

## How Can I!!!

By Anne Ashley

Q. How can I improve the appearance of sponge cakes?  
 A. Before putting sponge cake into the oven to bake, sprinkle a little fine granulated sugar over the top of it. This will improve the appearance by producing a nice brown color.  
 Q. What is a good way to starch cretonnes?  
 A. Cretonnes and colored clothes may be starched with the water in which spaghetti, rice, or macaroni is cooked.  
 Q. How can I remove syrup stains from fabric?  
 A. Syrup or sticky, sugary stains can be removed from materials by soaking in hot water, and then washing in soap and warm water.

## Morning Smile

LAW

Spinster: A lady frequently guilty of contempt of court.  
**Sit Down!**  
 "Dignity is like a top-hat. It is hardly worth having if you are always standing upon it."  
**Short-handed**  
 "Any of you lads know anything about shorthand?" a sergeant asked a bunch of recruits.  
 "There was a quick response. Six men fell out at once."  
 "Right," they short-handed in the cookhouse.  
 So the six spent the morning peeling potatoes.

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## That Body Of Yours

By James W. Barlow, M.D.

### SUGGESTIONS FOR DIABETICS

Because so many individuals still die from diabetes, it may be thought that insulin has failed as a cure for diabetes. As a matter of fact, no one need die of diabetes if they follow the diet outlined by their physician and use insulin when it is needed. As pointed out by Dr. Henry T. Ricketts, professor of medicine in University of Chicago's medical research center, if a regulated (diabetic) diet does not result in the disappearance of excess sugar from blood and urine, the use of insulin must be started.

Speaking on "The Modern Treatment of Diabetes at the last annual meeting of the American Medical Association, Dr. Ricketts emphasized the four main goals of the doctor in managing this disease. These goals are relieving symptoms of the disease, keeping nutrition normal, preserving the ability of the pancreas to produce insulin, and preventing or minimizing complications. Of the four above goals, relieving symptoms and keeping nutrition normal, are easy if the patient cooperates, so that "the obese (overweight) become leaner, the leaner, fatter and people of normal weight must not be permitted to gain or lose."

Advanced and latest studies prove that the basic and original belief of Drs. Banting and Best that diabetes is a condition of insufficient insulin being manufactured by the pancreas was substantiated. "Patients with diabetes have been found to possess only 38 per cent of the normal amount of insulin in the pancreas. Younger patients, who have acquired the disease early, may have less than 10 per cent of normal insulin in their pancreases."

It will be remembered how not only did every child with diabetes die before the discovery of insulin, but died within a short time. Diet is important because overloads of sugar in the blood increase insulin production. This will not harm the normal pancreas but may lead to exhaustion of the vital insulin-producing cell in the pancreatic cells of the diabetic. To prevent exhaustion of the cells that manufacture insulin, the use of sugar and starch foods which become sugar are kept at lowest possible amount that will give necessary energy needed by the body. Complications are also of importance as Dr. Ricketts points out that while the cause is unknown, it has been found that diabetes in young patients brings on hardening of the arteries which is a forerunner of heart stroke (coronary thrombosis) and brain stroke (apoplexy).

## DOROTHY DIX'S COLUMN

### Incompetent Parent

#### Man Should Take His Children Away From Slovenly Mother

DEAR MISS DIX: My brother has the poorest excuse for a wife I've ever seen. She is slovenly and neglects the children. My brother would eat even the dirt under the table if it were not for the neighbors the children would starve. The only time they or the house are clean is when my brother is expected home.  
 Don't you think he would be justified in taking the children away if they aren't given better care at home?  
 A.P.



Muriel Nissen

ANSWER: Your brother would not only be justified in taking his children away from a mother who neglects them so shamefully, he is in duty bound to do so. Since you are so concerned with their welfare, would you be willing to undertake their care while he straightens out his domestic difficulties? If you are, he should have no trouble in getting the youngsters into good hands.

### JEALOUS FIANCE

DEAR MISS DIX: My girl friend lives in an apartment house with her family. Two years ago I went with her brother for a few months. Now I am engaged to a boy I love deeply and sincerely. He is, however, insanely jealous. Whenever I go to see my girl friend, whose baby is my godchild, he insists I am going only to see the brother, who is now engaged and means absolutely nothing to me. We expect to be married soon, then he is going into service. He says he doesn't think he can trust me while he's gone.  
 S.C.

ANSWER: The jealousy you are experiencing now with your boy friend is nothing compared to what will be evidenced after you marry. An unreasonably jealous mate is a positive detriment to happy marriage. You will be under suspicion morning, noon and night, in every move you make, with every person you see. You'll be kept from family and friends, isolated from everyone you know now. You have to be very, very much in love to endure the constant accusations you must answer. Think it over well before taking the trip to the altar.

DEAR MISS DIX: My mother died when I was two years old and my older sister and I were in three different homes before my father remarried. We never got along with our stepmother and I married very young. My first child was born seven months after our marriage. This is my trouble. I've been married 28 years but have never told the children when I was married. What should I tell them if they ask?  
 C.E.H.

ANSWER: Your problem isn't too serious. Lots of babies are born at seven months and should the question arise, you could always let it be assumed that the birth was premature.

DEAR DOROTHY DIX: I am very fond of an 18-year-old girl (I'm 19), and enjoy her company very much. The trouble is she likes to flirt with other boys, which makes me very angry. Sometimes we don't speak to each other for weeks. Then she phones me to make up and I go out with her again.  
 M.P.

ANSWER: You're very foolish to continue bothering with this girl at all. She calls you just when she wants to be taken out and you serve as an old reliable. Surprise her sometime and refuse to be so gullible. Exert a little independence. If you begin at 19 to let women accept you as an easy mark, you have a hard life ahead.

DEAR MISS DIX: For two months I have been going with a boy of whom I am very fond. He likes me a great deal, too. I met his parents, and they liked me. However, he wanted to go fishing a couple of times and I told him not to go, which led to an argument. He went fishing, but did not come back to see me, though he called a few times. I never had an explanation as to why he stopped coming. I am 18.  
 T.R.

ANSWER: Your friend simply refused to be a Milquetoast and take orders from a girl to whom he was not even engaged. You had no right to tell him he couldn't go fishing; if you hadn't wanted him to go, your purpose could have been accomplished much more subtly. No boy likes to be ordered around and, by oversteering the bounds of good behavior so drastically, you lost a friend. Be more careful next time.

### Better English

By G. C. Williams

1. What is wrong with this sentence? "I shall try and tell you a most interesting story."  
 2. What is the correct pronunciation of "hierarchy"?  
 3. Which one of these words is misspelled? Kindergarten, kiosk, kerosine, chronic.  
 4. What does the word "licentious" mean?  
 5. What is a word beginning with ca that means "a chest to hold ammunition"?

### ANSWERS

1. Say, "I shall try to tell you a very interesting story." 2. Pronounce hi-er-ar-ki, first s as in high, a as in ah, principal accent on first syllable. 3. Kerosene. 4. Lawless, especially lewd. "His face bore the marks of licentious indulgence." 5. Caisson (pronounced kay-sun).

### Modern Etiquette

By Roberta Lee

Q. When a woman is uncertain what type of dress she should wear to a social function, what should she do?  
 A. A considerate hostess will, of course, mention this casually in her invitation. "The ladies will be wearing long dresses, but the men will be in business suits." However, if no mention has been made, you should have no hesitancy about asking your hostess.  
 Q. When writing a thank-you note to a relative who has sent a check as a birthday gift, should one say how the money is going to be used?  
 A. While not exactly necessary, it still is a nice thing to do.  
 Q. Does a man seat his woman dinner partner on his right or his left?  
 A. On his right.

### Cook's Corner

#### BAKED CUSTARD

2 cups scalded milk  
 3 tablespoons powdered milk  
 2 eggs and 1 extra yolk  
 1/2 cup brown sugar (more, if preferred)  
 1/4 teaspoon salt  
 1/4 teaspoon vanilla  
 Combine sugar, salt and powdered milk. Beat eggs till well mixed but not foamy. Gradually add sugar mixture and mix smooth. Add hot milk gradually and vanilla. Pour into baking dish and set in another dish or pan of water. Bake at 325 degrees till done (a silver knife inserted will come out almost clean). Beat egg white stiff. Add 2 teaspoons honey, a pinch of salt and 1/4 cup shredded coconut. Drop in peaks or spread over surface of custard and place under broiler just long enough to brown.

## ELLEN'S DIARY

By an Island Farmer's Wife

With Jamie for escort this evening, we attended an Audubon film and commentary in the city. Jamie continues to be much taken up with birds and plants, with bugs and grubs and suchlike. It is a liking we encourage. Not that we expect him to become a naturalist but that any knowledge gained along that line will make him richer and more interesting in his life on the farm.

We think ours and all children born to Island farms are especially blessed in having such delightful areas about to provide them with subjects and material to study. Along what enchanting trails they may come to learn at first hand about the fauna and flora of our farmlands! By brook or mill-stream, tidal river or shore of sea; through some sheltered valley or climbing a clean wind-swept hill; in old orchards and gardens or along green aisles of woodlands or lengthy winding farm-lanes. Everywhere lies "buried treasure" for them, if they have curiosity to satisfy, ears to hear, eyes to see.

Jamie sometimes finds treasure in the dew of morning when as a working partner of this place he rounds up the cows from the overnight pasture to the milking; or perhaps has to go to a far field to open there a gate to give them wider range by day. It is of course better to walk. "Never mind the tractor," we have overheard Jamie call. "Exercise your legs! You have plenty of time." Back he will come scented with the fields of morning and bearing some gift of the farmlands... a strange plant, a handful of mushrooms pink-lined and toothsome, "the prettiest moth" or a grub that's quite lovely to be kept captive for study.

"Why" James sputtered recently looking closely into the glass he was about to fill from a tap at the pantry-sink, "what's this? It looks like a... I'd say it was a devil's darning-needle. How did that get in here?" The two boys came on the run, concern on their faces. "That, Jamie said, taking the tumbler from his hand, 'is a dragonfly. It's a little fellow we caught down by the brook yesterday. You didn't' with some suspicion, 'drown him? And where's the cover he had over him? Dragonflies are good insects—they eat up flies and mosquitoes. Did you know that they are born under water? And have gills like a fish at first?"

"No" James replied, "but I know they'll sew up your eyes—or that's what they used to tell us when we were children." Jamie chuckled, "That's not true... and" he peered into the container, "aren't they interesting creatures? Like small planes they are!" "Well, well," James offered with a teasing smile, "I came near to swallowing that one!"

So with Jamie we came to town this evening to enjoy much, as did he, the colorful and educative film of wild life and the fine and often delightful fanciful commentary by the lecturing naturalist. The night is beclouded, the air close and scented with the aroma which points out the season: ripened potato-foliage, dying plant of meadow, autumn leaves. "This smells like an evening of the digging," we commented to Rob as homing the little truck opened a bright path for us through the dimness. "That," he replied, "will come shortly—when we've completed the threshing, I guess."

The sound of slumber in the rooms about... measured breathing of children and of all things, the present cook, sleeps!  
 Until tomorrow... Diary... Good-night...

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### The Stars Say - -

By Genevieve Kemble

#### For Tomorrow

ONE of those days in which all roads seem to lead up a sidereal blind alley; no matter how shrewd and efficient the efforts to put over sound and urgent plans, it must needs be a day of "slow motion," signifying blocks, delay and thwarting of cherished objectives. Despite studied efforts and sound logic in planning, old debts, old policies, old persons may come up to figure as obstacle, postponement, frustration. Fine good ideas and basic thoughts for future development.

#### For the Birthday

Those whose birthday it is may find the coming year one of preparation, planning, laying foundations, rather than reaping and fundamental initiative. Basic ideas, principles and objectives may gain by serious study, rumination, taking stock, analyzing matters already started rather than embarking on fresh ventures. Good advice in tentative plans may be available, older persons or institutions may be consulted for counsel, suggestions, practical directions. A time for checking up on available assets, financial and physical, building prestige, rather than taking constructive action. The static period may be well spent in organizing programs, details, techniques, considering personnel, employees.  
 A child born on this day may be slow in word and action, but studious and dependable, plodding to its goals.  
 The color of linen can be preserved by placing a few small pieces of camphor gum in the linen drawers.

## Household Scrapbook

By Roberta Lee

**Window Shades**  
 Window shades can be cleaned by stretching them out on a flat surface, dusting thoroughly, and then wiping with a damp, soapy cloth. Wipe with a cloth wrung out of clear water and dry carefully.

**Lemons**  
 Lemons that have become hardened from long standing can be freshened by covering them with boiling water and letting them stand for just a few minutes.

**Linen**  
 The color of linen can be preserved by placing a few small pieces of camphor gum in the linen drawers.

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## CANNED SALMON and TEA-BISK

Make this super dish for six... only 19¢ a serving!

Here's the easiest, most delicious Salmon Casserole you ever made. Luscious flakes of Canned Salmon in a savory sauce of vegetables, ringed with fluffy tea biscuits... brought to the table steaming hot. It's so quick, so easy and so economical. All you need is a few vegetables—a package of handy Tea-Bisk and a tin of delicious Canned Salmon.



### CANNED SALMON SUPREME

Oven temperature hot, 425°

**Salmon Filling:**  
 Sauté until tender... 3 tablespoons butter or margarine  
 1/4 cup chopped sales  
 1/4 cup chopped green pepper  
 Melt in... 4 tablespoons NONRATCH FLOUR  
 1/4 teaspoon salt  
 1/4 teaspoon pepper  
 Gradually add... 1 1/2 cups milk  
 Cook, stirring constantly until smooth and thick.  
**AM:**  
 2 cups cooked vegetables (peas, carrots, corn, green beans)  
 Then add... 2 1/2-cz. tins of Salmon, broken into large pieces  
 Heat 5 minutes longer. Fill a 2 quart casserole with this mixture.  
**Tea-Bisk Topping:**  
 2 cups TEA-BISK  
 Add... 1/2 cup milk or water  
 Drop from spoon onto salmon mixture  
 Bake at 425° for 20-25 minutes.

Be sure to clip this recipe and use it now!



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