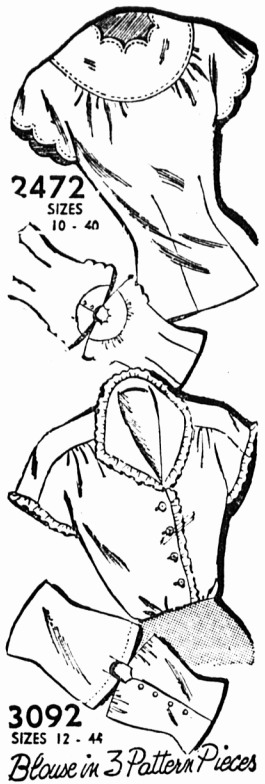


Woman's Realm/Social and Personal/Fashions/Literature

Needlecraft

FOR THE HOME



Cook's Corner

APPLESAUCE CAKE

Spicy applesauce cake was one of the favorite recipes in grandma's day. And it's still a simple, inexpensive cake for family desserts during the apple season.

The sauce furnishes the liquid for the mixture as well as its own distinctive flavor, and helps keep the cake from drying out.

To make applesauce cake, you'll need a half cup of fat; a cup of sugar; one egg; one cup of smooth, unsweetened applesauce; two cups of sifted flour; a half teaspoon of baking soda; two teaspoons of baking powder; a half teaspoon of salt; a half teaspoon of cinnamon; a quarter of a teaspoon of cloves; and finally, a quarter of a teaspoon of nutmeg.

And here's how to go about it.

Cream the fat, sugar, and spices together. Add the beaten egg, then the applesauce. Sift the flour with the soda, salt and baking powder and add to the liquid mixture.

Beat the mixture well and pour it into a greased cake pan. Then bake the cake in a moderate oven for about 45 minutes.

NEW - SIMPLE CHARMERS

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One in softly tailored style, one with pleasing scalloped detail.

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Household Scrapbook

By Roberta Lee

Meat Loaf

Instead of baking the meat loaf in a solid form try baking in a ring pan. This will make an attractive dish for serving, as the center can be filled with vegetables. Surround the loaf with a ring of mashed potatoes.

Puffed Sleeves

To iron puffed sleeves, turn them wrong side out, slip a folded towel under the puffs, and then quickly press with a warm iron.

Sticking Doors

Sticking doors can often be corrected merely by tightening the screws on their hinges. Another remedy is to rub some wax or laundry soap on the door edges.

The Stars Say

By Genevieve Kemble

For Saturday, November 19

THE auguries are propitious for a sudden change of radical and far-reaching importance. While there may be surprising benefits, with novelty and fresh experiences, with change of location and interests, yet in the long run there is danger of financial loss, extravagance and unprofitable associations. Prodigality, excesses, failure to meet obligations, may in the end spell gross disillusionment and regrets. Count the cost before pulling up stakes or plunging into long-range difficulties.

Those whose birthday it is may find themselves tossed upon a barren shore, with sparse fulfillment of

John Bunyan

By F. H. MacArthur

Whenever we think of John Bunyan we are reminded of Pilgrim's Progress, that wonderful book which has exerted a fascinating influence over the most cultured and gifted minds.

The author of Pilgrim's Progress was born near Bedford, England, Nov. 1628 and died in London, Aug. 31, 1688. Bunyan was brought up at his father's trade, as a humble tinker. Early in life he showed himself to be headstrong and very wicked. We are told that he joined the army in 1645, but after a brief service he returned to Elston, the place of his birth, where he married a poor girl whose sole dowry consisted of two books—"The Practice of Piety" and "The Plain Man's Pathway to Heaven."

These volumes had a marked influence on the life of young Bunyan, and he gave up his evil life to follow the Cross of Christ. He was baptized and soon after entered the Baptist Ministry. As a preacher he possessed the ability to draw large numbers to his church. But when the Act of Uniformity was passed requiring attendance at the Church of England Pastor Bunyan refused to obey the law, and was arrested and imprisoned in Bedford jail, where he was forced to remain for twelve long years.

Efforts were made to secure his pardon, but he proved an incorrigible offender, in that he used every opportunity that came up to preach the Word of Life, as he understood its meaning.

His first wife died two years prior to his imprisonment, and his second wife did much to comfort him during those twelve years of confinement. Part of his time was employed making tags for shoe laces, which funds helped with the support of his family. It was while in prison that he wrote his immortal Allegory.

When Charles II annulled the Act of Uniformity John Bunyan became a free man. Honored and beloved he continued to preach among his people at Bedford, at the same time preaching for a part of each year in London.

Although his pen was busy, nothing that he wrote afterward compared to Pilgrim's Progress.

When Bunyan was a cold contracted while paying a visit to a quarrelling father and son.

Many editions of his famous book have been published. The collection in a New York Library is the best extant, consisting of 258 editions in English and some 74 in other languages.

promises, plans and obligations. Excesses, extravagance, ill-considered uprooting and plans may prove devastating and ruinous with little promise of fulfillment, with the denouement in disillusion and far-reaching self-undoing. Count the cost, weigh the balance sheet before undertaking an uprooting or devastating move.

A child born on this day, may be reckless, extravagant, wayward and ultimately carried away by its impulses, imagination or erratic drives with loss of prestige and standing.

DOROTHY DIX SAYS -

Marriage By Mail

Should Man Wed Girl He Knows Only Through Correspondence

DEAR MISS DIX: Do you think that a couple could ever fall in love enough through a correspondence to justify them in marrying, and would such a marriage be a success? I have been corresponding with a girl for a long time and her letters are so delightful that I have become very much interested in her and I think myself in love with her, though I have never seen her. Her letters go right to my heart. Do you advise me to propose to her or not?

ANSWER: I should certainly want to give any girl the once-over before I let myself in for looking at her the balance of my life. So my advice to you is to go and pay the young woman a visit before you finally commit yourself.

You might get the measure of a girl's mind by corresponding with her and be able to test accurately the amount of intelligence and education she possessed, and also to get a pretty good line upon her sympathies and opinions and general reaction toward life. You might fall in love with a girl's heart and soul through her letters, but that isn't enough.

SHOULD SEE HER FIRST

When you see her she might have some bodily peculiarities that would make her utterly repulsive to you. She might be hideously ugly, and while beauty is not a necessity in a wife, it certainly is comforting to have one who is easy on the eyes. Or she might have manners that disgust you, or little ways that get on your nerves.

Marriage at best has risks enough to satisfy the most fool-hardy adventurer without taking any chances on tying up with a lady sight-unseen. Certainly when you realize that your whole future happiness is at stake, it's worth the price of a railroad ticket.

DEAR MISS DIX: I have been keeping company with a man for several years, have given up almost everything for him, but did it willingly because I love him. But he will not get married until his mother passes away. There is another man who is continually asking me to marry him. He has everything to offer me, but I have nothing to give him, not even love. He is willing to take that chance. Is it my duty to sacrifice my life for the man I love or take the man I don't love and learn to love him? I would like to be married and have children.

ANSWER: There isn't any question of duty in your case. It is entirely a matter of preference. There is certainly no reason on earth why you should sacrifice your youth and your chance to marry and have the family you desire for a man who loves his mother better than he does you.

Certainly any practical common sense would suggest to you to give up your faint-hearted and lukewarm lover. But before you do so look well into your own heart and try to decide whether you can coerce it into bestowing its affections where it should.

There are women who are of such an affectionate nature that they could love any man who was kind and good to them and be happy with him. There are other women—women who give all the love they can in them to some one particular man and who never have anything to give another man.

So decide to which of these types you belong before you take the fatal step.

DEAR MISS DIX: What do you think of two young men who took their girl friends out with them and then left them to go home alone on a Friday night because they said it would take them out of their way? Upon being reproached for this, these boys said: "Everybody expects girls to take care of themselves now."

ANSWER: Being a gentleman never goes out of style, and it seems to me these lads were extremely rude to you and that you will do well to refuse their further invitations. However, you can't have your cake and eat it, too, and when girls went into the world to compete in business with boys they naturally couldn't expect to be regarded as clinging vines any longer.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

How Can I!!!

By Anno Ashley

Q. How can I avoid lifting the lid while dumplings are cooking?

A. Try using a glass pie plate as a lid. One can then see how the dumplings are progressing without disturbing them and causing them to become heavy.

Q. How can I prevent coiled bed springs from tearing the mattress?

A. The springs will not tear or rip the mattress or sheets if adhesive tape is wrapped around the bed spots.

Q. What is considered to be the correct temperature for a room?

A. Both the home and the office should be kept at a temperature between 68 and 70 degrees.

Modern Etiquette

By Roberta Lee

Q. When giving a formal dinner, should dishes be left on the serving table in case they are wanted for a second helping?

A. Dishes are never passed twice at a formal dinner. After being passed once, they should be taken back to the kitchen.

Q. Will you please give me some suggestions on what to serve in the way of refreshments at a bridal shower?

A. It is not necessary to serve anything elaborate. Sandwiches, ice cream, cake, and tea or coffee are sufficient.

Q. When a woman is escorted by a man to church, isn't it all right for her to allow him to make her contribution?

A. No; she should make her own contribution.

Better English

By D. C. Williams

1. What is wrong with this sentence: "He bought the trinkets off of a peddler." 2. Pronounce different, three syllables, and not different. 3. Hypodermic. 4. Endless. "The days and weeks of waiting seemed interminable." 5. Contravene.

Morning Smile

In an American shipyard noted for its hustle and speed the stage was set for the launching ceremony.

The distinguished guest, holding the traditional bottle of champagne, exclaimed in some bewilderment, "But, there's no ship!"

Replied the foreman, "Start swinging that bottle, lady. There will be."

Watch These 4 Teething-Time Troubles Of Baby

Digestive 1. Don't let your baby fret restlessly during teething time. Get a box of Baby's Own Tablets used so successfully for over 40 years by mothers. They help sweeten your little stomachs, and clear out harmful wastes that make baby fretful and restless. Then see how quickly baby's fever usually subsides and your tiny one becomes peaceful and contented. No "sleepy" stuff—no dulling effect. They can be used with confidence. Easily crushed to a powder if desired. Be on the safe side—ask your druggist today for Baby's Own Tablets, 25c.

Quality and Economy

RED ROSE TEA

is good tea

ELLEN'S DIARY

By An Island Farmer's Wife

What strange instinct had prompted the ewes to come away last night from their usual place of rest on the hillside to seek the shelter of the yards? And what had the incident forecast? James knew at once. "Why, the sheep have come home!" we exclaimed, catching sight of the silent file of them and James stopped a moment in the lantern-light to comment. "So they have! Well, it's just as I thought—there's snow not too far off." We smiled a bit sceptically into the dimness. The night then was crisp and clear, and beyond the dusky eave of a barn, the moon was commencing to brighten the sky. But we recalled later that the wind was complaining loudly high up in the tree-tops in an ominous sign and all about was the chill foreboding which indicates a change of weather. We remember now how grateful we had been to reach the end of our choring which for us had been only to milk a cow or two, and carry light for James' increased duties. The house was indeed a refuge to us when we came in time to it, cozy and warm and so nice to come to. It was while we slept the repose that blesses weary bodies, our minds content with the accomplishments of their day, that Winter came quietly over the hills.

While we are not unmindful of the value or extent of perishable crops still to be harvested and stored, we found today's surroundings, exceedingly beautiful . . . snowy fields and roover and powdered evergreens. We found too that as always we hailed the arrival of the first snowfall, while not with the delight of Jamie or granddaughter, yet with a feeling of relief. It has come out of a moment, we like to fancy, when Autumn, worn and dejected, steps just past the hilltop in her outgoing to look back over the countryside, as is our custom when we walk the mile to the corner store, or it may be on a fresh new Sabbath morning, when we are on our way to the Kirk. And she, pausing, hears nothing but the empty complaints of the wind in the tree-tops before it goes on to sweep lonely over the desolate fields. She recalls then that recently her footsteps have echoed along the frosty lanes of the mornings and of late, her being has lost its bewitchment. Gone now is the joy of the season, and standing there she sighs for the days that were—those colorful aisles of enchantment, the quiet haze that topped the distant hills; the rush of late wigs beating South; the mellow sunlight hours and all that had been so lovely, but quite lost now in the foreboding chill of the air and the dreariness of an over-shadowed sky. And so she turns to take her leave as Winter comes gently along the fields.

Winter comes with a blessing. He lays a warm white coverlet over the tired drab fields, rounding and moulding gently any harsh outline of hill or valley, tucking the farmstead more comfortably into their surroundings, and we think until them all in a neighbourly ensemble. Thus had the first snowfall of the season come to us at Alderlea. Granddaughter and Jamie, our guest, hailed its arrival with much glee. She came early from the house across the lane to ask for "that sled of mine" then in storage and was surprised and delighted at the fetching trails she later made about the yards. "It's wonderful," she beamed, eyes sparkling, cheeks glowing, "it's just wonderful that Winter's come!"

At edge of dusk from a window we watched the two play happily on the lawn, rolling the snow into balls to fashion a snow-man. James too stopped his choring briefly to enjoy the sight, a fond expression spreading over his features. And it came to mind that it was for this that children might be privileged to enjoy nappy childhoods, secure in the affection of home and loved ones, that uncle to Jamie, and many another lad had forfeited bright and engaging young lives. What sad and precious memories this Day of Remembrance has returned, and how reverently folks remembered! Perhaps this was only a notion of ours, but we found a deeper meaning in the words of those taking part in the various services we were privileged to hear, and even in the music, a finer reverence than once, James left his choring incomplete then to come to sit in the old armchair near the radio,

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Eastern Bakeries' BUTTER-NUT BREAD

That Body Of Yours

By James W. Barton, M.D.

RELIEVING THE SYMPTOMS OF SHAKING PALSY

When you have always believed that disease is incurable and then learn its symptoms can be halted if not cured, thus lengthening the patient's life, you realize that medical achievements are as important and numerous as ever. For years we have all seen case of shaking palsy (spasms agitans or Parkinson's disease as it is often called) in which the three outstanding symptoms are (a) tremor, (b) rigidity or poker back, and bent over condition of the body, and (c) mask like expressions (or lack of expression) on the face. The patient has difficulty in lying down, or rising falls backward, and an attempt to sit down results in falling in a heap into a chair.

However, the outstanding symptom to the observer is the pill rolling movements, performed by thumb and forefinger. The voice is shrill and monotonous.

Treatment up to the present has consisted of trying to encourage the patient, trying to prevent irritations, gentle or light purposeful movement of the body, warm (not hot) baths, avoiding exhaustion.

It is certainly gratifying to learn that the drug that has proven its worth in hay fever, and to some extent in asthma, has been found very helpful in Parkinson's disease. This drug is benadryl, hydrochloride.

In "The Lancet," London, Dr. G. M. S. Ryan and J. S. Wood state that in 1947 a patient with advanced Parkinson, who was bedridden owing to extreme rigidity and had not responded satisfactorily to classic treatment, was given benadryl hydrochloric. The result was so dramatic that search was made for similar cases. The series now includes 40 cases.

Benadryl was given in 50 mg. doses three or four times a day. These physicians say, in reviewing the 40 cases, that within 10 weeks the helpful effects of the drug reach their maximum or highest value.

remembrance as were we, faces and names of those gallant lads, behind now by their loved ones, only in dreams.

Until tomorrow — Diary — Good-night

After the 10 days increase in dosage cannot be expected to produce any further improvement.

After the muscles have been relaxed by benadryl, exercise, bathing, and electricity are most useful. Benadryl does not cure, as relapse of symptoms occurs 48 hours after benadryl has been withdrawn. However it is a great step forward to be able to give these patients relief from their distressing symptoms.

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"B.O."

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Don't squeeze blackheads—dissolve them. Get two ounces of fresh, hot water and apply gently with wet, hot cloth over blackheads. They dissolve and disappear by this safe simple method.

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...it's easier too, because it's FAST-ACTING!

If you bake at home, there's no end to the treats you can turn out in no time at all with fast-acting FLEISCHMANN'S YEAST! Crispy dinner rolls . . . luscious buns — dessert breads! Yes, you can depend on sure-rising Fleischmann's Yeast every time!

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