

BOWLING

By Douglas Malloch.

THE good old game of bowling is good enough for me!

To start the ligum rolling between the one and three,

To shoot the ligum vitae along the maple floor—

Well, humble men or mighty, or big or little score,

There isn't any better, no fiercer, spout, I claim,

For any real-go-getter who likes a he-man's game!

It takes a little muscle, that much I will admit;

But life is all a tussle, whatever game you hit;

And you're a better fighter tomorrow, heart and soul

Than if the ball were lighter tonight you have to roll.

The arm that's strong and limber, the hit that's fair and square,

You'll find will get the timber, in life and everywhere.

You'll have your little troubles, for life is all alike;

You'll get more splits than doubles, a railroad on a strike,

And yet you'll find, my brother, the man who always wins

Is one, somehow or other, who gets the single pins—

Who, when you feel the loudest, slips by you unawares

And, when you feel the proudest, is cleaning up his spares.

It's exercise, it's training, it's fellowship, it's fun—

Both mind and muscle gaining, it's "everything in one."

So, when your courage fails you, you're lost your platoon,

Try bowling for what ails you, and get it back again!

Some other sport consoling to other men may be—

The good, old game of bowling is good enough for me!

(© 1931, Douglas Malloch.)

Through a Woman's Eyes

By Jean Newton

FINE MANNERS

ONCE in Japan I saw two heavily loaded coolies collide violently as they met around a corner. Their cargoes were scattered. It was a situation for Xorlic recreation.

These two men backed away from the wreckage, smiled, bowed repeatedly from the waist, and then set to work to repack each other's loads.

It is appalling to think how many of us in the western hemisphere with far greater advantages of breeding and education and of far higher social position than these coolies—how many of us would not have had those fine manners, would not have displayed such good sense.

It is not only in not damaging their nervous systems by getting excited at many of us might have, that the coolies demonstrated their superiority.

For they made of the incident a thing of beauty. They proved themselves past masters in the most difficult of the arts, the art of living. They proved that fine manners are not a superficial thing of no significance as compared to the deep, solid virtues like generosity, kindness, honesty.

Have those two coolies answered the charge of these people who call good manners "fuss and frill and artificiality and shallowness and show that doesn't mean a thing?"

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NUTTY HISTORICAL

By Hugh Hutton

THE AFGHANISTAN YOP

THESE docile beasts are raised from the tadpole to full-grown yops by the native Afghan tribesmen in the valleys of the Hindu Kush mountains. At forty years of age, when their whiskers are long enough and they are broken in for caravan work and are used for transporting portable shower baths from the bathhouses in the mountains down to Kabul. The yop is a one-way crea-



ture, being able to go down the mountains, but never up, for his short hind legs would cause him to tip over backward when going up a steep hill.

The venerable yop shown here has just arrived in Kabul with his load of shower baths for the dock workers in the Afghan merchant marine.

The pean body, Albert-horn, clove horns, toothpick legs, split almond feet, and coconut husk whiskers all go to make up this curious creature.

(© Metropolitan Newspaper Syndicate.)

The SANDMAN STORY

OUR THANKSGIVING DAY

ON every body has a turkey or chicken dinner, with pumpkin or mince pie, nuts and raisins and many other fine things to eat. I think it would be nice to picture in our minds for a moment or two the people who made Thanksgiving, really and truly made it," said the Sandman.

"Of course Thanksgiving is just a word meaning to give thanks, but when we speak of Thanksgiving we are almost always speaking of a day—the last Thursday in November, as it always is now.

"And this Thanksgiving of ours was indeed made by those people many, many years ago, whom we are proud to call our ancestors.

"In 1620, as we all know, a little band of Pilgrims came to this country— brave, fearless souls, who had already met with difficulties and were not afraid to face more.

"They had already tried to cross the Atlantic, but their ships had leaked and they had had to go back.

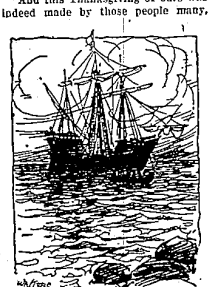
"That they would have nothing to do with a word such as failure and this is, I think, in itself an inspiration to all of us when we feel discouraged and as though we were falling behind— have, fearless souls, who had already met with difficulties and were not afraid to face more.

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"Here they were going to have freedom and, though the trip had been a terrible one, and though there were only a hundred of them, all told, to keep up another's spirits, they did not lose heart.

"They had planned to land on the New Jersey coast, but, driven as they had been by gales and storms, they found themselves on the northern shore of Cape Cod, New England.

"Finally they chose Plymouth as their colony. Then came a terrible winter, when over half of their number died, but in the spring those who had survived through the winter still would not use the word failure—and decided to stay.

"And then, at last, came harvest time, and hope and great thankfulness was in the hearts of these people.

"So that in the autumn of 1621 they set aside a day in which they gave solemn thanksgiving to the glorious Bearer of Fraternity.

"This first national celebration of Thanksgiving was in 1789, when George Washington set Thursday, November 26, of that year as a day to be observed in which to give thanks for the blessings of the year.

"It was Abraham Lincoln who recommended that the last Thursday in November should be observed as a day of Thanksgiving. And ever since then it has been observed each year all over the country, and not from time to time in different states, according to whether their governors proclaimed it as such. Formerly that had been the custom.

"So it was Lincoln who gave us this day as a national holiday and day of Thanksgiving for every year.

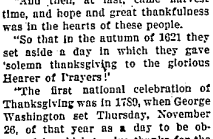
"But it was because of that little group of people so many years ago that we have so much for which to be thankful.

"Sometimes it is hard to think that such terrible days followed one after the other, for these people, so full of love and prosperous and cultivated now.

"But everything has to be begun! Add it seems to me that our present-day joyous Thanksgivings are just what those people, so full of pluck, would have wanted us to have.

"For people who could be so brave and who could endure so much for what they believed was right, could not help but have hearts full of love and joyous strength capable of great happiness."

(Copyright.)



JOE ARCHIBALD

Why Boys Leave Home

BY JOE ARCHIBALD



JOE ARCHIBALD

SEND A CARBON

By DOUGLAS MALLOCH

YOU wrote a dandy letter, and you told him you admired the way he took the order or the way he did the job.

I am sure your letter cheered him on some night when he was tired or a little bit discouraged at the meanness of the mob.

It was nice of you to write it. It was nice for him to get.

I am glad you spoke his praises with some well-selected terms.

For I know it helped the salesman or the artisan—and yet—

Did you think to send a carbon to his firm?

A word of commendation makes the heavy load a light.

And there never was a person that it didn't help a lot.

When you see a fellow's value it's a pleasant thing to write.

For you know how hard he's working—but the manager may not.

Oh, a carbon letter, it's good, yet perhaps your little note

Might assist him in a manner that he won't be a total loss.

If, in writing to the salesman or the workman, when you write

You would also send a carbon to the boss.

Yes, we have our little troubles, and we have our little tasks.

But we can't talk much about them, or the work we have to do.

It's what they say about him, not the way he brags or asks,

That will win a man promotion in the office or the crew.

And I hope when life is finished, when the race is lost or won,

When the neighbors sound the praises as they stand around the bed

They will only tell each other all the good that I have done,

But they send some sort of carbon on ahead.

(© 1931, Douglas Malloch.)

Your Home and You

By Betsy Callister

DAILY SWEEPING

NO ONE has ever devised a method by which the housewife might spare the daily task of sweeping up crumbs and dust from the living rooms of her house if she wishes it to remain attractive and clean.

The weekly sweeping is not enough. Sometimes the dining room rug or carpet needs brushing after each meal. The old-time method of strapping the rooms with rushes so that "winter droppings" from the table filtered through the rushes to remain beneath until the rushes were cleared out may have had time-saving advantages, but surely not advantages of a hygienic sort.

Some housewives take a dustpan and small brush broom and bend down to do this daily brushing, as less dust is raised this way than with a broom. Better still, if they possess a long handled duster so that it is not necessary to stoop over to use it.

The carpet sweeper is of much value in this case, providing you take time to care for the carpet sweeper. It is certainly unhygienic to leave dust and dirt from your floors indefinitely in the brushes and pan of the carpet sweeper. Moreover, unless the carpet sweeper is cleaned out often it ceases to be an efficient sweeper.

You can buy toy can sweepers that prove very useful for brushing up crumbs about your dining table and about the tea table in your living room. Some housewives even have long handled sweepers for their coat very little. Then it is possible to use them without taking many steps.

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KNOWING THE TREES

AMERICAN LINDEN

(Tilia Americana.)

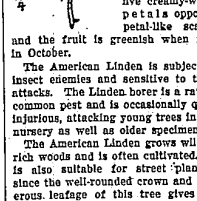
THE American Linden, also called Basswood or Whiteseed, is a tall tree from 60 to 100 feet high. The bark is brownish gray with long, vertical fissures.

The leaves are large, 4 to 6 inches long, green and smooth, broadly heart-shaped and pointed at base. The flowers have five creamy-white petals opposite petioles, scales, and the fruit is greenish when ripe in October.

The American Linden is subject to insect enemies and sensitive to their attacks. The Linden bore is a rather common pest and is occasionally quite injurious, attacking young trees in the nursery as well as older specimens.

The American Linden grows with rich woods and is often cultivated. It is also suitable for street planting since the well-rounded crown and generous leafage of this tree gives the street an attractiveness which is desired.

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Mother's Cook Book

A good mother does not hear the music of the dance when her children cry.—From the German.

THE CHILD'S DIET

ALL foods given the child should be simple, well cooked and easy to digest as well as attractively served. The mother who teaches her child to like various kinds of food must taste and season them to be sure that they are palatable. Poor cooking and unattractive serving is often the cause of a child's lifelong dislike for certain good foods.

A well-balanced diet for a normal child will include the growth and bone and tooth-building foods in the following daily amounts: One pint to one quart of milk, plain or in cooked dishes; two servings of fruit, such as oranges, apples, bananas and lemons.

There should be two to three servings of vegetables, one root vegetable and one or more green vegetable, including a leafy one, served uncooked.

Nuts should be ground or served in butters for the younger children and meats in moderate quantities.

Cereals, breads and cereal products are needed to provide energy; these are important in the case of a rapidly growing adolescent boy, who needs more food than a grown man to supply his daily needs and build his body. For better or for ill, the child should be one part of fat to four parts of starch and sweet foods.

The liquid required for daily consumption should be six glasses—fruit juices, milk and water supply this.

During adolescence children of both sexes need more food to supply the rapid growth. Too frequently girls develop a fickle appetite and the food must be tempting. Going without breakfast may be indulged by hearty, healthy adults, but never in a growing child; it is dangerous for both present and future health.

Citrus foods have a special advantage in the child's diet; they furnish needed food elements in a pleasing form. As drinks, desserts and salads and as flavoring for other foods, they hold a large place in the diet.

A glass of orange juice, given to a child who has a sour stomach, will relieve the trouble and is taken with pleasure.

A child susceptible to colds and similar ailments will be built up in resistance by cod liver oil.

A child from six to ten years will have the proper tooth and bone building material in one quart of milk, one egg, one slice of a loaf of lettuce, or its equivalent in cabbage, or celery; the juice of half a lemon and sufficient orange juice to make a cupful, with any desired amount of fresh, raw fruit or vegetables, if eaten daily.

For a child from ten to eighteen, the egg is increased to two, lettuce to one-fourth of a head, one lemon and orange juice to make two cupfuls, taken in two portions, one for breakfast and the second at dinner.

Failure to gain weight usually means undernourishment. Malnutrition may be the result of several different causes, such as improper or insufficient food, diseased tonsils, adenoids, decayed teeth. Undernourishment may, follow illness or poor health, caused by lack of rest, sleep or fresh air.

The symptoms of malnutrition are listlessness, nervousness, being fretful, tiring easily, drooping shoulders, muscles flabby, teeth poor.

For Meditation

By LEONARD A. BARETT

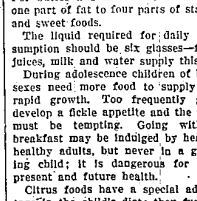
TWO FAMOUS ENGLISH WRITERS

ONLY thirty-eight years have elapsed since Alfred Tennyson, the poet laureate of England, died. It was a stormy period of doubt and skepticism. This spirit is reflected in many of his writings, especially the "Idylls of the King," which he wrote between the years 1850 and 1855; and "In Memoriam," which he wrote in 1850. These poems express Mr. Tennyson's earnest endeavor to answer some of the questions which doubt seriously asked in his day. It was an age when even Thomas Arnold, the greatest philosopher of his time, was bewildered as he struggled with the deities which doubt coldly materialism or a divine creative process was the cause of all created things, including man.

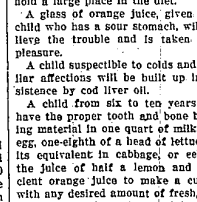
Tennyson believed in God, while the philosophers of his time ruled God out of the world. In "In Memoriam" Tennyson answers some of these doubts as he deals with the theme of immortality. In "Idylls of the King" he presents the picture of a human soul seeking to attain the highest ideal which is realized not through pleasurable doubt.

Another great writer was John Bunyan. He lived in England during the years 1628-1688, when the Puritans left their country in search of religious liberty. Bunyan, however, remained at home and fought his battles upon his own ground. Those who did not attend the worship of the Established church were banished from their country, and if they returned without permission of the crown, they were tried as felons and liable to execution to do all within his power to solve the problems of his age. In secret, and many times in disguise, he spoke to small groups of persons who did not share the belief of the Established church. Knowing the ultimate price he must pay for these efforts he still continued his public speaking, until one day he was arrested and confined to Bedford Jail. Here he spent twelve long years. He was not silent in his efforts to influence the masses. Though he could no longer speak in public he devoted all his time to writing. It was during this period that the well-known book "Pilgrim's Progress" was written. It is an allegory relating the experiences of "Christian" as his life changed from sin to righteousness on his journey from the City of Destruction to the Celestial City.

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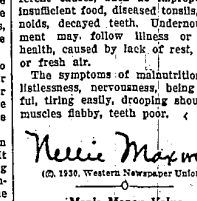


L. A. Barrett



Man's Money Value

Dublin and Lotka's "Money Value of a Man" calculates that the average cost of a child up to the age of eighteen is \$7,400. This includes cost of being born, food, clothing and shelter, education, care of health, recreation and insurance, leaving about \$500 for other and sundry expenditures.



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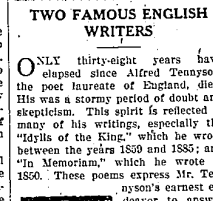
J. Harold Murray



Beginning his public life as a singer, later in vaudeville and musical comedy work, popular J. Harold Murray, quickly rose in the films. He was born at South Berwick, Maine. He was educated in Boston. He sang leading roles in a number of popular productions before entering pictures. He is 5 feet 11 inches tall, weighs 160 pounds, has light gray hair and blue eyes.

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