Quaint Guideposts to Fine Manners

Why Grandma Often Is Horrified by Miss 1934

By RUTH DE YOUNG

DISGUISED dowagers may have expressed surprise and shock at the manners of modern youth, but is it any wonder when their own generation "checkered" the same? Since then liens and manners have merged in a flood of materialism resulting in "shocking" behavior. Outwardly, the modern debutant, according to its own preface, is better equipped to meet the problems he faces and to write such commonplace occurrences as: "They all had been working too hard and the touch of fun with the boys was needed. Again, to come to eternity, no sooner was the"... The plains and dignified introductions on the street.

Red manners at the table.

A collection of blunders in department and suggest to check over the next suggested pages.

Science Presents the 6 Vitamin Bros.

They're Givers of Vim, Vigor, and Vitality

By Thomas M. Bish

PROBABLY THE VITAMINS, which were first named as a result of some researches on certain diseases, are the most important medicinal compounds in the world. They can be found in the blood, tissue, and secretions of plants and animals. Vitamin research is one of the most important fields of modern medicine. There are now six vitamins known to be essential for human life: thiamine, riboflavin, niacin, pantothenic acid, vitamin B12, and vitamin D.

Vitamin A is necessary for the maintenance of the eyesight and prevents night blindness. It is found in the liver, fish, eggs, and milk. Vitamin B12 is necessary for the proper functioning of the nervous system. It is found in liver, kidney, and fish. Vitamin B3, or niacin, is necessary for the maintenance of the skin and the blood. It is found in liver, kidney, and fish. Vitamin B7, or pantothene, is necessary for the proper functioning of the nervous system. It is found in liver, kidney, and fish. Vitamin D is necessary for the absorption of calcium and phosphate. It is found in milk, cheese, and eggs.

The discovery of these vitamins has been of great importance to the medical world. They have been found to be necessary for the proper functioning of the body. They have been found to be necessary for the proper functioning of the body.