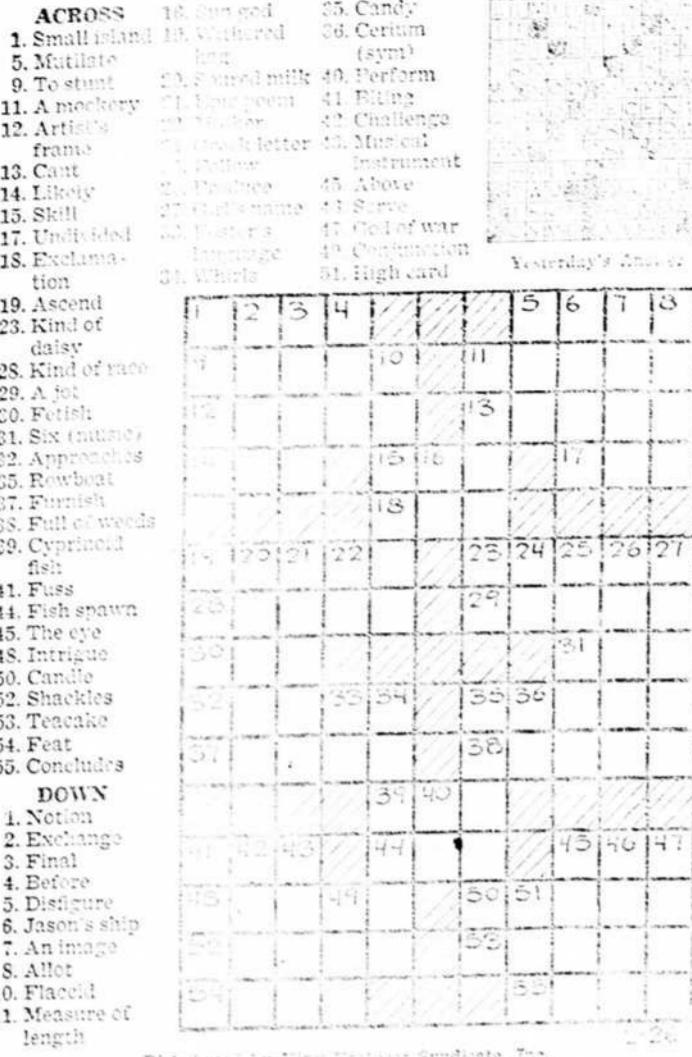


## DAILY CROSSWORD



## BARCLAY ON BRIDGE

**NOT TO BE TRUSTED**  
DEPENDABLE, and trusty worthy as a bridge-star's wife may be most of the time, the bridge table is no place to trust her if she is a keen competitor and is playing against her. This is the time that some of the best bodies pick out crucial spots to underlead aces and resort to other nefarious devices which enable them to laugh weeks afterwards about how they got even in various things the husband's badness.

▲ Q 10 5  
♦ K J 7 2  
♦ A K 7  
♦ A K J

A K 7 6 3 A K 7 6 3  
♦ A 8 6 5 ♦ A 8 6 5  
♦ 10 6 3 ♦ 10 6 3  
♦ 9 8 ♦ 9 8

(Dealer) North. South East  
vulnerable  
North East South West  
1 NT East 2 NT West  
3 NT East 4 NT West

Very strong No Trump bid vulnerable. The dealer had no trumps, so he could not contribute to the bidding. North and South were vulnerable. Others were not. The Trump bid was made by West. No Trump bid was made by South. South bid 3 NT.

One of the best ways to win who wants to do so is to make declarer, and then bid 3 NT.

GOD'S CAUSE  
A TREATMENT

By LOREN GLASS, M.D., B.R.

By LOREN GLASS, M.D., B.R.

A goiter is a swelling of the thyroid gland in the neck. This is due to an excess secretion of iodine in the diet, which causes enlargement of the gland in the neck. This is the commonest cause of the goiter. It is also present in other diseases, such as combination of the thyroid and the parathyroid glands, and enlargement of the heart muscle. It may occur without any physical signs, or the physical signs may be absent.

Dr. Glashoff will answer questions on the goiter. Write him only, and then copy his column in his column.

An increase in weight without increase in size of the body would you may have a goiter without symptoms, and vice versa without goiter.

Under treatment, we emphasize the fact that no goiter is produced by any medicine, not found in the food, or condition found in certain geographical areas. Simple goiter can be cured or prevented by supplying a small amount of iodine to the body regularly during a year, spring and fall.

In certain forms the symptoms of goiter will respond to a forced feeding and evasive medicines. In other cases removed by surgical operation is necessary.

Treatment of  
Insomnia

What is the treatment of insomnia?

Insomnia is a symptom which may be due to "in or by" health. In the cases where allergic sleeplessness is the main or sole symptom, it is invariably due to nervous stress or inadequate emotional attitude towards life. The

modern viewpoint of insomnia is that it is not a *habe cause* which caps one's vitality and health. It is doubtful whether insomnia *per se* ever caused bad health. A prominent neurologist states that he has yet to see a patient with a mental disorder that can be attributed to insomnia.

Modern treatment condemns the use of hypnotics or drugs to induce sleep, as they simply mask the real condition. Counting sheep, etc., etc., is merely a trick for the repression of unpleasant ideas.

Many sleepless patients resist the temptation to take an afternoon nap because they think it depletes their stock of 24 hours' sleep. There is no foundation for this. On the contrary, a nap in the daytime is beneficial. It teaches relaxation and endures confidence in the ability to get to sleep at night.

Vitamin principles have been found beneficial in many exhausted states, including insomnia, particularly ascorbic acid, the vitamin C principle, which may account for the fact that a glass of tomato juice or orange juice, taken before going to bed, helps.

LITTLE READING DIET  
FOR TUESDAY

"The Little Book of Living  
according to Jefferson"  
— Thomas Jefferson

*Breakfast:* One dish of applesauce with two tablespoonsfuls of milk; one piece dry toast, coffee with one lump of sugar and teaful of cream.

*Lunch:* Chicken salad — two tablespoonsfuls; one piece toast with butter; black coffee or tea with lemon.

*Dinner:* Cream of spinach soup, one portion mutton, one portion turnips, lemon ice, lemon juice, water, one teaspoon sugar; black coffee or tea.

Day's Calories — 875.

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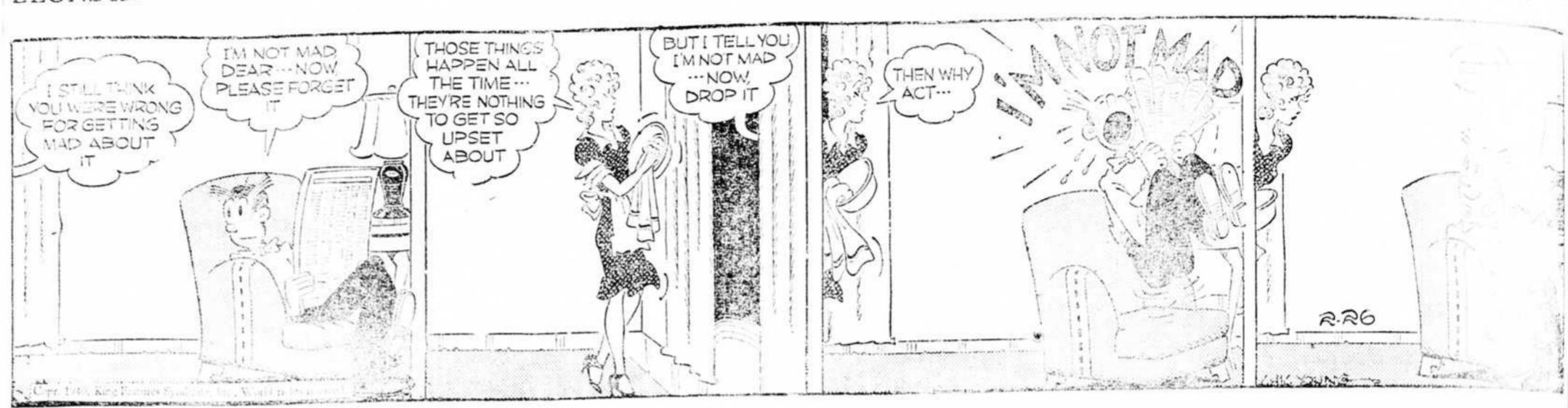
## THIMBLE THEATRE

## Starring POPEYE



## BLONDIE

Registered U. S. Patent Office



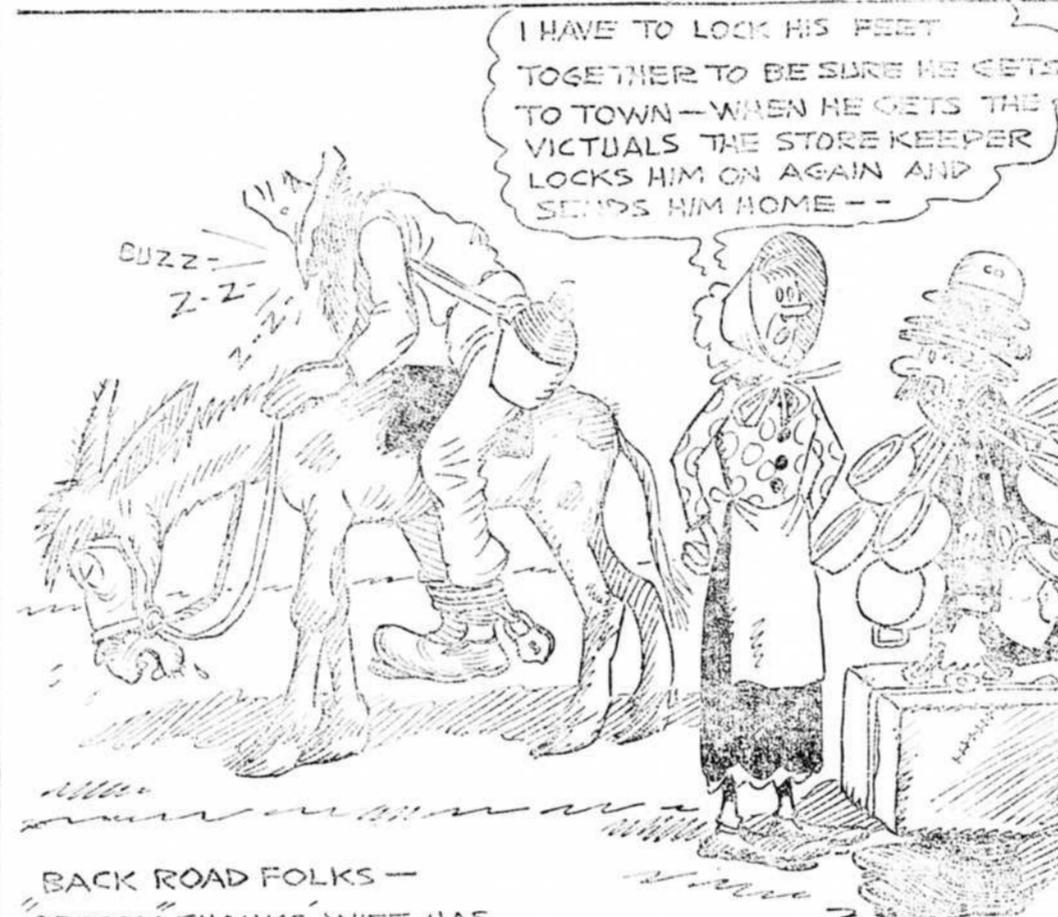
## The Taming Of The Shrew.

By Chic Young

## THE OLD HOME TOWN

Registered U. S. Patent Office

By STANLEY



## BACK ROAD FOLKS —

"DROOPY SHANKS' WIFE HAS  
FOUND A WAY TO GET HIM SAFELY BY  
THAT CIDER MILL AT BEAR HOLLOW"

## SCOTT'S SCRAP BOOK

Registered U. S. Patent Office

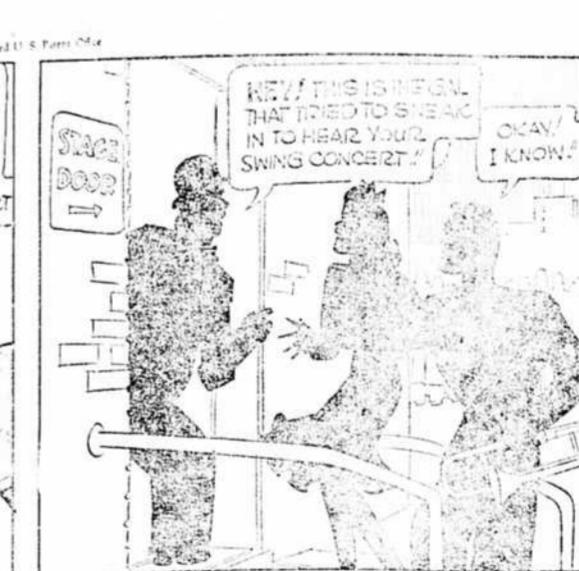
By R. J. SCOTT  
Do You Know  
Your Dogs?

A FINE HUNTER BY SKIN,  
PERSISTENT IN THE CHASE,  
MANY COLORS, HIGHLY  
INTELLIGENT AND MAY  
BE TRAINED TO AN ALARM  
DEGREE — A CLOSE, WOOL  
COAT

1. ANSWER  
FOLLOWING

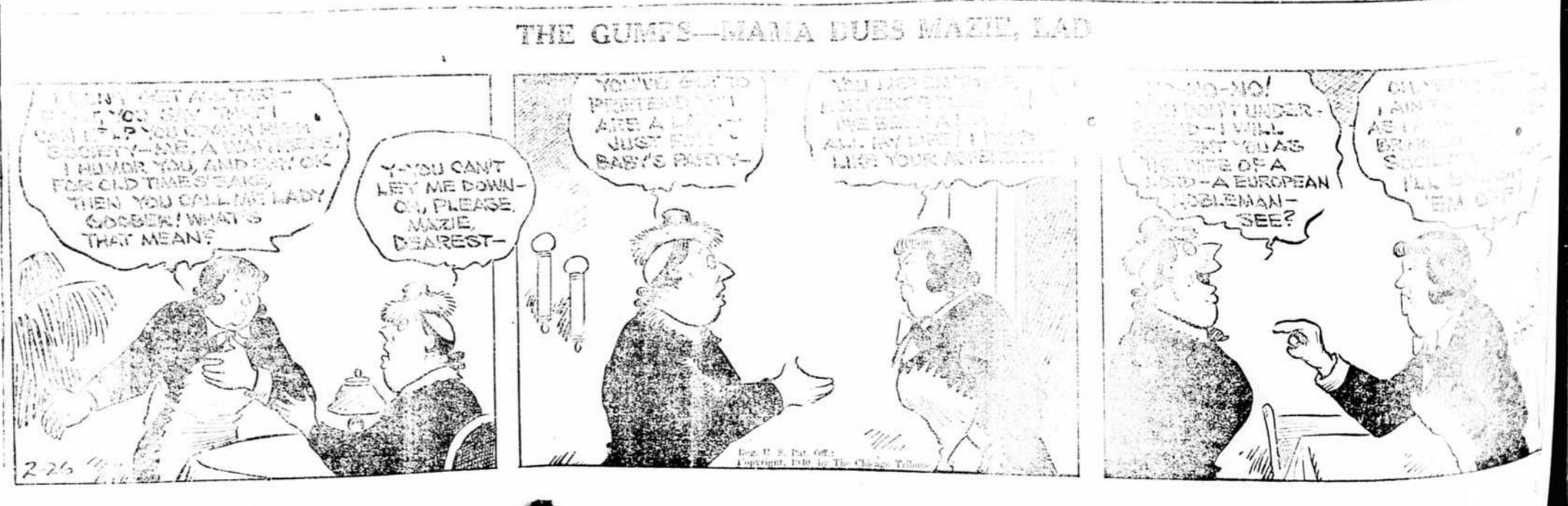
## ETTA KETT

Registered U. S. Patent Office



By PAUL ROBINSON

YOU'RE A BORN DANCER, BUT  
ACT YOU PULLED OUT THE  
STAGE TONIGHT WAS THE  
SHOW! HONORABLE SIGNING  
UP WITH ME



## THE GUMPS — MANIA BUYS MAIZE, LAD



2-26

2-26

Reg. U. S. Pat. Off.  
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