

THIMBLE THEATRE Starring POPEYE

Playing Hookey

By E. C. Segar



BIG SISTER

by LES FORGRAVE



SCOTT'S SCRAPBOOK

by R. J. SCOTT



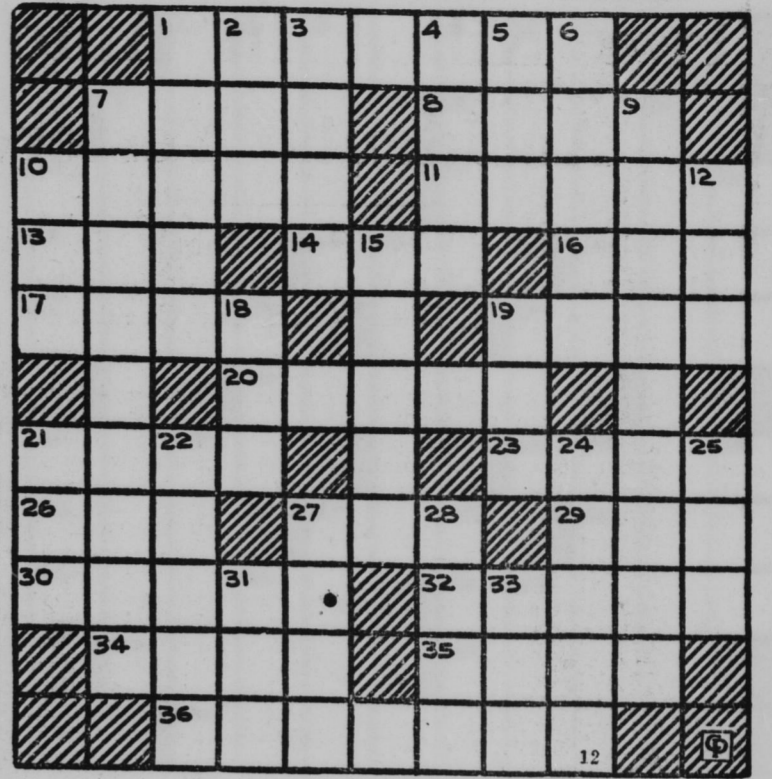
THE OLD HOME TOWN

Registered U. S. Patent Office

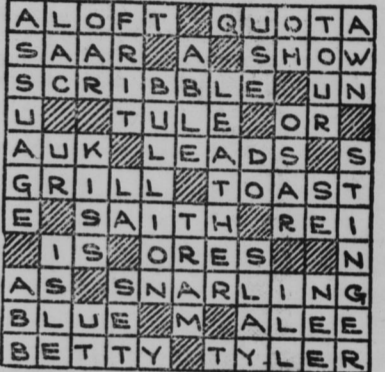
by STANLEY



DAILY CROSS WORD PUZZLE



- ACROSS: 1-Yield of a vineyard for a single season; 7-To remove the bones from; 8-Manual labor; 10-River on which Paris lies; 11-Want of tone; 13-A night bird; 14-Period from dawn to dark; 16-Female deer; 17-Expires; 19-Seats in a church; 20-Ill use; 21-Pertaining to an ode; 22-Incite; 23-Fun; 24-Pennal; 25-Bronze; 26-Roman coin; 27-Bushy Japanese edible plant; 28-Dictate; 29-Funeral song; 30-Chant; 31-Small permanent mark on the skin; 32-Avoiding society; 18-Pouch of the Army of the Ohio (Civil war); 19-A climbing annual of the bean family; 20-Jason's ship; 21-Expression of surprise; 22-A country of southern Asia; 23-Commander; 24-A plaything; 25-Jason's ship; 26-Half-prefix; 27-Half eyes; 28-The larva of the eye-threadworm.



CONTRACT BRIDGE

WRITTEN FOR CENTRAL PRESS By E. V. SHEPARD Famous Bridge Teacher

RUBBER AND DUPLICATE DIFFER

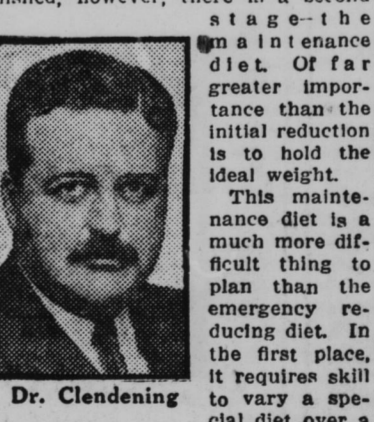
PLAYERS, unfamiliar with both rubber bridge and duplicate bridge, must be unaware of many of the finer distinctions between the bidding strategy, also sometimes the play, of the two. Duplicate bridge has two different methods of scoring: cumulative scoring includes the values of honors held, as in rubber games, while match point scoring does not include honor values. With the deal shown today, provided my partner, C. E. Norwood, could win as many tricks as no trumps, as I could at one or the other major suit call, he would play no trumps, to obtain the added 10 points for the first no trump trick. With cumulative scoring he would play the heart diamonds, because the added honor score would more than counterbalance the greater trick score of a major suit call. Because we were playing match point scoring it was his duty to help me to play a major suit call, if the same number of tricks could be won as at diamonds.

- ♠ Q 3 2; ♠ K 10 7; ♠ A K J 10 3; ♠ A 10; ♠ 10 7 4; ♠ 4 3 2; ♠ 7 6 2; ♠ K Q 9 8; ♠ Q 3 2; ♠ K 8; ♠ A 8; ♠ 9 8 5 4; ♠ J 6 5 4 3; ♠ A J 9 6 5; ♠ Q J 9 6 5; ♠ Q 7 2.

Bidding went: North, 1-Diamond, third hand; South, 1-Spade, not knowing whether or not partner sought a part game score; North, 3-Diamonds, urging more bids from me, if able; South, 4-Hearts, showing two fair suits passed; North, 4-Spades, to shift to the suit first shown, which might or might not be better; South, 5-Spades; North, 6-Spades, as both of us were pushing for tops. West doubled. The opening lead was the K of clubs. Dummy's Ace won. The Ace and K of diamonds won the next two tricks, enabling me to rid my hand of its second club. Then I was fortunate enough to make the play which gave us our contract and top on the hand, nobody else having bid or made a small slam on it. The 2 of spades was led. East played the 8, showing the probability that partner held the 4 and 7, with the only chance for a slam to finesse the J. Then the Ace of spades picked up East's K. Dummy's Q captured West's 10. All we had to lose was to the Ace of hearts.

Diet for Maintaining Reducer's Weight Given

By LOGAN CLENDENING, M. D. I DISCUSSED yesterday once more the subject of emergency diet for rapid reducing. After that is accomplished, however, there is a second stage—the maintenance diet. Of far greater importance than the initial reduction is to hold the ideal weight.



This maintenance diet is a much more difficult thing to plan than the emergency reducing diet. In the first place, it requires skill to vary a special diet over a long period of time and still keep it balanced. And in the second place, the tradition of cooking has for years been built up in a direct antagonism to reducing diets. There is hardly a recipe in the ordinary cookbook that does not use fat in the form of either butter or cream, and flour for sauces. Olive oil for salad dressing is another instance. All the vegetables and meats which are listed as low calorie, non-fattening nature, are the very ones for which the cooks have instinctively thought up a rich butter sauce or gravy. The reducer, in eating his favorite foods, must insist that if they are cooked in fat, they must be rinsed for a moment in hot salt water before serving. He must also insist that sauces be made without the large amounts of butter, flour and cream ordinarily ordered. The cook will say that this cannot be done.

Example of Diet As an example of a Lucullan one-day maintenance diet of low caloric value, I submit the following: BREAKFAST: (1) Grapefruit, toast and black coffee; or (2) toast and a cup of coffee with milk and sugar. LUNCHEON: One cup clam juice (hot or cold); ham jardin (see recipe); glass buttermilk; lettuce salad with mineral oil dressing. Recipe for Ham Jardin: Take as many slices of cold boiled ham, sliced very thin (the round ham makes a more attractive dish) as needed. Separate the flowerettes of a cooked cauliflower, and some, diced beets, diced carrots, shredded string beans. Toss all the vegetables in mineral oil mayonnaise. Place the mixture on the slices of ham and form into cornucopia shape and fasten with a skewer or toothpick. Serve on a lettuce leaf. DINNER: One cup beet soup (see recipe); One-half broiled chicken; asparagus (golden spread in place of butter); prune whip (as per recipe). Recipe for Beet Soup: Take the juice of a small can of beets, and an equal amount of hot water, and twice the amount of beet juice of consommé. Cook together. Add a few diced beets. Garnish with a spoonful of whipped sour cream. Recipe for Prune Whip: One-half pound prunes, cook and put through a grinder to pulp; one-half cup ground almonds; one-half teaspoon lemon juice; five grains white, beaten very stiff; two grains saccharin crushed. Mix all together. Put mixture lightly into a buttered baking dish and bake 20 minutes.

ETTA KETT by PAUL ROBINSON



THE GUMPS—THE FALL GUY

