

"Dinner's Ready"



YOU can tell by the tone of her voice, it's a good dinner. It's not only tempting but nourishing. She knows the big part that food plays in keeping her family in vigorous health.

It is no easy task, year in and year out, to plan meals for the family. The more limited the food budget, the more necessary it is to know what to buy—and why—for better health. Expensive foods may be far less nourishing than those which cost less.

Food for the family must meet a variety of needs. It must contain the elements necessary

- for growth and development of children and for renewal of body tissues in adults (Proteins and Minerals)
- to supply energy for work and play (Carbohydrates and Fats)
- to regulate body processes and protect against disease (Minerals and Vitamins).

The amount of food required varies according to the individual. Children require more of the "growing foods" than adults. People who work hard physically require more of the "energy foods."



Send for booklet "The Family Food Supply"

It tells in detail the importance of various foods—which ones contain proteins, carbohydrates, fats, minerals and vitamins; how to use them to keep your family in good health; how to do your marketing; how to use left-overs and make them appetizing; how to plan balanced and nourishing meals which the family will enjoy. Mail the coupon today for your free copy.



Metropolitan Life Insurance Company, Dent. 835-K.
1 Madison Ave., New York, N. Y.

Please mail me a copy of "The Family Food Supply" which tells about nourishing, inexpensive foods.

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METROPOLITAN LIFE INSURANCE COMPANY

FREDERICK H. ECKER, PRESIDENT

ONE MADISON AVE., NEW YORK, N. Y.

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A TRAVELER'S NOTEBOOK

WHEN the King of England wishes to visit the ancient City of London, an area of one square mile around St. Paul's, he must first ask the permission of the Corporation. On May 6, the beginning of the British jubilee celebrations, Their Majesties proceeded in the six-ton Royal coach to the cathedral. At Temple Bar, the entrance to the City, the coach halted and the King touched the City's pearl-handled sword, after which the Lord Mayor bowed and waved admittance. The City's prerogative in this matter dates from the time of the Stuarts.

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An ingenious rule is used by the Paris police to keep narrow streets from becoming congested with traffic. On days of the month ending in an odd number automobiles must park on the side of the street whose houses bear odd numbers; parking must be on the even-numbered side when the day of the month ends in an even number.

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More than three hundred couples contracted marriages across the smithy's anvil at Gretna Green, in Scotland, in 1934. No residence qualification and license are required, and the couple need only swear that they are single to receive a certificate. Scottish church authorities are attempting to have the popular rendezvous abolished, in spite of the failure of a similar campaign several years ago.

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In Madrid is a bureau which offers free legal and personal advice to mismatched wives and to single women with love problems. Women attorneys interview each applicant privately and no records are kept of the conversations.

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There are no private automobiles in Bermuda. They were prohibited in 1908 after residents and visitors had petitioned against them. One petition was worded by Woodrow Wilson and bore among other signatures those of Samuel L. Clemens (Mark Twain) and Rear Admiral Upshur, U. S. N.

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Thriving Port William, in Nova Scotia, is a harbor for only a part of each day. When the tide is in, 8,000-ton freighters can dock and load apples from the orchards of the famous Annapolis Valley. When the tide is out an outboard motorboat would scrape bottom. The explanation is that Port William is on the Bay of Fundy, the tide of which averages forty feet. Only freighters constructed so that they can rest on the bottom when the tide goes out can use the harbor.

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Motion pictures for the entertainment of passengers on long runs are provided by the London & North Eastern Railroad. The pro-

grams, which last an hour, are given in a special car accommodating forty-four persons.

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Nazi regulations and anti-Semitism have greatly hampered the once-famous night life of Berlin. Closing hour is 3 A. M., and such restrictions have been put on floor shows that it is predicted that choruses will soon have to appear in mother Hubbard's.

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The Hawaiian Legislature, in a recent bill to establish fish reserves and limit the size of fish offered for sale, failed to give protection to the humuhumunukunuaapuaa. Perhaps an association of humuhumunukunuaapuaaphiles will be formed to fight against such discrimination.

* * *

According to a Dutch proverb, "God created the world, except Holland, which was created by the Hollanders." Their work goes on, and soon the enormous project of draining the Zuyderzee, begun in 1918, will be finished. Nearly 500,000 acres of arable land are thus being "created."

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At Wells, one of the loveliest cathedral towns in England, the swans living in the moat surrounding the Bishop's Palace pull a rope attached to a bell at the same hour every day to remind their keeper that it's meal-time.

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In an effort to stamp out begging in the Spanish capital, the Madrid police are handing to almsgivers tickets similar to those issued for traffic violations. The almsgiver must thereupon present himself at police headquarters and pay a fine of 2 pesetas, or about 25 cents.

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The narrow, tomb-lined catacombs which undermine the countryside around Rome and even a part of the city itself are believed to extend more than 500 miles. In some places there are five levels, going down to a depth of seventy-five feet. The Catacombs of St. Calixtus, fourteen miles of which have been explored, are those most often visited by tourists.

* * *

Denmark has been called by Supreme Court Justice Brandeis "the most civilized country in the world."

* * *

British Guiana, Sir Walter Raleigh's "El Dorado," possesses what is said to be the most impressive spectacle in the British Empire. It is Kaieteur Falls, five times as high as Niagara, and is now accessible to tourists who visit Georgetown.

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Near London Docks is a brewery, the Red Lion, that has been making beer since 1492.