Bladders or sounds of several kinds of fish furnish the material from which isinglass, a commercial pure gelatin, is made.

Read Herald-News Want Ads for Profit—Use them for Action!

The Book of Isaiah contains more material than that dealing directly with the prophet himself. A series of editors of later date added to it.

All the principal roads used by the motor tourist in Death Valley National Monument are now in top-notch shape.

During one of his voyages to America, Columbus was stranded for 12 months on the north coast of the Islands of Jamaica.

Beauty and You

by PATRICIA LINDSAY

When Your Feet and Back Ache Try These Exercises

IT was surprising to note how popular foot exercises were with the many people who watched the famous exercise demonstration given at the Denmark Pavilion of the New York World's Fair last summer. There, Neils Bukh, Denmark's pride and glory, demonstrated to the masses how to grow strong and beautiful through corrective exercising.

He stressed foot work to relieve the aches which are so common to us if we stand for many hours, or even sit for many hours. Physical activity keeps muscles elastic and elastic muscles cause no aches.

The foot, Mr. Bukh said, is one of the most abused portions of the human body. Improper shoes, lack of exercises, tight stockings and poor posture all help to give us trouble. Then too, "the foot is falling into desuetude except as an appendage for stepping on the gas." We should walk much more in good fitting shoes than we do!

Foot aches and weak ankles are corrected with simple exercises involving flexion of the ankle—the stretching of the tendon of the Achilles is a contributing factor in correction of weak arches. Here is a famous series of Bukh movements, designed to give you greater foot comfort.

Do These Every Day
Up on your toes, down on your heels, with an easy swing!

For these exercises, stand with your feet from six to eight inches apart. Raise the heels from the floor, concentrating the weight of the body on the balls of the feet.

1—Roll gently backward and forward from the balls of the heels, to limber the foot.

2—Stand on the outer edges of your foot, toes curled slightly inward. Walk forward six steps, and backward six steps, in this position. Then combine Exercises 1 and 2 and do them to music rhythm. Five minutes should be spent this way.

3—Rise on your toes and then drop to your heels. Repeat this to a one-two count at least ten times. Then walk around the room several times on tip toes with perfect rhythm in your pace.

4—Now place one foot diagonally forward about two foot lengths. Distribute your weight evenly on both feet. Roll gently forward and backward by rising on toes and dropping to heels without bending your knees. Do this about twenty times and then change position and put back foot forward and repeat.

Rhythm is Important

To get full benefit from these corrective exercises you must do them in rhythm. Do them to a record or music on the radio. Feel yourself swaying as if they were dance steps. Let your body swing as you roll or walk.

And try to be sensible about your shoes. The next time you buy a pair for daytime wear select those which have a broader heel of comfortable walking height. They need not be flat—in fact they may be two inches high if they are shaped correctly. The toe of the shoe should be wide enough to permit your toes to grip as you walk, and long enough to allow for the stretching and flexing of your foot. Good shoes aid posture, and good posture is essential to beauty through health. So you see!

(Released by The Bell Syndicate, Inc.)

Minor Operation Relieves Burro of Hardware

Animals often get queer things wrong with them but it remained for County Live Stock Inspector to find the most unusual of "ailments" in a burro recently brought into the county.

Noticing a discharge from the animal's frontal bone, investigation indicated it contained some hard foreign substance such as a spent bullet. A minor operation brought the object to light.

It was a Ford car door handle.

Hail The Rose Queen

Her Majesty The Queen of the 1940 Tournament of Roses parade held New Year's day in Pasadena, Calif. Margaret Huntley, 18 year old student from the Pasadena Junior College, was selected queen from a group of 3000 applicants. Queen Margaret will ride at the head of the 51st annual Tournament and will be seated in the royal box at the Rose Bowl football game later in the day.

Pretty girls and Charlie McCarthy, the world famous radio character, will vie with beautiful flowers for public attention in Pasadena New Year's day when the 51st annual Tournament of Roses parade winds its way over a five-mile route.

In keeping with the modern theme of the Parade, "Twentieth Century in Flowers," Charlie McCarthy, the beloved dummy with a soul, a voice and a personality that has captivated millions, has been appointed Grand Marshal of the Parade.

Seated on the knee of his mentor, Edgar Bergen, Charlie will ride at the head of the Parade and will converse with children along the line of march. Charlie's voice will be amplified to the crowds by means of a broadcast system concealed beneath the flowers on the Grand Marshal's float.

For 36 hours after the conclusion of the parade, the floats will remain on public display at the Willard School grounds at the end of the parade route. This is a change from former years when the parade disbanded in Tournament Park.

More Letters to Santa by Local Kids

(Continued from Page 1-C)

ER, and I am almost 4 years old. Will you please bring me a scooter, a drum and a bag of marbles. Thank you JO ANNE WEBER.

I am Five Years Old and am a good girl. I want a Didy Doll and clothes, Suit Case et. Candy and Nuts. I want every boy and girl to have a mary chrismas and you to santy clause. goodbye. BEVERLY JEAN VAN ARSDALE, 1313 Date street.

Don't Forget Billy

Please I want a DYEDE DOL WITH A GREAT BIG SUIT CASE. A LITTLE PLAY HOUSE DISHES IRON AND IRONING BATH ROBE AND A PAIR OF SLIPPERS SYLOPHONE. HELEN FARE STITT.

My name is BILLY DAVIS. I am 5 years old. Here are some things I would like to have for Christmas. Most of all I want a bike; I also want a farm outfit made of rubber with rubber animals, tractors and everything else, a blackboard, a play guitar tool set gun some small cars and trucks. And I guess that's all. lots of Love, BILLY DAVIS. P. S. My sister wrote this for me. Don't forget me on Christmas.

Home Garden Booklet Available

Backyard vegetable gardeners are offered copies of a new bulletin recently published by the county farm advisor's office entitled "The Home Vegetable Garden."

The bulletin will prove helpful in selecting varieties of vegetables for planting, insect and disease control. Copies may be obtained from the advisor's office, 533 Federal building, Los Angeles.

Of about a dozen "international languages" invented by scholars, none has come into general use.

Rent that Room, Apartment House, Garage, thru a Herald-News Want Ad at 25 cents . . . Call Miss Lee, Torrance 441.

RECORD DEER YEAR

California deer hunters bagged a total of 26,188 animals during 1939, the greatest kill since records have been kept by the department of natural resources.

The Herald—3 months, 50 cents.