

**THE CHEERFUL CHERUB**  
 Let it rain and snow  
 and sleet;  
 It can't hurt me  
 anyhow.  
 When it pours it makes  
 me glad—  
 I've a new  
 umbrella  
 now.  
 R. T. HARRIS



WNU Service.

**FARM TOPICS**

**DUBBING TO KEEP COMBS FROM FROST**

Simple Operation Prevents Damage to the Birds.

By G. T. Klein, Extension Poultry Husbandman, Massachusetts State College.—WNU Service.

Dubbing of the comb and wattles of chickens is a very easy way of preventing injury from freezing. Dubbing is not a bloody and dangerous operation. The comb and wattles are removed with a pair of tin snips with rounding points when the birds are about 8 or 10 weeks old.

There is usually so little bleeding that no precautions to stop it are necessary. Perchloride of iron is a common remedy for stopping flow of blood on birds that give trouble. Dubbed birds should be yarded by themselves, but other extra care is seldom necessary.

The dubbed birds are not particularly attractive, but this is no disadvantage for the production breeder interested in eggs and high hatches of salable chicks. The dubbed males stand up better in the breeding pen and are not affected by cold weather.

With leghorns there is an advantage in dubbing both males and females. With heavy breeds this is not so necessary with the hens.

In sections where dubbing is extensively followed there is a feeling that dubbed birds are more valuable as breeders, not only the first year but the second and third years. This seems entirely reasonable since the comb is a secondary sex organ and is generously supplied with blood. When this supply of blood is not needed by the comb it probably goes to the reproductive organs.

**Urged to Be Cautious In Feeding Live Stock**

Proceed with caution this fall cattle and lamb feeders are advised by W. H. Peters, chief of the division of animal and poultry husbandry at University farm, St. Paul.

An analysis of the situation, explains Peters, indicates a strong demand for feeder cattle and lambs, with no weak spot in sight. The present feed supply is larger than last year's, and all feed prices are a little lower. And while the market on grain-fat cattle and fed lambs is some lower than a year ago, it is in a fairly strong position compared to feeder animal cost and feed expense. Added to this is a prediction for stronger industrial activity through the winter and spring months, with hope for a slightly larger outlet for quality meat.

Many cattle and lambs will go to market from the range and pastures in a good grass-fat condition and will be taken by the packers at prices prohibitive to the feeder, says Peters. If thin enough, well-bred cattle and lambs of high grade are a good buy, but their price may be pushed too high as fall buying proceeds.

No farmer should buy animals of feeder type unless he has feed suitable for fattening. More money is lost through trying to fatten high priced steers and lambs on cheap coarse feed than by any other practice in the feeding business. Either buy concentrates to go with the coarse feed, or stay out of the business, he says.

Peters suggests that the farmer with a large supply of coarse feed and little grain buy ewes and raise lambs for next spring, or buy cows and raise calves. He might also buy young heifers or steers and not fatten them, but grow them to an increase in weight and age, thereby making a little money on the coarse feed.

**Marking Broody Hens**

As broody hens are not profitable in the laying house, and as broodiness is hereditary, commercial breeders discard all hens that show any decided tendency in this direction. Their method of identifying these broody hens is quite simple. They use colored celluloid leg bands, a different color for each month. Whenever a hen goes broody, she is banded with a ring showing the color used for the current month. Thus it is easy, not only to learn the number of times a hen has quit laying, but also to tell just when these gaps in production have occurred. This supplies much needed information when the poultryman starts to cull his flock and to select breeding stock for the following year.

**DIZZY DRAMAS—Now Playing—"Mr. Twig"**

By Joe Bowers



**WHAT to EAT and WHY**

**C. Houston Goudiss Describes Food Value and Versatility of Gelatin; Outlines Its Many Uses in the Diet**

By C. HOUSTON GOUDISS

WHEN we try to appraise the nutritional values of any one food in comparison with others, as a rule we have a difficult task. Most foodstuffs are composed of so many different substances that what is lacking in one will be supplied by another, and making comparisons may therefore be misleading as well as futile. But there is one food which is outstanding, not only because it is far less complex than

most others, but because it is no exaggeration to say that without it, some of us might not be alive, and those of us who are alive would obtain far less enjoyment from our daily existence.

That food is gelatin!

**What Is Gelatin?**

Gelatin is a protein food which has no equal as a carrier, binder and "extender" of a wide variety of other nutritive materials. Chemically, it is classed as a colloid, which means that in solution, it can be removed from its solvent by filtration. It is because of this that it is so useful in producing smooth, delicious ice creams and other dainties, free from ice crystals.

Gelatin is an almost pure protein—a kind of protein known as an albuminoid. It is not a complete protein, because it is deficient in three of the amino acids that are necessary both to support growth and repair body tissues. In this it differs from meat, cheese, fish, eggs and milk, which are known as complete proteins.

It cannot be used as the sole source of protein in the diet, because those three missing amino acids are necessary for the formation of new body tissue. But it is especially rich in lysine, one of the protein building stones that is particularly important in the diet of children. Experiments indicate that no other amino acid can take the place of lysine and that it must be furnished by the food if adequate nutrition is to be maintained.

That coupled with the fact that it is non-irritating and easily digestible accounts for the large part it plays in the diet of infants and young children.

**How It Is Made**

Contrary to old wives' tales, gelatin is not made from hoofs and horns. In fact, there is no gelatin in hoofs or horns. It is extracted from connective tissue in the skins and from the bones of food animals.

Every homemaker who has made soup by simmering a knuckle bone for hours, and has found the soup "jellied" after standing overnight in the refrigerator, has prepared gelatin on a small scale. The same principles are followed by the gelatin manufacturer, only he operates in a much larger food kitchen, and each step of the preparation is scientifically controlled so as to insure a uniform finished product.

Gelatin is sold in two forms: the unflavored, granulated product which requires the addition of flavoring, and when used for dessert purposes, sweetening; and the gelatin dessert powders which contain added sugar, color, flavor and fruit acid. So popular are these convenient gelatin desserts, that about 10,000,000 pounds of gelatin are used annually for this purpose.

Nutritionists recognize gelatin as a food possessing many unique advantages in the daily diet, and it is prescribed by physicians for a variety of special diets. New-born babies, for example, are sometimes given a gelatin-sugar-salt solution which provides readily available protein to raise the protein level of the blood. When an infant cannot readily digest milk, owing to the formation of hard curds, the doctor may recommend the addition of 1 per cent of gelatin dissolved in the milk. This usually causes it to be assimilated easily and satisfactorily.

When it comes time to change a baby's food from liquids to solids, gelatin also proves useful, for

**Building, Maintaining Healthy Teeth**

By C. HOUSTON GOUDISS

It is an alarming fact that almost every adult in this great land of ours is affected by some form of oral disease, and that more than 90 per cent of our school children have decayed teeth. A prominent medical authority made the statement that if dental decay became rare, instead of almost universal, more than half of all sickness would be eliminated.

Remarkable and widely heralded advances have been made in our knowledge of how to control and prevent many dangerous and debilitating diseases. A decayed tooth is a poison factory, distributing its noxious product to every part of the body. In the body, that poison attacks and centers in the weakest spot. It may lead to neuritis, rheumatic ailments, dyspepsia, or duodenal ulcers. It may even be a contributing cause of heart disease.

Only a small percentage of our population is yet aware of the far-reaching effects of teeth upon health. There is a close relationship between healthy teeth and healthy bodies, and between decayed teeth and sickly bodies.

By learning something of the importance of caring properly for the teeth, some men and women of middle age look and feel younger than their parents did at the same age.

I have endeavored in many of the WHAT TO EAT AND WHY articles, which have appeared in this newspaper over my signature, to point out the close relationship between diet and dental disease; between frequent and thorough brushing of the teeth with an efficient dentifrice so as to remove all food particles, and strong, beautiful teeth.

I have received many letters from readers of these articles, showing that homemakers are eager for sound, authoritative advice on the proper care of the teeth. To help these and other readers to know how to properly care for their teeth, I have prepared a booklet on BUILDING AND MAINTAINING HEALTHY TEETH which I am offering FREE, because I feel so strongly that this information should be in every home, knowing as I do, that the salvation of the human race may lie in saving their teeth. Address, C. Houston Goudiss, 210 S. Desplaines St., Chicago, Ill.

its soft, semi-solid texture makes an excellent transitional food.

With toddlers and school children, gelatin—the carrier and "extender"—provides a splendid method for offering foods that are disliked. Vegetables that draw forth protests when presented in the usual fashion are eaten with relish when molded into a sparkling lime- or lemon flavored salad. The coarse texture of certain raw vegetables, such as carrots and cabbage, or the tart flavor of some fruits, may likewise be modified by serving them in a gelatin base.

And it doesn't require statistics from nursery schools to tell mothers how readily children eat gelatin desserts when they are brilliant with color and flavored with orange, raspberry, cherry, strawberry or other well liked flavors. Every mother knows this from her own experience—and I rather suspect that many mothers describe these attractive molded desserts as the prize to be won in return for cleaning the plate of the main course!

**In the Reducing Diet**

Both men and women who are counting their calories, in an effort to avoid overweight, or to reduce, can profit by taking gelatin salads and desserts, which satisfy hunger without providing unwanted fuel value.

In cases of digestive disturbance, gelatin is frequently recommended because of its bland taste, and because it leaves no residue in the lower intestinal tract.

This same splendid food is also advised by doctors when a high protein diet is desired to speed growth, or during convalescence from an illness. Gelatin may be added to broths, milk, fruit and vegetables, and these, in turn, may be incorporated in solidified gelatin.

Indeed, this many-sided food-stuff has come to play such a wide and varied role in nutrition, not only by itself but by enhancing the value of other foods, that it must be numbered among the products that help to increase national health and vigor.

**Questions Answered**

Mrs. S. B. L.—Even in the so-called goiter belt, simple goiter may usually be prevented by the administration of small amounts of iodine to every young girl, before and during adolescence, and also to expectant and nursing mothers. The amount required is quite small and may be given by a physician in the form of iodized salt.

Miss A. M. G.—Bran is considered an excellent source of both iron and phosphorus. ©—WNU—C. Houston Goudiss—1938—35.

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CHARLES LEWIS, Chemist, New York



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 MENTHOL COUGH DROPS 5¢

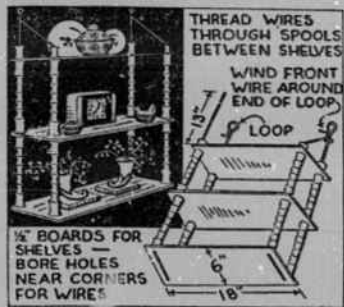
Small Part Who knows only his own side of the case knows little of that.

**Black Leaf 40** KILLS LICE  
 JUST A DASH IN FEATHERS... OR SPREAD ON ROOSTS

**Hanging Shelves You Can Make of Spools**

By RUTH WYETH SPEARS

WHEN a number of persons have the same idea at the same time there is a reason. Recently I helped a friend make hanging book shelves of spools she had been saving. Today there comes a letter from a reader who says, "I have found so many helpful things in your Book 1—SEWING for the Home Decorator, I wonder if you have any ideas on fixing up spools? I have in mind



the spool book shelves and corner shelves they used long ago." It's probably the general revival of Victorian ideas in decoration that has started everyone thinking of spool shelves.

We seemed to remember that the shelves we had seen years ago in old parlors were put together with colored cords. We tried this but the shelves were not rigid as the cords stretched. So we used wire and the result has been a substantial set of shelves strong enough to hold reasonably heavy articles.

A little less than 12½ feet of wire was used for the shelves shown here. Two sizes of spools were used. Shelves, spools, wires and all were finally painted to match the brightest tone in the room color scheme—in our case it was peacock blue. There are picture directions like these on every page of Book No. 1—SEWING, for the Home Decorator. If your house is your hobby, it will be full of thrills for you. Don't go through the holidays with shabby curtains or slipcovers. This book illustrates every step in making new ones. Book 2: Novelties and Embroidery, shows how to make dozens of Christmas gifts from odds and ends of material. Books are 25 cents each. If you order both books an interesting quilt leaflet included free. Address: Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

This is the time of year when town and rural folk are getting ready for winter. Your car is as important then as now. Give it a thought. Be forehanded. Stop at your favorite dealer and let him drain the Summer-worn oil and put in Acid-Free Quaker State Winter Oil. You'll be thankful the first cold morning.—Adv.

**Awake at Day**

Success consists not so much in sitting up at night as being wide awake during the day.

**NERVOUS?**

Do you feel so nervous you want to scream? Are you cross and irritable? Do you scold those dearest to you?

If your nerves are on edge and you feel you need a good general system tonic, try Lydia E. Pinkham's Vegetable Compound, made especially for women.

For over 60 years one woman has told another how to go "smiling thru" with reliable Pinkham's Compound. It helps nature build up more physical resistance and thus helps calm quivering nerves and lessen discomforts from annoying symptoms which often accompany female functional disorders.

Why not give it a chance to help YOU? Over one million women have written in reporting wonderful benefits from Pinkham's Compound.

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