

SCOTT'S SCRAPBOOK

by K. J. SCOTT

THE EMPEROR CLAUDIUS I OF ROME WAS RELATED BY BLOOD, MARRIAGE OR ADOPTION TO EMPEROR AUGUSTUS, TIBERIUS, CALIGULA, NERO. JULIUS CAESAR, QUEEN CLEOPATRA OF EGYPT, MARK ANTONY, AND GERMANICUS, ROMAN CONQUEROR OF GERMANS

THE FRENCH COURT DURING THE 10TH CENTURY SPOKE GERMAN

A NAGGING WOMAN IN CHINA IS PUNISHED BY BEING PUT IN THE PILLORY

To ENTRAP AN ERMINE A GREASED KNIFE IS PLACED IN THE SNOW TO LURE BY ITS RESEMBLANCE TO ICE WHICH THE THIRSTY ANIMAL SELDOM FAILS TO LICK—THE INTENSE COLD CAUSES THE TONGUE TO STICK TO THE METAL SURFACE. WHERE IT

THE OLD HOME TOWN

Registered U. S. Patent Office

by STANLEY

GRANNY!—SADIE HAS DECIDED TO GO—SHE LEAVES TOMORROW

WHOOPEE!! NOW I CAN HANG OUT THOSE NEW QUILTS WITHOUT THAT OLD HAWKEYE COPYING MY DESIGNS!

PARTY LINE NEWS:
MRS SADIE PRYOR HAS GONE TO THE CITY TO SPEND THE WINTER WITH HER SON, OSSIE

©1935 LEE W. STANLEY CENTRAL PRESS 10-12-35

DAILY CROSS WORD PUZZLE

1	2	3	4	5	6	7	8	9	10
11					12		13		
		14					15		
16	17	18				19			
20		21				22	23		24
25				26		27			
28								29	
				30	31	32			33
34	35	36		37				38	
39						40			41
42							43		44

- ACROSS**
- 1—A swinging iron arm in a fireplace
 - 6—Realities
 - 11—Readily
 - 13—Despondent
 - 14—A malaria fever
 - 15—Crooked
 - 16—Symbol for thorium
 - 18—Merry
 - 20—Feminine name
 - 22—A competitor
 - 25—Conscious
 - 27—A division within a play
 - 28—Furnishes
 - 29—Later name of Esau
 - 30—Spirit
 - 33—Compass point
 - 34—Enthusiasm
 - 37—To repeat indiscreetly
 - 39—Feminine name
 - 40—An Alaskan Eskimo
 - 42—Any flat circular throwing plate (L.)
 - 43—Timber dressing tools
 - 44—That is (ab.)
- DOWN**
- 1—Made central
 - 2—Royal arch (abbr.)
 - 3—Masculine name
 - 4—A parsimonious person
 - 5—Jewish month
 - 7—Warp-yarn
 - 8—Adhered
 - 9—Brewers fermenting vat
 - 10—Colonized regions
 - 12—An affirmative vote
 - 17—Inventor of the sewing machine
 - 21—Doctors (ab.)
 - 23—Independent island in the N. Atlantic
 - 24—Soon
 - 26—A letter of the English alphabet
 - 31—A charm
 - 32—A forearm bone
 - 35—Masculine name
 - 36—A resinous substance
 - 38—In fly-tying, tackle thickly wrapped under wings
 - 41—That is (ab.)
- Answer to previous puzzle**
- BARBARIAN
RIM JUNKS
IR BERG AFT
DE REE FLEE
GULAR CLEAR
ETON SUE ST
THO GOLD IA
O THEFT OBI
NO TARIKLIN
DISMANTLE

THIMBPE THEATRE — STARRING POPEYE

They're Wiser Now But Sadder

By E. C. Segar

I SUSPECT EVERYTHING WILL RUN SMOOTH NOW—ALL THE BOYS HAS GOT WIVES AN HOMES

THEY BEEN YELPIN' FOR WIVES FOR MUMTS AN' MUMTS AN' NOW THEY GOT 'EM

BLOW ME DOWN! SOUNDS LIKE A RANGY MOB!

WE DON'T LIKE WOMEN! THEY'RE TOO GOOFY

WE WANT LIBERTY

TROMP CLOMP

WE THOUGHT MARRIED LIFE WUS FUN

GIVE THE PEOPLE WHAT THEY WANT AN' THEY WON'T WANT IT—NO WONDER AN' RULERS GET OLD YOUNG

BIG SISTER

by LES FORGRAVE

CAN'T HELP THINKING ABOUT THAT NOISE I HEARD LAST NIGHT, OR THOUGHT I HEARD.

IT WORRIES ME! I COULDN'T HAVE BEEN DREAMING! NO, I KNOW I WASN'T! I HEARD IT AS I SAT UP IN BED.

IT MIGHT HAVE BEEN A LOOSE BOARD MOVING IN THE WIND. BUT IF IT WERE THAT I'D HEAR IT IN THE DAYTIME.

WHAT COULD IT HAVE BEEN? H'M! I MUSTN'T MENTION IT TO THE CHILDREN, 'TWOULD ONLY FRIGHTEN THEM!

ETA KETT

by PAUL ROBINSON

CAN YOU IMAGINE—AFTER GOING WITH HER FOR FIVE YEARS—HE TURNED HER DOWN?

AND THEN MARRIED A GIRL HE MET AT A DANCE!

POOR JUDY—SHE'S SIMPLY HEART-BROKEN!

OH, WELL—IT'S THE WOMAN WHO PAYS!

THAT'S WHAT YOU THINK! YOU MEAN—IT'S FATHER WHO PAYS!

TAKE A PEEK AT THESE DRESS BILLS!

THE GUMPS—SOUP'S ON

EVER SAW IT TO—JUST AS SOON AS BIM GETS UNDER THE INFLUENCE OF THAT DE STROSS WOMAN, HE FORGETS ABOUT US COMPLETELY—I DON'T SEE HOW HE CAN BE SO STINGY.

HE'S NOT STINGY—HE'S JUST THRIFTY—THAT'S HOW HE MADE HIS DOUGH—MAYBE WE'D HAVE MORE IF YOU COULD BE MORE LIKE THAT—THE GUMPS ALWAYS WERE A THRIFTY RACE—

THRIFTY IS NO WORD FOR IT—EVERY TIME THAT ANDY GUMP SPENDS A NICKEL—IT'S AS BIG AROUND AS A QUARTER—BY THE TIME HE GETS THROUGH SQUEEZING IT, AND WHEN HE GOES TO THE END STANDS AT THE END LINE FOR TICKETS, HE CAN KEEP HIS MONEY AS LONG AS POSSIBLE—

I'LL SAY HE COMES FROM A THRIFTY RACE—I'LL NEVER FORGET THE ONE THEY TELL ABOUT HIS GRANDFATHER—THE OLD BOY WAS INVITED TO A TESTIMONIAL BANQUET WHERE EACH GUEST WAS ASKED TO BRING SOMETHING—HE WAS A WISE OLD BIRD, ALL RIGHT—HE BROUGHT HIS RELATIVES—

Smoking Expensive, Useless, But Not Harmful to Health

By LOGAN CLENDENING, M. D.

A YOUNG MAN eighteen years of age writes me as follows:

"Is smoking harmful to your health? I have often seen in advertisements that athletes smoke, and they say it does not impair their wind nor weaken the heart. I also observed that most doctors smoke."

"I am just eighteen years old and have not started to smoke yet, although once in a while I feel the urge to. I do not think I would really care to smoke, but I do not want to be different. If you could give me one good reason that would prejudice me against it, I would make it a point not to."

I can give at least one good reason against smoking, which is that it is expensive.

But that is not on the health side, except that when you are broke you worry and that makes you sick.

The question as put—"Is smoking healthful?"—would have to be answered in the negative. But if you were to put it, "Is smoking unhealthful?" that would also, I am afraid, according to quite abundant researches, have to be answered "No."

There was once a standing offer.



Dr. Clendening

As I remember it, of a reward of ten thousand dollars to anyone who would prove that tobacco is injurious to health. The originator was an elderly lady in Massachusetts, who was very much opposed to tobacco, but who was unable to prove that it was harmful and was too intellectually honest to propagandize against it until it was proved. The reward never was claimed.

As to the question of athletes and training, here, too, I am of the opinion that there has been a great deal of senseless, or unfounded, propaganda. At the world series games I met an old friend of mine who had lived for a year with the New York Giants. He says he spent all of his time on the bench except in practice—but he learned a lot about baseball players. One particular thing that struck him, as contrasted to his college athletics, was the complete absence of training rules among baseball clubs. As far as I can learn that still obtains. The players don't get drunk, but they are not always total abstainers. They smoke and eat as they choose. The only rule was that on the road they had to be in bed by 10:30. The rest training was to wind and heart by the intense practice, especially running, every day.

It is pretty hard to expect a group of men to stay in shape all winter for the period of the entire baseball season. The football players are better off. Living up to a strict program of health rules is a little more than human nature can stand for any long stretch.

But there is no question that tobacco is a completely useless practice.

Slow, Fireless Cooking Practiced by Primitives

By LOGAN CLENDENING, M. D.

FOOD IS A POOR heat conductor. The heat penetrates it slowly. According to U. S. Department of Agriculture Bulletin No. 21, the interior of a piece of meat weighing nine pounds, after four hours boiling, was only 88 degrees C. or 12 degrees below the boiling point of water. The close to the bone of a leg of mutton which had been roasted for several hours was 186 degrees F.

Dr. Clendening

If, therefore, a piece of meat is cooked very rapidly and intensively, the outer parts of the meat are overcooked, the inner parts raw. Much better to cook with moderate heat, slowly and over a long period.

This fact accounts for the popularity of the fireless cooker. A serving of food once thoroughly cooked has its surface sealed, it can then be put in a semi-thermos arrangement, left alone for 12 to 18 hours and be found to be thoroughly cooked all through.

Fireless Cooking Primitive

Slow and fireless cooking is one of the most primitive forms of the art, as can be seen from the following account of the Kanakas of the Friendly Islands:

"A hole is scooped in the earth, in which a fire is made (of wood), and kept burning until a fair-sized heap of glowing charcoal remains. Pebbles are then thrown in until the charcoal is covered. Whatever is to be cooked is enveloped in leaves, placed upon the pebbles, and the leaves thrown back into the cavity and well stamped down. A long time, of course, is needed for the viands to get cooked through, but so subtle is the mode that overdoing anything is almost impossible. A couple of days may pass from the time of 'putting down' the joint, yet when it is dug up it will be smoking hot, retaining all its juices, tender as jelly, but withal, as full of flavor as it is possible for cooked meat to be. No matter how large the joint is, or how tough the meat, this gentle suasion will render it succulent and tasty; and no form of civilized cookery can in the least compare with it."

NOTES BY NOTABLES

Comparative anatomists have established that the natural life expectancy of an animal is usually five times the period needed for full skeletal development. Since 21 years is required for full skeletal growth in man, the age of 105 might be set as the approximate normal human limit.

—Journal American Medical Association

"How many children have you?" asked the doctor, taking the history. "Eleven—three grownups, two run-arounds, four yard children, and two creepers."

EDITOR'S NOTE: Six pamphlets by Dr. Clendening can now be obtained by sending 10 cents in coin, for each, and a self-addressed stamp, stamped with a three-cent stamp, to Dr. Logan Clendening, in care of this paper. The pamphlets are: "Indigestion and Constipation," "Reducing and Gaining," "Infant Feeding," "Instructions for the Treatment of Diabetes," "Feminine Hygiene" and "The Care of the Hair and Skin."