

Timely Notes On Nutrition

By Marjorie G. Hill

SALADS

This is the season for crisp, coll salads when you can let your fire vent and really enjoy preparing a meal without wiping the perspiration from your forehead.

If your salad is to be made of fruit — try to cut the fruit in uniform sizes — and in fairly large pieces, with clean cut edges.

The appearance of your salad is enhanced considerably if mixed properly, so instead of using a spoon for mixing take two forks and "toss" the salad to prevent the pieces from breaking.

You can develop the flavor of such salads as potato, meat or fish, by marinating these foods, that is, allowing them to stand a short time in dressing before serving them.

Cook's Corner

SHRIMP CREOLE

- 2-3 cup chopped onion
1/2 cup finely chopped celery
1 clove garlic, minced (optional)
3 tablespoons butter or margarine
1 tablespoon flour
1 teaspoon salt
1 teaspoon granulated sugar
2 teaspoons chili powder (optional)
1 cup water
3/4 cups cooked rice
2 cups canned tomatoes
2 cups canned vegetables
1 tablespoon lemon juice or vinegar
2 cups shrimp, canned or fresh cooked

WELL-PAID WRITER Lord Macaulay received a cheque for £20,000 for two volumes of his history.

ELLEN'S DIARY

By An Island Farmer's Wife

Today found our farmers keeping their work within certain bounds. In a leisurely, resigned way widely removed from the bustle of their ordinary round.

A farm sale was in the offing. Not that there have been no excursions from the farm in recent weeks, so taken up with the affairs of the seedtime.

And at the moment the farmers have come to a mid-season lull, which in the absence of any repairing or building project allows for more leisurely planning.

NO AUTOGRAPHS

Silent film star Rudolph Valentino was christened Rudolph Alfonso Raffaele Pierre Filibert Gaglielmo Di Valentina D'Antogoulla.

True Success Story

By F. H. MacArthur

If you are one of those who fancy that a man or woman can never reach the pinnacle of success unless they have pulled a college education, or financial backing read right here and now the story of Benjamin Franklin, who, entirely by his own efforts, became a noted scientist, author, statesman, etc.

Born at Boston in 1706, of poor and humble parents, he was apprenticed to the printer's trade. After a long and busy day young Franklin found opportunity to get in a lot of reading and to write secretly some articles in prose and poetry for the New England Courier.

After a residence of one and a half years in London Ben returned to the Quaker City, where he interested a certain party in printing a newspaper which was named the Pennsylvania Gazette.

His first venture into politics was when he became a member of the Provincial Assembly of Pennsylvania. In 1737 he went to England as the agent of the province and was also soon appointed agent of the provinces of Maryland, Georgia and Massachusetts.

Back in the U.S.A. he was again appointed agent in 1764 and took to the Old Country a protest against taxing the infant colonies. He strongly opposed the Stamp Act and in 1774 presented to the king the petition of the first American Congress, without success.

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DOROTHY DIX SAYS -

By James W. Barton, M.D.

Overplaying Hand

Expensively-Dressed Girl Can Frighten Off Prospective Mate

DEAR MISS DIX: My mother gave me a very pretty diamond ring, which I wear with pride and pleasure. My aunts and cousins tell me the reason I have no boy friends is because of this ring and that I am spoiling my chances of marriage by wearing it.

ANSWER: I don't know whether a diamond ring could hoodoo a girl's chances of marriage, but I have known many a girl to lose out on getting a good husband by dressing too well.

In fact, nothing is more common than the pitiful tragedy that we see enacted over and over again in which a girl does the thing to attract a man that drives him farthest from her.

WANTS THRIFTY WIFE But it doesn't. It scares him stiff. He thinks that she isn't the kind of woman that he wants for a wife.

DEAR MISS DIX: The most terrible thing has happened to me that can happen to a girl. I will kill my parents, who are very prominent people, if they find out. What shall I do?

ANSWER: Tell your mother this very day. No matter what you have done, your parents will love you and understand. Give them a chance to help you.

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

Better English

By B. C. Williams

- 1. What is wrong with this sentence? "She fixed her hair before proceeding on to her destination."
2. What is the correct pronunciation of "facsimile"?
3. Which one of these words is misspelled? Greater, interrupter, prognosticator, malefactor.
4. What does the word "dissension" mean?
5. What is a word beginning with ge that means "a motion of the body or limbs"?

Household Scrapbook

By Roberta Lee

- Tile Floors Tile floors can be thoroughly cleaned by dissolving 1/2-pound of shaved yellow soap and 1/2-pound of washing soda in a gallon of hot water, and applying to the floor with a stiff brush. Rinse with clear water and wipe with soft cloths.
Quick Meal A quick meal can be prepared by merely filling some biscuit cases or hollowed toasted cubes with cream, tuna, salmon, or chicken. Or you can serve this creamed mixture on waffles.
Acidosis For persons in your family who are subject to acidosis, serve raisins in the breakfast cereals, as they have a high alkaline content.

How Can I!!!

By Anne Ashley

- Q. How can I remove the odor of fish from the hands?
A. The scent of fish can be removed from the hands very readily with dry detergent. The odor from the drying pan can be removed by boiling either some tea leaves or vinegar in the pan. The odor can also be removed with salt and hot water.
Q. How can I give a slick surface to old playing cards?
A. If the cards are so old that they have a tendency to stick together, sprinkle them liberally with talcum, and they will have the slick surface of new cards.
Q. How can I prevent the spreading and separating of eggs when poaching them?
A. Pour a little vinegar into the water when poaching the eggs and they will not separate.

Modern Etiquette

By Roberta Lee

- Q. What is the order of precedence down the church aisle when there is both a maid and a matron of honor?
A. Each may walk alone, or they may walk together. If they walk separately, the one who is to assist the bride at the altar immediately precedes the bride.
Q. What is the proper hour for giving a breakfast?
A. A breakfast may be given at any hour of the morning until noon.
Q. Is it proper to thank a delivery man when receiving a package from him?
A. Yes, this is the courteous thing to do.

That Body Of Yours

By James W. Barton, M.D.

REMOVAL OF WASTES FROM HEALTHY BOWEL MAY TAKE MORE THAN TWO DAYS

It is known that the majority of men and women are constipated to a considerable extent except, of course, nervous individuals or those bothered with emotional disturbances in whom colitis (chronic diarrhoea) is usually present.

At one time it was thought that food eaten one day passed from the lower bowel the next day. Later by means of the barium meal, it was found that the wastes from a meal took two days to leave the body.

However, a few years ago, Dr. Walter Alvarez of the Mayo Clinic was able to show that barium (a form of clay) acted to some extent like a purgative and the wastes from food eaten might take three to five days before leaving the body if barium was not used, and that individuals were not really constipated if five days passed before wastes left the body, if it took the five days regularly.

Dr. Alvarez and Freeland, Mayo Clinic, gave 50 small beads (15 per cent went through the stomach and intestine during the first 24 hours; 40 per cent the second; 15 per cent the third; and 10 per cent the fourth. After the fourth day the remaining beads might take several days before they left the body.

These healthy individuals should not take laxatives to empty the bowel, as the walls of the bowel need wastes to grasp to keep these walls healthy. Don't worry about the time it takes to remove wastes, if the bowel works regularly.

Constipation

It has been estimated that there are more persons with constipation than there are without it. For information on this subject, send 10 cents and a 3-cent stamp to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy of Dr. Barton's helpful booklet entitled "Constipation."

Morning Smile

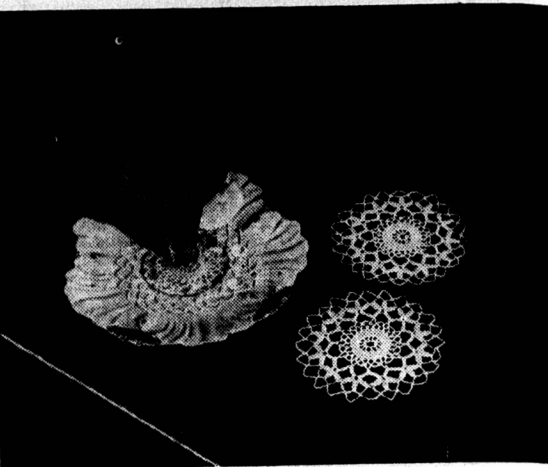
The Eighth

Recruiting Sergeant: "And what is your name, my man?"
Recruit: "Henry, sir."
Sergeant: "Why did your parents name you Henry?"
Recruit: "I'm the eighth, sir."

Seems To Pay

"Pessimism never pays."
"Oh, I don't know! Look at all the money dentists make by looking down in the mouth."

Dewdrop Doily



As fresh as a dewdrop are these dainty doilies. To protect tabletops and to add a fresh, crisp touch to your summer decor, crochet a set in any of the pretty summer shades... pink, lilac, yellow, bright blue or green. Just 4 1/2 inches in diameter, they take little time and make ideal coasters. For directions, write to the Needlework Dept. of this paper enclosing a stamped, self-addressed envelope and ask for DEWDROP DOILY, Leaflet No. 7649.

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for those who KNOW! DESSERTS Made with CANADA CORN STARCH

Blanc Mange 1/2 Cup Sugar 4 Cups Milk 6 Tablespoons Canada Corn Starch 1 1/2 Teaspoons Vanilla 1/4 Teaspoon Salt

CANADA CORN STARCH FREE: Jane Ashley's Tested Recipes—Send postcard to Home Service Department CC 20, The Canada Starch Company, Limited, P.O. Box 129, Montreal.

-Needlecraft-

FOR THE HOME

2191 SIZES 4-12



VACATION VARIETY Like magic... daughter's pocket-edition play suit becomes a street dress the minute the matching skirt is buttoned on! (Both in one pattern.)



INDIAN MAID—A far cry from the days of her grandfather, Comanche Chief Quammen Parker, pretty Jeanne Carren does things for leaders no chief could ever do. Jeanne's now in New York as a professional model, where, instead of war whoops, she hears wolf whistles.