

PROBLEMS OF HUMANITY

by Abbe Wallace
YOUR FRIENDLY ADVISOR

Editor's Note:— Submit your problems for publication to ABBE WALLACE, in care of this newspaper. Give your full name, address and birthdate. For a "private reply" send Abbe a stamped envelope and twenty-five cents for one of his new and inspiring "LESSONS FOR HAPPIER LIVING." Your letter will be treated confidentially. Send 25 cents in coin, stamps or money order. Address your letter to: The ABBE WALLACE Service, in care of,

M. C. B.—I have a job I have been for 25 years. I am not making the progress that I desire. I asked for a raise, but was told it was impossible. So last month I opened a little business of my own on the side and am doing quite well. I go to work for the company from 7:30 until 4 p. m. I open my shop at 5 and work until 10. Should I give up my job and run my own little business during the day?

Ans: Keep your job awhile longer. The business is not netting you enough to live on as yet. It is a really won't know your prospects for success until college opens this fall as you are counting greatly on students to put your business over.

M. C. L.—My husband and I have been married a year. We live his people. His mother does all of the cooking. Fact is, she never lets me help buy any of the groceries or have anything to do with the cooking. I don't like this life. What should I do?

Ans: Look for an apartment of your own. When you and your husband get out to yourselves, you will have complete charge of the kitchen. Meanwhile, do not fall out with your mother-in-law because she wants to be lord and master of her own kitchen—what woman doesn't?

A. M. E.—I have a family, husband is a minister, so to help out I have in mind taking a short course in dress making. I have a deal of experience in sewing already and want to know if I would succeed and where could I get such a course?

Ans: You can add to your present income considerably by taking in sewing. The Singer Sewing Machine Company there in your city offers a course in sewing instructions. It would

prove very beneficial as well as reassure you of your ability to turn out good work.

A. D.—I was with my lover for two years. Everytime I asked him about marrying, he'd give me some silly excuse. Now he has moved out and left me. Will he come back and marry me?

Ans: No—he won't be back. He had a change of heart and left to avoid marriage. I grieve because you lost his friendship — you can attract another and get married. Send for Happier Living Lesson No. 4—How to Win a Man, price 25 cents.

L. C. N.—My husband left me twenty years ago. I have worked hard all these years and five years ago I bought a little home. I didn't see him until this year. He came in town and begged me to take back. I did and now it seems like he is trying to run me out of my own home. I see that I made a mistake. Can he take my home from me?

Ans: No. You bought and paid for the place and the deed is in your name. He can't take it. If he doesn't want to live there with you and be pleasant, see your lawyer and take steps to make him move.

L. M. C.—My heart bleeds for a childhood sweetheart whom I haven't seen for twenty years. I wonder if I were to take the trip that I have in mind would it turn out as I believe it would?

Ans: That would be an act of folly. The man in question is happily married and has a family and he would not be influenced at all by your presence there in his community. Give up this silly idea and concentrate on making your husband contented in your own home. He's the one that you love.

Live on a Potato
One potato will supply 100 calories or about one twenty-fifth of the amount of calories recommended for the average adult for daily consumption. However, it is essential that a balanced ration be utilized.

Ideal Hog Size
Moderately fat hogs, weighing between 180 and 240 pounds alive, produce hams, shoulders and sides of the most desirable size for curing.

Knockabout Chairs
If you have knockabout chairs in the parlor or on "sabbatical leave" from the summer porch and their appearance is not everything you desire, consider making simple slipcovers for them. Use strong fabrics like ticking or oilcloth in fast colors, so they can be tossed regularly into the washing machine.

Your Home

By Frances Ainsworth

School days are here again, and with them the school lunchboxes. Many friends have told me they dread the monotony of lunch packing — and that their children constantly beg for "something different". Well, I've found several ideas which my family enthusiastically approve — and I'd like to pass them along to you.

First, for an added touch of color, include some carrots sliced lengthwise into thin sticks. It's a simple matter to slice enough carrots for the entire week... place them in a bowl of water in the refrigerator, and they'll stay crisp and snappy until needed. Then, when fixing lunches, simply wrap the carrot sticks in waxed paper and twist the ends for the moisture stays inside.

I always wrap lettuce for sandwiches in a separate piece of waxed paper so the children can insert it fresh and crisp into the sandwiches when they're ready to eat them. That way the lettuce doesn't become limp — as it would if left in the sandwiches for hours.

Fresh fruit is always good for that lunchtime dessert — or a container filled with apple sauce or custard — these are nutritious as well as appetizing.

I save morning time by fixing lunchbox sandwiches the night before. By wrapping them in waxed paper and storing in the refrigerator, I can pop them into lunchboxes in a jiffy just as the children and my husband leave in the morning. We housewives have a dozen pet uses for that handy roll of waxed paper... but I think that school days make us appreciate it more than ever! Don't you agree?

Increases Profits



PITTSBURGH — Cleanliness at the source is important to the profit-wise dairy farmer. Correct sanitation means less chance of disease attacking the herd and thus cutting production and profits, and it means low bacteria count, easily marketable milk. Pittsfield, used in a 200 p.p.m. solution for milking and milking equipment, cow's udders, workmen's clothing, milk house equipment, and as a rinse for bottles and milkers' hands assures greater sanitation. A strong 1250 p.p.m. solution is recommended for floors, stalls and other parts of the barn, and milk cans.

COUNCIL COMMITTEE TAKE A LOOK

A lot of people deserve the credit. The first suggestion for such a meeting was made by the Public Relations Committee. President Perry acclaimed it and summoned the Public Meetings Committee to stage it. And they did—in a big way. Under the chairmanship of Mrs. C. W. Mead, all sixteen of the committees of the Council of Churches came together Sept. 9 at the Y. W. C. A. Fifty-four people sat down together. They saw fifty-one current projects of the Council of Churches thrown on a screen with stereopticon slides, they heard chairman point with pride and confess with laughter, they saw the men and women who were working on some other committee as hard as they were on their own. They went home promptly at eight o'clock, asking if they couldn't have a chance to tear into the whole business more in detail — some other time. There are grand people on those committees.

USED FAT HELPS WASH



By-products of used cooking fats are needed not only to make soap, but for enamel, insulation and electric wiring of the washer being used by Mrs. Guy Reigler, Kew Garden Hills, N. Y. Monday is wash day, but every day is save-used-fat day, she says.

Fur Trims Return As Luxury Tax Ends



Courtesy of Fur Farmers of North America

Top fashion news this fall is the end of the twenty per cent luxury tax on fur trimmed garments and top designers again are adding a wealth of luxurious fur to cloth coats for fall and winter. Here, Philip Mangone adds wide bands of silver fox to make a coat of elegance and distinction.

BUDDY JOHNSON RELEASES TWO NEW PLATTERS

NEW YORK — Buddy Johnson, the young pianist-maestro of "Walk 'Em Rhythm" fame, has come up with a new release on the Decca label that stands out as an excellent example of the diversified style of the Johnson band.

The new Johnson platter pairs "You'll Get Them Blues", which highlights the distinctive voice of Buddy's blues-singing sister, Ella Johnson, and "I Wonder Where Our Love Has Gone", a new ballad with Arthur Prysock on the vocal.

Maestro Johnson, whose records have been among the most consistent sellers on the Decca label, is still clicking strong with his disc of "Hey, Sweet Potato", which was released several months ago. Buddy, who is currently on an extended southern tour with his band, will cut some new sides for Decca when he returns to New York next month.

YOUR Baby

By DR. H. W. SCHULTZ, Nutritionist

Since I have been asked by a number of mothers how to safeguard their infants from anemia, I know you will be interested in the findings of Dr. Ruth M. Leverton, University of Nebraska nutritionist.

Dr. Leverton has been working with pediatricians at two Lincoln and Omaha children's institutions in an attempt to find some method of checking anemia common to babies, and she has discovered that the addition of meat to the diets of babies at six weeks of age is an effective safeguard against anemia. Dr. Leverton said results showed that meat not only checked anemia but actually improved the blood condition. At the end of eight weeks, 18 babies whose diets included meat added to the formula in the nursing bottles showed an average gain of 13.3 per cent in hemoglobin content and a gain of 22.2 per cent in red cell value.

Meanwhile, 15 other babies of the same age group and general condition, were kept on their customary meatless formulas. During the test period these babies showed an average drop of 10.3 per cent in hemoglobin and a gain of 6.2 per cent in red cell values.

"Nurses caring for the babies reported that those who had been given meat were generally less fussy and slept better at night," Dr. Leverton said. "The pediatricians felt that the babies were in better physical condition as a result of the meat supplement."

Mothers of today are fortunate to be able to obtain ready prepared meats for babies—eliminating all the hard work of cooking, scraping and straining meats at home. These meats are approved by the American Medical Association and they give baby the extra proteins and iron he needs for proper growth plus safeguarding his health. And every mother's chief concern is in keeping her baby strong and healthy!

Oh, Boy! Cookies!



LONG ISLAND CITY, N. Y. — One of the "biggest thrills" of foreign Girl Scouts, in America for their first postwar campment, was a visit to the world's largest cracker bakery under one roof — the Sunshine Biscuit plant here. Their final thrill came when Sunshine's director of research, Dr. Stanley Jackson (center of photo), gave every Girl Scout a large box of assorted goodies for mailing to the folks at home. Ginette van Hoorbeke, Belgium (left), and Bodil Schroder, Denmark, are shown addressing shipping tags.

PARTY TIME TABLE



The simplicity and charm of today's informal entertaining is expressed in this decorative party table setting, designed by Miss Ann Martin, nationally known hostess authority. Miss Martin says, "If you've been keeping your grandmother's cut glass punch bowl in the storeroom all these years, now's the time to bring it into the parlor because parties with punch are high in fashion favor."

Refreshments are served buffet style and may be attractively set up on a card table, decorated with garlands of ivy. In keeping with the grape harvest festivals now being celebrated, clusters of varicolored grapes may also be used. Then, the punch bowl serves as a centerpiece, with punch cups or glasses set in a ring around the bowl. Side dishes hold thin-cut sandwiches, small cakes or cookies. Here's a favorite fruit-and-wine punch that's appropriate, refreshing and easy to prepare:

WHITE GRAPE PUNCH
3 cups unsweetened pineapple juice
8 cups Cresta Blanca California "Claret"
1 cup sparkling water
1/4 cup lemon juice
Whirlendless grapes
Chill pineapple juice, wine and sparkling water. Combine in a punch bowl or large water pitcher. Add lemon juice and sugar to taste. Garnish with lemon slices and grapes. Serves 6 to 8.

HOUSEHOLD MEMOS

by Lynn Chambers



Serve a Breakfast That Spells a Cheery Morning

(See Recipe Below)

Bright Beginning

Do you serve the kind of breakfast that demands to be eaten, or are you content to let the family slip away with just a sip of fruit juice and a swallow of hot coffee?

Surveys show that people spend an average of 12 minutes eating breakfast. Five minutes to eat a good breakfast can give added energy for the day's work, and about a third of the day's share in calories and nutrients.

Few women spend the time in planning breakfast that they give to other meals. The only way to serve a good breakfast is of course, to plan it in advance. It should be appetizing and interesting, with foods prepared carefully and served appetizingly. There should be contrast in the texture, flavor and color of foods to avoid monotony.

Breakfast, too, can have the glamour that other meals possess. Bright cheerful dishes and linens dispel early morning gloom. Flowers and other pretty centerpieces make an attractive setting. The breakfast table should be set away from kitchen odors and confusion, and the setting should be as cheery as possible. Above all, be cheerful, yourself!

Use Variety in Fruits.

Fruits-in-season offer a good way of introducing variety to the breakfast. There will be berries, juicy and bright-colored, fruit juices, and then, of course, the fruit itself, halves of grapefruit, sliced oranges, luscious pears, peaches, etc.

Incidentally, right now there are winter pears which are plentiful. Anjou pears which run from green to creamy-yellow in skin color are juicy and full-flavored reach the peak of their season about this time and are available until April. The Nells, which is a russet-skinned, small and extra-sweet pear, starts trickling to the market now and will be available until May. Bosc pears which are russet-skinned, with a long tapering neck, and Comice pears which are similar to the Anjou are still available, but are passing.

Serve Cereals.

Cereals help add carbohydrate or energy to the diet, and they are available in a variety of ways. You might like a nice hot bowl of cooked oatmeal or wheat cereal to start the day, and then again it may be one of the prepared cereals that strikes the fancy.

It may be wise to combine the cereal with some fruit to have picture-pretty cereals for breakfast. Popular Breakfast Fare.

Toast is our national breakfast bread favorite, but it should never

Lynn Says:

You'll want these handy hints for housekeeping: To keep iron frying pans in good condition, give them a soda bath occasionally. Mix two tablespoons of soda with two quarts of hot soapy water. Place the frying pans in this and boil gently for a few minutes. Rinse well and wash in more soapy water.

Cotton flannel cloths are excellent for polishing silverware. Keep old flannel cloths on hand and wash them often in hot soapy water.

Slow drying at a moderate temperature is best for woollens. Never expose them to excessive heat, direct sun rays or freezing temperatures.

Place a teaspoon of salt in water in which eggs are boiled. This aids in keeping the shell from breaking.

heavy tankers

Latest statistics show that the United States has more than 22 telephones for every 100 inhabitants, compared to 2.2 telephones per 100 inhabitants in the world as a whole.

New York Leads

New York City has more telephones than any city in the world, with a total of 2,218,000. This compares with 1,290,000 in all of South America.

Lynn Chambers' Breakfast Idea

Orange-Grapefruit Juice
Oatmeal with Cream and Sugar
Poached Eggs on Toast
Cranberry Marmalade Beverage

be allowed to reach the doldrum stage. Different types of may be used, and of course, there are numerous spreads to entice weary breakfast appetites. Picture the pleasure of the family when they see golden slices of toast with a dish of cranberry or orange marmalade that can be spread thick while the toast is hot. Or, cranberry preserves, made from fresh berries, are particularly appealing to morning appetites because of their tart, bright flavor.

If you plan breakfasts carefully, then you will find time to spare for baking some of those delicious quick breads that make such a delightful feast of this first meal of the day. Here are several bright beginnings:

Honey Butter Roll-Ups.

(Makes 16)
2 cups sifted flour
3 teaspoons baking powder
1 teaspoon salt
4 tablespoons shortening
3/4 to 1 cup milk
1 tablespoon melted butter
2 tablespoons honey
1/2 teaspoon cinnamon

Sift flour, baking powder and salt.

Cut or rub in shortening. Add milk and stir to form a soft dough. Turn on a lightly floured board and knead 1/2 minute. Divide dough into two equal portions. Roll each portion into a circular shape about 1/4 inch thick. Brush with melted butter and honey. Sprinkle with cinnamon. Cut into pie-shaped pieces. Roll, beginning at wide end. Bake in a hot (450-degree) oven 10 to 12 minutes.

Date-Orange Muffins.

(Makes 1 dozen)
1/2 cup sifted flour
2 teaspoons baking powder
1 tablespoon sugar
1/2 teaspoon salt
1 cup dates, cut fine
Grated rind of 1 large orange
1 1/2 cups whole wheat flour
1/4 cup molasses
1 egg, beaten
1 cup milk
1/4 cup shortening, melted

Sift together white flour, baking powder, sugar and salt. Add dates and orange rind; mix well. Add flour. Combine molasses, egg, milk and melted shortening and add to dry ingredients mixing only until the dry ingredients are moistened. Do not beat until smooth. Spoon batter into well-greased muffin tins, filling them 3/4 full. Bake in a hot (400-degree) oven for about 20 minutes.

Don't forget that eggs add nourishment and interest to breakfast and may be prepared in any number of ways. You'll like sausage-flecked omelet, bacon-flecked waffle, creamy scrambled eggs with ham, and poached eggs riding on top of golden brown toast.

And if it's variety you're seeking then try these special pearls filled with sausage for a breakfast treat:

Sausage Pears.

(Serves 6)

6 pears
Juice of 1 lemon
Brown sugar
1/2 pound bulk sausage
1/4 cup water

Peel and core pears. Leave whole. Sprinkle with lemon juice and place a heaping teaspoonful of brown sugar in each pear. Crumble sausage and fry until brown. Drain off fat. Pack cooked, drained sausage into pears, filling generously. Arrange pears upright in baking dish, add water and bake in a moderate (350-degree) oven for 30 minutes or until pears are tender.

Released by Western Newspaper Union.

Using Rat Skins

The skins of rats are used to make pocketbooks and tobacco pouches.

First Book Matches

John Walker, English pharmacist, made the first book matches in 1827.

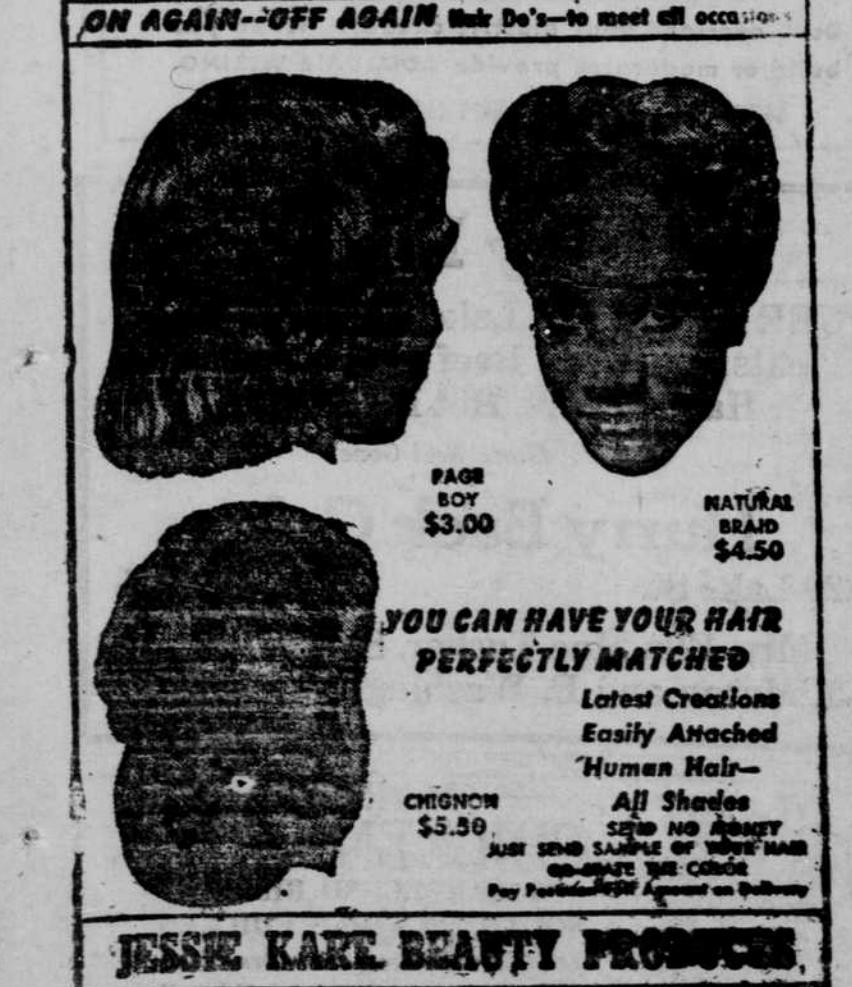


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