Woman's Realm / Social and Personal / Fashions / Literature

Your Breakfast in a Muffin

and so easy to make, too!

BRAN BACON MUFFINS

2 tablespoons shortening
¼ cup sugar
1 egg
1 cup All-Bran
¾ cup milk
1 cup sifted flour
½ teaspoon salt
2½ teaspoons baking powder
¼ cup crisp, diced bacon

Cream shortening and sugar thoroughly. Add egg and beat well. Stir in Kellogg's *All-Bran* and milk. Let soak until most of moisture has been taken up. Sift flour with salt and baking powder. Add bacon. Add to first mixture and stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in moderately hot oven (400°F.) 25 to 30 minutes. Makes 9 muffins.

Just wait until you taste the flavour of crisp bacon all wrapped up in a light, tender muffin made with toasted, nut-sweet *All-Bran!* It's luscious. Get Kellogg's *All-Bran* today! Try these taste-tempting muffins tomorrow. Clip the recipe now!

KEEP "REGULAR" NATURALLY

Kellogg's ALL-BRAN

TWO SIZES

That Body Of Yours

By James W. Barton, M. D.

TREATMENT OF ASTHMA

One of the distressing ailments that the physician of former years had to treat as best he could, because the cause was unknown, was asthma.

The patient coughed and coughed until he was able to cough up a little plug of mucous from one of the small tubes carrying air into and out of the lungs. Fortunately, though the efforts of coughing often were exhausting, very few patients died from an attack. When it was over, the patient rested for a period and was free of symptoms until the next attack occurred, which might be days, weeks or months later.

Today, the commonest cause of asthma is known to be allergy, sensitiveness to various substances. The treatment involves learning why a particular individual liable to attacks form a certain substances or group of substances.

In "Minnesota Medicine," Dr. T. Laird states that while the search for the substance causing asthma is under way by the various tests, other conditions or circumstances that may be partly to blame for the attacks should be sought. Worries about financial and family affairs may depress the patient's ability to fight the allergic substance, so that he is more readily attacked.

"It is necessary for the patient to avoid mental disturbances, but it is also necessary to maintain the best possible conditions for general bodily health. Fresh air and exercise, adequate periods of rest, well planned diets, extra vitamins, and vaccines, and avoidance of fatigue are all helpful measures." Not that all these helpful measures will prevent attacks, but they will enable the patient to withstand the shock and shaking-up caused by attacks of asthma.

Whatever the cause of an attack —allergy, emotional disturbances, defects of the nose and throat or others — the immediate and most effective treatment of an attack is by adrenalin or epinephrine, a hypodermic injection of 7 to 10 minims (drops) of a solution of 1 to 1,000. Drops of a stronger solution on a handkerchief and inhaled by the patient also are effective.

In cases of high blood pressure and heart disease, other methods of treatment may be necessary, such as quieting drugs.

Another effective treatment is the use of an ether enema. Two ounces of ether in 4 ounces of olive oil, placed in the rectum and held there for a time, sometimes will cure an attack when other methods fail or are not available.

FIRST IN FLAVOR!

VACUUM PACKED

KING COLE COFFEE

Ellen's Diary

By an Island Farmer's Wife

There were spells of concern in grand-daughter's and my stewardship today. Left to ourselves, at Alderlea, we two are these days, while the rest of the family are off to the threshing, an extended operation this year at the other farm. Only at meal-times do they return to us, scarcely pausing at noon, and their day's end brings them back safely to us at dusk. But before leaving, James usually finds time to remind us to "cast an eye over the fields sometimes, Ellen—just to make sure that the stock are in place," adding, and this makes everyone smile, "now don't go and shut yourself up in the house, Ellen, and think that because everything is all right there, that all is well in the fields!" And so we must remember to lift our eyes "to the hills" and include in it a checking of horses and cattle—kind to be sure that none have strayed out of bounds into neighboring fields or into the succulence of the turnip patch. What a catastrophe that would be for me and the small one and Pard away with the family to the delights of the harvest!

• • •

Looking to the hills is no hardship these days, but on the contrary a rare privilege, with Autumn's unmatchable colors spread faultlessly over the quiet landscape. Wistful I find the scene at morning when a wisp of a fog lifts to reveal the day ahead; glorious at noon, when the countryside rests serene and lovely in the sunlight and close to the portals of Heaven at evening when the benediction of day's ending spreads a reverent hush over meadow and field and woodland, and all is still.

• • •

It was this afternoon when grand-daughter had risen fresh and rosy from her nap that trouble descended upon us. The sun was already commencing to drop then, filling the quiet pond water with exquisite shades of silvery light and dusky shadows and we guessed "we may as well gather up those eggs", a chore that makes grand-daughter laugh with pleasant anticipation, so many curious and fascinating places we must explore in our search. Then it was we saw something that made the two of us stand still in our tracks—in the barnyard. It was a strange animal, a huge sow, covered darkly from snout to toe with muck, evidence of a spell of contented wallowing in some damp spot along her route of travel. "Well," I said, "where did you come from?" and grand-daughter in a low voice repeated my words. A hasty glance at the paddock, counted the still carefree ones there and the others of ours, why, the others were busy mothering their litters of small ones in their respective sties. "Now whose can she be?" I asked grand-daughter, who relied, "I don't know—do you?" The animal paused to look us over and then with a look of disdain that was challenging, kicked up her heels and set off with no uncertain instinct towards the piggery.

• • •

"But that will never do," I gasped, recalling that James had often cautioned me how to act should an occasion such as this one confronting me, should occur. "Never let a strange sow in with ours, Ellen," he had said "whatever else you do. Quarrel! I'll say they would—and never let a stray one come near a pen where there is a new litter." And a brand new one had come to the piggery only this morning! We herded her away from that vicinity and laboriously barred her return by a gate. "I wish heartily that you'd go home—where ever it is," I complained to her but the animal continued to have her unconcerned way about the barnyard, nosing here and there, upsetting pails in her path and leaving a general upheaval behind her. During the milking, granddaughter peered out the stable doorway once to report, "She's out there yet—she's not gone to her home yet! I wonder where her home can be? Perhaps it's in a stump like Peter Rabbit's—a stump on the other side of a great big woods?" "It might," I agreed. It was James who set things right for us. He came presently riding high on a load of bedding-straw in the early moonlight. His eye misses no detail. "I see," he said, and there was censure in his tones, "you've got one of the sows out, Ellen. Did she knock down the door of her pen?" "She might not live in a pen," granddaughter answered, "she might live in a stump. She's not ours!" "Not ours?" he echoed, "your grandmother's one right knowing woman—doesn't know our own pigs! Isn't that funny?" and the small one laughed with him and said, "Yes, isn't that funny?"

Until tomorrow . . . Diary . . . Good-night. . . .

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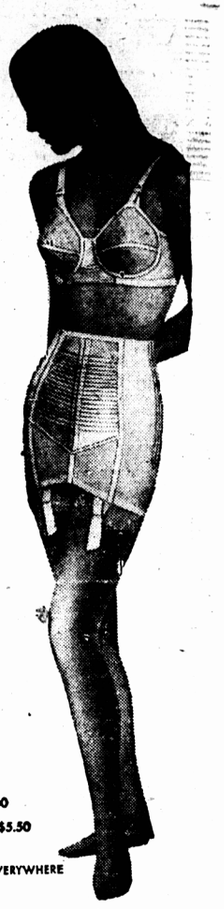

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The Stars Say--

By Genevieve Kemble

For Friday, October 15

IT might be just as well to start important activities of the day on a policy of "going it alone" as far as the support of higher-ups may be thought desirable. In fact there may be very concrete and objective opposition from such sources. Since these may institute a campaign of misrepresentation, gossip or organized attack aimed at causing loss and obstruction. Nonetheless determination, energy and initiative, plus the aid of immediate co-workers, could circumvent such malefic inroads.

For the Birthday

Those whose birthday it is, are urged to a determined marshalling of the forces, faculties and well-developed plans, in order to frustrate certain opposing factors bent on pulling the props from under an exceptionally ambitious plan or project. A campaign of misrepresentation, slander, or concerted effort at undermining certain worthwhile propositions is possible. Initiative, sound ideas and good sense, with a modicum of good humor, might have power to break down this onslaught, but take no chances. The end-product of a show of energy, executive ability and good judgment might be a worthwhile promotion.

A child born on this day should possess practical ability, sound ideas and good judgment for overcoming opposition and want of help from influential sources.

Cook's Corner

BAKED STUFFED EGGPLANT

We consider this one of the best vegetable main dishes served at our table in a long time.

Yield—6 modest servings.

1 large eggplant
½ pound sausages
¼ cup chopped onion
½ cup finely diced celery
1½ cups coarse soft bread crumbs
½ teaspoon salt
⅛ teaspoon pepper
½ cup tomato juice

Wash eggplant and remove stem; cut into half lengthwise and carefully scoop out enough of the centre to leave shells ½-inch thick. Chop scooped-out eggplant into about ¼-inch pieces.

Cut sausages into ½-inch pieces and pan-fry until nicely browned; remove sausage from pan.

Pour all but 2 tablespoons sausage dripping from pan; to this 2 tablespoons dripping add the onion, celery and chopped eggplant; fry, stirring often, until onion is golden. Add the bread crumbs, salt, pepper, tomato juice and the cooked sausage; combine lightly.

Turn stuffing into eggplant shells.

Bake in moderately hot oven, 375 degrees, until eggplant is tender—about 1 hour.

THE TASK SUPREME!

To be Honest, to be Kind—to earn a little and to spend a little less, to make upon the whole a family happier for his presence, to renounce where that shall be necessary, and not to be embittered, to keep a few friends but these without capitulation—above all, on the same grim condition to keep friends with himself—here is a task for all that a man has of fortitude and delicacy.

—Robert Louis Stevenson, 1850-1895.

DOROTHY DIX SAYS—

New Life Pattern

Social Customs, For Better Or Worse, Change To Meet Present Day Needs

Undoubtedly the reason why there is such an increase in divorce and in the number of delinquent children is because we are going through a domestic revolution. The customs of centuries have been scrapped. Old beliefs have been thrown into the discard. The attitude of parents and children—and husbands and wives—towards each other has been changed and the whole pattern of our lives has been altered.

Although we pride ourselves upon being a forward-looking people, we have not been prophets enough to foresee this upsetting of all of our old ways, and it has left us confused and bewildered, not knowing how to meet the situation, or how to adjust ourselves to it.

We still are bound to our idols and pine for the good old days—days when we lived in big houses where we had plenty of elbow room, instead of being crowded into little flats where we can't move without stepping on somebody's toes; when people married for keeps; children were obedient; home was a place where families foregathered for a pleasant evening together, instead of its being a dressing station into which we pop to change our clothes before starting out for a good time.

ADAPT OURSELVES

But times have changed. If you will look the situation squarely in the face, you will see that the old order, for better or worse as it may turn out, has been swept away as many other civilizations have, and that we will have to adapt ourselves to the new regime.

Take marriage, for instance, on which more than any one thing our happiness, or misery, depends. We are sold to the love-dovey theory of marriage and always picture the bride floating around her vine-wreathed cottage in pink chiffons that never wear out, and the husband as being the perpetual lover. And we think of the ideal wife as being perfectly happy in her own home and never wanting to step out. We think that every woman's career should be bounded by her kitchen and nursery, and we pity the poor henpecked man who helps his wife wash the dishes.

But haven't modern conditions turned the cold, hard searchlight of reality upon this picture and showed it to be just merely wishful thinking? Don't we need a new conception of marriage as a binding contract that carries with it duties and obligations, instead of being a sentimental orgy?

Shouldn't a husband regard his wife as a partner, instead of an unpaid servant? Why should a woman who has spent years of her life and thousands of dollars acquiring a profession be looked upon askance unless she gives it up when she marries? And why shouldn't a husband feel that it is just as much up to him to help around the house and make a happy home as it is for his wife?

Believe me, these are questions that many women are mulling over these days and that are causing many a family fight, and will be good for a scrap until men adjust themselves to the idea of giving their wives a square deal.

And the juvenile delinquency problem will be settled at last in the same way, by treating children as if they were intelligent human beings, who have certain rights that should be respected by their parents and certain liberties with which Mom and Dad should not interfere.

Not least of the changes that the war made is this domestic revolution in which we are involved. God grant we make a better world of it than the old one was.

Modern Etiquette

By Roberta Lee

Q. Is it proper always to leave a portion of food on the plate after finishing a meal?

A. Most certainly not. While one should not be guilty of actually "scraping" his plate, it is definitely wasteful and senseless to leave any sizable portion on the plate.

Q. Is it ever proper for a young girl in her teens to address a woman of forty or more by her first name?

A. Not unless the older woman requests it.

Q. What would be the proper amount for the bridegroom to give the minister as a fee?

A. This depends upon the finances of the bridegroom. There is no stipulated amount.

Household Scrapbook

By Roberta Lee

Shriveled Hands

When one's hands tend to wrinkle and shrivel every time they are in water any length of time rub them with salt or vinegar well into the skin. This is very effective in removing that unpleasant feeling from the hands, and the flesh will become soft and fine.

Pressing Trousers

When pressing trousers, add a little starch to the water used for the pressing rag, and it will make the creases hold much longer and better.

Chicken

Rub the chicken inside and out with a cut lemon before cooking and see how white, tender, and juicy it becomes.

Better English

D. C. Williams

1. What is wrong with this sentence? "He gave the candy to Anne and myself."
2. What is the correct pronunciation of "eugenics"?
3. Which one of these words is misspelled? Encyclopedia, endeaver, encouragement.
4. What does the word "astute" mean?
5. What is a word beginning with si that means "the act of pretending"?

ANSWERS

1. Say, "to Anne and me." 2. Pronounce u-jen-iks, u as in unite, e as in men, accent second syllable. 3. Endeavor. 4. Crafty; cunning; wily. "Mr. Blake was exceedingly astute in his business dealings." 5. Simulation.

Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with nasty-tasting laxatives or harsh, griping cathartics. Give Children's Own Tablets. This new corrective made especially for growing youngsters' needs is so pleasant to take—acts so gently and normally without disagreeable reactions that even the fussiest child won't object to their use. Make laxative-taking time easy on the child and yourself, mother! Get Children's Own Tablets today at your druggist. 25c

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SO SAFE FOR CLOTHES... SO KIND TO HANDS

Rinso with Solium!

Morning Smile

A Yorkshire mill-hand charged with having set fire to a large hayrick, was defended on the ground that he was not altogether responsible for his actions. One of the witnesses, a typical Yorkshireman, declared that the prisoner was "wrang in 'is 'ead."

"Can you mention any occasion on which the prisoner behaved in a manner to warrant your statement?" he was asked.

"Yes," answered the witness. "Ah mind once he got half a crown too much for his wages, an'—"

"Well?" said counsel, as the witness hesitated.

"He took it back to t' manager!"

A farmer had a son at college. At the end of the first year the son came home in high feather. He stood second in his class.

"Second?" said the father. "Second- Why didn't you stand first? What do you think I'm sending you to college for?"

The young man returned for his second year, determined to win first place. At the end of the year he returned home and announced his success to his father.

The father looked at him for a few minutes in silence, then shrugged his shoulders, and said: "At the head of the class, eh? Well it can't be much of a college, after all."

Everything's got to be rinsed after it's washed, and rinsing is a technique in itself.

Everything that's washed brings unwanted substances into the rinse water and carries unwanted substances from the water to dry onto the material. Soap brought to hard rinse-water attaches itself to materials in the form of soap curd that can be rinsed away only to a small degree.

So cleanliness depends largely on its success upon the softness of your rinse water. It also depends on how often an article is rinsed, how well it's wrung out, and how much water is used for the process.

Each added rinse removes a surprisingly large proportion of the unwanted substances that remain—so you can hardly rinse too frequently.

How Can I !!!

By Anne Ashley

Q. How can I wash brush wool properly?

A. Any garment of brush wool must be washed carefully. Make a suds of pure flakes and warm water. Squeeze the garment in the suds, changing the water frequently. Rinse thoroughly, adding a few soap flakes to the last rinsing. Spread out flat to dry, turning the garment when one side is dry.

Q. How can I remove stains from the nickel trimmings on the doors of a gas range?

A. Dip a soft cloth in vinegar and rub over the nickel while the surface is warm. Polish with a soft dry cloth.

Q. How can I give instant relief to a burn?

A. It is claimed that a solution of equal parts of Epsom salts and baking soda will usually give relief.

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