

## Cook's Corner

### HAM WITH SOUR SAUCE

Four slices precooked canned ham or Canadian bacon, 1 tablespoon fat, 1 tablespoon flour, ¼ cup drained juice from canned pineapple, 2 tablespoons rich prepared mustard, ¼ cup drained canned pineapple cubes, 2/3 cup 1-inch squares green pepper.

Brown ham on both sides. Remove to a hot platter. In same pan blend in the flour until smooth. Stir in pineapple juice. Cook until thickened on low heat stirring constantly. Mix in rich prepared mustard. Add pineapple and green pepper. When hot, but peppers are still crisp, spoon over ham slices. Makes 2 servings.

Smoked pork shoulder butt may also be used. Simmer first in hot water a few minutes. Drain. Then continue above directions.

## Better English

By V. C. Williams

1. What is wrong with this sentence? "How did you come to meet the groom before the wedding?"
2. What is the correct pronunciation of "blaise"?
3. Which one of these words is misspelled? Vocalize, sympathize, analyze, crystallize.
4. What does the word "habitate" mean?
5. What is a word beginning with am that means "quality of being doubtful"?

### ANSWERS

1. Say, "How did you happen to meet the bridegroom?" 2. Pronounce bla-z, first as in an unstranded, second as in day. 3. Analyze. 4. To accustom. "The mind becomes habituated to a certain number of impressions." 5. Ambiguity.

## ONE TABLESPOONFUL

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AT YOUR GROCER'S - IN 4 CONVENIENT SIZES

## That Body Of Yours

By James W. Barton, M.D.

### PSYCHOSOMATIC HEARING DEFECTS

I write frequently about the harmful effects of noise, not only on the ears and hearing but on general health and particularly on the nervous system.

Some months ago, the Journal of the American Medical Association published a series, "Psychosomatic Aspects of Hearing Defects," part 2 of the series describing the effects of hearing loss on social life, health, earning power; the effect of noise on hearing, rehabilitation of the hard of hearing and the value of hearing aids.

One aspect that concerns many families is the water warmer who is subjected to loud noises during his working hours. If the noise damaged the hearing of the worker or aggravates hearing loss already present, then the employer is considered to be to blame or partly to blame.

To protect the employees' hearing and to safeguard the employer against financial loss from having to pay for loss of hearing of an employee, one article suggests that employers should make tests of the employee's hearing before he begins employment.

"Formerly only deafness due to actual injury to the ear was recognized as an occupational disease for which compensation was made. Today courts, insurance companies and recognized commissions have recognized that hearing loss due to noise may be considered an occupational disease." This means that companies employing men in capacities in which noise is a problem—boiler makers, machine-shop workers, miners, riveters, railroad workers, radio operators—may find themselves faced with financially burdensome compensation claims.

If, however, the employer has the company physician measure the hearing ability of every worker before he is employed, it will protect the employer against unjust claims and will protect the employee against loss of hearing. A change of occupation to a department where there is little or no noise would preserve hearing in those susceptible to noise, and prevent damage suits.

Hearing damage can be prevented by sound engineers, by sound-proof rooms, cushioned machinery, ear plugs.

As pointed out before and restated in the article, noise may produce nervous irritability, lessened working ability, palpitations of the heart and sleeplessness.

Loud sudden noises cause a tightening or tenseness of all the nerves and muscles, even may cause hair to stand on end. This sudden tenseness, which was meant to prepare man for fight or flight, is not an asset these days. It tires man and is really a liability.

And now the lights at the corner beamed into the darkness, reminding to youngsters of candy jars in a row, of tasteful lollipops and the many fascinations which combine to make up the witchery and delight of a country store.

And then we entered another road—that one which has its farms sloping prettily down to the river. Past churches, school, hall and farmhands, we bowled merrily, to arrive soon at our place of meeting. . . . But "Ellen" James says, unknitting a tie, "such outings are not for us old ones!"

Until tomorrow—Diary—Good-night . . .

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## ELLEN'S DIARY

By an Island Farmers Wife

Along lanes and fields this evening, by dim byways and highways, a band of rural women, resting their cares for an interval, gathered at the Annual Meeting of this community's W. I. . . . left their knitting and mending and other seasonal work for a while and returned home we are sure, refreshed in spirits and the better for the outing.

A light here or there along the countryside, bearing presently towards our own destination, indicated to us, the measure of success of the gathering, because of the goodly number of length to be assembled there. Like a hen that "gathereth her chickens" or a mother blessed with all her own at her hearth-fire, so we find are those upon whom the duties of the Institute executive rest.

Instinctively they count faces and to have one missing here or there is to rob the occasion of some of its joy. "But I'm not much help," we may say in excuse for our absence, "they" never miss me this time!" Little dreaming how invaluable, how inspiring are the individual talents contributed to this or any meeting, be it only an encouraging word or smile.

James was our best of chauffeurs tonight, assisted, or as he will have it, hindered by the feminine admonitions of she who sits beside. "Now then" he commented as he took his place in the driver's seat of the busy little truck, "if you'll just compose yourself Ellen, and hush 'y' talkin so that I'll be able to tell whether or not the engine is running, we'll be on our way! Just get a woman or two clacking beside you" he added to himself, "and it's enough to drive any driver to distraction!"

We eased down the driveway then and we remember now it came to mind that indeed another season had soberly taken possession of the lawn and yards about. The lights picked out the bare shrubs and vines and we sighed though we knew they were budding and waiting. But where were the roses of yesterday, those that in turn had brightened our days spending their sweetness so prodigally about? Were they lost and gone? Or could it be that even as their fragrance was caught by a wandering summer breeze and carried afar on bill and draft, or only borne to our door, these had not blossomed in vain: Perhaps as in humans, these delights were not lost since "All that we send into the hearts of others, comes back into our own."

Odd flakes of snow were falling now, drifting lazily through the still Fall night, making a frosting of white on the road which unwound ahead. "I'd say James of ferred, making some mystical sign over the gear-shift which urged the machine happily along beyond the hilltop, "young cattle would be just as well indoors on a night like this! Of course ours have the woods for shelter . . . but perhaps this is a token of winter—you never can tell!"

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Until tomorrow—Diary—Good-night . . .

## Modern Etiquette

By Roberta Lee

Q. Are bridesmaids supposed to pay for their own costumes?  
A. With the exception of the flowers they carry, every article worn by bridesmaids, flower girls or pages, although chosen by the bride, must be paid for by the wearers. And the bride who has a conscience will take into consideration the size of her attendants' purses before selecting their costume.

Q. When some creamed food is served on toast, is it permissible to cut the toast with the knife?  
A. If a knife is provided, you may certainly use it. If not, you'll just have to do the best you can with your fork.

Q. Should a man take a girl's arm when he walks across the dance floor?  
A. Not unless it is necessary for him to assist her through some crowded portions of the floor.

## How Can I . . .

By Anne Ashley

Q. How can I remedy constipation?  
A. Constipation can often be remedied by drinking one or two glasses of water before breakfast, and following a diet of coarse cereals, green vegetables and large quantities of fruit. Honey is very good for constipation. Many cases of constipation are corrected merely by forming the habit of thorough mastication.

Q. How can I prepare a good solution for removing grease spots from woollens?  
A. One ounce of pulverized borax in one quart of boiling water is an effective solution. Bottle, and keep in a convenient place for use when needed.

Q. How can I waterproof leather?  
A. Saturate it with olive oil, or

## DOROTHY DIX SAYS—

### Time Helps

#### Pain Of Broken Romance Will Eventually Abate

DEAR MISS DIX: My problem concerns my younger sister, 21. Three years ago she wanted to marry Billy, but the family thought she was too young and since she wouldn't marry without their consent, the wedding was postponed. A few months later Billy married and Rita was almost physically ill with grief. As time went on she recovered somewhat, but has never regained her gay, fun-loving and friendly manner, which was formerly one of her outstanding characteristics. She is very popular, and while she does not act out occasionally on dates, they seem to mean nothing to her. She seems to be cold toward everything and everyone. She claims she has no love for Billy now; in fact, the only real interest she has is in church.

Will she ever be her old self again, and is there anything I can do to bring her out of the shell into which she has retired?



ANSWER: Rita has, with amazing gallantry courage in one young, solved much of her problem alone and time will complete the cure as far as one can ever be made. In finding her chief consolation in church, she is going to the best source possible. She is fortunate to have her faith, and to be surrounded by a loving family to lighten her trouble.

#### HE DIDN'T CARE ENOUGH

I think you have no cause for self-reproach in having her postpone the marriage originally. If Billy really cared for her then, he would have waited the year or two necessary to get the unqualified approval of her family. His haste to marry someone else certainly does not indicate any part of the love and devotion Rita deserves.

There is really nothing you or any member of your family can do, over and above what you are already doing, to bring your sister more quickly out of her depression. Since she has lots of friends, and an active social life, she'll snap out of it to a degree. To hope that she will ever completely throw off the pain of Billy's desertion is expecting too much. But she will forget to the point where she will fall in love again (though probably not so deeply), and eventually will find another, more dependable man with whom she can establish a happy marriage.

DEAR MISS DIX: Will you please say a few words that will influence a girl of 16 to be more tidy and clean about her person. The rest of her family are very neat and yet she sits around with nothing to do and won't even clean up her clothes. If someone else doesn't wash them for her, she'll wear them until they're ready to fall off. She is pretty, and thinks that's all she needs to get by in the world.

ANSWER: The most beautiful girl in the world could never make or keep a friend if she neglected the cardinal rules of cleanliness. Your friend is going to find herself very much in the social background if she doesn't reform. She'll see downright homely girls who are well groomed and sparkling clean walk off with the dates while she stays home and looks at her pretty face in the mirror. That's all the company she'll get.

Sixteen is the age when most girls drive their families frantic with almost too much personal fussiness. Someone better wake your little friend up to the realities of life. Doesn't she read the ads? These alone should make her realize how fast she is turning herself into a social liability.

DEAR MISS DIX: I am 14 and have lots of boy friends, most of whom have cars. They are careful drivers but my parents say I'm too young to ride with them. How old do you think I should be before I'm old enough to ride? My parents let me have dates otherwise, and all my friends are welcome at home.

ANSWER: You should abide by your parents' decisions about car riding. I don't blame them for being cautious about it. You may consider your friends good and careful drivers—and most teenagers are. Unfortunately, some of them are reckless the minute they get behind a wheel, and the accidents they cause reflect on the whole group of teenster drivers.

Rather than cause your parents needless worry, do as they say. Be grateful they are understanding about dating in general for you.

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

## Household Scrapbook

By Roberta Lee

### Set Colors

To set the color in blue garments, soak in a solution of one cupful vinegar to each gallon of water several hours. To set brown, pink or gray, soak in a solution of one cupful salt and one tablespoon alum to each gallon of water. For green, use four ounces alum to a tub of water. For mixed colors, use a solution of ½-cup vinegar, 1 cup salt, 1 tablespoon alum, and 1 tablespoon sugar of lead (POISON) in one gallon water. Hang without wringing in shade.

### Stained Fingers

Vegetable stains on the fingers may be removed by holding the fingers for a few minutes in very strong tea. Then wash with soap and water.

### Quicker Method

The setting of a jelly can be hastened by placing the mold in a basin containing cold water in which salt has been dissolved.

## Morning Smile

All Correct

He was giving instructions to his new manservant. "Above all," he said, "think for yourself and don't wait for me to tell you everything that needs doing. For instance, if I intend going out and say, 'Bring me my coat,' I shall expect you to bring my hat, my gloves and my walking stick, or my umbrella if it looks like rain. Similarly, if I should ask you to turn on the hot water in the bathroom I expect you to put bath salts in the bath, a mat on

## The Stars Say . . .

By Genevieve Kemble

### For Tomorrow

THIS day begins on a high note of energy and initiative, with the forces and faculties pitched to keen action and a quick grasp of clever ways and means for putting over ambitious programs. With skillful tactics and due preparation, on original or novel lines, it would be possible to enlist support from high places. Ingenuity and bold strokes could assure public appreciation and inspired faith in one's goal.

### For the Birthday

Those whose birthday it is may anticipate a lively and constructive year, with opportunity or public support for attaining advanced goals and cherished ambitions. Versatility, preparation and quick grasp of existing openings, where influential cooperation is certain, could promote ambitious plans. Bold initiative, sufficient self-confidence, might develop surprising culminations.

A child born on this day has splendid ability for a successful and progressive career. Ingenuity and endorsement from influential sources.

the floor, towels and my shaving tackle within reach. You understand?"

"Perfectly," said the man. Later, when the master was taken ill and asked for the doctor, the manservant, after some delay, ushered in the doctor, and remarked, "The others are below, sir."

"What others?" asked his employer.

"The others who usually follow a doctor, sir," he replied. "There's a nurse, a surgeon, a lawyer and an undertaker. I don't think I've forgotten anybody."

## The Birthday Murder

By Lange Lewis

### CHAPTER TWENTY-SIX

Part Two

Even though she had foreseen this possibility, the words shocked Victoria to the bone. She found herself on her feet. "This is incredible!" she said loudly.

Bernice was sitting stiffly against the small pillows now. "Is it? Think of the state I was in that morning. Think of what I'd just been through with Walter. Remember, I knew, Vicky, that you and Albert had eaten alone there the night before. Think of Sawm. You remember how you behaved over that silly little blonde thing. I thought of that actress. And here was Albert dead, and there was all that poison."

Victoria sat down and fumbled in her purse for a cigaret, which she lighted. Bernice waited until she'd taken a first puff, and then went on: "I mean, I don't think so now, Vicky. I've had time to cool down and think it over. But then, and for just a few minutes, I was certain that you'd learned something about Albert and this young actress, and that you just went berserk. I don't mean anything cold and calculated; that wouldn't be you, Vicky. I mean just dumping poison into something he would eat or drink the way a person pulls the trigger of a gun. And, of course, in the back of your mind would be the knowledge that the ant poison was deadly because of 'Ina Hart.'"

"I'm very tired of that name," said Victoria.

Bernice jumped up from the chaise longue and came to Victoria's chair. She bent down beside it, dropped her arm over Victoria's shoulders. "You're not angry with me, are you?" she asked imploringly.

"No," said Victoria slowly, not looking at her friend. "I'm just thinking how little we know each other, Bernice." She got up, roamed the room looking for a place to sit on her cigaret. Bernice came forward with a white china ash tray. Victoria extinguished the burning tip of her cigaret thoroughly. "You don't know me at all, and I'm afraid that I don't know you either."

"You know me like a book," said Bernice lightly. "You certainly proved that the other night."

Like a book. The phrase again stirred that odd sense of familiarity in Victoria's brain. Something Bernice reminded her of.

"I want to use your phone," Victoria said, going toward the extension beside the chaise longue.

"Who are you calling?"

"The police, of course. Mr. Tuck."

"You mean to tell him about the ant powder?"

"Yes."

Bernice jerked a step forward. "Do you think that is the best thing to do?"

Recalling the dusty box of ant poison found in her den cupboard, Victoria said dryly: "Decidedly so."

Bernice took another step forward. "Vicky, I wouldn't call from here. I'm sure Mrs. Buxton listens on the downstairs phone."

Victoria put down the receiver. Bernice said: "It'll make me look a dreadful fool. Whatever shall I tell them when they come and ask me why I did it?"

"The truth," said Victoria, standing up. She suddenly wanted to get out of that large, floundered, satin room.

Bernice looked her shock. "Oh, no! That'll look so bad for you!"

Victoria was on the point of telling Bernice that nothing could look as bad for her as the absence of the poison had, but something stopped her. Again she was aware of that estrangement which now lay between them.

"I'll simply say: I was hysterical," said Bernice, "and wasn't really responsible."

To be continued

## The Catholic Case against Margaret Sanger

Why is the Catholic Church eternally hostile to birth control in any form? Why did the Pope recently make another pronouncement on this red-hot topic?

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by Anne Adams

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## The Neighbors

By George Clark



"Can't say when I'll start dinner. Dad's checking on another turkey raffle he holds a ticket on."



"I said . . . I want Shirriff's!"

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