



**COOK'S CORNER**

**FILLED BRAN TEA CAKES**

2/3 cup of butter  
1/2 cup of brown sugar  
1 egg  
1 2/3 cups flour  
1 1/2 cups bran  
2/3 cup sour milk  
1/2 teaspoon salt  
1/2 teaspoon soda  
1/2 teaspoon baking powder

**Filling**

1/2 lb. dates, 1/2 cup white sugar,  
1/2 cup of water cooked until thick.

**Method:**—Drop a tablespoon of mixture on cookie sheet, then a teaspoon of date filling, finally a teaspoon of mixture on top of this. Bake until golden brown.

—Mrs. Helen Howatt, Tryon, W. I.

**Indian Cafeterias Bring Cheap Meals To Thousands**

Cafeterias serving low-priced meals are being set up all over India by the All India Women's Food Council, a voluntary organization with branches in every province of India. The cafeterias are known by the poetic name of "Annapoornas": Annapoorna, goddess of food (Anna) and plenty (poorna), was one of the wives of the god Siva.

Originally financed by the Central Tea Board, the Annapoornas are now operating on a self-financing basis. Meals consist mostly of vegetable and fruit dishes, with a high calorie value but containing no rice, by tradition the basis of any meal in India but now severely rationed.

The Annapoornas lacked trained staff when they started in 1951, but a campaign of meetings and radio talks organized by the AIWFC, and courses run by an expert of the Food and Agriculture Organization has helped to raise standards in catering and provide cooks and other helpers. A permanent school of Nutrition and Catering is now being set up by the All India Women's Food Council.

The latest development in the cafeteria scheme is an Annapoorna dining car which, since April this year, has been put on the regular train run between Delhi and Dehra Dun. Facilities are better than those of the commercial dining cars and prices come within the means of third class passengers. (UNESCO)

**Modern Etiquette**

By Roberta Leo

Q. Is it all right for the bridegroom's mother to invite her friends to her son's wedding?

A. She must not do this herself. She may, if she wishes, suggest these names to her son, and he may then pass them on to his fiancée who does the mailing of the invitations.

Q. Would it be all right to write a note of condolence to the parents of a friend who has died, even when one does not know the parents?

A. This most certainly would be a thoughtful act on your part.

Q. When one is dining in a self-

**ELLEN'S DIARY**

By An Island Farmer's Wife

"Did ye ever hear the yarn"—How soft was the brogue!—"about the politician that dropped by the Irishman's place one day, lookin' for the promise av his vote? The man happened to be by the sty at the time—for wasn't it the avenin' by this, an' all his wor-kr done? watchin' the sow eat the mess av potatoes he'd just put to her trough. The politician got down from his wagon—it was horses and wagons in those days!—an' strolled over to where the Irishman was lookin' in at his pig."

"An' they talked av this an' that—the weather an' the crops an' how good the summer had been... an' begorra, never a mention about election or votin'! An' as they chatted the politician leaned (Pty said 'lained') over an' what did he do but scratch the pig's back?—Ye know how they lak that! She fair smiled up her thanks. An' pretty soon, with never a wur-d er av election or votin', he climbed into his wagon an' was off down the road."

"An' who was yon?" Molly—she was his wife, asked when he came indoors. An' he told her the man's name. An' she said with a laugh: "Now isn't th' funny, you would be sayin', was it only yesterday? that he was one iran that would give no vote from you? An' did ye tell him?"

"I've changed my mind entirely, Molly," said he, "It's the foine man he is!"

"An' what changed it?" said she.

"An' he told her what went on down at the bit sty—av him scratchin' the pig's back so kind-lak. An' he said, 'After that, what else can I do but give him my vote? though mind ye, Molly, he never so much as asked for it!'"

"What was the right politician?" Pat twinkled. "An' it's the nice creatures pigs are," commented, "an' with these new ways av feedin' in' not nearly the wur-kr av wurst."

"No boiling of potatoes now," we offered, "nor fires in the farmers' boilers... indeed!" In our mind's eye ("How slow you are with that problem, Ellen!") we recall a master of the young years say, "You don't seem to be able to fix the matter in your mind's eye!" we could picture the lively glow of that open fire fed by sticks of summer-wood; the discarded silver fence-rails, broken to fitting lengths; the gay sound of the cooking and the veil of steam which presently filled the place about. And sooner or later the sadness of ashes after liquid flames—death after life.

Now on these farms commercial feed in required compound is used instead in the troughs and its complement of water, the latter often carried by length of hose from a convenient faucet even to the farthest pens.

"Not that it's not good for man to wur-kr, Ellen, and," with a twinkle "woman too—for there's nothin' better for one in this old world than some wur-kr that needs ye an' health to be able to do it. That's happiness, I'm tellin' ye! An' mind ye, if ye can't find it in your everyday doin's, ye're not lakely to find it, do ye search to world's end."

And the farmers came in then to talk of the harvest—of the binding and stooking, the threshing and yields; of the shortening days that commence to press them, until the evening had slipped pleasantly away and Pat, pipe in pocket, took his way in the moonlight out toward Alderlea and beyond, to his home.

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

**Better English**

By D. C. Williams

1. What is wrong with this sentence? "We shall most certainly co-operate together until this work is entirely completed."

2. What is the correct pronunciation of "suroose"? 3. Which one of these words is misspelled? Erroneous, eruption, erratic, eradication.

4. What does the word "insidious" mean?

5. What is a word beginning with de that means "skill; adroitness"?

**ANSWERS**

1. Omit the three words "most," "together" and "entirely." 2. Pronounce sur-oo-say, u as in fur, e as in see, accent second syllable. 3. Eruption. 4. Intended to entrap; characterized by treachery and deceit. "There is no more insidious characteristic than hypocrisy." 5. Dexterity.

**Household Scrapbook**

By Roberta Leo

**Mildew**

To remove mildew from clothes, mix equal parts of soft soap with powdered starch, half as much common salt and the juice of a half lemon. Spread the mixture over the mildew spots and then lay the article on the grass until the stain comes out.

**Whiter Handkerchiefs**

To whiten handkerchiefs, put them into a basin of cold water in which a quarter of a teaspoon of cream of tartar has been dissolved, and soak them over night.

**When Darning**

Knots should always be avoided when darning, in consideration of the wearer. Just moisten the end of the darning cotton to prevent its continually slipping through. You will find a knot unnecessary.

service cafeteria, is it necessary to tip the waitress who carries one's tray from the counter to the table?

A. This is not necessary, although some people do.

**Garden Of Edam**



A Danish miss sits in a Copenhagen garden loaded with rich cheese in all shapes and colors. The edible garden is one of the features of the National Dairy Show, held every five years under the auspices of the Federation of Danish Dairy Associations. Over 1200 samples of butter and 1000 cheeses are on display at the show, including Edam cheese which gets its name from a cheese-making town in Holland.

**The Stars Say --**

By Genevieve Kumble

**For Tomorrow**

KEEP eyes and ears open to opportunity and, since this day's configurations favor initiative and enterprise, pursue your goals with all the vigor and aggressiveness of which you are innately capable. It is an excellent period for enlarging the scope of activities, with imaginative and creative projects under particularly beneficent aspect.

With the Moon in Leo all day, social activities are highly sponsored, as are all matters relating to the entertainment fields. Romance and courtship should prosper, and plans made now for a short trip should be successful.

**For the Birthday**

If tomorrow is your birthday, you should find the months ahead most satisfactory, if you retain single-mindedness of purpose and follow your set goals without a scattering of energy. Minor difficulties which may past should be gradually resolving themselves, so that, within a couple of weeks, you should be able to concentrate upon professional and financial achievement.

It is possible that by the middle of next month you may have to make some alterations in your original plans, but, since the changes are for the better, do not be irked. Profit through real estate or a creative hobby may be realized in November, and new opportunities may come your way through the friend-

**How Can I...!**

By Anne Ashley

Q. How can I get the perspiration odor out of men's woolen shirts?

A. Ordinary laundering doesn't always prove successful for this. Try adding a little vinegar to the rinse water.

Q. How can I remove milk and cream spots from materials?

A. On washables, soak them in warm water before laundering. On non-washables, sponge the spots with warm, mild soapsuds and wipe off with a cloth dipped in clear water. In either case, if traces of the stain still show after the cloth is completely dry, use cleaning fluid.

Q. How can I revive dry and hardened putty?

A. Mix it well with a few drops of linseed oil.

**DOROTHY DIX'S COLUMN—**

**To Stay Or Not?**

**Busy Wife Finds Much Older Mate Unappreciative Of All She Does**

DEAR MISS DIX: I have been married 16 years and have a ten-year-old son. I have worked hard ever since I married, yet my husband never has an appreciative word for me. We own a farm and I can take my place any day with men doing outside work. Besides the work of my house and the farm, I have an outside job which pays for all our clothes and extras. My husband gives me nothing. He's almost 20 years older than I am, and I know I haven't loved him for years.

ANSWER: One decision that can never be made by an outsider is whether or not a woman should leave her husband, whether she would be happier away from him or maintaining the status quo. Many factors must be weighed before an answer is reached.

Loneliness can often be such a devastating experience that women will endure any amount of marital incompatibility to escape it. If you are personally unequipped to face the world on your own separation is not advisable. If, however, you have learned through your work to get along easily with people, and feel that your economic future is assured, you may be happier away.

**A VERSATILE WIFE**

It's doubtful if your husband will let you go easily. After all he has a fine housekeeper, a farm hand, and an income—all in one woman. You are a valuable asset and if he had any sense, he'd realize the fact and treat you accordingly. The fundamental trouble is that you've given too much, asked very little in return, and have accepted the role into which your husband cast you with too much complacency. It never pays to do too much for some people.

Why not take some of your hard-earned cash, go on a vacation, and see if your husband comes to some realization of how important you are around the house? He may revise his treatment of you a bit.

DEAR MISS DIX: My husband is in service, stationed in Florida. I was with him until a month ago, then came home intending to stay. I didn't realize how much I would miss him. I'm pregnant, and it seems that every day I miss him more. He thinks I'm better off home. He's a wonderful husband and his whole concern is for me. We've just been married four months.

ANSWER: You would undoubtedly be better off with your husband, in your present emotional state. You'll meet other young brides and prospective mothers at your husband's base, and you will certainly be more content.

Miss Nissen cannot reply personally to readers but will answer problems of interest through this column.

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**That Body Of Yours**

By James W. Barton, M.D.

**SOME FACTS ABOUT HAY FEVER AND ASTHMA**

Despite the fact that a new antihistamine is placed on the market about once a month, physicians report that the old-fashioned method of treating hay fever—ragweed fever—by injecting small doses of the ragweed pollen just before or during the hay fever season is still the best method of treatment. As histamine in the blood is considered the underlying cause of hay fever and asthma, an antihistamine is the logical treatment.

In the Canadian Medical Association Journal, Dr. C. J. Malloy, Montreal, states that specific desensitization in ragweed hay fever by small doses of the pollen was introduced by Dr. L. Noon (Lancet) in 1911 and while other methods and the use of many antihistamines have been tried since that time, the main broad principles of treatment have remained unchanged "and it is generally agreed among allergists that this method gives best symptomatic relief to ragweed sufferers and that, while a large proportion of untreated cases eventually develop seasonal or perennial asthma (asthma always present), specific desensitization reduces the number of these cases significantly."

It is also agreed that while the antihistamines give good results in some cases, there is evidence to suggest that sole reliance on antihistamines in treatment has led to the development of asthma toward the end of the hay fever season. The antihistamines should be used together with the usual desensitizing or hyposensitizing and, in the milder cases.

From experience, allergists state that where the antihistamine causes most side effects, best results are obtained in the treatment of ragweed hay fever by desensitizing the patient with small doses of pollen.

**Morning Smile**

Pat and Mike were having dinner together. Pat helped himself to the larger fish.

Mike: "Fine manners, ye have. Pat. If I reached out first, I'd take the smaller fish."

Pat: "Well, ye've got it, haven't ye?"

One case reported by an industrial physician was a young woman who had two series of injections of ragweed pollen with no improvement.

Continued on page 3.

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