

Modern Etiquette

By Roberta Lee

Q. I know that women are supposed to lead the way down the aisle of a theater, but if a man is host of a group of people and he has the tickets, what does he do?

A. In this case, he hands the checks to the usher and follows after him so that he may direct the seating arrangement of his guests when they arrive at the proper row of seats.

Q. When there is a punch bowl at a party or ball, and a girl and her escort approach, which one should fill the glasses?

A. The man should fill the glass for the girl, and then one for himself.

Q. How long is the newly-married couple expected to remain at their wedding reception?

A. Not longer than two hours.

How Can I !!!

By Anne Ashley

Q. How can I make clothes easier to iron?

A. Sprinkle the clothes with warm water, roll tightly, and cover with several thicknesses of cloth. Allow to stand for about an hour, and they'll be easier to iron, because they will be evenly dampened.

Q. How can I prevent scattering of crumbs when grinding bread in the food chopper?

A. Fasten a paper bag over the bottom part of the food chopper when grinding bread crumbs. It will prevent scattering of the crumbs over the floor.

Q. How can I clean tarnished silver?

A. Rub over the tarnished silver with a piece of raw potato dipped in baking soda.

Household Scrapbook

By Roberta Lee

Embroidery Designs

Draw the embroidery design on the fabric with a good, black lead pencil. Press with a hot iron, and the design will not rub out so easily. Any mistakes in the designs should be corrected with an ordinary eraser before ironing.

Lettuce

You can keep lettuce crisp and fresh for days if it is washed thoroughly, the leaves separated, then put into a tin receptacle with an airtight cover.

Prevent Slipping

The pastry board will not slip about on the enamel table top if a rubber jar ring is put under each corner.

"Foamy Action?"

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That Body Of Yours

By James W. Barton, M.D.

PREVENTING FUTURE ILLNESSES IN THE MIDDLE-AGED AND AGING

There was a time when the family physician was kept busy with the medical care and prevention of disease in infants and children. Today the physician's problem is not concerned particularly with children but with the aged and aging men and women of their community. When we realize that even from the first of the century, the average span of life, 47 years, has been extended by 20 years to 67, we know that the number of aged and aging must form the largest percentage of any one group—infants, young adults, middle-aged, old.

Because of the lengthened life span, many of our family physicians, as they grow older themselves, find that much of their practice is among the middle-aged and elderly. To help the aging to get more out of life and give more to life, the family physician, by giving more thought and study to their illnesses, may become a specialist or geriatrician, one who specializes in diseases of the aged and aging. Naturally, then, if he is to help this type of patient he must try to prevent the diseases of this group—heart, blood vessel, liver and kidneys.

An editorial in Geriatrics by Dr. Daniel Suttentfield, Washington, D. C., states, "The very concept of geriatric medicine stresses preventive and preclinical medicine (as has been done with preventive medicine in infants), especially between the ages of 20 and 40, obviously, the sooner foci of infection are removed, the sooner tumors are discovered and, properly removed, the less liability there will be to the individual's health in later years."

Perhaps the aged are aging should feel gratified for what they call good health, that is, being free from pain, but Dr. Suttentfield quotes the World Health Organization that, "Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."

The geriatrician, to give effective service to the aged and aging, must listen sympathetically to symptoms, take complete case histories, use the laboratory tests, x-rays, electrocardiographs, to discover secondary illnesses, in addition to treating the patient's present and chronic symptoms, if he would fulfil his mission of adding years to life and life to years.

The Stars Say --

By Genevieve Kemble

For Tomorrow

ALL matters concerning the young and temperamental are in the forecast on this day. Possibly there is an incentive and urge to put things over with a dynamic force, born of youthful spirits and the clamorous yen for bold experiment. While properly and studiously developed schemes and objectives may enjoy conspicuous success, overdoing or wild maneuvers might set the current into dangerous shoals. Shun extremes and extravagances in thought and action.

For the Birthday

Those whose birthday it is may anticipate a year in which youthful dreams, ideas and talents may find rich fulfillment in new avenues of expression, in trying out novel schemes or ideas, or possibly in experimental flashes of ingenuity and intuition attacking effete situations or customs. Startling returns may climax such young ideas, but do not push to extremes. Temperament urges with rationality

ELLEN'S DIARY

By An Island Farmer's Wife

"Smells good—to me," an old-fashioned farmer who had stopped by briefly this evening smiled. "It belongs to the time of year, Ellen," he offered. A pan of chowchow which James favors as a relish with various meat dishes was spreading its aroma about the kitchen at the time—piquancy of vinegar, pungency of spices. "I can't mind my mother being at the like," our visitor said. "Piccalilli," she used to call it, made in an iron pot. "She wouldn't likely be at it at night," James teased. "If she was, she would have had feeble light for it," the other smiled.

"The old stove, with open hearth and highish oven," the visitor continued, "heavy iron kettles to heat the water... and the pail from the spring on a bench behind the door, a dipper hanging above—don't I remember? Can't I see it all, plainly to this day? Pin-points of light you might say from a kerosene lamp—and what wonders they were, those first ones of all! And if you weren't able to afford one, why you used candles of tallow.... I bet if you asked a school-child now what that was, he couldn't tell you. But we knew in those days—often watched our mother make them, a whole year's supply!"

"Did you ever wear a druggist shirt?" he asked James. James shook his head. "I never wore one but I've seen them," he replied. "Ay," the other nodded, "they were fine garments... hand-woven from the spun yarn—they'd turn the cold! Different ways of living on farms nowadays," he sighed. "I reckon James said, 'if our forebears—the pioneering ones, were to return... to come back on a 'Kaley,'" he chuckled, "they'd be lost about the places they once knew!"

The other man smiled whimsically at the thought. "There have been so many changes from then they wouldn't know where to begin now to work: turn a switch you have light that rivals the daylight; a faucet gives you water—hot or cold as desired, and as for heat, why unless you have help of your own, it doesn't pay to cut fuel-wood any more. And," he said with infectious chuckle, "if you want to go as far as the end of the lane, you mustn't walk it, or ride the old mare the distance—that would be too much exertion nowadays! You open the car-door, sit yourself behind the wheel, ad-just a few gadgets and away you go as comfortable as sitting in this armchair."

"And as for farming," James commented, "did you ever see the like of the improvements and inventions in machinery? I declare, a fellow can't keep up with them all. You buy the latest this year... the very last word in the machine but by the next, well, he smiled, "you wish you had waited. It's so much better!" "Ay," the visitor agreed, then added with a twinkle, "there's just one catch that I can see to all the comforts and improvements of nowadays—it takes a sight of money to pay for them!"

"You have to do what?" James asks now as though he failed to hear us aright. He glances at the clock as he prepares to go to his rest. "Well, all I can say Ellen, is he nods gravely, "this is no time to be bottling chow!"

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

Cats!

"My husband is so jealous."
"How absurd!"
"Why, isn't yours?"
"Of course not."
"How humiliating!"

Marriage Of Interest At Tryon



Mr. and Mrs. Wendell Horton are shown with their attendants following their marriage in the Tryon Baptist Church on Thursday, August 21st. From left to right (back row) are: Mr. Lloyd Horton, groomsmen; Mr. Horton and Mrs. Horton, the former Glenda Simmons; Mr. Keith Horton, usher; Mr. Earl Beaton, usher; (front row) Miss Doreen Maynard, maid of honour; the Misses Gloria Large and Helen Linkletter, flower girls; Miss Florence Matheson, bridesmaid.—S.

Better English

By V. G. Williams

1. What is wrong with this sentence? "Some of the papers are inside of the box, which is laying on the table."

2. What is the correct pronunciation of "Honolulu" (Hawaiian capital)?

3. Which one of these words is misspelled? Behemoth, zenith, twentieth, mathamatician.

4. What does the word "fanaticism" mean?

5. What is a word beginning with per that means "light railery"?

ANSWERS

1. Say, "Some of the papers are inside (omit of) the box, which is lying on the table. 2. Pronounce both o's as in no, not as in on, principal accent on third syllable. 3. Mathematician. 4. Excessive enthusiasm on any subject, as religion. "He died a sacrifice to the fanaticism of the times." 5. Persiflage.

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K-31

DOROTHY DIX'S COLUMN

Happy Arrangement

Children Provide Father With Own Apartment; Visit Daily

DEAR MISS DIX: Our 75-year-old father lives alone in a two room, well furnished apartment with all conveniences for his comfort and pleasure. We are three married daughters, each with two children, and our husbands say they would rather contribute financially to keep him in a home of his own. Dad is in good health, is not the demanding type and assures us that he prefers to live as he does. We girls take turns visiting him daily. Are we doing the right thing? Our friends say we are selfish.



Muriel Nissen

J. W.
ANSWER: Do your friends treat their own parents as generously and devotedly as you do yours? I doubt it, as you three daughters have arrived at a most sensible and considerate treatment of a very difficult problem. Since your father prefers his own home—and a great many old people do—he is much better off in it. He certainly is not being neglected by his children, has no financial worries and can come and go as he pleases. Would that every aging parent had as pleasant an outlook.

MEETING DATE IN TOWN

DEAR MISS DIX: I am 18 years old and for the past nine months

Continued on page 9

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Alice Brooks

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