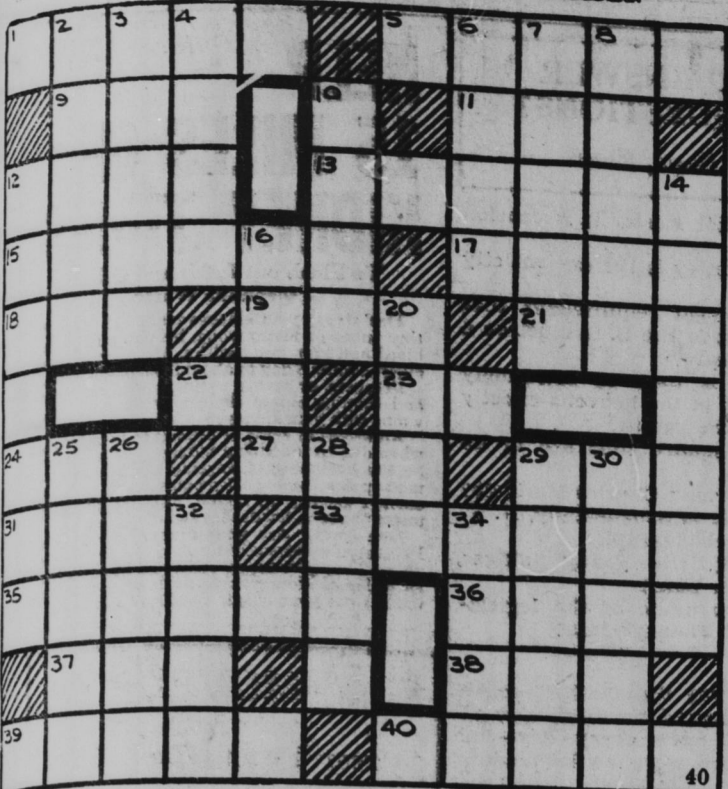


DAILY CROSS WORD PUZZLE



**ACROSS**

1—Saturate  
2—A fragment  
3—Possessed  
4—A pig  
5—Firm  
6—A member of a group of live beings  
7—Away from the coast  
8—The head of the firm  
9—Viper  
10—Snare  
11—A Jewish month  
12—Excitement of triumph  
13—Queer

14—Alphabetical characters  
15—Snatches away  
16—Remuneration  
17—Variant of doty  
18—Spanish dollars  
19—Village  
20—To calm  
21—Author of "The Cloister and the Hearth"  
22—An allowance after the fare is deducted  
23—Narrow, woven, strip of cotton  
24—To calm

**DOWN**

1—To express gratitude  
2—Sometimes to Rome  
3—One of two islands of the world  
4—Works of literature  
5—Boys' creature  
6—A fragment  
7—Pertaining to Rome  
8—A size of type  
9—Boys' creature  
10—Record

**Answer to previous puzzle**

S	T	A	G	E	S	A	P	I	D
A	H	E	A	D	T	R	A	R	
S	Y	S	T	E	M	A	T	I	Z
I	M	N	I	L	N	O	G		
N	E	W	T	S	L	A	T	E	S
A	I	D	S	U	E				
C	O	V	E	R	T	K	R	A	N
A	R	E	O	A	R	R	O		
P	E	R	C	O	L	A	T	O	R
E	E	E	L	T	O	B	I	E	
R	I	D	E	S	S	W	I	S	S

THIMBLE THEATRE Starring POPEYE



Juick! The Smoked-Glasses

By E. C. Segar

BIG SISTER



By LES FORGRAVE

THE OLD HOME TOWN

Registered U. S. Patent Office By STANLEY



SCOTT'S SCRAP BOOK

By R. J. SCOTT



BARCLAY ON BRIDGE

**GETTING RID OF JUNK**  
FREQUENTLY a suit declarer's principal problem is how to get rid of encumbering cards in a side suit which bid fair to be lost to the foe. Sometimes it is necessary to get busy at the very start in ruffing or discarding those obstacles to success, the running of trumps being postponed to the very end of the hand.

♠ A 6 4 2  
♥ A 10 3  
♦ A Q 7 5  
♣ A 2

♠ K Q 10 9  
♥ K J 7 2  
♦ K 9 2  
♣ K 6

♠ 9 8 6 4  
♥ 8  
♦ A Q 10 8 3

(Dealer: North. Neither side vulnerable.)

The North opened the bidding with 1-Diamond, East doubled, West bid 1-Spade, North doubled, East called 2-Spades, South 2-Hearts and North 4-Hearts.

The spade 3 was West's opening lead, won in the dummy with the A. The declarer immediately saw that if he attempted to draw trumps his contract would be hopeless, as he had to find some spot for his clubs. He therefore immediately took the club finesse, which held. Then the club A was cashed and a club ruffed with the 10 in dummy and overtrumped by East. A spade return was ruffed and the diamond finesse tried and lost to East, who led a third round of spades. The two high diamonds were cashed and a diamond ruffed. A club was ruffed with the heart A and a heart return won by East, being the last trick won by his side.

**Tomorrow's Problem**

♠ A 10 6  
♥ 7 4 2  
♦ J 8 3  
♣ 10 6 4 2

♠ 8 4 3 2  
♥ A K 5 3  
♦ 10 9 5 2  
♣ 7

♠ K J 7  
♥ None  
♦ K Q 6 4  
♣ A Q J 9 8 5

(Dealer: South. North-South vulnerable.)

West has doubled South's contract of 5-Clubs. What play enables South to avoid guessing the location of the spade Q?

Treatment, Proper Foods For Diabetic Patient Given

by LOGAN CLENDENING, M. D.  
TO A CERTAIN extent the success of a treatment for diabetes depends on how much money the patient has. The privileged diabetic is sent to a hospital where his case is studied for a week or more, and the exact diet is calculated. He is taught to examine his own urine for sugar and to weigh his own diet. If insulin is needed he is taught to give it to himself. He goes home and if he is intelligent and has enough will power to stay on his diet he improves. If he doesn't improve, he goes back to the doctor to find out what is the matter.

But the underprivileged diabetic must be taken care of, and doctors and hospital agencies all over the country are waking up to the importance of doing this efficiently. It is recognized as the function of the general practitioner. The diabetic's diet can be worked out in the doctor's office, or in the Outpatient clinic and in the home.

In the office or clinic he is weighed and the severity of his case estimated. He is taught how to weigh foods, calculate a diet and examine his own urine for sugar.

**Program for Patient**  
This sounds like a good deal, but it is really very simple. For urine examination, he is given a bottle of Benedict's solution, a medicine dropper, and a couple of test tubes. He puts a teaspoon of Benedict's solution in the test tube, adds eight drops of urine, and stands the test tube in a tin cup of boiling water for five minutes. If the urine is sugar free, the solution remains a clear blue. If sugar is present, the solution will vary from an opaque green to orange red, depending on the concentration of sugar. This is indeed a rough quantitative test of sugar

because it has been shown that a green test means less than 1 per cent of sugar, a yellow 1 to 2 per cent and a red test over 3 per cent.

Then to teach him to prepare his food. Diet lists are depressing things, but they are necessary: the simpler they are, the better.

For a long time it is better for any diabetic to give up the following articles of food entirely: Sugar, bread, potatoes, corn, rice, milk, candy, ice cream, pies, puddings, soft beverages (such as ginger ale, coco-cola), apples, pears, grapes, bananas, plums and grape juice.

These are the common foods which are the common temptations of the diabetic.

But there are lots of dishes left—green vegetables, fruits, eggs, bacon, meat, fish, butter, cream, cheese, salads and salad dressings, cereals, soup. Bread is the worst problem for most, but there is always gluten bread or other diabetic bread.

As time goes on and improvement occurs the forbidden articles listed can be added gradually.

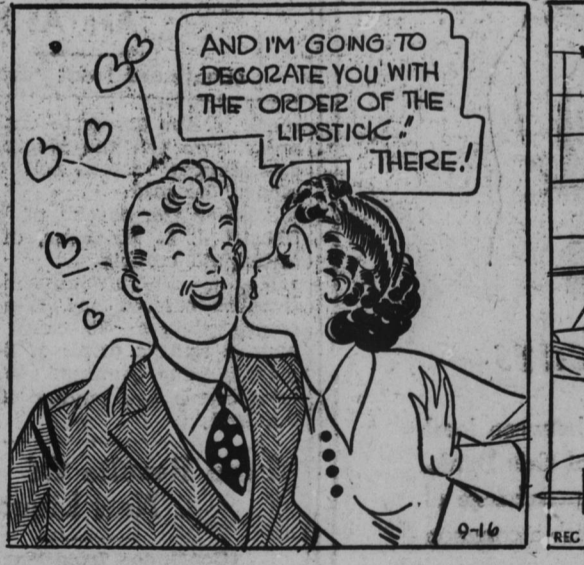
**Menu for Diabetics**  
The tendency now is to allow higher carbohydrate diets. This does not mean any amount, but higher than they used to be.

Five-fifteen per cent vegetables are—lettuce, spinach, sauerkraut, string beans, cauliflower, celery, asparagus, cucumbers, sprouts, endive, tomatoes, rhubarb, eggplant, cress, cabbage, radishes, pumpkin, broccoli, marrow, onions, squash, turnips, carrots, beets, mushrooms, green peas, artichokes, lima beans.

Five per cent fruits are—lemons, oranges, cranberries, strawberries, blackberries, gooseberries, peaches, pineapples, watermelon.

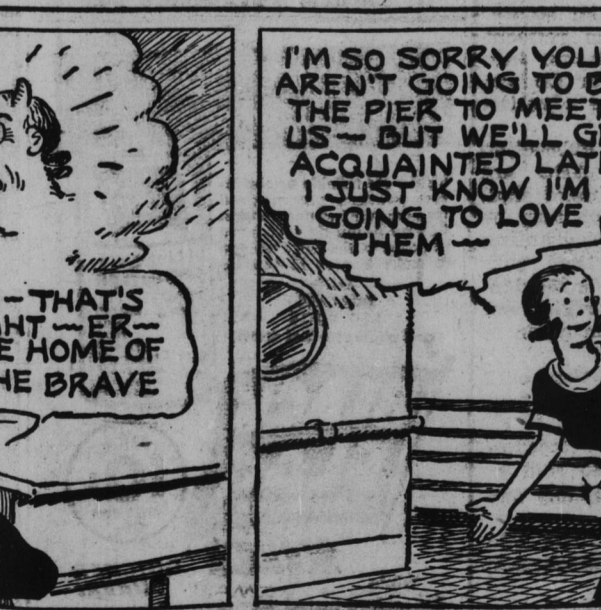
**EDITOR'S NOTE:** Seven pamphlets by Dr. Clendening can now be obtained by sending 10 cents in coin, each, and a self-addressed envelope stamped with a three-cent stamp, to Dr. Logan Clendening, in care of this paper. The pamphlets are: "Three Weeks' Insulin Diet", "Insulin and Constipation", "Reducing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

ETTA KETT



By PAUL ROBINSON

THE GUMPS—MOSELLE HAS A BRIGHT IDEA



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