

DAILY CROSSWORD

Crossword puzzle grid with clues for Across and Down. Clues include 'Go by', 'Bang', 'Select part', 'Pant', 'Root of a plant', etc.

THIMBLE THEATRE Starring POPEYE

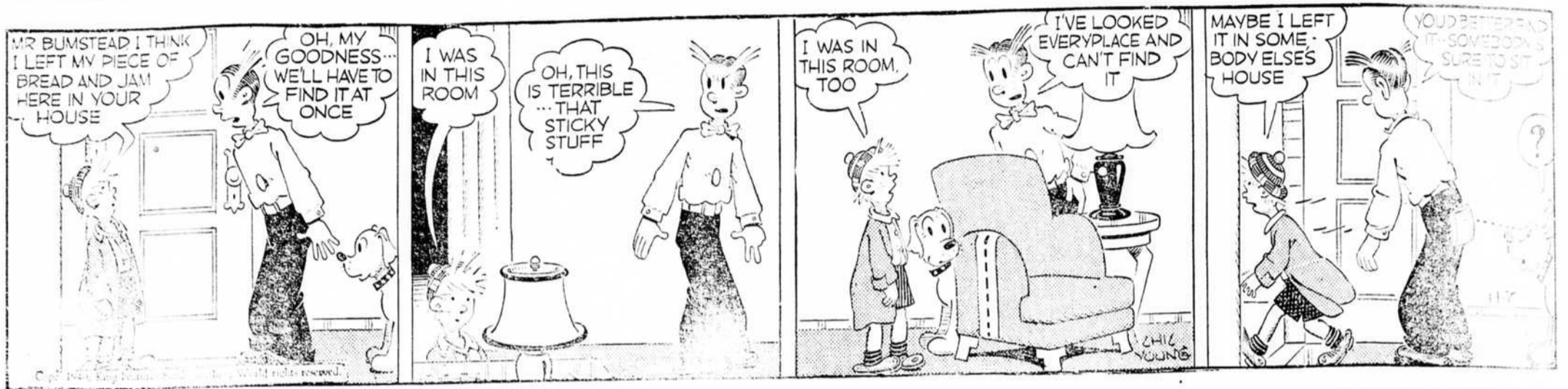


BLONDIE

Registered U. S. Patent Office

Grapes of Wrath

By Chic Young



BARCLAY ON BRIDGE

By Shepard Barclay 'The Authority on Authorities'

A SMALL SLAM PLAY THERE IS just one kind of play which is of value in making a small slam contract, but utterly worthless for grand slam purposes.

Bridge hand diagram showing cards for North and South. North: ♠ A K Q J 8 4 3, ♥ A J, ♦ 2, ♣ 6 5 3. South: ♠ 10 6 2, ♥ Q 8 6, ♦ 9 8 3, ♣ J 9 7 2.

seven spade tricks and the heart A. South discarding so as to leave both minor tenaces intact. When West discarded so that he had to put his heart 10 on the A, South realized West was holding on to his minor suit cards, four of them.

THE OLD HOME TOWN

Registered U. S. Patent Office

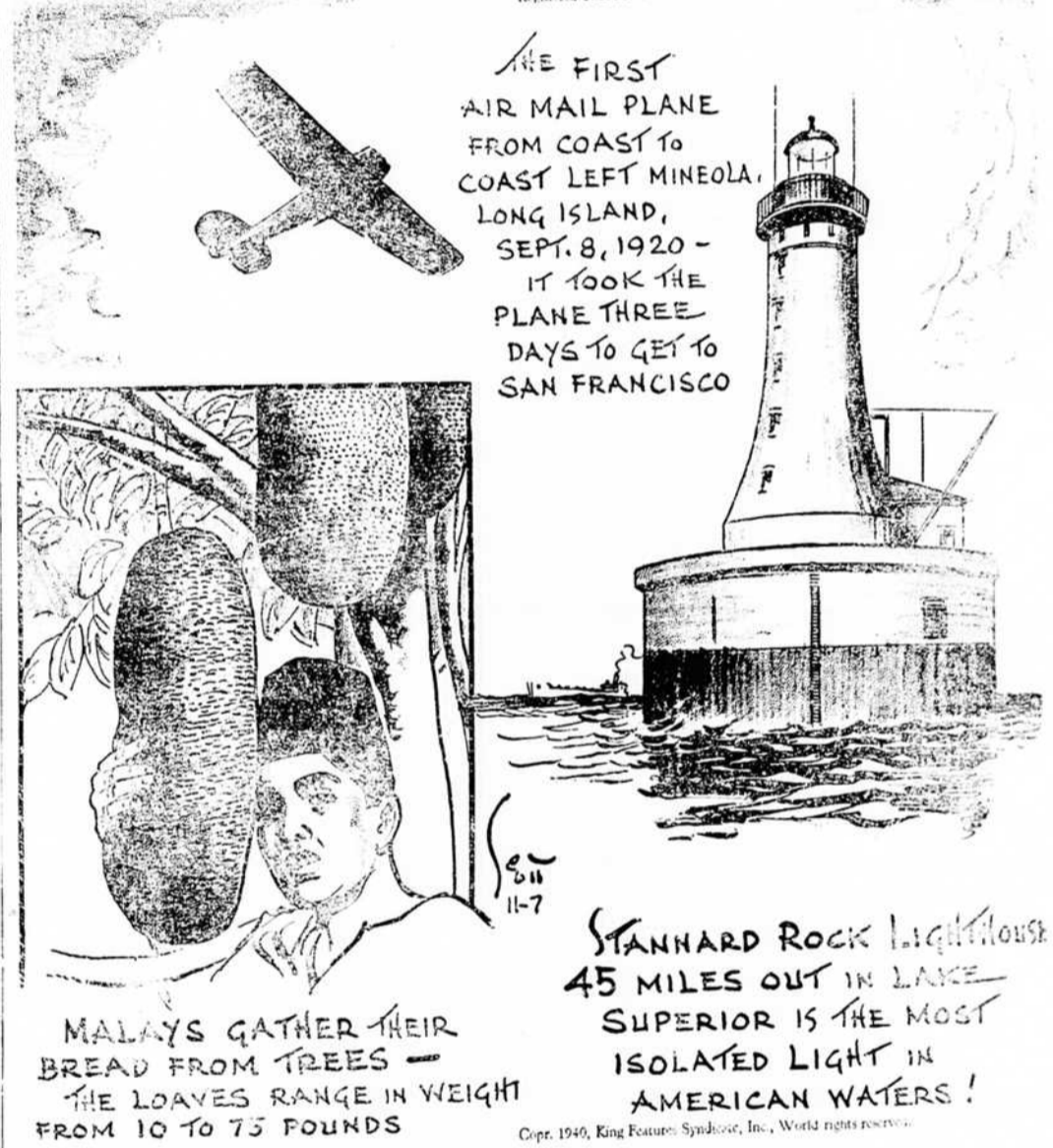
By STANLEY



SCOTT'S SCRAP BOOK

Registered U. S. Patent Office

By R. J. SCOTT



Meat Is No Villain In the Diet Story

By LOGAN CLENDENING, M. D.

● We were all startled a few years ago when the famous explorer Mr. Vilhjalmur Stefansson told the scientific world that he had lived in the Arctic for nine years on an exclusively meat diet and that at the end of that time his health was unimpaired, his blood pressure not raised, and that there was no evidence of injury to his kidneys.

Proteins are complex substances, made up of a number of individual units technically known as amino acids, the "building blocks" of the body.

Easily Assimilated The proteins of meat supply liberal amounts of all amino acids needed. Thus they are completely adequate proteins. Meat is easily digested, and its amino acids are promptly used by the body for growth.

These quite incontrovertible facts are the basis for the statement I made that meat even has some advantages in the diet. Vegetarians it is true get these adequate proteins from milk and eggs (if they are not total vegetarians) or from peas, beans and nuts, but not as economically from the standpoint of body nutrition or as certainly as from meat.

EDITOR'S NOTE: Dr. Clendening has seven pamphlets which can be had by mail. For any one pamphlet, send 10 cents in coin, and a self-addressed envelope with a three-cent stamp, to Dr. Logan Clendening and his wife, Mrs. Loretta Clendening, "Three Weeks' Food, 'Reducing and Gaining', 'Infant Feeding', 'Feminine Hygiene' and 'The Care of the Hair and Skin'."

LITA KETT



THE GUMPS - HERE'S MUD IN YOUR EYE

