

Kitchen Designed "To Save Heart"

CHICAGO, March 8 (AP) — A model "Cardiac Kitchen" that makes life easier for the housewife was on view today at the Women's and Children's Hospital.

It was designed for women who have heart ailments. But Dr. Margaret H. Austin, Staff Cardiologist says there is no reason why others shouldn't take advantage of its time-and-work saving efficiency.

By arranging their appliances and work spaces as we have done," she said, "women can easily save two hours daily in tiresome chores."

The kitchen has a compact 9 1-2 by 11 feet area. Its features include: The work centres — stove, refrigerator, sink and work table — are close to each other.

There also is a rocking chair. The housewife can sit down in it and rest while she plans her work each day.

The Stars Say --

By Genevieve Kemble

For Tomorrow

THE auguries are excellent for the development and expansion of important plans and objectives, with the aid, keen interest and cooperation of those whose capital and enthusiastic interest are essential.

For the Birthday

Those whose birthday it is, may anticipate a splendid year for growth, expanding interests and connections, with probable honors, preferment, and attained ambitions.

ANSWERS

1. Say, "After finding (omit from) whence we came, he would not consent to our leaving so soon."

How Can I!!!

By Anne Ashley

Morning Smile

Not Here

Price Control

The Optimist

"Boy I sure feel happier today than I did yesterday!"

"How come? I thought you told me the doctor said you had only one month to live."

"Yes, but I saw eleven other doctors today and they each gave me a month to live—so I've got a year already and there's plenty more doctors in town!"

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These Doctor prescribed Aylmer for those lovely, healthy babies—Jennifer, Joyce, Joan and Janice Hargreaves, born Oct. 15, 1949, South St. Marie, Ont. Your babies too will thrive on Aylmer.

all the Hargreaves quads are thriving on Aylmer Baby Foods

Jennifer loves her beef Aylmer style!

Babies need scraped beef for body-building protein. Aylmer Beef with Farina is all lean beef—scraped, pressure-cooked and strained very fine. A little farina is added to thicken the nourishing meat juice. This makes Aylmer Scraped Beef more appetizing to babies because of its mild, bland flavor. Easier to digest also.

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Brighten - Up Your Spring Menus

CRUMBED CHICKEN

Roll pieces of chicken (used for frying) in beaten egg and pat bread crumbs on them as for frying. Arrange in casserole and dot with butter, cover, cook until tender about 1-4 hours, in a hot oven, 425 degrees F., depending on age of chicken.

MINCEMEAT APPLES

Moisten mince with orange juice, adding a bit of the grated orange peel. Use this for stuffing cored apples. Bake apples, basting them occasionally. Serve for dessert with cream cheese.

SPECIAL CHOCOLATE FROSTING

Melt 2 squares unsweetened chocolate in double boiler over very low heat. Add 1 can sweetened condensed milk. Cook for five minutes, stirring frequently. Add 5 marshmallows cut in quarters. Spread this on your favorite cake.

This is a pretty dessert: Drifts of apple snow tinted a delicate pink or green and crowned with frozen strawberries make an elegant end to a meal.

Tricks to try: Before turning the griddlecakes sprinkle them with chopped walnuts, or frozen blueberries, if you wish. Makes an extra special.

MARCH SALAD

Peel large seedless oranges, removing all white skin. Slice crosswise, 1-2 inch thick; arrange on lettuce. Garnish with cream cheese rolled in minced parsley, paprika and chopped nuts.

Another Winter Salad: Put equal amounts dates, raisins and nuts through food chopper, moisten with orange juice. Spread this mixture between halves of bananas, cut lengthwise.

Better English

By D. C. Williams

Improved Starch

A teaspoon of kerosene will improve starch and keep the iron from rusting. Do not use so much that the smell is evident.

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That Body Of Yours

By James W. Barton, M.D.

THREE-DAY FEVER

When an individual in warm weather is afflicted with tiredness, painful muscles, the sudden onset of a high temperature which lasts but a short time, the condition is sometimes called "summer flu". This is really a natural name for it, as it does greatly resemble the flu of cold weather.

This disease attacked a great many men, women and children during this past three summers, and in The Journal of Diseases of Children, Drs. C. H. Webb and S. G. Wolfe describe a group of symptoms which appear to represent a formerly unrecognized ailment. It is called "three-day fever."

Clinical studies of 86 children who had this acute illness point to a virus as the cause. The striking features of three-day fever were the sudden onset of high fever, severe headache and painful muscles. There was little or no rash, no disturbance of nose, throat and lungs, nor of the stomach and intestines. Investigation showed that the disease was transmitted from one person to another about four days after contact. The disease was self-limited, ran a course lasting two to four days, and, as with other self-limited diseases, was not helped or harmed by any treatment that was given.

It has not yet been determined whether or not the disease starts with insects or animals and is transmitted to man. One investigator has shown that several new viruses of insects or animals can be the immediate or indirect cause of human infection.

Because a disease is self-limited and runs a course of days or weeks despite any form of treatment does not mean that no treatment is necessary. Any disease that tires and causes a rise in temperature with increase in pulse rate, even if self-limited, requires rest and quietness for the patient because a rise in temperature and pulse rate means that the body has a fight on its hands and needs nursing and care both during the attack and after the symptoms have disappeared.

Household Scrapbook

By Roberta Lee

Mahogany Furniture

When mahogany furniture has acquired that smeary look and is hard to polish, sponge with a cloth dipped in a solution of hot water and vinegar, and then with a cloth dipped in a pint of warm water to which one teaspoon each of linseed oil and turpentine have been added. Polish with a dry cloth and you will have a clear surface.

Pineapple Juice

The extra juice from the can of pineapple has its uses. It can be used to pour over apples while baking them, or to bake baked ham. It will also add flavor to the fruit juice for the morning breakfast.

Improved Starch

A teaspoon of kerosene will improve starch and keep the iron from rusting. Do not use so much that the smell is evident.

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Garden Print In Silk



The newest version of the shirtwaist look... Fashion Guild's garden print, with tailored top and draped skirt.

DOROTHY DIX SAYS—

Killed With Kindness

"Too-Good" Mother-In-Law Insists On Running Bride's House For Her

DEAR MISS DIX: What is one to do with a too-good mother-in-law? I have one who is so good to me, so anxious to help me and save me from all work and worry that she has taken entire charge of my house. She doesn't leave me a thing to do. To all intents and purposes it is hers and not mine (I live in a duplex apartment that has been made from part of her house.) When I protest she says: "You must be tired. Just sit down and take things easy and let me do it" until sometimes I feel as if I could scream, but I can't say anything because I know she is doing it, from the best of motives. I am not unappreciative, but I do want to run my house myself, and my mother-in-law has entirely eliminated me from being able to do anything my own way. What about it?

ANSWER: So far as you are concerned I am afraid there is nothing to do except to endure your mother-in-law's meddlesomeness, which, is none the less hard to stand because it is meant in kindness. Being smothered to death in molasses is none the less unpleasant and fatal because it is sweet.

YOU'D BETTER MOVE

The only remedy I can suggest is for you to induce your husband to move to another city, where you will be out of reach of your mother-in-law's efforts to live a happy life for you. A good, long, expensive railroad ticket has solved many a delicate family problem. If this is impossible and emigration to some distant spot is not feasible, go to some other part of the town to live, where you may possess your bathtub and kitchen and gas stove in peace.

It is a strange thing that any woman doesn't know enough about her sex to realize that every woman wants to select her own home and the furniture, and to run it according to her own taste and that any other woman interferes with this at her peril. Why, to get her own home is one of the main things a girl marries for, and she doesn't want even her own mother to make a suggestion in it. Nor does she want any other woman to take her work out of her hands, and any mother-in-law or aunt or any other female relative who thinks that she is being good and kind to a bride by doing her work for her or showing her an easy way to do things has another guess coming.

DEAR MISS DIX: My grandson, aged 16, has been in the habit of borrowing small sums from me with the understanding that he will return them when he receives his allowance, but he never does. When I remind him of it he says he has forgotten it, and his mother gets angry at me and accuses me of being stingy. Says I should give the boy the money. Believe me, Miss Dix, I am not thinking of the money, but of the dishonest principle of borrowing and never paying back that is being instilled in this boy's character. What do you think?

ANSWER: I think that you are exactly right and that there is nothing more important than that children should be taught from their earliest infancy to take a responsible attitude toward money and to be punctilious in paying their debts. It should be impressed upon every child that to borrow and not to repay is just as dishonest as stealing. It is even more despicable because it is betraying the trust of someone who likes us.

No part of a child's education is more important than teaching it to handle money. From the time a child is 5 years old it should be given a regular allowance that should cover all of its little personal expenses and it should be made to live within this allowance. If it spends it foolishly, it should be made to do without the things it wants the remainder of the week. There should be no begging for nickels and no borrowing. But if it does borrow the parents should see that the debt is repaid to the last penny.

When you have taught a child to take care of money, to do without until it has the money to pay for it, to spend wisely and well and to pay its debts, you have laid the foundations of an upright character.

DEAR MISS DIX: Please tell me what to do with a boy friend who falls asleep in my presence. He comes to see me almost every night and we go to shows and dances frequently, but he just seems not to be able to keep awake. What shall I do?

ANSWER: Why, I think I would give him the air. He certainly pays you a very poor compliment by falling asleep in your presence, or maybe it is the other way around and your conversation is so soothing that it lulls him into repose. At any rate, a sleepy-headed husband will not make a very interesting and thrilling life companion.

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

Modern Etiquette

By Roberta Lee

Q. How much time should elapse between the announcement of the engagement and the wedding?

A. There is no definite rule of etiquette regarding this, and the length of time would naturally depend upon circumstances. Usually the maximum is six months, and usually a couple anticipating a greater length of time will postpone the announcement of the engagement until they are fairly sure of the date of their marriage.

Q. When giving an informal dinner, how should the hostess let her guests know the seating arrangement she wishes?

A. The hostess should stand at her place, and call each guest just where he or she should be seated.

Q. When cake is served and no work is provided, how should one eat it?

A. Break it into individual pieces, much as you would a slice of bread or a bun, and convey it to the mouth with the fingers.

Q. What should a hostess say when a dinner guest tells her how much he enjoyed the evening?

A. "I am very happy that you could come, and I hope we shall see you again soon."