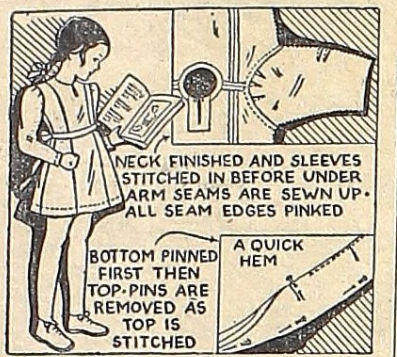


Sew This Dress for Some Child Refugee

By RUTH WYETH SPEARS
WHEN war came to Finland a Red Cross group to sew for refugees was started in our community.



then eliminated every unnecessary detail. "Work for quantity—don't bother with a collar," the county Red Cross leader urged.

EDITOR'S NOTE: Readers who have had practical help from these articles and Mrs. Spears' Sewing Booklets 1, 2, 3 and 4, will be pleased to know that Book 5 is ready.

MRS. RUTH WYETH SPEARS
Drawer 10
Bedford Hills New York
Enclose 10 cents for each book ordered.

HOW ARE YOUR NERVES?

Cranky? Restless? Can't sleep? Tired easily? Worried due to female functional disorders? Then try Lydia E. Pinkham's Vegetable Compound famous for over 60 years in helping such weak, rundown, nervous women. Start today!

A Masquerade
Things are seldom what they seem; skim milk masquerades as cream.—Gilbert.

What? WORMS in my child?.. Never!

Don't be so sure, Mother!
Yes, right now, crawling round worms may be growing and multiplying inside your child without your even knowing it!

Man's Wealth
A man's true wealth is the good he does in the world.

Black Leaf 40
KILLS LICE
Cap-Brush Applicator makes BLACK LEAF 40 OASIS IN FEATHERS... NO SOOTY FUMES! OR SPREAD ON ROOSTS

Giving Comfort
A clear conscience is as a soft pillow to rest upon.

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.

The HONORABLE UNCLE LANCY



By ETHEL HUESTON
W.N.U. SERVICE
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CHAPTER XIV—Continued
Olympia was pushed into the rear seat of the big car. The Senator clambered after her and took her in his arms.

"Be brave, my dear, be calm," he said, through clenched teeth, and the cameramen got a very good flash of them, the Senator looking stern and noble, with Olympia in his arms, weeping like Rachel for her lost children.

"Ladies and gentlemen!" he roared, still mopping blood. "That's our candidate! That's the man we Democrats stand for! What's an election to a man whose home has been ravaged? What are votes to a Democrat whose most sacred feelings have been profaned? That's the candidate we give you—one who will knock down his state chairman to go to the aid of his children! Ladies and gentlemen, do what you like with this rally. I'm going to help our candidate rescue our children!"

Evidently, then, it was no plant. As the constituents streamed out of the auditorium following Jim Allen, whose nose continued to bleed with theatrical profusion, their resentment rose. These were their orphans who had been subjected to this outrage.

"Call the police!" "Get out the G-Men!" "Give us our children!" "Down with Wilkie!" "Were the police asleep?"
A pandemonium of cars swept away in the wake of the Senator. The wind-up rally joined the rescue. A dozen busses, hastily filled, followed more slowly. Only those luckless ones remained who had come on foot or by train and had no emergency conveyance. These, left behind, eventually clustered together and burst into noisy imprecations of the Opposition, interspersed with cheers for Sloppy, boos for Wilkie, and finally fell into a sustained chant:

"We want our orphans! We want our orphans! We want our orphans!"
Unfortunately, the Senator and Aunt Olympia were unaware of this loyal demonstration. They had retired from the campaign in a dead silence, under the prostrate form of good old Jim Allen, the state chairman; followed, so far as they knew, by the unbounded indignation of an offended constituency.

For twenty noisy miles, Olympia was satisfied to sob on the Senator's breast, in which burned a volcano of suppressed passion. Finally she found voice.
"I only wanted them—to rest a little, Del," she said humbly. "I left Ben to bring them. I thought of course they would be safe."

"Be calm, my dear, be brave," said the Senator, patting her shoulder with a hand that itched for Brother Wilkie's throat.
"If they've harmed a hair of those children's heads," moaned Olympia, "I'll choke him with my bare hands, and what's more, I'll sue him."

"Be calm, Ollie, be brave," crooned the Senator, between set teeth.
So it was Aunt Olympia and the Senator with a belligerent police escort, who roared into the Republican rally at Lancaster.

As soon as the car came to a halt, the Senator crawled over Olympia's feet and started to get out.
"You stay here! This is no place for a woman! This is going to be a knock-down, drag-out engagement!" His ferocity terrified Aunt Olympia. She was as mad as he was, and just as determined to fight it out. But she wished he would leave it to her. After all, her first responsibility was the Senator. She grabbed him with both hands. After the wear and tear of the long campaign, at his age, in his state of health, he was not physically able to cope with a set of blackguards who would stoop to such depths of lawlessness. He must not impair his dignity by engaging in a common street brawl with ruffians. Besides, he would get his glasses broken. So she hung on and was drawn with him from the tonneau.
And the first thing she saw was Len Hardesty, standing with both arms outstretched against the rear door of the sound truck, from which the police had gradually edged the crowd away.
"Len Hardesty—you—you give me

didn't even remember making a speech.
"Come on," he thundered to the girls from the bottom of the steps. They hung back shyly, fearing the crowd, the cameras, the lights.
"I'll go first," said Helen bravely. "Stop crying, Limpy. Keep your head up! We've nothing to be ashamed of."
Very pale, unsmiling, with young head high—dignified, even with wet curls clinging to brow and cheeks—Helen went down. Adele followed, looking straight ahead of her, eyes wide, lashes unlowered.
"Oh, my darling," groaned Len Hardesty as she passed, but she did not turn her head.

She was shivering; more from nervous excitement than from cold, for their heated emotions had warmed them. But the crowd did not know that. Angry cries went up, Opposition though they were.
"Disgraceful!" — "Disgusting!" — "Poor things!" — "Isn't she lovely?"

A lady took off her fur scarf and placed it on Adele's shoulders. "Take it, darling," she said sympathetically. "I'll come and get it some time."
Limpy came last, looking small and weebegone, with childish, tear-stained voice. She could not raise her eyes, she could not see. Uncle Lancy was waiting for her. As she stumbled weeping on the step, with grand gesture he took off his smart fall coat and put it about her, picked her up in his arms and carried her to the door of the car.

Aunt Olympia tried to take her away from him, but the Senator was firm about that. He held her tightly. There was a little confusion getting into the car. Helen and Adele had hurriedly crept into the rear seat, but since both Uncle Lancy and Olympia wanted to sit with Limpy, they got out, huddled now in warm automobile robes generously contributed by tearful sympathizers and got in the front seat with the driver. Martin was at the wheel. Ben Baldy



He held her tightly.

being so wrought up over the occurrence he could not be trusted to drive carefully.
Limpy at last was warmly encoined between uncle and aunt, each with an arm around her and trying to pull her away from the other.

"Leave her alone, Ollie," said the Senator, with unaccustomed acerbity. "I'm trying to warm her up."
"I'm warmer than you are, Del!" she said angrily. "Her place is in a mother's arms!"
Limpy diplomatically continued to weep bitterly and submitted to pulling from both sides.

"Home, Martin, fast!" said the Senator.
"Drive carefully," said Aunt Olympia. "An accident would make them nervous."
For many miles the car sped along in complete silence except for the screaming sirens of the biggest police escort accorded any candidate in any state in the 1938 campaign. Finally, in a small voice, Limpy spoke.

"Uncle Lancy, perhaps I'd better make a clean breast of it," she said humbly. "You may as well know the worst. I—I made a—sort of a speech."
Uncle Lancy patted her knee with his free hand. "Did you indeed?" he said heartily. "That was nice of you, Limpy."

"It wasn't so hot," she confessed. "I'm afraid it was a little too—extemporaneous. . . I didn't seem to have much to say."
"I have the same trouble myself," said the Senator encouragingly. "I often wonder how I can talk as long as I do when I have so very little to say."

"What did you say, Limpy?" asked Aunt Olympia, jealously edging into the conversation.
"Oh, I didn't say much," admitted Limpy. "I—I just said Uncle Lancy is—a swell guy."
Uncle Lancy was so touched that he started to reach for his glasses but remembering just in time that Aunt Olympia would get Limpy away from him if he did, he resigned himself and settled back in the fog.

"A very commendable sentiment," he said approvingly. "I've often wanted to say the same thing but I never could find just the opportune moment for it. You have to get a good break to work in a thing like that. I congratulate you, my dear."
"Be quiet," said Olympia rudely.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By HAROLD L. LUNDQUIST, D. D.
Dean of The Moody Bible Institute
of Chicago.
(Released by Western Newspaper Union.)
Lesson for July 28

WEIGHING CONSEQUENCES A Principle of Temperate Living

LESSON TEXT—Proverbs 1:7-10; Isaiah 5:11, 12, 18-23; Galatians 6:7-9.
GOLDEN TEXT—Godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.—1 Timothy 4:8.

An intelligent approach to life calls for an understanding of principles governing thought and action. Our lesson for today recognizes that every act and thought of man brings consequences, either good or bad. Man himself must make the decisions of life, and what he sows he must also reap.

Matters of crucial importance to modern young people are involved in our lesson. They are asking these days, "Shall I listen to God's voice, or is that just old-fashioned nonsense? What about obeying parents? Should I drink intoxicants? 'Everybody' does—why should I be different? Of course, I don't want to be a drunkard or ruin my future life, but I'd like to have 'my fling'—can't I have it and still avoid disastrous consequences?"

The answers to these questions are in our lesson. May God help young people to find the right answers, and enable every teacher to present the truth clearly and effectively.

I. Safe Counsel (Prov. 1:7-10).

No sane person wants to make a fool of himself. He is looking for the right way and will lend his ear to good counsel. Here it is—"The fear of the Lord is the beginning of knowledge" (R. V., "wisdom").

Fear of God is not a cringing terror, but a sincere appreciation of His wisdom and a desire to do His will. The best counselors a boy or girl has are father and mother. Only a fool will pass up the golden opportunity of profiting by their experiences and avoiding their mistakes, and will miss the opportunity of carrying forward their high hopes. Those who fear God and honor their parents will not be misled by the enticement of sinners (v. 10). They just will not "consent," and that settles it.

II. Steps to Ruin (Isa. 5:11, 12, 18-23).

Isaiah lived and ministered in a time of prosperity, which led to drunkenness and immorality. This in time led, as it always does, to the decay and destruction of the nation. We face similar moral conditions today. Let us not shut our eyes to the lesson so oft-repeated in history and in false security go on to national ruin. We need outspoken and determined opposition in civic, social and religious circles to the liquor traffic and to all the vices that follow inevitably in its train. The portion of our lesson from Isaiah vividly portrays the downward path of the drinker of intoxicants. Ponder it well, young man and young woman.

III. Seedtime and Harvest (Gal. 6:7-9).

Everywhere about him man sees the inexorable operation of the law of cause and effect, of sowing and reaping, and yet he listens to the lies of Satan and of his own lustful heart and tries to convince himself that the law may be suspended in the realm of the moral and spiritual. Sowing to the flesh always brings corruption. No matter how well educated, no matter what his position in life, or his family connection, the man who takes his first drink has started on the road to a drunkard's grave. Statistics reveal that the victims of drink come from every strata of society and every circumstance of life. Young people, the sure way to avoid the consequences is to not take the first drink.

Sowing to the Spirit brings "life everlasting." That, too, is always true. There is also another precious truth: namely, that by turning to Christ the one who has begun on the downward path may stay the ruinous hand of sin upon his life. Taking Christ as his Saviour, he finds regeneration and renewal of life.

The Works of the Lord

Praise ye the Lord. I will praise the Lord with my whole heart, in the assembly of the upright, and in the congregation. The works of the Lord are great, sought out of all them that have pleasure therein.—Psalm 111: 1, 2.

As Lambs Among Wolves

Go your ways: behold, I send you forth as lambs among wolves. Carry neither purse, nor scrip, nor shoes; and salute no man by the way. And into whatsoever house ye enter, first say, Peace be unto this house.—Luke 10: 3-5.

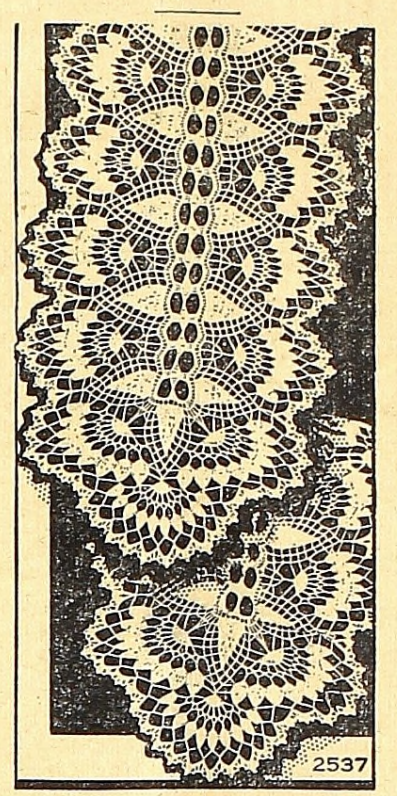
One Point of View

If we can not hope that life will be all happiness we may, at least, secure a heavy balance on the right side.

The God Within

"God worketh in you." This implies the actual presence of God at the center of our being.

Luxurious Scarfs Easily Crocheted



GIVE your home that luxurious air and at little cost, too. Crochet these scarfs (there are two sizes, 18 by 60 and 18 by 36 inches) for buffet, dining table, or dresser. Pattern 2537 contains directions for scarfs; illustrations of them and scarfs; materials required. Send order to:

Sewing Circle Needlecraft Dept. 82 Eighth Ave. New York
Enclose 15 cents in coins for Pattern No.
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Address

DOCTOR'S FORMULA quickly relieves fiery itching of ECZEMA

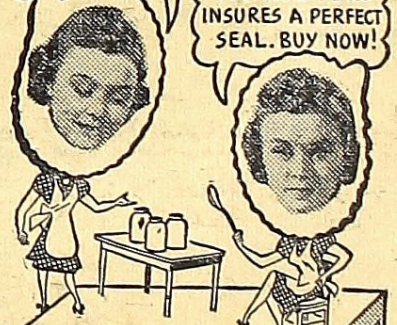
If face, legs, arms or hands are covered with red, scaly Eczema—for speedy relief from the terrible itching burning soreness—use powerfully soothing Liquid Zemo. Zemo brings quick relief because it contains 10 speedy-acting ingredients long valued for helping nature to heal pimples, acne, eczema, ringworm symptoms and similar skin irritations due to external cause. First trial convinces! Real severe cases may need Extra Strength Zemo. All drugstores.



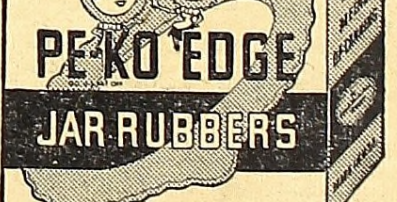
Gift Received
A gift in the hand is better than two promises.

HOW YOU CAN KEEP PRESERVES Garden Fresh

SEAL IN GARDEN-FRESH GOODNESS WITH PE-KO JAR RINGS!



BECAUSE PE-KO INSURES A PERFECT SEAL. BUY NOW!



Approved by Good Housekeeping Institute and the Household Searchlight. If your dealer cannot supply you, send 20¢ with your dealer's name for a Trial Package of 48 genuine PE-KO Jar Rings; sent prepaid.

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United States Rubber Company
Rockefeller Center, New York, N. Y.

TEACHING A CHILD VALUE OF PENNIES

A child of a wise mother will be taught from early childhood to become a regular reader of the advertisements. In that way better perhaps than in any other can the child be taught the great value of pennies and the permanent benefit which comes from making every penny count.

Fun for the Whole Family

BIG TOP

By ED WHEELAN

UPON SILK'S ANNOUNCEMENT, HAL SUDDENLY APPEARED IN A STARTLING COSTUME

REMEMBER, LADIES AND GENTLEMEN, - THE SENSATION OF ALL TIME!! - DAREDEVIL HAL THOMPSON IN HIS BREATH-TAKING "SLIDE FOR LIFE"!!

GEE, LOOK, HE'S NOT USING A BALANCING POLE OR ANYTHING!!

GOSHI, MA, I CAN'T LOOK!

SLOWLY AND CAREFULLY HAL MADE HIS WAY UP THE WIRE

REACHING THE PLATFORM HE PREPARED NOW TO DO HIS DEATH-DEFYING SLIDE

FROM THE TOP OF THE TENT TO THE GROUND - 95 FEET - ON HIS HEAD - WATCH HIM!!

LALA PALOOZA — Her Captor Forgot Something

By RUBE GOLDBERG

HIVES, HIVES - WHERE ARE YOU DRIVING? THIS AIN'T THE WAY HOME!

PIPE DOWN, SISTER - I AIN'T HIVES - I'M TAKIN' YA FER A LITTLE RIDE 'CAUSE MAZIE LA TOUR DON'T WANT CHA IN THE SHOW

MAZIE WANTS YA TA STAY IN THIS CUTE 'LITTLE DUMP UNTIL AFTER THE OPENIN' NIGHT - HERE'S SOME GROCERIES - I'LL BE OUTSIDE TA SEE YA DON'T TRY TA SCRAM

HOW COULD SHE BE JEALOUS OF ME WITH MY SHAPE?

PINTO, THIS IS TERRIBLE - THERE'S NO CAVIAR FOR YOU!

YIPE

S'MATTER POP— Always Money in New Ideas

By J. MILLAR WATT

OH, HELLO, AMTROSE! WHERE DIDJA GET THA PENNY WHICH YA CARRY IN YER HAN?

OH-H YA MEAN THA PENNY WHICH I CARRY IN MY HAND?

YEH, THA PENNY WHICH YA CARRY IN YER HAN!

OH, I GAVE MY POP THA IDEE TO PUT THA THERMOMETER IN THA ICE-BOX DURING THIS HOT SPELL TO SAVE THA WEAR AN' TEAR ON IT

SO, HE GIMME THIS CENT

OH, H-H-H!

MESCAL IKE By S. L. HUNTLEY

And Fast, Too

YES, SIR, THAT'S TH BEST BUY IN CACTUS COUNTY - I GOT HIM FROM MULEY BATES ON A TRADE AN' I'LL SELL HIM FER THIRTY DOLLARS - JUST THIRTY DOLLARS

WALLI DUNNO

TWENTY-FIVE THEN - JEST TWENTY-FIVE MEASLY, LI'L OL DOLLARS - NOW THAT'S WHAT I CALLS THAT'S A BARGAIN!

IS HE SURE-FOOTED?

SURE-FOOTED? SAY, THET THAR'S TH SURE-FOOTEDDEST HOSS WHATEVER WORE A SADDLE!

HOW DO YUH KNOW?

WAL, HE KICKED ME FOUR TIMES IN TH' SAME PLACE

Lolly Gags

WHY DO YOU THINK SHE'S SUCH A POOR JUDGE OF HUMAN NATURE?

LOOK AT THE WONDERFUL OPINION SHE HUNG OF HERSELF!

POP— To Save Shoe Leather

By J. MILLAR WATT

DON'T FORGET I'VE GOT A BRAND NEW PAIR OF ARMY BOOTS ON!!!

IF YOU'D PAID FOR THEM YOU'D BE TAKING LONGER STRIDES!

THE WORLD AT ITS WORST

By GLUYAS WILLIAMS

OVERHEARING UNCLE GEORGE, WHO HAS PICKED UP YOUR FAVORITE ADVENTURE BOOK WHICH SEEMS TO YOU THE MOST GLAMOROUS AND THRILLING TALE YOU HAVE EVER READ, HAVY-HAWING ABOUT THE TRASHY TRUPE YOUNGSTERS LIKE TO READ NOWADAYS

HOUSEHOLD PLANNING

Bride—I saw it stated somewhere that a man needs eight hours of sleep and a woman needs ten. I think that is true.

Groom—Oh, yeah!

Bride—Yes; you can get up early in the morning and have the fire made, the house warm and breakfast ready when it's time for me to get up.

Why Brag?

Little David—Say, Dad, what kind of things are ancestors?

Dad—Well, son, that means your relations that have gone before you. I'm one, and your grand-dad is another.

David—Then why do people go around bragging about them so much?

No Spirit

Medium—Madam, the spirit of your husband wishes to speak to you.

Madam—It can't be him; Henry never had any spirit.

Cheerful News

PILOT AND CREW KILLED IN MYSTERY-CRASH OF ARMY PLANE

GOVERNMENT INVESTIGATING MYSTERY-PLAZE IN MUNITIONS PLANT

EVIDENCE OF SABOTAGE UNCOVERED IN SHIP YARDS

350 EUROPEAN BORN ALIENS SIFTED OUT IN CANAL ZONE

WHAT I CAN'T UNDERSTAND IS WHY THE FOLKS WHO DISLIKE OUR FORM OF GOVERNMENT DON'T GO BACK WHERE THEY CAME FROM

HENRY SPUD IN REPAIRING HIS FURCH FOUND THAT THE FIFTH COLUMN WAS ALIVE WITH TERMITES

AROUND the HOUSE Items of Interest to the Housewife

A little milk added to the blue water used for lace curtains will launder them beautifully.

To prevent cauliflower from turning dark while cooking, put a slice of lemon in the water in which it is cooked.

If you have over-salted the soup, peel a potato and put several slices into the soup. Boil it for a few minutes and the potato will absorb the salt.

Broiled tomato slices not only decorate but also improve the flavor of steak or chops.

A layer or two of blotting paper put over grease spots on the wall, and a warm iron laid on top of them, will often take away the marks.

When freshly washed windows are dry wipe them with tissue paper to make them sparkle.

For Good Reputation The way to obtain a good reputation is to endeavor to be what you desire to appear.—Socrates.

Keep COOL WITH Kool-Aid

Makes 10 BIG GLASSES AT GROCERS

The perfect COOL start for HOT days!

SWITCH TO SOMETHING YOU'LL LIKE!

Kellogg's CORN FLAKES

MADE BY KELLOGG'S IN BATTLE CREEK

Renown Blooms and Dies because the sunny glow which All your renown is like the summer flower that blooms and dies; brings it forth, soon slays with parching power.—Dante.

Yours! 6 TEASPOONS FOR ONLY 50¢

and Trademarks from 6 Sunkist Oranges

IN FAMOUS ORIGINAL ROGERS SILVERPLATE

Yes, they're yours—six lovely teaspoons in the new and romantic Orange Blossom pattern at a remarkable saving! And you can add the rest of the complete service the same way! Knives, forks, serving sets, everything!

Do not confuse this with similar offers. For this is Original Rogers silverplate, guaranteed in writing by International Silver Co., world's largest silversmiths!

WHY OFFER IS MADE—We make this offer as a special inducement for you to try Sunkist Oranges, California's finest. They are wonderfully juicy...vitamin rich...easy to peel, slice and section...Best for Juice and Every use!

Buy a supply next time you buy groceries and send at once for your six teaspoons. With them we'll send full instructions for completing your set of this exquisite, enduring silverplate.

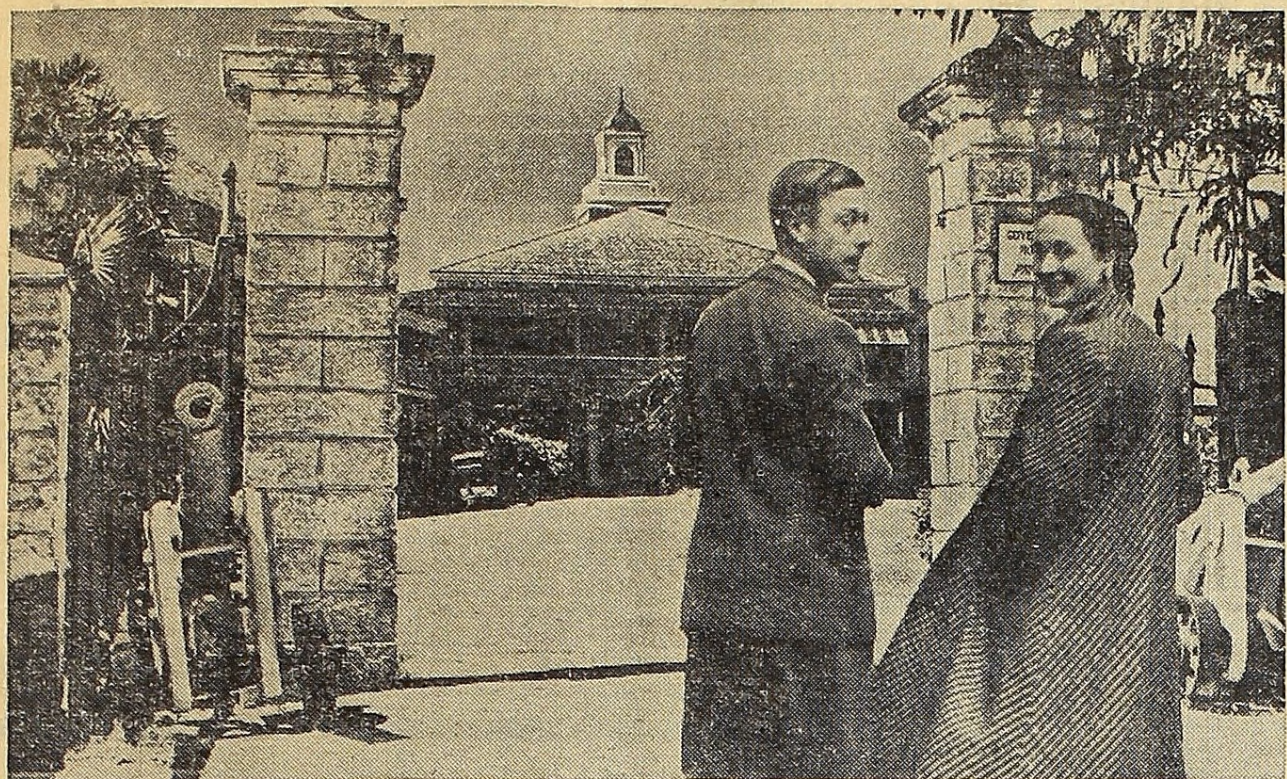
SEND NOW! TODAY! Just shave the trademarks from 6 Sunkist Oranges with a paring knife and send with 50 cents and your name and address to Sunkist, Dept. 407, Meriden, Conn. This offer good only in U. S. A.

Copyright, 1940, California Fruit Growers Exchange

Sunkist CALIFORNIA ORANGES

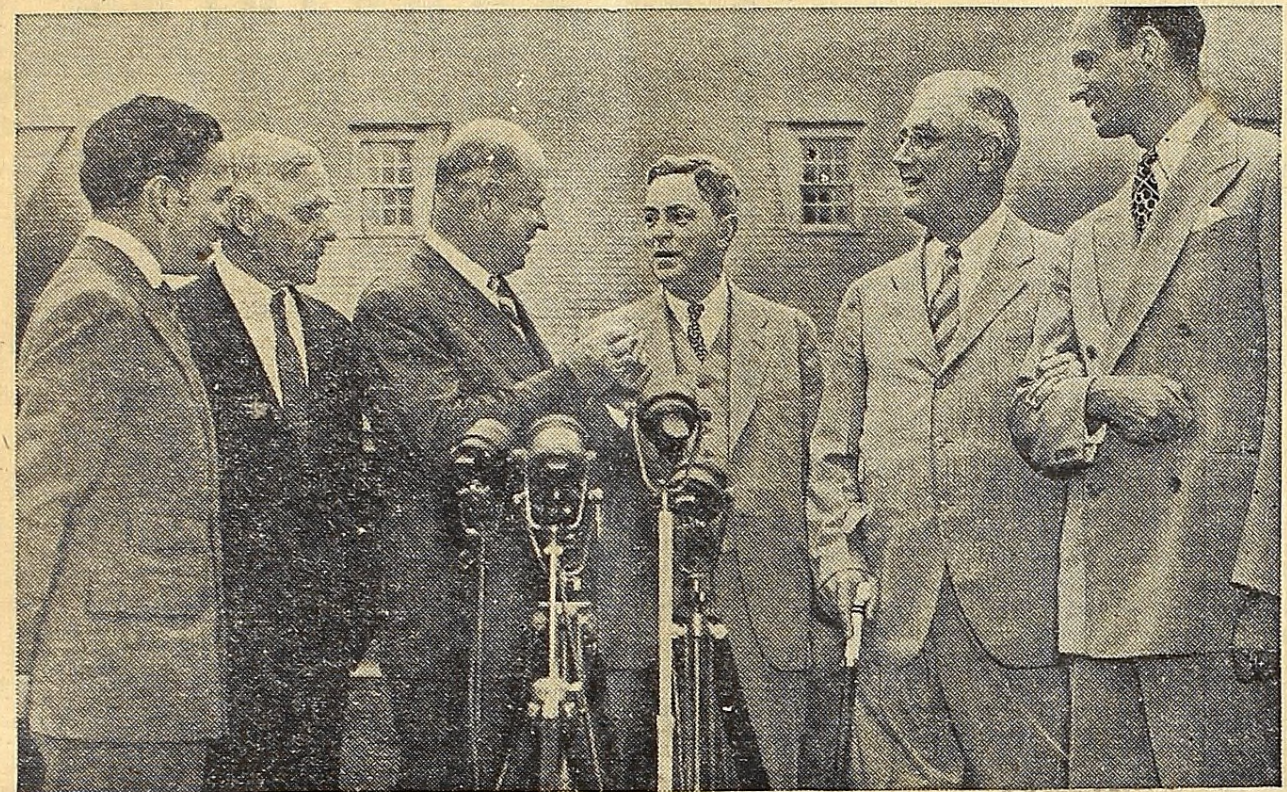
Best for Juice — and Every use!

Bahamas to Be New Home for Windsor and 'Wally' Flow of Bile



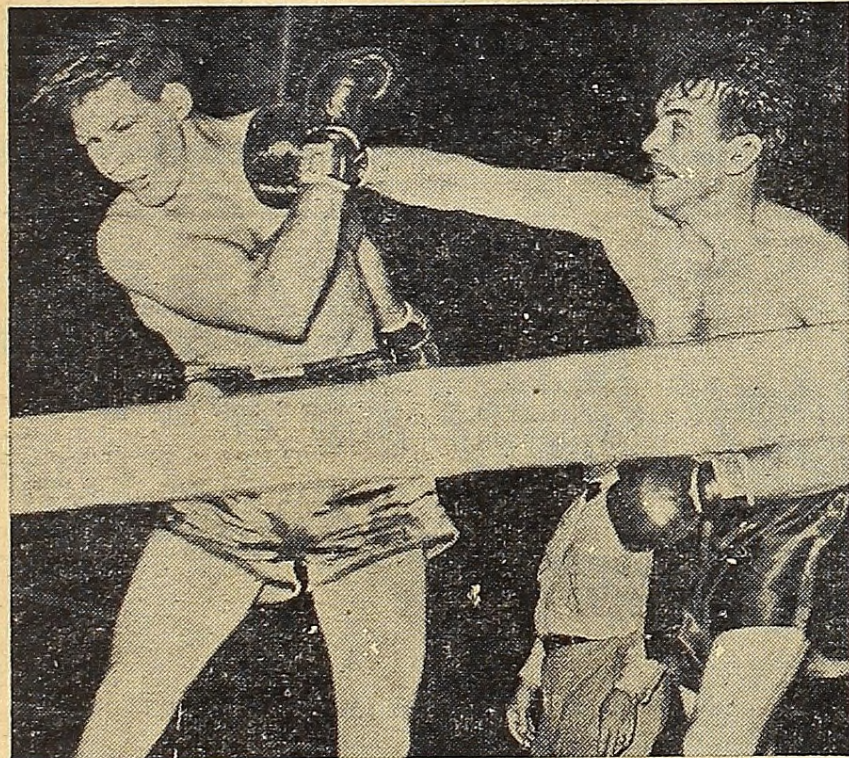
In Nassau, capital of the Bahama islands, is shown the government house where the duke and duchess of Windsor will take up residence when the former Edward VIII of England assumes his duties as governor and commander-in-chief. The appointment of Windsor to this post was one of the most sensational moves in recent diplomatic history. The duke and "Wally" are shown above. They will arrive in the Bahamas for their new duties some time next month.

'F. D. R.' Library Becomes Museum for U. S. People



Formal transfer of the newly completed "Franklin D. Roosevelt library" at Hyde Park, N. Y., which eventually will house the President's state, political and personal papers, will provide the nation with a unique museum. At the transfer ceremonies are shown (left to right): John Shain, builder; Louis Simon, architect of the treasury; Frank Walker, treasurer of the F. D. R. Library, Inc., who is turning over the key to R. D. W. Connor; President Roosevelt and son James.

This 'Haymaker' Explosive Was No Dud



No dud was this lethal missile which Ken Overlin, middleweight boxer, explodes against the chin of Harry Balsamo, his opponent, in a 10-round charity non-title bout in New York city. This fight action was caught by the 1/100,000th-of-a-second photographic speed of the camera. The bout ended in the ninth round with a knockout victory by Overlin.

Women Pray for Future of France



In France's most tragic period since its defeat by the Prussians in 1871, women gather in tearful prayer before the Memorial to the World War Dead at Bordeaux. With complete military collapse, the French cabinet, headed by Marshal Henri Petain, formed a government along Fascist principles like their conquerors, the totalitarian states, eliminating President Lebrun.

'Business as Usual'



A member of the crew of a British fighting plane holds one of the plane's carrier pigeons in one hand, and in the other the egg laid by the pigeon while the plane was in action over Germany's Heligoland.

In the Army Now



Winthrop Rockefeller, scion of the oil fortune, is pictured at the "second table" pitching into his food at the army training camp at Plattsburgh, N. Y.

Flow of Bile Is Influenced By Exercise

By DR. JAMES W. BARTON
(Released by Western Newspaper Union.)

ONE of the things that formerly was difficult to understand was how some men ate enormous meals and had no trouble with liver or gall bladder while others who ate meals of ordinary size were troubled with indigestion, belching, desire to vomit, constipation, and other signs of a slow or sluggish liver and gall bladder. The explanation is that the heavy eater is one who is also active, takes plenty of exercise—riding, golfing, brisk walks and the other sits at his desk all day.

TODAY'S HEALTH COLUMN

Nature meant that man should move about, bend his body, reach up and down, all of which not only squeezes the liver and gall bladder but also makes him breathe deeply. Deep breathing, by pressing the diaphragm (floor of chest and roof of abdomen) against the liver, squeezes it and increases the flow of bile.

Will bile not flow unless exercise is taken? Bile is manufactured and will flow down into small intestine, into gall bladder, and from gall bladder also to small intestine, even if no exercise is taken. But the amount made and rapidly with which it flows can greatly be influenced by exercise.

Over a Quart of Bile. Just how much bile is manufactured in 24 hours and how fast it flows is recorded by Dr. I. C. Zuckerman and associates, in American Journal of Digestive Diseases. A patient with a fistula—opening in duct carrying the bile—was observed when starved and no bile taken by mouth. Over a quart of bile was manufactured in 24 hours.

In regard to the rate of flow, it was found that the hourly rate of flow during day and night was fairly regular. There was, however, a six-hour interval during night and early morning (when patient was sleeping) when there was a noticeable decrease in the bile flow.

What does this teach us? It teaches us that when the body is completely at rest, bile flow is slower than when body is active. If, several times a day we would bend the body with knees straight or take a few long breaths we could increase the bile flow and prevent constipation.

The Prevention of Stones in Kidneys

TODAY physicians are not content simply to treat kidney stone colic and remove large stones, but are studying the causes of these stones and how best to prevent these stones from forming. The Stone clinic was organized at the Massachusetts General hospital, Boston. Dr. Fuller Albright, in the New England Medical Journal, says:

"The Stone clinic represents an effort to learn more about the prevention of kidney stones by a combined study of the problem by the general physician, the chemist and the urologist (specialist in kidney and bladder diseases). There are undoubtedly many factors that influence the formation of stones—stasis (sluggish circulation), infection (from various parts of the body), lack of or insufficient amount of vitamins, lack of colloids (matter or substance in a glue-like condition), excess of crystalloids (matter or substance in a crystal form) in the urine, and so forth."

Method of Treatment. The thought then in investigating stones is that a urine of a certain composition precipitates or manufactures a stone composed largely of the substances thrown down by or precipitated by this certain type of urine—cystine stone, uric acid stone, calcium phosphate stone. This being the case then, medical treatment consists in trying to reduce the manufacture of the substances forming the stone by the urine, or to try to change the composition of the urine so as to keep the substances solvent.

The first step in the treatment is to find out the type of stone that is present. Dr. Albright states that taking large amounts of fluids is ideal treatment for all kinds of stone.

QUESTION BOX

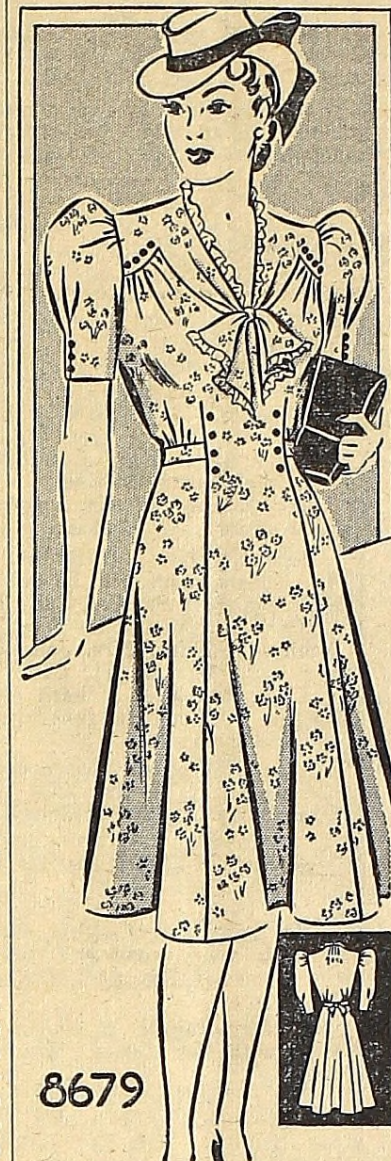
Q.—Could gas interfere with the heart action enough to cause pain?

A.—Gas could interfere with heart action by crowding it. By avoiding foods causing the gas or bending from side to side to dislodge the gas, you should get relief from gas pressure.

Q.—I have just recovered from influenza and pneumonia and my hair has dropped out till I am nearly bald. Will it grow in again?

A.—Your hair should return within two years.

PATTERN DEPARTMENT



8679

IF YOU have weight to consider, you couldn't choose a more attractive and becoming fashion than this gracious, softly detailed dress (8679) with high-cut front panel that diminishes the waistline and flattens the diaphragm. It fits beautifully over the bust, thanks to gathers at the waistline and beneath the cleverly shaped yoke. The bow at the deep neckline adds a soft, dressy touch, without fussiness.

The skirt is classically plain and slim-hipped, with moderate fullness at the hem. Make this

Invasion of England

The last successful invasion of England by hostile soldiers was in 1066, when William the Conqueror and his army crossed the English channel from Normandy. Before that, England was invaded many times by the Saxons, Danes and Norsemen. But since the Norman conquest all threatened invasions have been beaten off by the British navy.

No attempt was made to invade the British isles in the First World war.—Pathfinder.

Strange Facts

Change Our Weight
Tuxedos in Prison
Interest in Canada

Various parts of the human body have different normal temperatures, and the body as a whole changes in weight from minute to minute.

On some festive occasions in Sing Sing prison, such as the annual Christmas show, the inmates who participate are allowed to wear their tuxedos.

Although Canada's population is no greater than that of the metropolitan area of New York city, American industry has \$4,000,000,000 invested in that country and controls nearly 2,000 of its companies, half of which are manufacturing plants.—Collier's.

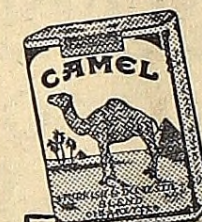
SEWING CIRCLE PATTERN DEPT.
Room 1324
211 W. Wacker Dr. Chicago
Enclose 15 cents in coins for
Pattern No. Size
Name
Address



I'D SIT OUT ANY DANCE FOR A SLOW-BURNING CAMEL

THOSE EXTRAS IN CAMELS ADD A LOT OF FUN TO SMOKING. THAT EXTRA FLAVOR IS SWELL

GET THE "EXTRAS" WITH SLOWER-BURNING



CAMELS

THE CIGARETTE OF COSTLIER TOBACCOS

EXTRA MILDNESS
EXTRA COOLNESS
EXTRA FLAVOR

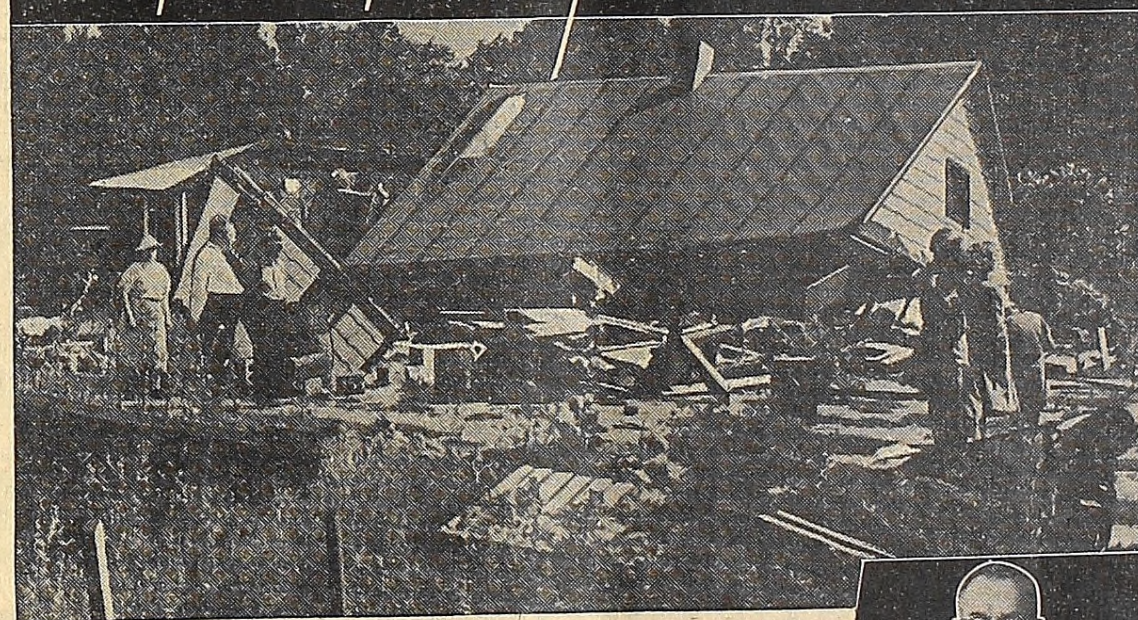
In recent laboratory tests, Camels burned 25% slower than the average of the 15 other of the largest-selling brands tested—slower than any of them. That means, on the average, a smoking plus equal to

5 EXTRA SMOKES PER PACK!

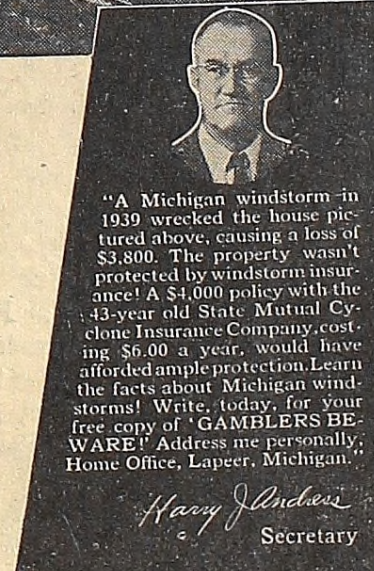
Destroying Monster
War is a monster which will destroy us unless we destroy it.—Bryce.

Flighty Will
A boy's will is the wind's will, and the thoughts of youth are long, long thoughts.—Longfellow.

\$4,500,000. TESTIFIES TO THE DAMAGE WIND CAN DO IN MICHIGAN!



LAST August 8th was a sorry day for Comstock, Michigan. A windstorm, without warning, struck Comstock... houses were destroyed, barns collapsed... thousands of dollars worth of damage was done! And this windstorm was no freakish experience! Damage wreaking windstorms have struck in all parts of Michigan before... and they will strike again! The State Mutual Cyclone Insurance Company has paid over \$4,500,000 to policy holders in settlement of windstorm losses... and this astounding figure represents only a fraction of the actual losses caused by windstorms over the last 43 years. Don't wait 'til it's too late! Insure, now, with the reliable State Mutual Cyclone Insurance Company! \$1.50 per year pays for \$1,000 worth of windstorm protection. There's a State Mutual Cyclone Insurance Company agent in your community! He's your neighbor!



"A Michigan windstorm in 1939 wrecked the house pictured above, causing a loss of \$3,800. The property wasn't protected by windstorm insurance! A \$4,000 policy with the 43-year old State Mutual Cyclone Insurance Company, costing \$6.00 a year, would have afforded ample protection. Learn the facts about Michigan windstorms! Write, today, for your free copy of 'GAMBLERS BEWARE!' Address me personally, Home Office, Lapeer, Michigan."

Harry J. Anderson
Secretary

STATE MUTUAL CYCLONE INS. CO.

LAPEER, MICH.

