

Virgin Islands
The United States acquired the Virgin Islands from Denmark for \$25,000,000 in 1917. The price for these possessions (area 133 square miles) was three and a half times the amount paid for Alaska (586,400 square miles).

Quintuplets Use 'Musterole' For Chest Colds!

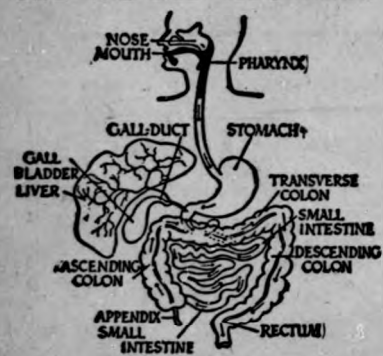
to relieve coughs—achy muscles
The Dionne Quints have always had the best care. Ever since they were babies, they've used Musterole to promptly relieve coughs and local congestion of colds. Be sure your kids enjoy Musterole's great benefits!

NEWS that makes folks sleep all night!

Thousands now sleep undisturbed because of the news that their being a wakened night after night might be from bladder irritation—not the kidneys. Let's hope so! That's a condition Foley Pills usually relieve within 24 hours. Since bladder irritation is so prevalent and Foley Pills so potent, Foley Pills must benefit you within 24 hours or DOUBLE YOUR MONEY BACK. Make 24-hour test. Get Foley Pills from drug store. Full satisfaction or DOUBLE YOUR MONEY BACK.

The Man Who Knows, Wears
BIG SMITH
WORK CLOTHES
MADE TO ORDER IN U.S.A. • ST. JOSEPH • CHICAGO, ILLINOIS

TAKE A LOOK AT YOUR INSIDES



Study the above drawing for a few minutes. Notice particularly how the bile flows from the liver into and out of the gall-bladder and thence into the small intestine where it mixes with the partly digested food just below the stomach. Bile is a necessary adjunct to proper digestion. Its absence from the intestines inevitably causes putrefaction and fermentation.

NATURE'S DANGER SIGNALS

When your stomach, liver, and gall bladder have been upset by improper eating or drinking, or when they are not working well because retained and putrefying food matter in your intestines is poisoning your entire body, your bile stops flowing freely and you, sooner or later, begin to feel some of the following symptoms:

Your breath may become unpleasant (halitosis), your tongue coated, a bad taste in your mouth, your coffee (and tobacco) lose their natural flavor, your food does not agree with you; you may have headache, heartburn, gas and dizzy spells, you may be troubled with belching; at night the gas in your bowels may press upon your bladder making you get up frequently, thus breaking into your sleep.

In the morning you are tired instead of refreshed. Gradually your health is impaired: you have constipation, gas, putrefaction and self-poisoning ("intestinal toxemia" or "acute gastritis" as many doctors call it).

HOW TO GET RELIEF
You can relieve this condition, usually overnight, by taking Calotabs at bedtime and drinking water freely next day. Calotabs are a thoroughly dependable laxative designed to effectively relieve symptoms of biliousness and acute gastritis due to constipation or faulty digestion, and to promote the flow of bile through the intestines.

Calotabs are pleasant to take (sugar coated), prompt and effective. Try them and see. Follow label directions. At your druggists'.

Demand the original Calotabs in the distinctive checker-board box. Accept no substitute.

MIRROR Of Your MIND Name Calling Is Profitless
By Lawrence Gould



Does calling names get you anywhere?

Answer: Not often, if ever. It relieves your feelings (though it may make you feel guilty later) and perhaps wins you some sympathy from people who already feel as you do. But expressing your hatred of someone—which is all calling him names amounts to—neither changes him nor helps you to deal with him more effectively. It merely distracts you from the tasks of understanding why he does the things you fear or dislike and what can be done to counteract them. To a mature mind there are no "villains"—only grown-up "problem children."



Does reading ability improve with practice?

Answer: Under normal circumstances, Yes. Up to your limits of fatigue, the oftener you do anything, the more it tends to become automatic, and therefore to be done faster and with less expenditure of effort. A competent book reviewer really can get the gist of a whole book in the time that it would take most people to read, say, two or three chapters. But if you've acquired bad reading habits—like just looking at words without stopping to think what they mean—the more reading you do, the less you will understand or remember.

LOOKING AT RELIGION By DON MOORE



ALBERT SCHWEITZER, CHRISTIAN PHILOSOPHER, HAS SUDDENLY BECOME BETTER KNOWN TO MORE PEOPLE THAN ANY OTHER CHRISTIAN EDUCATOR THIS CENTURY!
IN BRAZIL A LEGISLATOR WAS FLOODED BY THOUSANDS OF PLEASE LETTERS FROM PROTESTANTS-CATHOLICS FOR A SPEECH HE MADE AGAINST GAMBLING.

KEEPING HEALTHY
Glutamic Acid Improves Intelligence

By Dr. James W. Barton

I HAVE WRITTEN a couple of times about the use of glutamic acid—an amino acid—in helping to brighten the mind. This discovery was first reported by Dr. C. C. Pfeiffer, professor of pharmacology, Illinois College of Medicine, who stated that glutamic acid brightened the wits in a series of 69 mentally defective children one and one-half to 17 years of age.

More recently an editorial in "The Journal of the American Medical Association" stated that glutamic acid had been found of great help in the mild form of epilepsy (petit mal). Still another group reported that they had observed a rise in mental age and intelligence quotient in adults.

Since the above favorable reports, some research workers have stated that they failed to obtain favorable results in treating "backward" children with glutamic acid. In view of the above favorable and unfavorable reports, a not unusual occurrence when any new drug or method of treatment is child is born; that is, the lowest form of intelligence.

Generally speaking a moron has an intelligence quota of from 80 to 90, an imbecile is much below this, running from 50 to 80, but an idiot has little or no intelligence, although he is lively and imitates well.

It would naturally be expected that little or nothing can be done to increase the intelligence of a mongolian idiot, but in "The American Journal of Psychiatry," Drs. F. T. Zimmerman, Bessie B. Burge-meister and T. J. Putnam report their study of the effects of glutamic acid in 30 definite cases of mongolism idiocy or mental backwardness and 30 non-mongoloid control cases.

announced, it is of interest to learn that glutamic acid has been found to improve the wits or intelligence in what is known as mongolian idiocy (which is present when the While too much should not be expected in all cases of mental backwardness, parents of backward children would do well to discuss this method of treatment with their family physician.

HEALTH NOTES

While diabetes is not a contagious disease, it is hereditary, and the million diabetics are chiefly the relatives of diabetic persons.

We should all try to avoid noises. We should try to avoid making unnecessary noises.

In any sinus condition, the important part of the treatment is to get the sinus to drain properly so that pus or mucus in the sinus will drain out.

THE BIBLE SPEAKS
International Uniform Sunday School Lessons
By DR. KENNETH J. FOREMAN

SCRIPTURE: Jeremiah 1; 14:7-22; 29: 22:1-23; 32:6-10; 37-39.
DEVOTIONAL READING: Phillip plans 1:12-20.

Spokesman of God

Lesson for November 27, 1949

GOD MAKES USE of strange characters. What shall we think of a preacher who tried to beg off from being a preacher? What can we make of a man who actually reproached God for forcing him into the ministry? How shall we rate a man who in time of war urged his own nation to surrender, who was believed by almost nobody, who was repudiated by his own class and even his own family?

What can we say of a man who was often in hot water with the city authorities, who spent months of his time in jail, who was called subversive, and who never got along with the established religion of his time?

The prophet Jeremiah was that man; yet posterity honored him. His own generation thought him a liar. But some then knew, as we know today, that he was a teller of God's truth, a spokesman of God.

Was he a pessimist?
WE KNOW (Jer. 1) that Jeremiah did not wish to be a prophet in the first place, though unlike Isaiah he shrank back not from a sense of sin but because he thought of himself as a mere child.

We know (chap. 20) that at times he was thoroughly discouraged about himself, and even cursed the day he was born. It is also true that in the last war waged by his little country of Judah before it was smashed, his advice from beginning to end was "Surrender."

No wonder people thought him a pessimist, a calamity-howler. But before we call him such names we must remember two things. First is, that his unwillingness to be a prophet, and the fact that so to speak he hated the job, marks a vital fact; he, perhaps even more than other prophets, sensed the difference between his own ideas and what God was saying through him.

Even when what the Lord said was not what they themselves would have wished to say, they spoke for the Lord nevertheless. The other thing to remember is that when everybody wants to believe a pleasant lie, and a man comes along telling the unpleasant truth, he is not a pessimist, he is simply stating facts.

Jeremiah stood by the facts as God gave him insight to see them. If they jalled him for it, he could not help that; but they could not shut his mouth nor close his eyes.

Was he a patriot?
JEREMIAH was constantly accused of acts and attitudes which today might be called "subversive," though he dearly loved his country. This was because he dared to rebuke the ambitions of his country's leaders.

They said: Our country shall be free! But Jeremiah knew it would not be free. They said: Our king will conquer! Jeremiah knew he would end his days a prisoner. Jeremiah was unpopular, to put it mildly, because he advised his country to take the only place among the nations it could take—a humble one.

Then, as now, many persons think that patriotism means believing yours is the perfect country. If anyone points to injustice in our land, some one may yell, "Deport him!" But Jeremiah showed what is a true patriot. He is not necessarily the man who approves all the foreign policies of his nation (Jeremiah approved not one), nor the man who speaks only good of his country and his people.

The best patriot is the person who, seeing his country as God sees it, will dare to speak out against evil wherever he finds it.

A Way to Know God
JEREMIAH knew God well, and the trouble with his contemporaries was that they did not know God. But Jeremiah did not say: "Know God by becoming a prophet like me," for he knew that only a few are called to be prophets. Neither did he say, "Go to church often," for you can see in chap. 7 what he thought of the Temple of his time.

He pointed to the good king Josiah (chap. 13). That king had found God, not in a mystic vision like Jeremiah's, not in burnt offerings and sacrifices, but in the doing of justice, looking out for the exploited, caring for the helpless, seeing that justice was done.

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HOUSEHOLD MEMOS... by Lynn Chambers



Let Cranberries Grace the Turkey Stuffing
(See Recipe Below)

Thanksgiving Tips
IT WON'T BE LONG now before one of the biggest of the holiday meals will grace your table: golden brown, done to a turn turkey, chicken or other fowl, with the trimmings, topped off with a dessert of glistening pumpkin pie or spicy mince-meat.

The market list will be a long one, the preparations extensive and the planning careful. Start early and make an outline of all ingredients to have, and just what should be done when. Then even a Thanksgiving dinner will be well organized and efficiently executed.

FOR TURKEYS weighing 8 to 16 pounds, use an oven temperature of 325°. For turkeys over 18 pounds, use an oven temperature of 300°. Plan to "rest" the turkey 15 to 30 minutes after roasting to make carving easier.

- *Sweet Potatoes with Oranges (Serves 8)
 - 8 boiled sweet potatoes, sliced thin
 - 2 oranges, peeled, sliced thin
 - 1 lemon, peeled, sliced thin
 - ½ cup brown sugar
 - ¼ cup butter
 - ¾ cup water
- Arrange potatoes and fruit in layers in a buttered casserole. Sprinkle with sugar, dot with butter and add water. Cover. Bake in a moderate (350°) oven until tender.

- *Gingerale Fruit Salad (Serves 8)
 - 2 tablespoons unflavored gelatin
 - 2 tablespoons cold water
 - ½ cup boiling water
 - ½ cup lemon juice
 - 2 tablespoons sugar
 - 1 cup gingerale
 - ½ cup red grapes, seeded and halved
 - ½ cup celery, finely chopped
 - ½ cup apple, cored and cubed
 - ½ cup pineapple cubes
 - ½ cup cubed, canned pears
- Dissolve gelatin in cold water; add hot water, lemon juice, sugar and gingerale. When mixture thickens, fold in fruit. Chill in one large or in individual molds. Serve with mayonnaise.

- Chiffon Pumpkin Tarts (Makes 8)
 - 1 envelope unflavored gelatin
 - ¼ cup cold water
 - 1½ teaspoons cinnamon
 - ¼ teaspoon ginger
 - ¼ teaspoon nutmeg
 - 1 teaspoon salt
 - ¼ cup brown sugar, firmly packed
 - ¼ cup rich milk
 - 2 cups canned or cooked pumpkin
 - 1 cup heavy cream, whipped
 - ½ teaspoon vanilla
 - 8 baked tart shells
- Soften gelatin in water. Combine spices, salt, sugar in top of double boiler. Mix well. Stir in milk and pumpkin. Place over boiling water.

LYNN SAYS:
Turkey Talk Will Guide you Helpfully
Bread for stuffing the holiday bird is best when a day or two old, and is much easier to use if broken or cut into small sized cubes.

Stuffings will have a more nutlike and appetizing flavor when the cubes of bread are toasted lightly before using.

Carve an equal amount of light and dark meat so that everyone may have his preference.

Dry the inside of the bird before and heat to boiling point, stirring occasionally. Remove from heat; add gelatin and stir until dissolved. When cool, fold in whipped cream and vanilla. Pour into baked and cooled tart shells or a nine-inch pastry shell, if one large pie is desired. Chill until firm. Garnish with toasted pecans. Serve with additional whipped cream, if desired.

Turkey and stuffing will both keep better if the stuffing is removed from the bird before storing in the refrigerator, after the meal is over.

If you are depending upon a roast meat thermometer to guide you in testing the "doneness" of the turkey, it should register at 190°f.

When the turkey is done, the drumstick can be moved up and down readily. The meat feels soft when the thickest part of the drumstick is pressed between the fingers protected with cloth or paper.

All strings and skewers should be

SEWING GIRL PATTERNS
Two-Piecer Has Youthful Line



sleeve. Note the pretty shaped pleatum.

Pattern No. 1823 comes in sizes 12, 14, 16, 18 and 20. Size 14, short sleeve, blouse, 2½ yards of 36-inch skirt, 1½ yards.

The Fall and Winter FASHION is filled with ideas for a smart, wearable winter wardrobe. Special features, fabric news—free pattern printed inside the book. 25 cents.

SEWING GIRL PATTERN DEPT.
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1823 12-20

For Year 'Round Wear
HERE'S A clever two-piece frock with a decidedly youthful air. Suitable for year 'round wear with a short or three quarter

If You Are 85, 45 or 3, Hadacol Helps All Ages

HADACOL is good for all ages, bringing five of nature's B vitamins and important minerals to the young and old alike. Recently the HADACOL folks received the good news that among the countless thousands who had been benefited by HADACOL was a lady of 85, a man or 45 who felt like he was 18, and a beautiful little girl only three years old.

Mrs. Edmond Doucet, of Church Point, La., is 85 years old, having thousands of friends in the picturesque Evangeline section of Louisiana where she has spent all of her life. These friends are happy to know that Mrs. Doucet feels better now than at a any time in two years and gives the credit to HADACOL.

"I had been sick for almost two years and was suffering with gastric disturbances and bloating. I was run down, had lost weight and had to stay in bed most of the time. I lost courage and felt that there was no hope for me."

Mrs. Doucet had tried many preparations without apparent beneficial results when she heard the glorious news about HADACOL.

"After taking several bottles of HADACOL I felt like a new person," said Mrs. Doucet. "I eat anything I want without ill effects and sleep well. I feel much stronger."

Neville Dugas, of Route 1, Box 101 B, Carencro, La., is a successful farmer who had worked early and late at all kinds of hard work and it wasn't so long ago that he wondered if he would ever be able to work that way again. He had tried many medicines, but felt no better.

"I had all kinds of stomach disturbances," said Mr. Dugas. "My stomach was so bloated that it felt like it would swell up and burst. I suffered with gastric disturbances, heart burn and was run down and nervous. I had no appetite and suffered with headaches and I couldn't sleep at night. I was so drawn and pale that my friends had difficulty in recognizing me."

It is easy to understand, therefore, why countless thousands have been benefited by this amazing tonic, HADACOL.

So it matters not how old you are or who you are... it matters not where you live or if you have tried all the medicines under the sun, give this wonderful preparation, HADACOL, a trial. Don't go on suffering. Don't continue to lead a miserable life. Many persons who have suffered and waited for 10 to 20 years or even longer, are able now to live happy, comfortable lives because HADACOL supplied the vitamins and minerals which their systems needed. Be fair to yourself. Temporary relief is not enough for you. Give HADACOL a trial—Adv.

"COLD DEMONS" GOT YOU?

Don't let "Cold Demons" get you down—reach for Mentholatum! Fast, safe Mentholatum soothes smarting nostrils, helps open stuffed-up passages so you can breathe again in comfort. Eases chest congestion and coughing, too. In jars, tubes.

Quick Relief with MENTHOLATUM