

SUCH IS LIFE—Tricks



By Charles Sughroe

Life Expectancy of 70 Is Seen in Next Decade

Health Chief Cites Recent Medical Advances.

Lansing, Mich.—Life expectancy of the average American will be stepped up from the present age of sixty to the "riper old age" of seventy within the next decade.

Cites Recent Gains.

Basing his belief on recent accomplishments of the medical profession, Dr. Parran said: "The advance of the past five years is one of the most significant events of our time. Science has given us the tools. It is merely up to us to use them."

NEW A. A. U. CHIEF



Jeremiah T. Mahoney of New York, who was elected president of the Amateur Athletic Union at its convention, at Houston, Tex. His election climaxed a bitter fight in which his opponent was Patrick J. Walsh, also of New York.

"2. Infant mortality, which, he said, should also undergo a 50 per cent decrease.

"3. Malnutrition, in connection with which he pointed out '25,000,000 Americans are living on a bare margin of nutritive safety.'

"4. Pneumonia, which will be reduced 25 per cent by early diagnosis and serum treatments.

"5. Social disease, for the control of which he outlined a special program.

"6. Tuberculosis which 'will be the next great plague to bow to man's ingenuity.'

"7. Sanitation and better housing, which he said, 'No one should be surprised to find in a public health program.'

"8. Mental hygiene, which he declared 'overshadows everything else.'

United Against Disease.

"No one knows," Dr. Parran said, "what science has in store. We are united against death and disease."

The part the federal government will play in the fight, through the \$13,200,000 public health provisions of the Social Security Act will be extensive, Dr. Parran said, and will become even more extensive.

"It has always been argued in some quarters," he continued, "that we cannot afford extended public health services. We have always answered that such services were the humanitarian thing. Now in the light of new experience we may answer that public health service is the economic thing and an absolute necessity."

My Neighbor Says:

A little burnt sugar added to flour used in making gravy to serve with roast beef or lamb adds to the flavor of the gravy.

When preparing prunes for salad, wash and soak them in warm water for 10 minutes. Dry, make an incision in the side of the prune and squeeze out the stone.

Cyclamen grow best in acid soil composed of equal parts of loam, leaf mold, decayed manure and sand Fertilize with bone meal.

Spread 2 1/2 tablespoons of prepared mustard over a leg of lamb, let it dry, then cover it with drippings and roast. The mustard gives a delicious flavor to both meat and gravy.

When soot accumulates in the chimney, place a piece of zinc on the hot coals in the kitchen stove or furnace. The vapors arising from this will carry off the soot by chemical decomposition.

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A Legend of Life

By LEONARD A. BARRETT

There is an interesting legend of the dogwood tree which reveals life in a process of development. We are so used to evaluating things by their size or by their material value, we forget the hidden springs, the unseen spirit. This little legend points to inner life.

The legend relates that once in the long ago, the dogwood tree grew strong and stately as the oak. It was the pride of the woods. When material was needed to build the cross upon which Jesus was crucified, the dogwood tree supplied that material. From that time, the dogwood tree was doomed to become slender and scrubby, so

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HAILE IN BRONZE



Mr. Jacob Epstein with his half-length bust of Haile Selassie, former emperor of Ethiopia, which he will include in his private exhibition in London. The bust is in bronze.

that no longer was it the proud tree of the forest, no longer was it used to build a cross. For in giving itself in that sacrifice, henceforth its blossoms were decreed to form a cross, and in the center of each petal, a nail print, brown and stained with blood, to lay over and over the story of the tree stately and strong enough to build a cross.

Only a legend, but it holds the principle of true living. Nature refuses interference with her orderly process of development. Whether the present day dogwood tree, found in abundance in our northern woods, was ever molested in its early growth is not the question. If such were the case, the penalty is distinctly seen by comparing its rugged beauty with frail beauty that has known no bitter conflict nor opposing forces in an orderly growth. Beauty that gives none of itself in the process of living and meeting the demands of life, is external imitation and not internal development. There is a vast difference between a photograph and a living face. The dogwood tree gave up its size but released its strength of life in its measure of service. In sacrificing a rugged exterior, the dogwood tree made singularly sacred its fruit which bears forever the image of the cross. If life spends itself in building one cross, it henceforth knows the kinship of struggle and the bond of indwelling purpose.

The cross has always been a symbol of sacrifice which is at the heart of all achievement. Strong character is essential to sacrifice. We grow impatient with "small lives" which cannot see over the top of their own yard fence. Lives that take all and give nothing. Lives that ask all and answer nothing. Lives that demand and dare nothing. Whenever the cross of sacrifice is eliminated from life, we grow selfish and unhappy.

Lift the element of sacrifice up in the crowded ways of life, and the weary are given a place to rest, the hungry are fed, the naked are clothed, the sick are visited. Lift the cross of sacrifice high up on the altar of the heart, and life blooms in imperishable deeds.

Strength may fail, but love never fails. There may be physical failures, but no spiritual bitterness. As

The Household

By Lydia Le Baron Walker

CONFLICT in a family does not always signify lack of affection. Not by any means. Neither does the smooth running of homelife necessarily indicate great love. It is true that a combination of equanimity and strong affection is ideal when it does not mean that one nature is conceding continually, while the other is dominating. Such conditions may be existent and the one giving in be so fond of the one dominating, that it is part of the pleasure of companionship to follow the lead of one whose judgment is considered good.

The habit of such acquiescence, however, is seldom, if ever, really satisfactory. Gradually the ability to do anything that does not coincide with the wishes of the other is lost, even though personal enjoyment is sacrificed. When the power of resistance is gone, weakness of character results. In the meantime the forceful nature gets selfish and sometimes even tyrannical.

Two ways of coping with an embryo situation in which wishes are at variance, are found in contentions or in silences. When affection is deep the former way is more apt to be followed than the latter. Which ever path is taken at first, is likely to be continued for the two goals are in direct opposition.

Helpful Contentions. Where affection is strong it is a vital matter to have a meeting place of understanding. It is worth a struggle to gain it. A line-up of arguments may mean a battle of words, some that will be sorely regretted no doubt, but if the desire behind the struggle is for a better understanding, a mutual recognition of each other's point of view, a determination to find a base on which both can rest in agreement, and the stream of affection continue again its placid flow, the contentions are worth while, though regrettable.

The desire to have one whom you love see your side is not unnatural, after all. A final treaty of peace always has some terms of concession. This is important to remember. When affection is vital, a rupture is unthinkable. The peace of understanding must come.

It is when love begins to ebb, that silence is a covert. What is the use of trying to get another to see your side, when it makes little or no difference? The beautiful silence of good nature is of another breed. The silence of indifference means no verbal struggles, and a semblance of peace. But this is

the little fir tree is the symbol of perpetual life, so the dogwood tree is the symbol of perpetual sacrifice: green branches and petals that bear the image of the cross: life and its process of growth.

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merely a camouflage. Deep down there is no peace, merely apathy. Affection is no longer vital. It is vanishing or has vanished.

Individual Freedom.

Individual freedom in a home is made of the same stuff as is freedom in the world without. In a sense each person in either place rates his or her freedom, yet the truth of the statement "No man liveth to himself alone" is of outstanding import. It is when freedom to pursue individuality does not run counter to the best good of the family as a whole, or of the world of persons, in which world each is an integral part, that there can be any proper individual freedom in either place. So closely knit is the fabric of home life and of the outer world that each person has the profound responsibility of living to himself yet not to himself alone.

Young people of a family often feel irritated when counseled against certain proposed actions, or when they are advised to do other things which they wish not to do. They firmly stand their ground of assertion that they should do just as they like saying, "We have our own lives to live." Certainly it is an indisputable fact that no person can live another's life, but this does not signify that a life is lived to itself alone. No action is so trifling that the influence of it does not reach beyond the person taking the action, so living one's own life has its complexities.

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SPECTATOR SUIT



Tailored things are the order of the day at winter resort tracks this season, and this ensemble of celanese sharkskin in tan and brown fills the bill.

Solves Algebraic Equations



The "Simultaneous Calculator" which has been developed at the Massachusetts Institute of Technology by Dr. John B. Wilbur (shown) of the department of civil engineering. The machine will solve simultaneous linear algebraic equations to nine or more unknowns, producing a solution in a few seconds that might take hours or even days to reach by ordinary methods. The calculator has 13,000 parts, including more than 600 feet of steel tape and nearly 1,000 ballbearing pulleys.

Busy Sunbonnet Girls



Pattern 918

They're never without their sunbonnets, these seven diminutive maidens who make light of their own chores, and yours, too. See how pretty they're going to look, embroidered on a set of seven tea towels! Stitches are of the easiest—mostly outline, with lazy daisy, running stitch and some French knots. Keep them in mind for gifts. Pattern 918 contains a transfer pattern of seven motifs

Uncle Phil Says:

Leaving No Stain. Let us seek so to live that our bygone year may, to use Cowper's beautiful expression, leave "no stain upon the wing of time."

Of all the wingless angels on earth that you value, the man who you know when he tells you he will do a certain thing on a certain day, will do it, is the most precious.

We all know how much we like a man when we hear he has just died. Let's tell him a little of that before he does.

Rejoice in Friend's Success. Allow no shadow of envy to mar the sunshine of a friend's success.

If one knows a mean story on himself, let him remember it when he is tempted to tell a mean story on someone else—and refrain. The swan knows how to use its neck; that is why it is beautiful. The giraffe doesn't and is grotesque.

Features of Gentility

Two main features of gentility are propriety and consideration for others.

Dignity is beautiful to contemplate, but it needs to be employed with skill. Best thing for people who can't afford to eat breakfast in bed is that they don't want to.

averaging 5 by 7 1/2 inches; illustrations of all stitches needed; color suggestions and material requirements.

Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle Needlecraft Dept., 82 Eighth Ave., New York, N. Y.

Write plainly your name, address and pattern number.

Still Jail for Debt

There still is a place where a man may be put in jail for debt. It happens on the Isle of Man. At present, any person owing money, who is believed to intend leaving the island, may be arrested on a creditor's petition and lodged in the island's jail until he can produce satisfactory guarantees that the debt will be paid.

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Sense of Decency. There is no sense of decency. Some don't have it. They are the ones who have to be taken to task.

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FOR many years older folks have been telling each other about the wonderful all-vegetable corrective called Nature's Remedy (NR Tablets). From one person to another has passed the news of this purely vegetable laxative. It means so much to people past middle life to have a laxative that thoroughly clears their bowels of accumulated wastes. It means fewer aches and pains—more happy days. And Nature's Remedy is so kind to the system. Non-habit forming. Get a box at any drugstore—25¢.

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AMAZE A MINUTE SCIENTIFACTS BY ARNOLD

Illustration of a man on a stage with various scientific facts: GROWING WORLD! IN LESS THAN 3 CENTURIES, THE WORLD'S POPULATION HAS INCREASED MORE THAN FOUR-FOLD. KILLER MOSQUITOES—A HORDE OF MOSQUITOES IN FLORIDA RECENTLY ATTACKED AND KILLED 175 HEAD OF LIVE STOCK AND POULTRY. CANADIAN CRANBERRIES—CRANBERRIES ARE NOW BEING GROWN IN NOVA SCOTIA AND NEW BRUNSWICK, ENDING IMPORTATION FROM U.S.

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