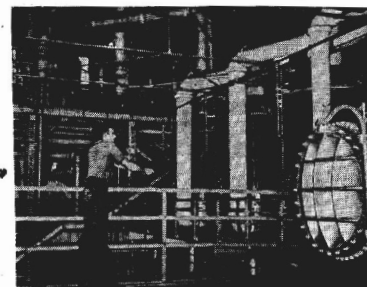


Hawaii . . . Land of Plenty Which Sweetens Your Coffee

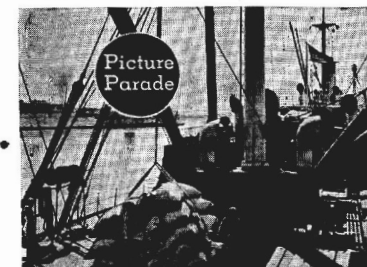
When you think of Hawaii you are more than likely to think of Hula girls and guitars and to forget that Hawaii is responsible for a large quantity of the sugar with which America sweetens its coffee. The sugar industry helps create a \$200,000,000 commerce between Hawaii and the rest of the nation. These photos give you a better idea of the commercial side of our island possession.



SUGAR DADDY . . . J. P. Martin, scientist at the Hawaiian sugar planters' experimental station in Honolulu, shown injecting liquid food into sugar cane to test growth, and develop new high-juice content types of cane. The experimental station has a large staff which helps spend \$500,000 annually.



SWEETNESS IN THE RAW . . . Scene at one of the Hawaiian plants where juice is extracted from sugar cane, boiled and evaporated to make raw sugar. These tanks are the juice boilers.



SHIPPING "WHITE GOLD" . . . A California freighter is being loaded with raw sugar at Honolulu for shipment to the mainland. The sugar is processed in U. S. refineries and thereafter appears on the tables of Mr. and Mrs. America.



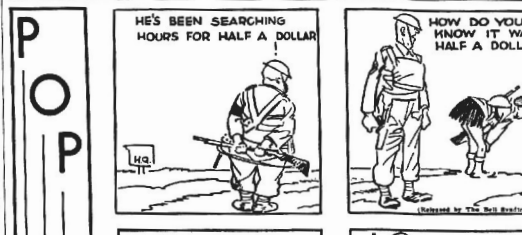
SUGAR HARVEST FESTIVAL . . . After the sugar crop has been gathered in Hawaii, plantation families celebrate with native feasts and reunions. Here the Souza family of Waiulua plantation is celebrating the end of a successful harvest. Note the modern home supplied rent-free to plantation workers.



The beautiful black sand beach at Kalapana, one of America's most startling scenic wonders. The sand is as clean as coral.

• OUR COMIC SECTION •

Peter B. Peeve



Peptic Ulcer Benefited by Calm Outlook

By DR. JAMES W. BARTON

FOR many years it was believed that ulcer of the stomach (gastric) and ulcer of the duodenum (duodenal) were due to infected teeth and tonsils. Most physicians still believe that infection is a big factor in causing stomach and intestinal (peptic ulcer) in that infection affects the lining wall and it loses its power of warding off the ulcer.

However, it is becoming more and more apparent that the personality of the individual and his physique or build are more important factors in causing peptic ulcers. Thus, as mentioned before, there is the answer of the surgeon to the patient's question: "Now you have operated, I'll have no more trouble with stomach ulcer, will the pink or blue binding as shown."

The surgeon's reply was: "You will not likely have any more trouble with that ulcer, but you may continue to grow more ulcers if you do not learn to keep calm."

Food Habits Should Be Studied. As many physicians and surgeons have been stating that infection and other conditions are mostly responsible for peptic ulcers, Drs. E. J. Callahan and D. W. Ingham, Saratoga Springs, N. Y., in American Journal of Digestive Diseases, state: "Despite the criticism against the nervous and emotional cause of peptic ulcer, it is yet the most constant factor in causing the condition. The food habits of a patient with ulcer must be carefully studied, as a well arranged, nonirritating, low residue diet, not much roughage or cellulose as found in bulky foods such as cabbage is the foundation on which treatment is built."

To help their patients to understand the cause of peptic ulcer, these physicians show an equal-sided triangle, one side representing the heredity factor which, of course, the patient can't correct, one side showing nervousness, illness in the family, financial or other worries as a cause, and the third side being rough or unsuitable foods as another ulcer cause.

The thought then is that if peptic ulcer is present or there is a tendency to ulcer, treatment means the removal of any infection present, acquiring calmness of spirit and the eating of nonirritating foods.

Extract of Ovary In Widening Role

A GLAND extract that is coming more and more into everyday use is extract of the ovaries. It has been a real blessing to women approaching, at, and following the menopause. It "steadies" or quiets the nerves so that many patients are spared the necessity of mental treatment in an institution, relieves shock, and lessens the number and severity of hot flashes or flashes.

Dr. I. H. Blaisdell, Boston, reports excellent results in the treatment of 60 cases of dry catarrh with the very disagreeable odor, by use of a spray of ovary extract (estrin) into the nose. The dry crusts causing the odor disappeared in all 30 cases where onset of catarrh occurred after age of 20, and in 84 per cent of the 30 cases which occurred before the age of 20.

For Catarrh Deafness. Excellent results have also been obtained in chronic catarrhal deafness by use of ovary extract, also used in the form of a spray into the nose. "Because of the wide variety of its effects on the body, it seems possible that estrin, properly used, may be of value in combating disease and disorders which have been heretofore obscure. The action of estrin is more far-reaching than insulin and more powerful than adrenalin."

Just how estrin acts on the nose is not at present known. If, then, extract of ovary has shown itself to give great relief from symptoms at menopause in the treatment of that distressing ailment—the dry form of catarrh, and also in catarrhal deafness, do not hesitate to use it in any form prescribed by your physician for other obscure or persistent disturbances of your body.

QUESTION BOX

Q.—What is the best method for removing superfluous hair?

A.—Best method known at present for removing superfluous hair is by electrolysis. And this means of hair removal is absolutely safe. By this method each hair root is individually killed. Your own physician can refer you to an electrolysis expert and necessarily a physician; or you can apply to the physiotherapy department of your nearest hospital.

A Dainty Flowered Blanket Protector

By RUTH WYETH SPEARS

IT WAS a bride of ten years who reminded me of blanket protectors. I say bride because her home still has the immaculate freshness of a bride's house. Her wool blankets have never been washed or cleaned, yet their soft light colorings show no sign of soil. She brought out some long pieces of cotton material; "I baste



these over the tops of the blankets," she said "and change them ever few weeks." I thought of some dainty bed linens that I had seen at a store in flower sprigged cotton print. Why not make flowered blanket protectors to harmonize with blanket colorings? Here is one that would go with either rose or blue. It is easy to hide basting stitches that fasten it temporarily to the blanket by slipping them along by the pink or blue binding as shown. One length of material as long as the width of the blanket will make a pair of these protectors. A half yard extra of the flowered material will face a matching pair of pillow cases.

You will also find some other ideas for trimming pillow cases in "SEWING Book 2." This booklet has been one of the most popular in the series as it not only contains complete directions for many gift and housewarming projects, but also makes 42 different embroidery stitches and five ways to darn and repair fabrics. Send order to:

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Dresser 16
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As time goes on advertising is used more and more, and as it is used more we all profit more. It's the way advertising has—

of bringing a profit to everybody concerned, the consumer included

