disk, 9. Painful, 10. Comparative suffix, 11. International language, 12. Writing tools, 13. Heathen deity, 14. Average (ab.), 15. Myself, 16. Palm lily, 17. Half-em, 18. Blow with the open hand, 19. Walking stick, 20. Italian river, 21. Alleged force, 22. Jewel, 23. Upper limbs, 24. Chemical suffix, 25. Mistake, 26. Follower, 27. Counter tendency, 28. Anger, 29. He is a, 30. September (ab.)

DOWN: 1. Metal rod, 2. Notion, 3. Hearken, 4. Lieutenant (ab.)

THE DOCTOR SAYS Vitamin B Important

By EDWIN P. JORDAN, M. D.

It is now well known that there is no single "vitamin B" but rather a group of several different substances which are different chemically and have different actions. There are at least a dozen separate parts to what is known as the vitamin B complex.

One of the most important of these is known as thiamine. Some foods are particularly rich in thiamine, including peas, beans, whole wheat, oatmeal, enriched flour and lean pork. In human beings who are deprived of enough thiamine in the diet, there is a tendency to become irritable, depressed, quarrelsome, unco-operative, and fearful. Serious deficiency of this vitamin produces a disease known as beriberi.

Another part of the vitamin B complex is called riboflavin. Not enough of this vitamin in the diet will slow the growth of young animals and produce skin inflammation and cataracts in rats. The symptoms in man include inflammation of the lips, inflammation and reddening of the tongue, cracks at the corners of the mouth, inflammation of the skin and a particular kind of inflammation of the eyes. Liver, milk and cream, and leafy vegetables are considered the best sources for this substance in the human diet.

Nicotinic acid (not to be confused with the nicotine in tobacco) is another important part of this complex. In man deficiency of this vitamin is called pellagra, in which condition there is weakness, loss of

appetite and indigestion, loss of energy and in the later stages, soreness and ulcerations in the mouth, together with diarrhea. The best sources of nicotinic acid are yeast, lean meats, and liver.

There have been extensive studies carried out on all of these but it is impossible to mention more than a few important points about these interesting, important, and complicated parts of the vitamin B complex.

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ent gets skin cleaner, stops "B.O." as no other leading soap can. It is more effective than any other leading soap against the "invisible dirt" that brings on "B.O." It cleanses and guards all 13 trouble spots where body odor occurs.

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So mild—so GOOD for your skin!

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LIFEBUOY Gets Skin Cleaner... Stops "B.O." as No Other Leading Soap Can

HERALD AND NEWS COMICS

BLONDIE

ON YOUR WAY DOWN, DEAR PLEASE BRING MY SEWING BASKET— SURE

OH, GOLLY! NOW I'VE FORGOTTEN WHAT IT WAS SHE ASKED ME TO GET

BLONDIE: WHAT WAS IT YOU WANTED?

OH, MY—NOW YOU'VE MADE ME FORGET WHAT IT WAS

I THINK IT WAS THE CLOTHESBRUSH I WANTED

THAT'S RIGHT—I REMEMBER NOW

Bugs Bunny

THESE POSIES IS FLAGRANT... AN' THEY SMELL GOOD, TOO!

DO NOT PICK THESE FLOWERS

YEP! TH' LAW! I GOTTA GET RID O' THESE!

HI, BUGS! DO YOU LIKE MY NEW HAT?

YEAH, BUT IT NEEDS SOMETHIN'!

THANKS, BUGS!

IT WAS A PLEASURE, PETUNIA!

Alley Oop

THERE MUST BE A DOZEN SALLERS OUT THERE BUZZIN' AROUND!

LET'S HOPE THEY DON'T START SHOOTING—JUST YET, ANYHOW!

HEY LOOK! OUR PRISONERS ARE TRYING TO SIGNAL HIS FELLOWS!

I'LL FIX THAT!

THEY MUST HAVE SEEN HIM! THEY'RE CIRCLING BACK! WE'RE IN FOR TROUBLE!

THEY'LL HURRY CATCH US FIRST! HOW DO I START THIS THING?

Wash Tubbs

MAYBE YOU BOYS WILL STAY TONIGHT FOR A LITTLE BRIDGE.

I'D LOVE TO, JAN, BUT THERE'S AN A MEETING— AND I FEEL I NEED IT!

AW, BE A GOOD SPORT, GUY! SURE, AFTER THE MEETING, YOU DON'T HAVE TO KEEP BRUSHING WITH THAT CROWD!

GARA: THAT'S ENOUGH! I'VE HAD TO GET BACK AND WATCH YOU TRY TO COME BETWEEN US... BUT YOU'RE NOT GOING TO INTERFERE IN THIS!

WHY, JAN! SHE DIDN'T MEAN ANY HARM!

THAT WAS UNFAIR, JAN. GARA JUST DIDN'T REALIZE HOW NECESSARY THOSE CONTACTS ARE FOR AN ALCOHOLIC!

AND JAN IS MISERABLE— HER OUTBURST HAS ONLY MADE MATTERS WORSE. GIG IS BUILT TO SARAS MOTIVE, AND IT'S HOPELESS TO MAKE HIM SEE.

Boots and Her Buddies

MR. MUGGLE HAS BEEN SO SWELL, I FEEL AWFUL ABOUT RUNNING OUT ON HIM! BUT DOGGONIT— I KNOW!

IT WASN'T MY IDEA, COMING HERE TO WORK AS A GARDENER! BESIDES, DUO SHOULD SHOW UP—

OH, I FORGOT TO TELL YOU—

A CARD CAME TODAY FROM CLARA AND DUO; THEY'RE ARRIVING TOMORROW!

HA HA HA HA HA

Freckles and His Friends

WE HAVEN'T HAD TIME TO GO FISHING SINCE WE'VE BEEN HERE! NOTHING BUT WORK!

MAYBE IF WE HURRY WE CAN FISH FOR A FEW MINUTES, BEFORE DARK!

WELL, WE MADE IT!

OH, BOY! TROUT, HERE WE COME!

BOYS, WE HAVE THE PISCATORIAL BEAUTIES IN SUFFICIENT NUMBERS FOR A SUMPTUOUS FEAST! LAY DOWN YOUR RODS! WE MUST PRACTICE CONSERVATION!

Little Orphan Annie

YOU MEAN TO SAY YOU NEVER SAW THAT BICK DAME BEFORE YOU CLIMBED ABOVE THAT OLD BARGE TOWER NIGHT? DON'T YOU EVEN KNOW HER NAME?

NO—SO WHAT?

BUT ALL THESE GROCERIES— WHY, YOU'RE STOCKY! HER PLACE UP WITH GRUBS TO LAST A MONTH—YOU DON'T EVEN KNOW IF SHE'LL LIVE—

SHELL LIVE, O. K.— DOC SAYS SHE'S BETTER ALREADY!

BUT YOU, SPENDY! ALL THAT DOUGH ON FOOD FOR A SICK DAME YOU DON'T EVEN KNOW—

WELL, I EAT TOO, AND I GUESS I'LL GET TO KNOW HER 'FORE LONG—