

THIMBLE THEATRE Starring POPEYE



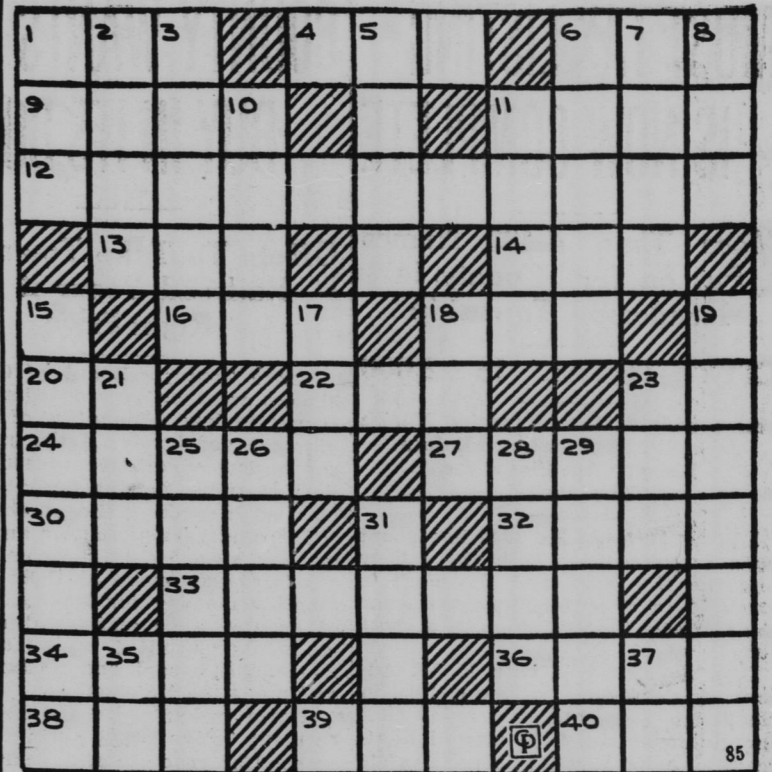
You're Got the Wrong Address

By E. C. Segar

BIG SISTER



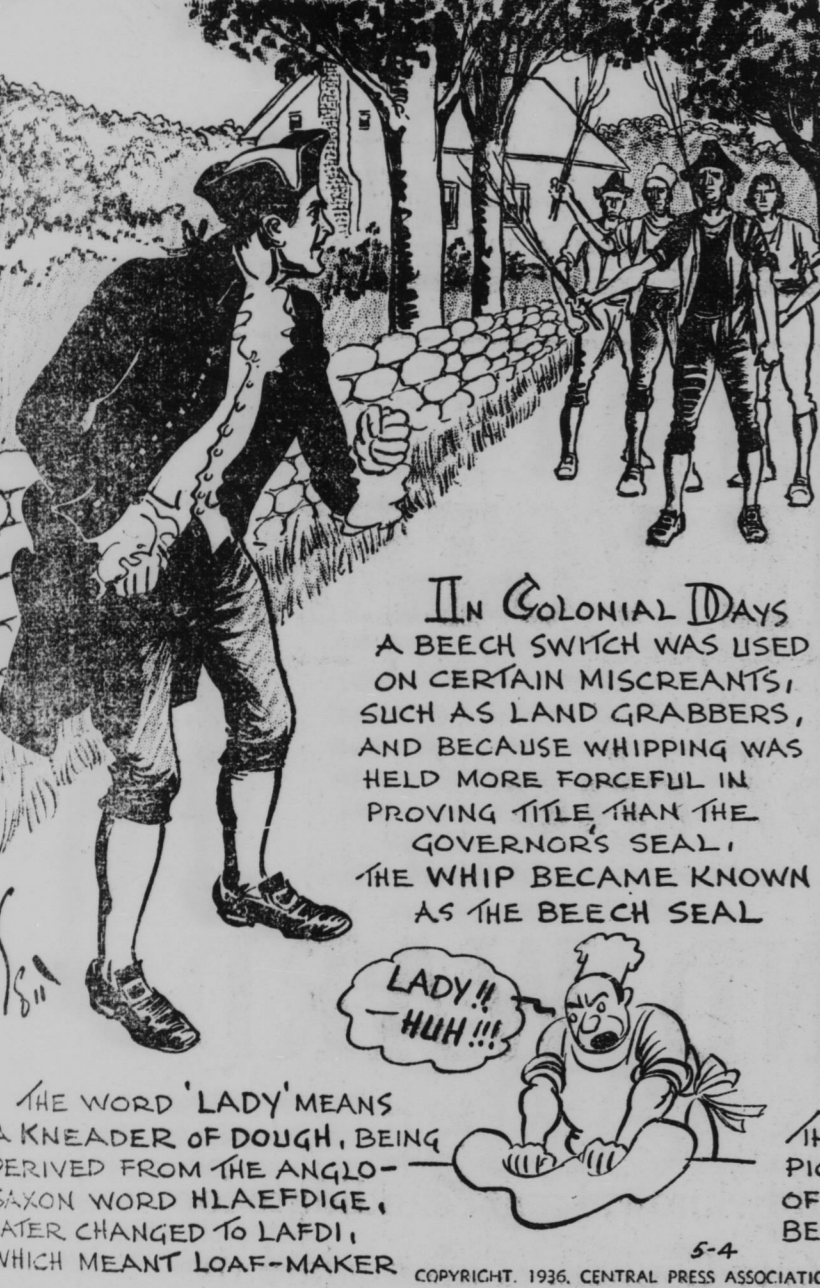
DAILY CROSS WORD PUZZLE



- ACROSS: 1-Soft food for babies, 4-A deed, 6-Mandate, 8-Border, 11-To rescue, 12-Loss, 13-Blind, 14-A vase, 16-An obstacle, 18-Queer, 20-A bone, 22-Away, 23-Indefinite article, 24-Overturn, 27-To turn about, 30-A protein compound, 32-Indian (combining form), 38-A fossil plant or the earliest fossiliferous rocks, 34-Cuts off edges of a coin, 36-Mohammedan prince, 38-Sainte (abbr.), 39-Mimic, 40-Assent. DOWN: 1-A writing tablet, 2-Uphold, 3-Scholar, 5-A bay, 6-Scotch lord, 7-River in England, 10-A large perennial shrub, 11-Collection of horses for breeding, 15-Dated certificate, 17-A little toddler, 18-Often (poetic), 19-Inside, 21-Watch secretly, 23-Furthermore, 25-Belaguer, 26-Masculine name, 28-Custom, 29-Foe, 31-A store, 35-Neuter pronoun, 37-That is (Lat.). Answer to previous puzzle: CABOOSE, RAM, OBERON, FARE, R G A T T I C K, R L L O G Y E, O H O H U G H A N, D U P L I C A T I N G, E M A S K S A N I, S D U T Y H I R, W I T H M A R C E L, E R E F O R B A D E.

SCOTT'S SCRAPBOOK

by R. J. SCOTT



THE OLD HOME TOWN

(Registered U. S. Patent Office)

by STANLEY

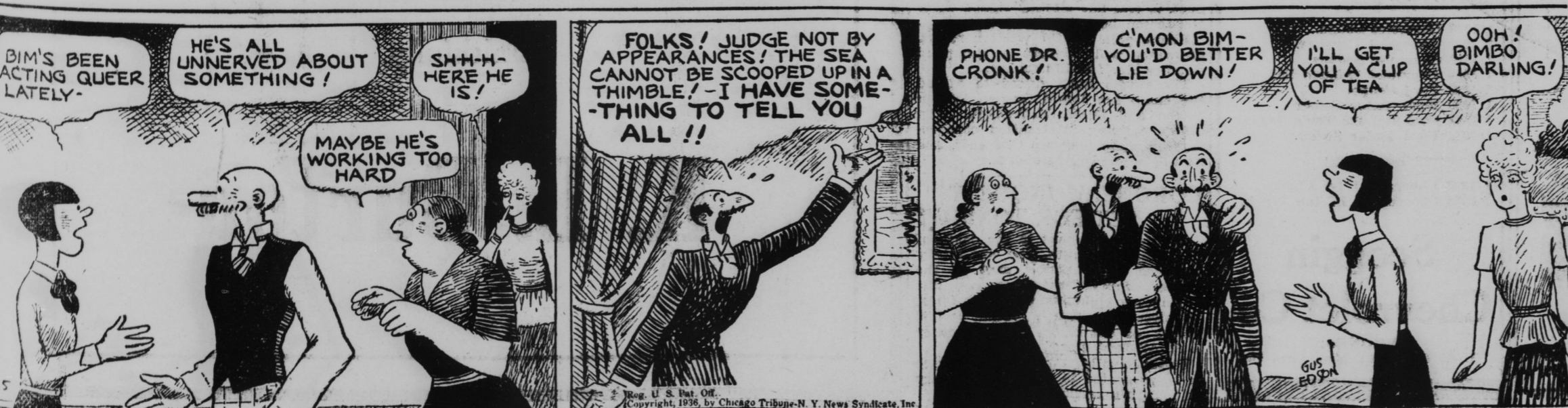


ETTA KETT

by PAUL ROBINSON



THE GUMPS - DON'T LOSE YOUR NERVE, BIM



How Lack of Vitamin A Affects School Children

By LOGAN CLENDENING, M. D. MOST OF THE work on vitamin deficiencies has been done on animals and has been experimental in nature. Under experimental conditions it is possible to remove every trace of a given vitamin from the animals' diet and, therefore, extreme grades of disease have been the rule. Both the profession and the public have seen pictures of these animals, such as a large rat and a small rat from the same litter when the rat has been deprived of Vitamin A, and have come to think, I believe, that only these extreme examples represent the effects of food deficiencies. We are coming, however, to understand that under ordinary conditions of living it seldom happens that a diet will be completely deficient in any certain vitamin, but that when there is a partial deficiency, changes in the human body, less severe than those which occur in experimental animals, may result. Examples of such studies are those which have recently been reported from the University of Iowa on Vitamin A deficiency in children. Night Blindness Is Symptom One of the symptoms of Vitamin A deficiency is night blindness, but of course, this occurs only in advanced examples of deficiency - complete absence of the vitamin from the food. It occurred to the Iowa investigators that less pronounced grades of Vitamin A deficiency might be detected by bringing the patient into a dark room and determining how readily they adapted themselves to sensitivity to light. This test was thoroughly checked, and it was found that out of 213 children examined, 45 had sub-normal dark adaptation, which was assumed to be due to a deficiency of Vitamin A in the diet. When this deficiency was corrected by a complete diet and the use of cod liver oil, improvement in the light tests was marked. Vitamin A is found in milk fat and yolk of eggs, as well as in fish liver oils. EDITOR'S NOTE: Seven pamphlets by Dr. Clendening can now be obtained by sending 10 cents in coin, for each, and a self-addressed envelope stamped with a three-cent stamp, to Dr. Logan Clendening, in care of this paper. The pamphlets are: "Three Weeks' Reducing Diet", "Indigestion and Constipation", "Reducing and Gaining", "Infant Feeding", "Instructions for the Treatment of Diabetes", "Feminine Hygiene", and "The Care of the Hair and Skin".

