

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

LOOK FOR



the new yellow package

YOU'LL LIKE THE TEA... YOU'LL LIKE THE PRICE

That Body of Yours

By James W. Barton M. D.

PREVENTING DIABETES IN DIABETIC FAMILIES

The story is told of the surviving member of a family of five brothers who was asked how he was still living at the age of 70 while his four other brothers had died in their fifties. His reply was that he had always had a poor appetite. His brothers had died of heart and blood pressure diseases, including overweight and diabetes. This was before the days of insulin.

Today insulin is preventing death in diabetic children and prolonging the lives of diabetic adults. Even where there is a family history of diabetes, many are preventing diabetes by avoiding becoming overweight.

In "Diabetic News", Dr. Vincent W. Clacchi states that diabetes exists for two reasons. (a) Hereditary or hereditary tendency, and (b) overeating and environment. In an investigation of the hereditary tendency in diabetes, 200 case studies have been reviewed in the Record Room of the Lankenau Hospital, Philadelphia. One hundred of these cases were definitely known to have diabetes mellitus (true diabetes), and 100 showed no symptoms or laboratory evidence of diabetes and were used as control or comparison cases. All age groups, nationalities and grades of diabetic disorder were used. In both groups only those who were intelligent and knew their family history were investigated. This thorough investigation showed:

- 24 per cent of the diabetics had a history of diabetes in one or more persons in the family tree.
- 4 per cent of the non-diabetic group had a history in one or more persons in the family tree.
- Of the diabetic group, 5 per cent had a history in two or more persons in the family tree.
- Of the diabetic group (24 per cent), 10 per cent had diabetic brothers, 7 per cent had diabetic moth-

Cook's Corner

TASTY BAKED APPLES

6 or 7 large apples, 1 cup dark corn syrup, 1 tablespoon butter, 2 tablespoons sugar, 2 tablespoons flour, 1/2 teaspoon cinnamon. Pare and core apples place in 2-quart casserole. Add syrup. Thoroughly cream butter and sugar, add flour, blend. Sprinkle over apples. Sprinkle with cinnamon. Cover. Bake in hot oven 375 degrees F. 30 minutes. Uncover, continue baking 30 minutes or until apples are tender. Serves six.

ers, and 7 per cent for all others. The above investigation with its figures shows that where there is a family history of diabetes the chances of becoming a diabetic are 6 to every 1 where there is no family history of diabetes. Fortunately, as pointed out by Dr. E. P. Joslin, Boston, where the family history of diabetes is known, members of such families can prevent the onset of diabetes by avoiding overweight and following a prescribed diet.

The Stars Say -

By GENEVIEVE KEMBLE

For Wednesday, October 8

ALTHOUGH there are excellent promises coming from quite unforeseen and unexpected quarters, involving change, new agreements and innovations, with far-reaching climax, yet it may be that over-cautiousness, too realistic an insight, or even disinclination for the unusual effort required, may nullify more than fair prospects, or may postpone innovation or ventures into the unknown. It might be that sentimental domestic or other purely personal factors might be the underlying cause.

If It Is Your Birthday

Those whose birthday it is may find themselves in a spot for unusual adventures, new contacts and thrilling experiences, where novelty and excitement or projects hold more than lucrative promise. Sentimental, domestic and romantic affections are involved, with fine augury for gratification and ultimate fulfillments. Yet such might have at root a sense of static inertia or of disinclination to venture forth into unknown fields, even though hazards be small and prospects alluring. The rich final is worthwhile.

A child born on this day may have much talent and opportunity, but which an inherent inertia may render ineffective.

Ellen's Diary

By an Island Farmer's Wife

"Now what can that be?" I asked myself this morning. I was bread-making at the time and had arrived at the place where one folds the light springy dough into loaves, tucking them away then into the greased pans to await the last rising, before the baking. The screen door to the front verandah was being opened and closed softly—and repeatedly. It could be Tabby, I thought, but she, out of years which go back to well before the war, always enters by way of the back door. Here, through the Summer, she came to open it narrowly and pad in blandly but expectantly at meal time. However, Tabby had been in, and was gone now to her outdoor interests. James and Jamie, too were off before this, to their work up at the other farm. There it was again, the gentle opening and closing.

I came to open the door, and whom did I find? The granddaughter from the house across the lane, who while her mother was spreading her wash, had by spells of creeping and walking come to our house a-visiting. She is a small, active child, bright and happy. One of her favorite playmates indoors is the white kitten and once when she had as she thought, confined it behind a door over there, and turned quickly to bring James there to see it, she was dumbly amazed to find that it had disappeared—as kittens will, given a favorable opportunity. A bright picture book or a catalogue of merchandise will keep her occupied for some time as she scans the pages. Past fifteen months now, each day she grows more interesting and dear to her grandfather and me.

Jamie's object in going to the other farm was to collect the discarded boards, which fall from Mr. D.'s saw. A new house is now fashioned into a neat layout which includes a house, a barn and adjacent fields, where his fancied stock eat contentedly at pasture. Here he worked busily this evening, untidily away! I suppose that they should, but how could one expect any child to disturb such a work as Jamie's until he himself was well content to do so? It might serve to teach him a lesson in neatness, though I can easily find that bent in the tidy buildings and fences. Why even his cows pasture in a straight row! And after all, such a litter is "only clean dirt" or so I have heard an understanding mother say of just such beguiling building material. There are other mothers, of course, whom I have known who had no room, not even the smallest nook in the kitchen to give over to any such childish activity.

On dear no. "Be off with you now—out to play!" were the stern orders or a frowning "Don't you dare think of bringing that trash in here—not into my clean house!" And so that, house was never a home to the children, and they went from it as soon as they could. Much better for all if she had allowed them to bring their interests to her, and she to make friends of her family of small ones. Because the jibe establishes a respect and a trust in one's mother instead of fear and deceit which the opposite breeds. Using courtesy and kindness yet allowing for well chosen punishment, administered without anger to the more determined transgressors, this is the best course for mothers to follow.

"We mothers must never forget" I read in an extremely wise article recently "that the children, we are bringing up, will one day be men and women meeting us on our own ground. In place of the mischievous little boy or girl there will be a tall young man, a serious young woman. When we meet their grave eyes, shall we feel self-reproach for mistakes we have made in the past? My grown children" slip continues, a bit self-reproachful one can read, "treat me with lovely courtesy and I remember with painful vividness, when in my haste I was not polite to them!" It is a bewitching subject. Jamie wide one of child rearing, which must not be dismissed lightly but approached with a calm and kindly mind. From observation down the years, I believe that mother has the best advantage of all in child training who first of all is able to "trust" her own "spirit". And before noon, there came a second gentle knocking at our door. Until tomorrow—Diary—Good-night.

TOUGH TUNGSTEN
Tungsten is said to be the most difficult of all metals to melt and work.

WOMEN! TRY THIS
If you're NERVOUS

On "CERTAIN DAYS" of Month!
If functional monthly disturbances cause you to suffer nervous tension—at such times—this is very effective to relieve such symptoms.
LITA E. PHILIP'S VEGETARIAN

DOROTHY DIX SAYS—

Meddling Parents

Children Have Right To Choose Own Marriage Partners



Barrels of tears have been shed over the old question about how far parents should interfere in the marriages of their children. Children and parents have been parted by it. Hearts have been broken over it. Life-long bitterness have been engendered by it. Yet no one has ever been able to solve it. Probably because both sides are right and both so wrong.

The parents contend, and with reason, that their age and experience and knowledge of men and women should enable them to make wiser selections of life mates for their children than the children in their youth and ignorance are able to make for themselves, and that they would not be carried away by their emotions as their children are.

Furthermore, the parents argue that inasmuch as they have the bag to hold, if the marriage turns out badly, that they have a right to some say-so in the matter. For it is Father and Mother who have to foot the bills when their daughters quarrel with their husbands and come home and bring the children.

On the other hand, the youngsters contend, and no one can dispute them, that neither age nor experience qualifies any human being to be a matrimonial expert and that many seemingly sure things go developing bad hearts, or by hurrying into them every time a prospective lover appears on the scene. There are plenty of fathers who drive away potential suitors from their daughters by their gruffness. And all of us know plenty of parents who have broken up love affairs between their children and splendid young men and girls because they didn't belong to the same church, or the same political party.

Yet we see this done every day. All of us know lonely old maids and bachelors who were kept from marrying in their youth by parents just because Mother and Father did not wish to give them up. There are plenty of mothers who keep their daughters from marrying by developing bad hearts, or by hurrying into them every time a prospective lover appears on the scene. There are plenty of fathers who drive away potential suitors from their daughters by their gruffness. And all of us know plenty of parents who have broken up love affairs between their children and splendid young men and girls because they didn't belong to the same church, or the same political party.

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Modern Etiquette

By Roberta Lee

Q. Are silver crumb scrapers still in use?
A. They are sometimes used if the tablecloth is of plain damask, but are not practical for lace or embroidery. One may fold a napkin to the thickness of a pot-holder for this purpose.

Q. Is it improper for the bridegroom to see the bride on the wedding day before the ceremony?
A. There is nothing improper about it. There is merely an old superstition that this is bad luck.

Q. Should one say "thank you" to a servant?
A. Certainly, and why not? A sincerely spoken "thank you" is never out of place.

Better English

D. C. Williams

1. What is wrong with this sentence? "I am going to put in a few days visiting friends."
2. What is the correct pronunciation of "Monongahela"?
3. Which one of these words is misspelled? Elxir, hauteur, languor.
4. What does the word "rectitude" mean?
5. What is a word beginning with d that means "to understand; to detect"?

ANSWERS

1. Say, "I am going to spend a few days visiting my friends."
2. Pronounce mo-nong-a-he-la, first o as in no, second o as in on, both a's as in ask unstressed, e as in he, secondary accent on second syllable, principal accent on fourth syllable.
3. Languor. 4. Undeviating adherence to moral standards. "He had never wandered from the path of rectitude." 5. Discern.

How Can I!!

By Anne Ashley

Q. How can I shrink dress goods?
A. By placing it folded in a tub of cold water, to which a few handfuls of salt have been added. After a few hours, hang on the line without unfolding. The weight of the salt prevents wrinkles from drying in and also sets the color.

Q. How can I lighten the color of my hair?
A. If the face is given frequent applications of buttermilk, the skin will be lighter.

Q. How can I remove the brown rings on coffee and tea cups?
A. They can be removed by rubbing with salt moistened with

Household Scrapbook

By Roberta Lee

Shoe Dressing
One can make a cheap waterproof dressing for shoes by melting tallow and mixing with neatfoot oil in the proportion of 7 parts of the oil to 3 parts of tallow. In cold weather, use less tallow, about 1 part to 3 parts of oil.

Grease in Sink
To remove grease from the sink, rub with Indian meal and it will be quickly removed. Coffee grounds thrown into the sink and washed down the drain helps to keep the drain pipe clean.

Restoring Velvet
To restore velvet, let one person hold the velvet tightly while another passes a warm iron over the wrong side. Then brush.

Morning Smile

DO IT LATER!

"I have spent nearly \$5,000 on that girl's education," complained the aggrieved father, "and here she goes and marries a fellow with an income of only \$250 a year."

"Well," said the friend of the family, "that's 5 per cent on your investment. What more can you expect in these times?"

Don't prepare foods early in the day and let them stand in water until ready to cook. Food scientists have proved that some minerals and vitamins are soluble in water. That is why the preferred way is to cook vegetables in a small amount of water in the least possible time and to save cooking water for use in soups and sauces.

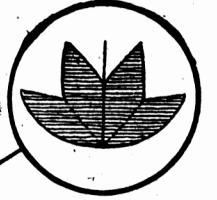
When making cherry-pie from home canned fruit, beat an egg and mix it with the sugar and one tablespoon flour.

Heinz Condensed Soups

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Keep an aluminum cup of hot water containing soda beside the dishpan when doing breakfast dishes. Into this cup dip spoons or forks discolored by breakfast eggs. By the time the dishes are done, the silver is bright again.