Bustle of Army Irks Icelanders

Stolid Folks of Reykjavik Resent Intrusion of Military Rule.

REYKJAVIK, ICELAND.—Reykjavik, a capital that has always wanted to be alone, has a war jammed down its throat like a hot potato and doesn't quite know how to swallow it.

Many of its citizens, stepping into the streets to avoid crowds of strolling soldiers and jumping back to dodge honking army trucks, wish the old days would return, when the only foreigners were an occasional crowd of cruise tourists and there wasn't a soldier in Iceland.

It is a strange mixture, the remnants of a backwater Old World civilization overrun by the strident activity of the British and American armies of occupation.

Sunday afternoon strollers listen with a touch of bewilderment to the creak of winches and shouts of soldiers unloading one ship after another in the little harbor. Long-bearded naval officers roam the streets, waiting for the next convoy to leave. American, English, New Zealand, Norwegian and Scottish men crowd the restaurants so Icelanders frequently cannot even reserve tables.

Military Rate Resented.

Iceland's 120,000 residents lived virtually cut off from the world until the island suddenly became a key spot in the Battle of the Atlantic. They are extremely proud that their country was the world's first democracy, started in 930 A. D. with the founding of the Althing (parliament), and they find natural difficulty in accepting the necessary rule that military authority supersedes normal civil life in such a front-line fortress.

Many of them, however, are profiting handsomely from their virtually uninvited guests. Stores are doing rushing business, taxicab companies are reaping miniature fortunes, tables must be reserved in the best restaurants hours in advance and getting a haircut often requires an hour's wait.

The city's two motion picture houses are operating entirely on a reserved-seat basis, and it is virtually impossible to obtain tickets for an evening performance after 1 p. m. The theaters are known as "Bio," apparently a derivation of the early Biograph days, and currently are showing such American features as "Drums Along the Mohawk" and "Dance, Girl, Dance."

Bookstores have stocked large supplies of English books and weeks-old London newspapers to meet the heavy demand.

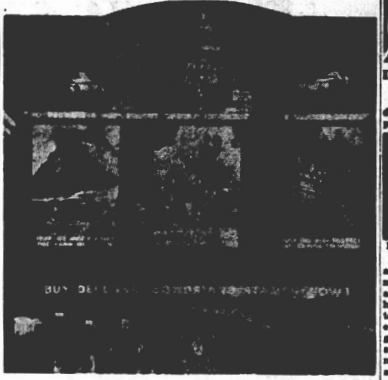
Postcard sales have been so heavy that it is difficult to find views of Reykjavik and famous landmarks. The supply now consists largely of an Iceland pony standing on a hill and James Cagney in a cowboy suit.

A treeless drab city of concrete and corrugated iron buildings, Reykjavik suddenly became an international host at an embarrassing moment, since many of its streets were torn up for the installation of pipes to bring water from a near-by hot springs into a city-wide steam heating project. The pipes were a casualty of war, however, and never left the dock in Denmark.

The streets were filled up in the best manner possible, but the incessant pounding of large British and American army trucks—augmented by heavy rains—has made them muddy washboards.

Transportation demands are so great that it is not an uncommon sight to see American army majors hitchhiking rides to and from the city.

World's Largest Photo-Mural



Masking the entire east wall of New York city's Grand Central station, this gigantic photo-mural, largest in the world, was designed to further sale of U. S. defense bonds and stamps. In graphic-ality illustrates "What America has to defend and how to defend it." The vast photo montage was created with 32 prints selected from more than 30,000 from the photographic section of the Farm Security administration.

Minute Make-Ups

By Gabrielle

The dry skin needs moisture and rich feeding emollients. Apply a coating of your richest cream. Leave on for a minute. Wring out a Turkish towel in hot water. Apply the warm, damp towel to the throat and face. Repeat cream application and towel pressure. Go over the skin with a cleansing tissue. Now apply cream rouge and powder. The dry, drawn skin will fairly "bloom" with soft color!

(Ledger Syndicate—WNU Service.)

Peter Rabbit

by Thornton W. Burgess

TIMID DANNY MEADOW MOUSE

DANNY MEADOW MOUSE is timid. Everybody says so, and what everybody says ought to be so. But just as anybody can make a mistake sometimes, so can everybody. Still in this case it is quite likely that everybody is right.

"You see, it's this way," said Danny as he sat on his doorstep one sunny morning talking to his friend, old Mr. Toad. "If I wasn't afraid I wouldn't be all the time watching out, and if I wasn't all the time watching out I wouldn't have any more chance than that foolish red ant running across in front of you."

Old Mr. Toad looked where Danny was pointing, and his tongue darted out and back again so quickly that Danny wasn't sure that he saw it at all, but when he looked for the ant it was nowhere to be seen, and there was a satisfied twinkle in Mr. Toad's eyes. There was an answering twinkle in Danny's own eyes as he continued.

"No, sir," said he, "I wouldn't stand a particle more chance than that foolish ant did. Now, if I was big and strong like Old Man Coyote, or had swift wings like Skimmer the Swallow, or was so homely and ugly that no one wanted me like—like—" Danny hesitated and then finished rather lamely, "like some folks I know, I suppose I wouldn't be afraid."

Old Mr. Toad looked up rather sharply when Danny mentioned homely and ugly looking people, but Danny was gazing far out across the Green Meadows, and looked so innocent that Mr. Toad concluded that he couldn't have had him in mind.

"Well," said he, thoughtfully scratching his nose, "I suppose you may be right, but for my part fear seems a very foolish thing. Now, I don't know what it is. I mind my own business and no one ever bothers me. I should think it would be a very uncomfortable feeling."

"It is," replied Danny, "but, as I said before, it is a very good thing to keep one on guard when there are so many watching for one as there are for me. Now, there's Mr. Blacksnake and—"

"Where?" exclaimed old Mr. Toad, turning as pale as a toad can turn and looking uneasily and anxiously in every direction.

Danny turned his head to hide a smile, for if old Mr. Toad wasn't showing fear no one ever did. "Oh," said he, "I didn't mean that he is

"You see it's this way," said Danny as he sat on his doorstep one sunny morning.

anywhere around here now. What I was going to say was that there is Mr. Blacksnake and Granny Fox and Reddy Fox and Redtail the Hawk and Hooty the Owl and others I might name always watching for a chance to make a dinner from poor little me. Do you wonder that I'm afraid most of the time?"

"No," replied old Mr. Toad. "No, I don't wonder that you are afraid. It must be dreadful to feel hungry eyes are watching for you every minute of the day and night, too."

"Oh, it's not so bad," replied Danny. "It's rather exciting. Besides, it keeps my wits sharp all the time. I am afraid I should find life very dull indeed if, like you, I feared nothing and nobody. By the way, see how queerly that grass is moving over there. It looks as if Mr. Blacksnake—why, Mr. Toad, where are you going in such a hurry?"

"I've just remembered an important engagement with my cousin, Grandfather Frog, at the Smiling Pool," shouted old Mr. Toad over his shoulder as he hurried so that he fell over his own feet.

Danny chuckled as he sat alone on his doorstep. "Oh, no, old Mr. Toad doesn't know what fear is!" said he. "Funny how some people won't admit what everybody can see for themselves. Now, I am afraid, and I'm willing to say so."

(Associated Newspapers—WNU Service.)

Swastika on Pottery

The swastika has been found on American pottery as far north as Greenland's furthermost tip; Iron-rgily, on old Hebrew fired clay as well. The Indians, it is generally known, used it as a symbol of good luck.

A Good Day's Work Well Done

When she was 10 months old, little Helen Zagf received an Irish setter puppy. Now Helen is 2½ years old, and the Irish setter is the mother of the cute puppies you see drying here on the line after their bath.

Rider Falls 40 Feet, Lands on Mattress

NEW WATERFORD, N. S.—Alex Poirier went for a ride on his bicycle and ended up by riding over a 40-foot embankment. Below there was nothing but a rocky shore—and an old mattress. Spectators who saw Poirier disappear over the cliff rushed to the shore to pick up the body, but found him unhurt on the mattress.

Says House of Commons Must Be Entirely Rebuilt

OTTAWA.—The British house of commons building will have to be completely reconstructed after the war as a result of Nazi bombing, Ralph Assheton, parliamentary undersecretary to Labor Minister Ernest Bivan, said in an interview here.

Assheton said the house of lords chamber survived but nothing short of rebuilding would do for the lower house.

"As a barrister, I feel sad in particular over the destruction of the temple—that home of lawyers for so many years," Assheton said. "When the war is over there will be much for architects to do, and I hope they will be worthy of their trust."

What to Do

BY PHYLLIS BELMONT

Want to spend a novel evening and one your friends will remember? Invite about four couples who know each other fairly well to supper and let each of them provide a course of the meal.

Naturally, you, as hostess, will probably serve the main course, which might well be chile con carne, spaghetti or chow mein or some other one-course main dish at which you excel. Your guests can provide cocktails, should you want them; someone else may bring attractive hors d'oeuvres, another salad and another dessert and beverage.

(Ledger Syndicate—WNU Service.)

Rural Youth Put Movies First in Entertainment

LAFAYETTE, IND.—Movies are the biggest lure in the entertainment program of rural youth, with dancing a weak second, according to a survey made by Dr. Lynn Robertson of Purdue university.

Dr. Robertson said that rural young men see an average of 26 motion pictures a year, and young women about 34. He estimated that the farm youths spend about $43 a year on entertainments.

TO YOUR Good Health

DR. NATHAN S. DAVIS

INFORMATION FOR THOSE WHO ARE OVERWEIGHT

True obesity is a constitutional disorder in which there is a compulsory tendency to gain weight unless the intake of food and expenditure of energy are kept under control all of the time. In this condition, the body stores fat with a greater tendency than normal to deposit fat.

Dr. Nathan S. Davis III

Fortunately many people who are overweight do not have this abnormal condition. During childhood, adolescence and early adult life, a high calorie, high vitamin, high protein diet containing adequate minerals is necessary for normal growth. At this period of life people are most active physically and need more calories. Thus they become accustomed to eating large amounts of food, and are satisfied with small or quantities. When they stop growing and go to work they are apt to be less active physically and require less food. But they continue their usual high calorie diet and the

portion no longer needed for the production of heat and energy is converted into fat. Sometimes such a gain in weight does not come until the individual changes from hard manual labor to some less arduous type of work.

Gains During Pregnancy.

During pregnancy and while nursing their babies, women have to eat enough to nourish them and so eat much more than they did formerly. Then when the baby is weaned they continue on the high calorie diet. As they no longer require the extra nourishment, they gain weight and lose their lovely girlish figures.

The change of life in some 20 or 30 per cent of women so affects the balance between the various glands that their diet causes them to gain weight.

It is relatively easy for those who are overweight because they eat more calories than they require, to reduce. Those who have a relatively abnormal tendency to accumulate fat, water and salt find it much more difficult. Many believe that exercise, even violent exercise, is necessary if weight is to be lost. Those who have never engaged in athletics or who are too old to engage in them, consider passive exercise or massage indispensible. While exercise is good if started gradually and not carried to extremes, weight can often be lost more easily and rapidly without it. Exercise increases hunger and thirst and makes it more difficult to stick to a restricted diet and so harder to lose weight.

Low Calorie Diet.

A low calorie diet (1,000 to 1,300 calories) is absolutely necessary for weight reduction. Such a diet can often be best tolerated if a cracker, a glass of fruit juice, or of skim milk is taken between meals. Thus low blood sugars that cause ravenous hunger are avoided. A reducing diet must contain enough vitamins, minerals and proteins to satisfy the body requirements. It should contain one pint of skim milk, one egg, two ounces of fish, meat or fowl, three servings of vegetables (one of them raw) including potatoes, two servings of fruit (one of them raw) and one and one-half pat-ties of butter. It should contain a minimum of fats, sugars, sweets and starches and the fluid intake should be decreased. To make it quantitively more satifying, eat more meat, cheese and leafy vegetables may be taken.

When you have thus lost enough, add to your reducing diet just enough to enable you to maintain the desired weight. If you go back to your old diet, you will again rapidly put on the pounds.

"The constant drip will wear away the stone; the constant imperfection of nutrition, though this be relatively slight, will wear away the body." — Sir Robert McCarrison.

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QUESTION BOX

(Send questions to Dr. Nathan S. Davis III, 185 N. Wabash ave., Chicago 2, enclosing a self-addressed envelope.)

Q.—What is vitamin B, and what vegetables or foods are highest in this vitamin? S. L.

A.—Vitamin B is a complex substance of chemical composition required to aid the utilization of foods by the cells of the body. Liver, navy, kidney and soy beans, buckwheat, whole wheat flour, ham and pork, beef, kidneys, flour, yeast, peas, and various nuts contain this vitamin.

PATTERNS

SEWING CIRCLE

1482-B

YES, a dress to admire for its very fresh approach to the problem of looking slim and stately when your figure is too heavy! Pattern No. 1482-B happily overcomes your figure difficulties with a vestless effect through the top, extending as a slim waist treatment. The softly gathered side pieces permit easy roominess through the bodice, the low pointed neckline is youthful and flattering to the face.

The skirt attached at a low waistline takes pounds away from your hipline because of its subtle piecing — and weight-minded smoothness at the sides and in back. The dress may be finished with short sleeves or sleeves of the new "below-the-elbow" design. The style is suitable for silk, rayon or wool crepes, for satin, faille or rumaine.

• • •

Barbara Bell Pattern No. 1482-B is designed for sizes 34, 36, 38, 40, 42, 44 and 46. Size 36, 37 inches, requires 4½ yards 39-inch material. Send your order to:

SEWING CIRCLE PATTERN DEPT.
Room 1320
211 W. Wacker Dr. Chicago

Enclose 15 cents in coins for

Pattern No. ..... Size .....

Name .....

Address .....

High Time for Pert Miss To Catch Up on Reading

Clifton Fadiman, in his book, "Reading I've Liked," warns the layman against spending all his time trying to keep up with the latest books. He tells about one of his old professors who set him aside a part young thing at a dinner party.

"Professor," she piped up, "have you read so-and-so's new novel?"

He confessed he hadn't.

"Oh," she said, "you'd better hurry—it's been out over three months."

"Young lady," he said, "have you read Dante's 'Divine Comedy'?"

"Why, no."

"You'd better hurry—it's been out over six hundred years."

ST. JOSEPH ASPIRIN

Young Man's Head

It is not book learning you most need, nor instruction about this or that, but a stiffening of the vertebrae which will cause them to be loyal to a trust, to act promptly, concentrate on the work in hand, do a thing.—"Carry a message to Garcia."—Elbert Hubbard.

JUST JESTING

On Wrong Trail

A Negro preacher was hearing confession. In the middle of it he stopped the young sinner.

"Young man," he said, "you ain't confessin'—you's braggin'."

A silent man often has a reputation for knowing about ten times as much as he really does know.

Assumed

"Do you think you could learn to love me?"

"Perhaps. But if I were a man, I'd hate to think I was an acquired taste."

Well Described

As Sandy walked slowly down the village street two of his old friends looked on sadly.

"Man, Sandy's lookin' awfu' white and thin these days," said the first.

The second shook his head dolefully.

"Ay, ye're right," he replied. "He's just like a bottle o' milk on sheen on."

The Same Again

They'd been married long enough for the glamour to have faded, but she was a trier. On the eve of her birthday, she asked sweetly:

"What are you going to give me for a birthday present tomorrow, darling?"

"Nothing!" he replied curtly.

"But, dearest," she went on, the sweetness turning sour, "can't you think of something original? You gave me that last year."

Relief At Last For Your Cough

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen, expel and allay inflammation and aid nature to soothe and heal raw, tender, inflamed bronchial membranes. Tells you Creomulsion with its 5 active medicines is one of the best known helps for coughs, chest colds, bronchitis you could use. Delicious, too. Quickly relieves the cough or you are to have your money back.

CREOMULSION

for Coughs, Chest Colds, Bronchitis

As Man Wants

It is not the greatness of a man's means that makes him independent, so much as the smallness of his wants.—Cobbett.

WE ARE MAINTAINING A 'FIFTH COLUMN ARMY'—RATS!

OAKLAND.—The United States is maintaining a "fifth column army" of 250,000,000 rats at an annual cost in damaged food and property of 20 cents to $2 per rat.

Dr. W. B. Herms, professor of entomology and parasitology at the University of California, told the national convention of pest control operators that rodents and pests are doing enough damage in the nation to undermine the national defense.

He declared that the staggering total of their damage is $1,000,000,000 annually, or enough to supply the navy with 10 superdreadnaughts every year.

The greatest destruction by rodents and pests, he declared, are inflicted on food, clothing, furniture and housing materials.

With the rats causing a loss of more than $200,000,000 annually, he said that insects come next, with an annual sabotage to stored grain and milled products of $300,000,000.

"Especially during the present national defense period," he said, "vast stores of milled products are assembled at numerous cantonments, as well as great quantities of clothing and stocks of building material, where rats do more damage than professional saboteurs of an enemy nation might be able to accomplish. It is here that weevils, moths and termites get in their deadly work."

The total damage to clothing by moths he placed at $20,000,000 annually, while the damage to buildings by termites was estimated at $60,000,000.

Prof. Hermes insisted that new methods of pest control must be substituted for those used at present, which have proved to offer an unsatisfactory measure of protection.

A CYCLE OF HUMAN BETTERMENT

ADVERTISING gives you new ideas, and also makes them available to you at economical cost. As these new ideas become more accepted, prices go down. As prices go down, more persons enjoy new ideas. It is a cycle of human betterment, and it starts with the printed words of a newspaper advertisement.

JOIN THE CIRCLE ○ READ THE ADS

DEEP WATER ISLAND

by ALAN LEMAY

WNU Service

—A vast saturnine shaped thing, higher than the Kolokai's booms; then it drove downward, disappearing in black water—

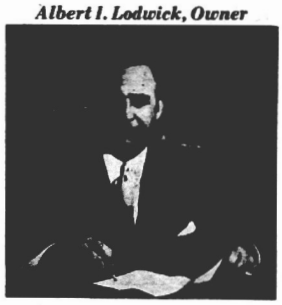
SYNOPSIS: CHAPTERS I AND II: Karen Wetherbee, young daughter of a pearl buyer, has always been the center of attention. She learns that she is not an heiress at all, as her supposed father is Richard Warren, a member of the Warren family which has been in control of the pearling industry for generations. Karen's mother, who died when she was born, had married Richard Warren, a handsome officer

Lodwick Academy Trains Army's Future Pilots

Former Luxurious Tourist Hotel Now Cadet Barracks

This beautiful tructure, built in boom times as a swanky resort center, is now doing its bit in housing Uncle Sam's future flyers, as the school hustles its cadets through their training course.

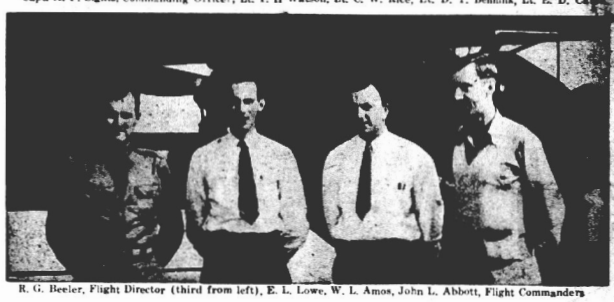
Albert I. Lodwick, Owner



Robert H. Austin, Director

Army Supervisory Staff and Flight Commanders

Capt. A. P. Sights, Commanding Officer; Lt. T. H Watson, Lt. C. W. Rice, Lt. D. T. Bennink, Lt. E. D. Cl

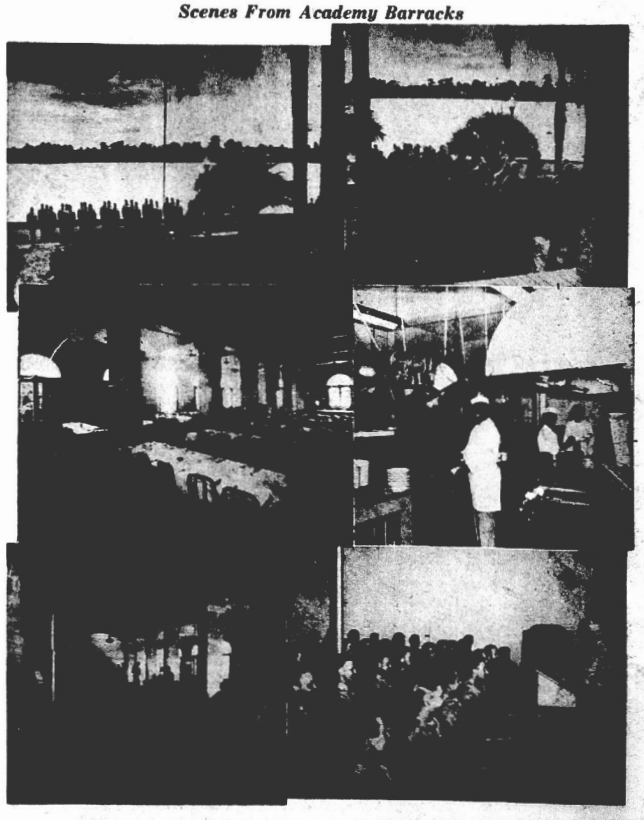


R. G. Beeler, Flight Director (third from left), E. L. Lowe, W. L. Amos, John L. Abbott, Flight Commanders

Flying Activities at Lodwick Aviation Military Academy

Top left: A flight formation before departing for the airport. Top right: The bus whisks cades to the flying field. Middle left: The Continental-powered Stearman trainers. Middle right: Checking in. Lower left: Instructor R. B. Alexander explains maneuver to Cadet. Inset: Cadet fills in Form 1. Lower right: The usual ducking after each solo.

Scenes From Academy Barracks



Group of Flight Instructors at LAMA