## The Tawas Herald

/on

| who's |  |  |  | Does the the Tax <br> Beside Your Breakfast Table? |
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Calcium Plays
Important Role
In Normal Diet
By DR. JAMES W. BARTON $\prod$ cism by food experts of th rdinary diet found in the ma

Habits Cause Of Constipation
$\qquad$
$\qquad$


## 


 or, or thought of, the intestina hion that he states further


$\qquad$ fice exxcept cancerer minients stipation and 129 complained of
used cathart
Among the 71 nonconstipated with, diarrea and colitis. II thes
cases are excluded the number with normal bowel habits is small.
One of the conclusions come to by
Dr. Perry is that a large breakfas is one of the most important factors this conclusion most physicians will
agree because a hurried, light
breakfast does not give the impulse breakfast does not give the impulse
to the digestive tract to move and
drive wastes downward. The very weight or heaviness of a meal will
in itself, give considerably stronge
impulses to the whole digestive
ract-stomach, small intestine, and tract-stomach,
large intestine.

$\qquad$


By L. L. STEVENSON
Manhattan evening: A parade of
horses and wagons up Central Park horses and wagons up Central Park
West. The trot of the animals West. . The trot of the animals
speeded by divers... The wagons
decorated with placards bearing big numerals and mostly empty.
Fruit and vegetable peddlers on
their way home after a long day o their way home after a long day o
selling and I'm wondering i
they and their families consume tha part of their stock not purchased by
housewives :. . Posy peddlers takalong Broadway and Seventh ave
nue. A not unattractive garde-
nia seller who wears one of those makes and sale... Crowds pausing
as they encounter the cool breath of
a movie palace.. Crowds massed
in front of broadcasting theaters Twilight caressing the tall build-
ings along Central Park South. ....
and over on Fifth avenue on a tower
which looks to be a gold cross.
Young couples strolling in the park
hand in hand. . Or seeking se-
cluded benches. . Old men nod-
ding on benches. . and old women
busy knitting or crocheting, lack of
light apparently making no differ.
ence. Arc lights beginning to
twinkle among the trees. and
the red and green of the traffic lights
more distinct. Taxies speeding
along the winding drives. Priz
vate cars moving in a more leisure-
ly fashion. A pale blue light
high atop a Central Park West
apartment building. . Must find
out about that some time. . The
ounkling bells of ice-cream peddlers

Riverside Drive: A big excursion coat, white aning and couples danc-
chestra playing deck, swiftly plowing up the
ing odson. . A wary looking moth
Hudin Hudson... A weary looking moth-
er resting on a bench and keeping a
dren who seem to be exactly the
same age . . Tall apartment build same age . Tall apartment build-
ings the lighted windows of which
fall into queer designs tually taking on the appearance of
the outlines of a face. A nod
to the tall doorman of the building where we used to live... A numwith our stay there....and I wonused to come to see us are now .
Weary New Yorkers spread out grassy terraces. Reminds me of
summer afternoons in the old home in the courthouse yard. beat one another to desirable stands
. . Traffic officers working to keep throngs from crossing against the
light. In Billy Rose's Diamond light... In Billy Rose's Diamon
Horseshoe, a pleasant visit wit
Lloyd Kane and J. H. Tinkham, Lloyd Kane and J. H. Tinkham, of
the "Oil and Gas Journal" and Mrs.
Tinkham ham live in Los Ang And Mrs. Tin and we
seeing the sights of New York At the Ethel Barrymore theater
Katharine Cornell slipping quickly into the stage entrance... StrollFrazier . At Broadway, and For
ty-seventh street, a young couple e
gaged in exch gaged in exchange of bitter words girl with her arm slipped through
the boy's.

Hell's Kitchen: Youngsters play-
ing noisily in narrow side streets ing noisily in narrow side streets
steps of old and women sitting on
ing a word tements. Not saysteps of ord tenements. Neading. . Not reay
ing a witting. Urchins darting ou Just sitting.... Urchins darting out
to wipe windshields of cars stopped
by traffic lights . . and seemingly grateful for nickel or dime tips...
Young couples chatting corners ... Whimpers of a baby Probably a sick infant
saluting a pretty girl with a co saluting a pretty girl with his night
stick . Male voices lifted in a
song in a bar and grill.

## Mail: Thanks to M. M. M., in jail in Gallatin, Mo., at the time, for his

 letter. and a snicker over hisqualifications to be a newspaper Mrs. M. E., Dallas . . Another to

| U. S. Will Get Soil |
| :--- |
| From Kings' Graves |
| LONDON.-Soil from the burial |
| places of English and Scottish |
| kings will be taken to the United |
| States to be deposited in gardens |
| which are to become a symbol of |
| peace. |
| The earth, taken from West- |
| minster abbey and Iona cathe- |
| dral, Argyllshire, Sotland, will |
| be placed in the Cultural gardens |
| of Cleveland, Ohio. |

## Balloon Tests Aid for Pilots

New Technique Cuts Do
Errors in Studying the Tricky Currents. TROY, N. Y-Menorologists who
watch vari-colored balloons float into
the sky are responsible for the most accurate method devised for most guid-
ing airplane pilots through hazard-
ous winds, according to Elbert $F$.
C ous winds, according to Elbert F.
Corwin, Rensselaer Polytechnic in-
stitute meteorologist.
$\qquad$
$\qquad$
$\qquad$ termining distance through angles.
Weather observers at present base a minute.
Work With Weather Bureau.
Corwin and two student assist-
ants, at the request of the United
States weather bureau, for months States weather bureau, for months
sent colored balloons into the air
and observed their flight to heights
of five miles and distances of from 10 to 17 miles.
It was found that "up and down"
winds accelerated, slowed or even
reversed the
 "We checked the positions of the
balloons each minute and later com-
pared these with what they would
have been assumed to be under the
assumption of constant rate of as-
cent," the professor said. "On still
days we found the assumed rate cor-
rect enough, but on other days with
up and down winds the actual rate up and down winds the actual rate
was much faster or slower than the
assumed, frequently as much as 2 per cent. In one instance the er
ror was 33 per cent.
"The principal value of this new
method is that we may learn more
about the frequency and viol about the frequency and violence o
high winds in different sections o
the country, particularly in he country, particularly in moun-
tainous regions, and report accu-
rately to those who fly what to avoid Surgeon Tests Gas Mask Surgeon Tests Gas Mask
Successfully in Operation LONDON.-An account of a suc-
cessful operation for appendicitis
performed by Col. E. M. Cowell, of performed by Col. E. M. Cowell, o
Wimpole street, while wearing a
general service respirator is printed in the Lancet.
"Before starting." it said, "Colo-
nel Cowell carefully applied antidim to his glasses and to the eye-
pieces of the respirator both within and without. "The respirator was donned be fore washing, and was worn for the
45 minutes till the dressing was ap
plied No difficulty was expe-
 duty type of respirator would, Colo
nel Cowell thinks, be much more
comfortable and easier for all con New Orleans Will Use
Tin Cans Under Streets
NEW ORLEANS. - Traffic soon will roll ORLE streets - Trade parfic soon
metal but ot metal, but it won't conflict with the
city's antinoise campaign.
The metal tin cans-will be on
the bottom. The scheme, a money-
saving idea of Mayor saving idea of Mayor Robert S.
Maestri, will salvage the over-sup-
ply from city dumping grounds. The idea is, the mayor said, to
provide a base for paving. Due to
the low, swampy nature of city land,
paving without an upholding base, paving without an upholding base
often buckles and sinks.
Once before, Maestri experiment
ed with a paving base. City work ed with a paving base. City work-
men dumped sand into prepared
ground in marshy sections of the Busy English Housewife Has Budget of $\mathbf{2 5}$ Million in England is Mrs. Monica Felto
who has just been appointed chai supplies committee.
Mrs. Felton has $\$ 25,000,000$ t spend every year, but she mus
spend it wisely and well, getting the
best things at the lowest prices Her purchases will range
toys to building equipment,
bandages to $X$-ray apparatus. bandages to X
The buying
mittee's wo
last year
of $\$ 7.500,000$

Oops! Don't Stop Now-It Might Be Dangerous


They're not prodding each other on, these soldiers of Soviet Russia's red army. They're marching to the
st. Russia already has taken over the Polish Ukraine and the Polish section of White Russia. An unknown Fine! Says Germany; Hooey! Says England


This incident of the war in Poland was passed by both German and English censors. Under the picture,
the German caption said of Hitler: "The leader and supreme commander of the armored forces appeared the German caption said of Hitler: "The leader and supreme commander of the armored forces appeared
unexpectedly among his soldiers, whilst they crossed the Vistula river. He was in the front line and was unexpectedly among his soldiers, whilst they crossed
greeted with great enthusiasm." The English censor ad
As Germany Recoups World War Losse


Maps show how Germany's expansion the past five years has created
nation far larger than the kaiser's pre-war empire. Principal World war losses were Alsace Lorraine, to France; the Polish corridor, Pose
and Upper Silesia to Poland; Danzig, which became a free city, and the Rhineland, demilitarized. All but Alsace Lorraine have now been recaptured, although Polish seizures are not recognized and therefore no hown on the 1939 map. Germany has also seized Austria and me
the former Czecho-Slovakia. Germany is still below her pre-war size,
俍 Hitler 'Honored' by British Tommies


As visual proof that England's humor isn't dead, these members the London balloon barrage, trying to select a suitabe
canteen, decided that "Berchtesgaden" would be just the

## UNIFOROVED INTERATIONAL UNDAY CHOOL Lesson

## Lesson for October 1



## the infancy of jesus


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## ate



Farm Topics
VITLA To FARMERS Employment Revival Would

Aid Agriculture.
y Dr. $\overline{\text { o. B. Jesness }}$



## The DIM LANTERN

By TEMPLE BATLEY




Bears Protected in Vast Territory in Alaska

| aries-refuges established by executive orders, closed areas under game law regulations and national parks and monuments. | spectively. Five other areas, with an aggregate acreage of 66,560 , have been closed to all hunting. The commonly used names for these areas |
| :---: | :---: |
|  | Eyak lake, 21,760; Mende 5,120; Alaska railroad, 2 stone canyon, 4,480 , and |
| al monuments, where all wild life | $\begin{aligned} & \text { Stone } \\ & 10,240 \end{aligned}$ |
|  | Regulations under the Alaska |
|  |  |
|  |  |
| 4, |  |
| The Aleutian islands bird refuge |  |
|  |  |
|  |  |
|  | gimit |
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|  |  |
|  | limit of one has been made to induce nonresident hunters to visit |
| Regulations under the Alaska |  |
|  |  |
| eight additional areas, totaling more |  |
| n 1,340,000 acres. An area |  |
| 00 acres contiguou | triction was be |
| men | his restriction was placed when the original Alaska |
| rea | 25, there |
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|  |  |

## - HouseholdNeus

Mo b pins Yowe



## Powerful Song



## NERVOUS?



WATCH


# Fun for the Whole Family 



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com

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