

How Can I!!!

By Anne Ashley

Q. How can I make a disinfectant?

A. A home-made disinfectant, both efficient and inexpensive, can be made by completely submerging a small quantity (about half a can) of chloride of lime in vinegar. The gases released by this mixture will destroy germs and unpleasant odors.

Q. How can I remove warts from the hands?

A. Dissolve a quantity of washing soda in water, wash the hands, and then allow them to dry without wiping. Repeat this bathing until the warts disappear.

Q. How can I wash a small Oriental rug?

A. Rub the surface with a lather of pure white soap. Then rub off as much soap as possible and rinse with cloths dipped in clear cool water. Dry thoroughly.

Cook's Corner

MINESTRONE

(Serves 6-8 generously)

Serve with plenty of grated cheese as the main dish for supper. With it serve a simple green salad.

One cup dried beans, salt, 1 onion, minced, 1 tablespoon parsley, minced, 1/2 clove garlic, minced, 2-inch cube salt pork, diced, 1/2 cup raw ham, diced, 2 quarts boiling water, 1/4 cup tomato paste or 1 cup tomato pulp, 1 cup coarsely chopped cabbage, 1 cup cooked elbow macaroni.

Soak beans overnight, drain, add fresh water and cook slowly until soft, adding salt to taste just before they are done. Drain.

Add onion, parsley and garlic to pork and ham. Cook and stir over moderate heat 5 minutes. Add water and tomato paste or pulp and simmer 15 minutes.

Add cabbage and cook 10 minutes. Add beans and macaroni. Season to taste. Add water or stock to make 1 1/2 quarts. Heat thoroughly.

Note: Add other vegetables as convenient, such as sliced potato, carrots, peas, minced lettuce, sliced leeks (white part).

Household Scrapbook

By Roberta Lee

Cleaning Pipes

One tobacco authority recommends the following treatment for a pipe: Soak the pipe in cold coffee for an hour, cleaning out the stem with pipe cleaners. The coffee will soften the caked material in the bowl, which may then be pried loose with a blunt instrument. Stale pipes can always be cured with this treatment.

Meringue

When making a meringue, have the egg whites very cold and beat until stiff enough to stand alone. If baked in too hot an oven, meringue will be tough and shrink when set away to cool.

Disinfectant

To disinfect a galvanized receptacle, burn some paper in it.

Modern Etiquette

By Roberta Lee

Q. What expenses should the bridegroom assume for the wedding?

A. The bride's wedding ring, her bouquet, marriage license, gloves, ties and boutonnières for his attendants, the minister's fee, transportation for his family and his attendants to the church, the honeymoon trip. And, of course, from that time on — everything!

Q. Is it all right for a guest who wins a bridge prize to open it and display it to the other guests?

A. Yes; it would be rude not to do so and would indicate a lack of interest in what your hostess has provided as a prize.

Q. Should the napkin be used at the table before drinking water?

A. Yes; the napkin should be used to wipe the mouth before drinking, in order to avoid any smear on the glass.

POETIC CLERGYMAN

Thomas Parnell, the great Irish poet who died in 1718, was vicar of Finglas and archdeacon of Clogher.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THE probability is that the old saw, "a soft answer turneth away wrath," may be sage advice as a rule of conduct on this day. There are several signs of adverse and exasperating situations — to be met with shrewd and sagacious strategies rather than forthright and sledgehammer blows. In fact, the mood may be toward the gracious, kindly and disposed to friendly overtures rather than the irritable and contentious.

For the Birthday

Those whose birthday it is are likely to come upon difficult and trying conditions during the year, with much to handle by strategy, sagacity, and compromise rather than attempts to batter down adverse or static situations by force or direct action. In many contacts and relationships the way is beset; superiors, officials and others in general may not be cooperative. It might be wise to adopt a conciliatory tone, yield a point, approach people with a gracious and sociable manner. Winning ways might break down opposition and turn the tide to benefits and profit.

A child born on this day is graciously blessed with an amiable and friendly nature, which it may have to use in many difficult and discouraging spots in life.

That Body Of Yours

By James W. Barton, M.D.

LACK OF THYROID EXTRACT CHANGES WHOLE APPEARANCE OF INFANT AND CHILD

Parents are sometimes alarmed shortly after the birth of their baby by the change in the face and body of the infant, which was perfectly normal in face and body at birth.

The child wants to "sleep all the time," the physical and mental growth is slow, dry brittle hair is present, the abdomen protrudes, the lips and tongue become thick, there is great increase in weight, yellow tint in the skin. X-rays show that the formation of bones and joints is incomplete.

What has happened to so change the appearance of this "normal" baby?

Most of these cases are caused by underactivity of the thyroid gland in the neck. The infant started life with enough thyroid extract obtained from the mother before birth but after a few weeks, early signs of insufficient thyroid extract appear; failure to grow in body length, colic, constipation and excessive drowsiness.

Sometimes an infection will interfere with the development of the thyroid gland or a deficiency in iodine in the food.

In The Southern Medical Journal, Dr. W. A. Reilly states that the underfed child is not uncommonly mistaken for a deficiency in iodine in the food. These children demand continuous supervision. Children with an under-active thyroid gland are very responsive to thyroid extract. Noticeable improvement can be observed three to four days after adequate dosage of thyroid extract is started.

As the juice or extract of the thyroid gland regulates the rate at which the body processes work, early treatment is desirable and average daily doses are 2 to 4 mg.; 8 to 12 months, 18 mg.; 12 to 24 months, 25 to 50 mg. Because thyroid extract by continuous use builds up within the body, Dr. Reilly states that holidays up to a week in length can at times be safely given. Good mental development is the principal objective in treating childhood hypo-thyroidism.

As the busy family physician in looking after other members of the household may not notice the appearance or lack of development in the child, parents should show him the changed appearance of the child. The lack of expression in the face (pig-like) should arouse them to consulting their physician immediately.

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ELLEN'S DIARY

By an Island Farmer's Wife

Fresh-spread with new snow and pointed with the pearl-white of the hoar frost, the new workaday week came in this morning. There was a rare beauty on every twig and vine and tree about on the wilding apple by a line and reach of maple woodlands touched by its glory. And the sunrise! With what majesty it appeared above the dark spruce-clad rim of hills "down along," slowly pouring the gold of its store into our white clad valley. "I'm afraid Ellen," someone laughed the other evening as we visited about a fire "I know more about sunsets than I do about risings!" We felt a bit sorry for him as we stood a minute, lost in the enchantment of this one, on our way to the barnyard this morning.

We had stolen a march on at least one of the farmers, not yet into his boots but presently on his way to his work. We have entered into a wager-of-sorts with some of the members of the family that we, the indolent one of all, will one of these mornings find the first lamb of the season. Should we be so fortunate what a rush the tidings would bring! James hurrying to catch a sight of it — or will there be twins? Commenting with a nod, "I expected it!"

The younger farmer, to open "the door to the fold" to lead ewe and babe to less crowded quarters. And granddaughter, enraptured with any coming of we stock about, to gaze at the miracle, wide-eyed and smiling, elated at the happening.

We stood while the gates of the sun filled... and flooded, jewelling as it flowed, twig and branch and frosty crystal. The serenity and peace which blesses our early morning at Alderlea was spread about — on resting white fields, on the still water of the millpond, on woodland, on reaches of vale and hill. Soon there would appear indications of activity in our wind of day would move in from the fastness of "up the creek." But now all was quiet and still.

A long minute we drank of its beauty and calm until we heard "Well, Ellen, did you find any?" James was on his way to his chor-ing.

No new stock in fold or stable or pigery has been found yet, though with granddaughter today we talked of lambs in green meadows and kittens in a strawy nook and butternuts as a piece of reminding white cloud floated above a sunny hill — of snowdrops and spring-blossoming plants to rise in time from snowy coverlets.

"Do you know" granddaughter was reminiscent "I don't know what made me do it, but I just had to pick the first tulip that opened last spring. It was red, do you remember? I wonder if that one will be the first to awaken this year?" And in nice signs of the season, now about a month away, we discovered tight-curled fronds — new growth of a fern. We heard too, of a farmhouse "into the hooking" and of another "piecing a quilt."

Already one overhears mention of housecleaning and whether it is better to approach it casually, and early, cleaning by degrees or leave it until "the robin is here and the swallow," attacking then with every energy is still a debatable question with housewives... Not at all argumentative is this one, from James — a wearying in his old armchair: "I think I got a bit of a chill in the woods this afternoon, Ellen. Make me a like a good woman, a hot black current drink!"

Until tomorrow — Diary — Good-night.

Morning Smile

No Story

A youthful reporter turned up at the office after being sent to write

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DON'T Just ask what's good for a **COUGH?** ASK FOR **BUCKLEY'S MIXTURE** A SINGLE SIP TELLS WHY

Seven Days A Week

(By Anne Shannon)

1. Monday: The beginning of a brand new week! If it rains or snows today and you need drying space in a hurry here's a bad weather tip: Tip baby's play pen over on its side and use the rungs as an extra drying rack. (Remember, remove the baby first!) If there is no baby's play pen in your house now, well, you're out of luck—better figure out another way on your own!

2. Tuesday: Speaking of babies here's an old trick to get the very little folks to eat their egg yolk (if Doctor orders egg yolk). Mash it well with cereal and milk or formula and usually it will all down unnoticed! Sometimes toddlers get bored with the sameness of their fare—try an egg-nog occasionally. I bet they'll like it.

3. Wednesday: With such an abundance of rain and snow lately, galoshes and umbrellas are very much in evidence. You would feel rather unsociable, wouldn't you, if you asked guests to leave their wet raincoat on the porch? Let a "Boot Butler" solve this problem. Set a neat aluminum tray on the floor just inside the door. How nicely it will receive muddy rubbers and dripping umbrellas!

4. Thursday: Here's a pie recipe that won't originate. Mrs. Ernest Verover, a trip from Trinidad, Colorado to Philadelphia. It's Raisin Cream Pie—1 1/4 cups raisins, 2 cups water, 2 cups light cream, 1 cup brown sugar, 1/4 cup cornstarch, 1 1/2 cups nutmeg, 1/4 tsp. salt, 3 tbsps. water, 2 tbsps. lemon juice, 1 nine inch baked pastry shell, 1/3 cup chopped nuts. Simmer raisins in the two cups of water for 20 minutes. Add the cream and brown sugar and simmer for five to seven minutes. Stir to prevent scorching. Mix cornstarch, nutmeg and salt with the 3 tbsps. of water. Stir into hot mixture and cook until thick, stirring constantly. Add lemon juice. Pour into baked pie shell. Sprinkle with chopped nuts. Bake in a moderate oven (350°) 15 to 20 minutes. Cool.

5. Friday: Did you ever stop to think what a wise protection gloves are? Of course never wear them around machinery, bells or gears of any sort unless you enjoy being minus a few fingers! Use cotton gloves for light household tasks, heavier ones for rough work, rubber ones for wet work and old cotton ones to cover that heavy application of cold cream on your hands at bed time.

6. Saturday: Any "fund-raising" meetings scheduled for tonight? Here's an idea to present—Every friend from whom you collect ten cents, will have their name embroidered on a ten-inch colored square. Sew the squares together to make a quilt, leaving a large square in the centre on which some local talented artist outlines or paints a sketch of the school, church or project for which the funds are being raised. When completed auction the quilt. It will bring in quite a sum, you may be sure!

7. Sunday: Hope you have happy hearts and shining eyes today as you spend your way to church.

For old and young this is my prayer:

God bless us all today And give us strength our tasks to bear And take our bitter griefs away.

up a fashionable wedding. "Well," snapped the news editor, "where's your copy?"

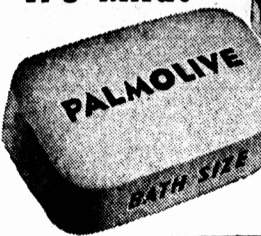
"Oh! I didn't bother to do it!" said the young man. "You see, the bridegroom didn't turn up."

Boasters

An American died and went to Heaven, and promptly started boasting about his native land. "Do you know," he told a group of spirits, "that at Niagara Falls eight billion cubic feet of water flow over the cliffs every second!" "Poof!" said Noah, scornfully. "Dewdrops!"

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This Girl Did And Won Her Young Man's Love

DEAR MISS DIX: Two years ago I met the man of my dreams. He took me out occasionally but never said I meant anything to him. A year ago he joined the Army and began to write to me. His letters were just friendly. When he came home on leave he saw me a few times, then the last night he was home he got fresh for the first time. I told him if he thought I was that type of girl he'd better just forget about me. About a week later I received a letter from him which was quite different from all the others, and ever since they have been more serious. My problem is this: Does he mean all the things he writes or are they just words without meaning? Do you think he could have fallen in love with me? CAROLYN



Muriel Nissen

ANSWER: I hope your letter serves as a beacon to the girls who believe they must respond to a boy's overtures to keep his regard. They are so wrong, as your typical experience shows.

A boy who is out for an evening of fun will often make advances to a girl just to see what happens. The right kind of girl repulses the lovelorn and automatically wins the boy's respect. If he's serious, he'll call again with a more gentlemanly attitude.

HE'S SERIOUS

Such is the progress of your case. You can be quite sure that this boy is falling in love with you, and that he does mean the serious tone of his letters. Even young boys can recognize the high calibre of a girl with self-respect. A girl of high ideals, who sets a standard for her friends, may not have male companions falling over themselves to have dates with her, but she will be assured that those who do seek her friendship are worthy of it.

DEAR MISS DIX: A friend of mine has many chances to go out on dates but she always refuses because she has no place to bring her friends. Her home consists of two bedrooms and a kitchen—no parlor. Would it be okay for her to bring them into the kitchen, or would the young men object?

ANSWER: While it is unfortunate to be so restricted on entertainment quarters, many dwellers in small apartments are in the same predicament. There is nothing wrong in asking a young man into a kitchen and few of them will object. In fact, most young men are delighted to be so near the source of food.

Perhaps your friend could transform one of the bedrooms into a bed-sitting room? Such a change can be made with remarkably little money and effort. A studio couch to take the place of the bed, dressers that can easily double as living-room chests, and an attractive room is available for entertaining. Women's magazines will give many hints for such a room.

DEAR MISS DIX: My daughter is married to a man eight years older than she. They have been married four years and have a 2-year-old son. They lived with me for three years and moved away two months ago. Her husband is a mamma's boy, and stops to see his mother every day. Yet he fights with my daughter if she wants to come here once in ten days.

ANSWER: A wife is entitled to see her mother as often as a husband sees his. She may, and probably will, have to do some arguing to win this point, but unless she takes a stand and fights for her rights, there will be constant squabbling over a very important matter. Talk a little backbone into your daughter. You'll probably be accused of being an interfering mother-in-law for your pains, but certainly she is entitled to see her mother once to the ten times her husband goes home to mamma.

Better English

By V. C. Williams

1. What is wrong with this sentence? "Humor is a distinctive feature of the book."

2. What is the correct pronunciation of "accouter?"

3. Which one of these words is misspelled? Ossify, ostentation, ostensible, ossiate.

4. What does the word "impeccable" mean?

5. What is a word beginning with "se" that means "alluring; tempting"?

ANSWERS

1. Say, "is a distinct feature." 2. Pronounce a-koo-ter, as in at unstressed, oo as in cool, accent second syllable. 3. Oscillate. 4. Exempt from the possibility of doing wrong. "His conduct is impeccable." 5. Seductive.

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by Alice Brooks

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