## The Tawas Herald




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Chicago's School of Baking Teaches by Experience


Little known to most people but highly important to the industry is Chicago's School of Baking, sponsored
by the American Institute of Baking. Started in 1922, more than 1,200 persons have graduated from courses in the commercial production of baked products. The institute operates four separate baking units. Left: A group of students making laboratory experiments on the chemical properties of baking ingredients. Right:
Evidently the experiments were a success, judging from the activities of Milton Lee, Moorhead, Minn., youth enrolled in the school.
PUBLISHER THREATENED

George Palmer Putnam, publish-
er, and husband of the late Amelia Earhart, inspects a bullet-pierced copy of the book entitled "he Man
Who Killed Hitler" and a death
threat note which he received folWho Killed Hitler and a death
threat note which he received fol-
lowing publication of the book. The evidenc
police.

School Ends for 6,000 Children in Coal Region

Because 93 teachers in Schuylkill county in Pennsylvania's anthracite region were owed $\$ 208,000$ in sal aries, they decided to walk out. More than 6 ,000 children from 20 schools were left without teachers. Left jerry fitzpatrick bootleg coal mine. Right: Jean Troutman, 12, explains the situation on the blackboard


British Rulers See Repulse of 'Enemy'


King George VI, second from left, and Queen Elizabeth are shown watching an anti-tank rifle in action repulsing an "enemy" attack in a
sham battle at Stony Castle, Aldershot, England. The king pored over sham battle at Stony Castle, Aldershot, England. The king pored over
maps with the field commander, while the queen listened intently to the maps with the field commander, while the queen
explanation of Britain's latest defense technique.



## Liver Filters Poisons From Blood Stream

 By DR. JAMES W. BARTON SOME years ago I found myself writing very often aboutthe liver and gall bladder. I felt
 (from the stan
point of work a
of health), I cout
not write too oft
about it. I dec
ed to write about
four to six time
As mention
healthy liver
from many
would make life
it filters poisons
 appeared to be no loss of bile in the
patients (by drainage) but in which
there were symptoms which migh have been due to a lack in quantity
or quality of bile in the intestin during digestion.
The chief symptom for which th dried biie was given was loss of ap-
petite. When the feeding of the bile proved helpful the increase in ap-
petite was evident usually within a
few hours. Also the other sympfew hours. Also the other symp-
toms usually present-belching, gas
distension (fullness) and constipa-
tion-were corrected in the majority
of cases. of cases.
It should be remembered, how-
ever, that bile pills or capsules need ever, that bile pills or capsules nee
only be taken by those unable to e
ercise.

Allergic Persons
Inherit 'Tendency'
A few years ago a physician doin
special work in allergy-sensitive
ness to certain substancess-use
about 23 different substances in
making
about difirent substances in
making the skin tests. Among these
substances were ragweed, golden
substances were ragweed, golde
rod, horse hair, cats' fur, eggs an
whole wheat. Today he uses ove
400 differet
whole wheat. Today he uses ove
400 different substances and it is
likely that in the days to come ther
will be many more found that caus
hay feyer asthma
hay fever, asthma, head colds, ec-
zema, hives, stomach and intestinal
upsets and other symptoms.
This sensitiveness (allergy) to va-
rious substances runs in families
rious substances runs in families
just as do tuberculosis, rheumatism and other ailments. It is now be-
lieved that almost two of every
three sensitive or allergic individhree sensitive or allergic individ-
uals have inherited this "tendency"

- not the ailment -not the ailment itself. Thus the prarent hay fever, and the grand-
child eczema. There is thus said chine a ""hay fever, asthma,
to bplex" in some families. Cause Can Usually Be Found. The point to remember is, of
course, that these sensitive individuals, although they have the "tend-
ency," will not suffer with any of
then ency,' will not suffer with any of
these ailments-stomach upsets,
asthma and others-unless they eat these foods or breathe in these sub-
stances. Many drugs, soaps and stances. Many drugs, soaps and
face powders are responsible for symptoms. There is always some
definite substance causing the symptoms, and this substa
stances can usually be found if
se searched for long enough. This
may mean, as mentioned above, a
great many skin tests or other tests great many skin tests or other tests
before the offending substances are
found.
The tests are made by making tiny scratches on the skin-usually
the forearm or thigh-and the substance in the form of a powder or
paste is applied to the scratch. By avoiding the foods or other
substances causing the symptoms the individual would likewise avoid
these symptoms. many of these substances must be
eaten to sustain life or cannot be eavoded because they are in the air
avoid are breathed into the lungs,
and
tre and are breathed into the lungs,
toreatment is given by injecting these
offending substances under the skin.


## HOW To SEW <br> by Ruth Wyeth Spears og






yard is used, $31 / 4$ yards will be
required.
These directions are not in ei-
ther Book 1 or Book 2 , so be sure

|  ANOTHER on Various Subjects |
| :---: |
|  |  |


| home and to use for gifts making scrap books of these les and when they are comd with the two books, they a treasure house of ideas have been tested by thous of homemakers. | The Questions <br> 1. What is meant by the Roaring 40's? <br> 2. Who had the "face that launched a thousand ships"? <br> 3. How fast could Walter Johnson throw a ball? <br> 4. Is there such a thing as a | day are regarded as Italians. <br> 9. The building is constructed to withstand a maximum sway of 12 inches but tests show that the sway is rarely greater than two inches In the storm of September 21 |
| :---: | :---: | :---: |
| -by-step directions which have ed thousands of women. | 6. What is the difference between <br> a thief and a robber? | 10. England thought so little the value of the new machine a considered it such a dangerous |
| GIIPS to | Mary burn? <br> 8. What is the origin of the Sicilians, and are they Italians? <br> 9. How much does the Empire State building sway? <br> 10. What country formerly required that a man waving a red flag should precede every automo- | more than four miles an hour d required that a man waving flag should precede ever wer-driven vehicle. <br> Humble and Just <br> Thy sum of duty let two word ntain (O may they graven in heart remain!) be humble and just.-Prior. |
| C ${ }^{\text {ERTAIN garden practices }}$ a wise. | $\begin{array}{\|l\|} \mathrm{tww} \\ \mathrm{ci} \\ \mathrm{cid} \end{array}$ |  |
|  | 3. A test made at the Reming- |  |
|  |  |  |
| practice gave a higher yield in pounds, but very often lowered the quality of the vegetables. | of 122 feet per second. <br> 4. No. Loose or stretc ments give the appeara |  |
|  |  |  |
| tomato, must be mature to be palatable; but carrots, cucumbers, |  |  |
| beets, summer squash, turnips, radishes and others are more tender and tasty when not much more than half grown. |  |  |
|  |  |  |
| To keep a regular supply of the vegetables of proper eating size, |  |  |
| vegetables of proper eating size, gardeners are finding also that it is advisable to plant oftener than |  |  |
|  |  |  |
| Few gardeners nowadays save |  |  |
| flower seeds. Fine flowers grow- |  |  |
| ing in the home garden often are cross-pollinated by others of the same species, making flowers |  |  |
|  |  |  |
|  | various peoples including the |  |






## Fun for the Whole Family

## What to Eat and Why

C. Houston Goudiss Considers the Question: How Often Shall We Eat? Suggests That Some People May Benefit by More Than Three Meals

$\mathrm{O}^{1}$
must take into consideration a number of factors. that many people experience a desire for food in mis it true ing, mid-afternoon or before going to bed. Some begin to nibble as soon as they feel hungry, and often they continue
to eat in excess of their needs. Others, trained to more selfrestraint, refrain from eating, because they have been brought up with the idea that no food ular meals.
unfortuna
Und
is based u
requirements.

2Day's
ng at an
between-m
day
be

| On the mealser |  |
| ---: | ---: | ---: |
| and, it should be borne ot on mind | nun |
| just |  |


| what we Americans so often call |  |
| :--- | :--- | :--- |
| "three square meals," is primari- | rem |
| of |  |
| ly a convenient custom. One rea. | of |
| son that it has grown up over a | be |
| period of years is because it al |  |
| lows the maximum free time to | due |
| dig |  |

1ows me maximum free time to
pursue our various occupations. In
a number of countries, a fourth
meal is an accepted part of the
day
a neamber of countries, a fourth
mecepted part of the
day is routine. No Englishman,
dor
for example, would consider go
for
for
for example, would consider goo go
ing without his afternoon tea. ing without his afternoon tea; and
workers pause in offices, stores
and factories, as well as at home,
for a brief oody will be improperly nour-
ished, no matter how many meals
are consumed and factories, as well as at home,
for a brief rest and welcome re-
freshment. The diet should be built first of
all around the protective foods-
milk, eeggs trup How Many Meals?

| In recent years, several scien- |
| :---: | :---: |
| tists have advanced the idea that |
| some of us may benefit | tists have advanced the idea that

some of us may benefit by eating
more than three meals. At a lead.
 concluded that smaller and more
frequent meals would promote
general health and well-brog for
general health and well-being for
many types of individuals. They

| many types of individuals. They |
| :--- | :--- |
| suggested lighter meals, but pro- |
| posed as many as four, five, or |


$|$| posed as many as four, five, or | $\begin{array}{l}\text { vidin } \\ \text { veven six feedings a day. } \\ \text { ather }\end{array}$ |
| :---: | :---: | :---: |
| another well-known |  |


| Another well-known authority |
| :--- | :--- |
| $\begin{array}{l}\text { has performed various experi- } \\ \text { ments which effectively } \\ \text { met } \\ \text { strate }\end{array}$ |
| diet. |
| from |

$\qquad$
$\qquad$
$\qquad$
$\qquad$

| Relieving Late Afternoon Fatigue |
| :---: | :--- |
| Many people experience a tired | \(\begin{aligned} \& or chicken plus a second source <br>

\& protein, such as meat, nuts\end{aligned}\)
$\qquad$
$\qquad$
$\qquad$
Here is a case where eating be-
tween meals is resarded as a de-
cided advantage, provided the
cided advantage, provided the
food is carefully chosen. A glass
of
some other carbonydrate food, will
some
help to renew energy, relieve the
help to renew energy, relieve the
feeling of fatigue and bridge the
gap to dinner. It must be remem-
gap to dinner. It must be remem-
bered, however, that the extra
meal should
meal should be composed of light,
easily-digested foods so as not to
destroy appetite for the following
destroy appetite for the following
meal.
Children of certain ages, as well
as adults, may benefit by a sched. ta

|  |
| :--- | :--- | :--- |
| ule that includes an extra meal. |
| Very young children-in the tod. | | though carrots also contain a sig |
| :--- |
| nificant amount. |
| O-WNU-C. Houston Goudiss-1939-6 |





