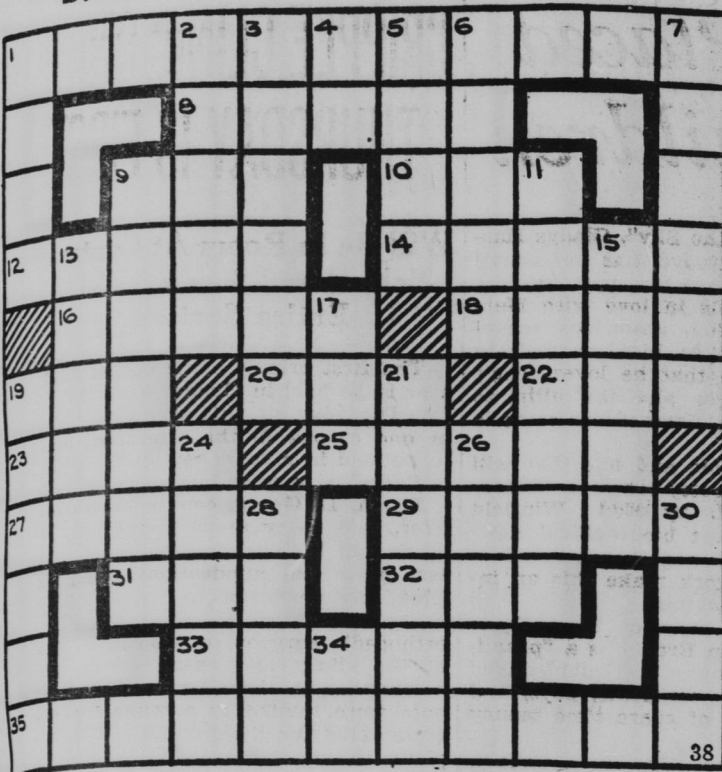


DAILY CROSS WORD PUZZLE



ACROSS
1-A contrivance
5-Author of "The Odyssey"
6-Performed
10-Torn cloth
12-Incident
14-Short earthenware
16-Outcome
18-Ripped
19-High priest of Israel
20-Tilt
22-Short-napped
23-Obstruct
25-Denominations
27-Prayers to be repeated at stated times of the day
29-A kind of hay window
31-A habitual drunkard
32-A fabulous bird (Arabian myth.)
33-A shield
35-A piece of Colonial paper money
physicians
9-Rambling
11-Linguistic
13-A Violinello
15-Rub out
17-Contraction of it
19-Resounds
21-A city in Illinois
24-A sound of pain
26-Peevish
28-A stair of it
30-Den
34-Symbol for glucinum
Answer to previous puzzle:
U PLASTER E
T WEED AVERS
M ERGE MACON
O RA S A P OWE
S EME D ENS
T BRIDLES P
L UG L L I D O
A I L S E N D I T
C R A W L O P E R A
T A T I E S E R I E S
S E N D L E S S H

THIMBLE THEATRE Starring POPEYE



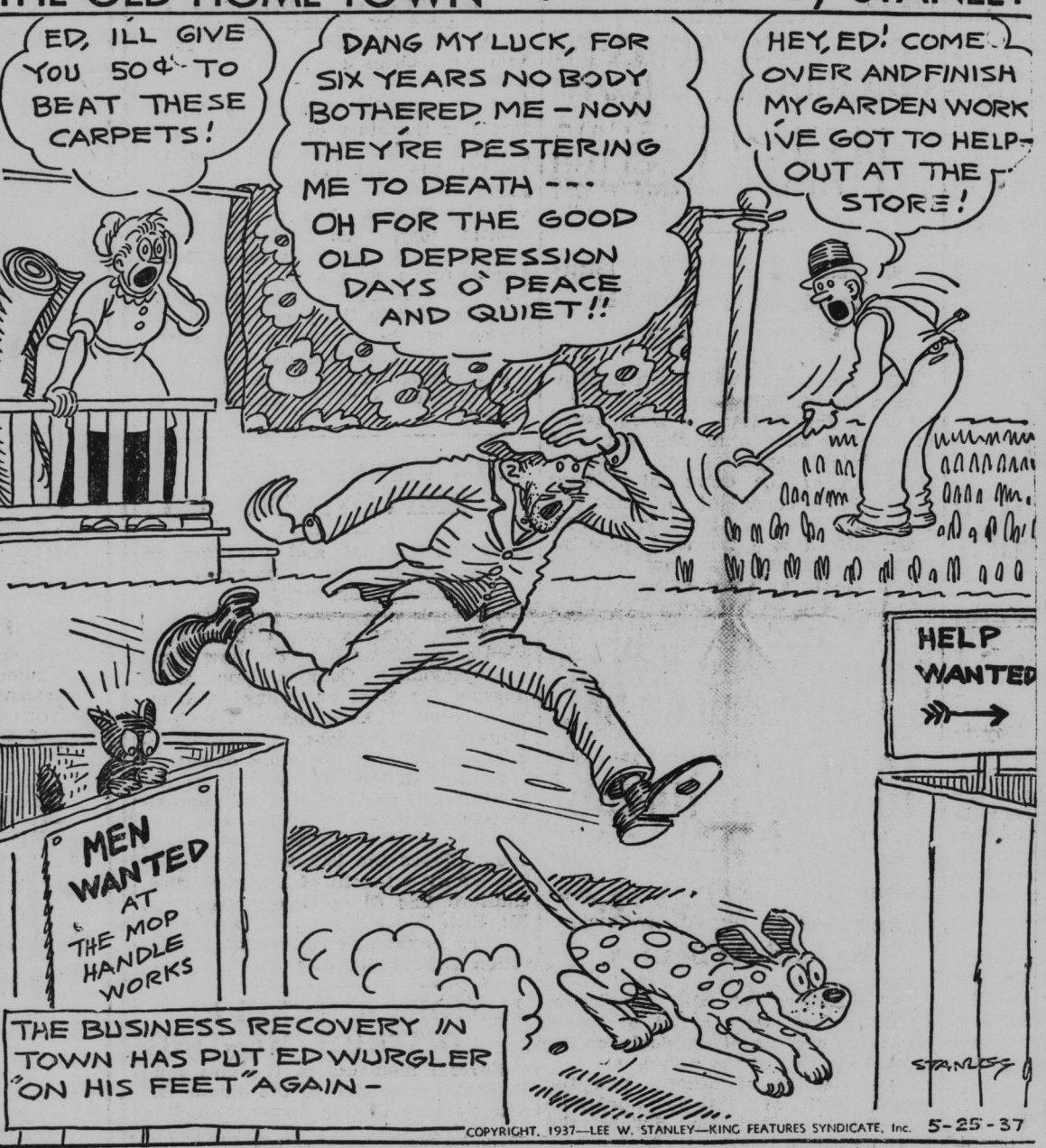
BIG SISTER



By LES FORGRAVE



THE OLD HOME TOWN



By STANLEY

SCOTT'S SOUP BOOK



By R. I. SCOTT

BARCLAY ON BRIDGE

WRITTEN FOR CENTRAL PRESS
By Shepard Barclay
"The Authority on Authorities"

ONE-NO TRUMP HARDEST
A FINE PLAYER does not require high contracts in order to show his skill. Some of the prettiest work is done on the low ones, especially those of 1-No Trump, which ordinarily is the hardest contract of any kind to make, when it happens to be the correct contract.
64
AKQ9
K8754
AQ4
AK105
N.
W.
S.
J9
1032
A1096
J1085
Q732
864
Q2
9762
(Dealer: West. Neither side vulnerable.)
Here West had bid a spade, North doubled, East passed and J. Lester Van Name, star of the New York Intercollegiate league, bid 1-No Trump in the South, which everybody passed.
The spade 5, covered by the J, was won by the Q. Reading now that if West held a suit headed by A-K-10-9, he would have led an honor, he offered a small spade, sure that East had an honor which would win and no more of the suit, thus being obliged to lead up to the dummy. Had West covered with any of his high ones, everything would have been all right for him, but he played the 8 and East won with the 9. In a choice of evils, East led his club J to the Q. Reckoning that East would not have done this without four headed by the J-10, this would place West with nothing left but a singleton K. So Mr. Van Name played the club Ace, and sure enough the K fell. He returned the small club toward his 9-7, hoping East would duck, which he did, and then threw East back in again with the last club.
Confronted with leading up to the red suits on the table, East picked a low heart to the Q. A diamond was led, which East passed up, and the Q won. This made six tricks in, and a heart to the A provided the seventh which was needed to make the 1-No Trump on a deal in which the opponents had the majority of the strength.
Tomorrow's Problem
AKQJ832
10
5
AQJ8
10754
N.
W.
S.
99653
AK76
1032
K1076
4
54
AKJ742
Q98
932
(Dealer: North. East-West vulnerable.)
After North's opening bid of 1-Hearts, and East's overall of 2-Hearts, what procedure by South will net his side the best score?

How Warming Up Process Improves Athlete's Game

By LOGAN GLENDENING, M. D.
AS A MATTER of experience, practically all athletes believe in the warming-up process before the actual game begins. At the ball park the pitchers are endlessly throwing the ball back and forth; the fielders are practicing, and the batters are trying out their arms and eyes. At tennis the practice of volleying a few balls back and forth over the net is accepted as a regular part of the game. The golfer takes a few practice swings and perhaps a few practice balls down the course.
The question that a physiologist naturally asks is whether there is any justification for this. It might be asked, with a muscle which was fresh and untired, which was suddenly called upon to do extra work, would it do better than one which had been moving around? But experimental work in the physiologist's laboratory makes the physiologist correct his empiric idea.
The warming-up process increases the acuity of the muscle processes. It also augments the frequency and force of the contractions of the heart, thereby enhancing the circulation of the blood in the muscles. The whole body is improved and made more fit for quick action and decisions by the warming-up process. When you are stale from lack of exercise, you cannot do even the most moderate amount of exertion without symptoms of breathlessness.
Wind Easy to Improve
There is nothing that is easier to improve than the "wind". A regular stint of exercise, increased a little bit every day, will turn a man into about three times as efficient a machine as he was before. As a pitcher, or the tennis player, or golf player warms up, he breathes more rapidly and deeply, and the gases which are needed by the tissues are thrown into the circulation. Increased demands made on the heart find a response, and in a few minutes the circulation is prepared to respond to extraordinary demands.
The process of warming up also improves the reactions of the nervous system, the accuracy of the eye, and the sense of the body in space, and the exact strength that you are using with the tension of your muscles is far better after five or ten minutes of play than it is at first. As a matter of fact, it is the experience of most athletes that the first half hour of playing is their worst; that after that, when they have steadied down and the muscles and the nervous system will do with ease and accuracy anything that is demanded of them, they really begin to play their best game.

ETTA KETT



By PAUL ROBINSON



THE GUMPS—THE LIFE OF THE PARTY

