

Guide To Good Shopping

by Pamela Morrison

Think of all the time you spent in picking out the proper upholstery. You chose patterns and colors that appeal to you. Are they still as appealing? Chances are they are not because dirt and grime have done their dirty work. To bring back the original lustre and vitality is not difficult these days.

All that's necessary is a cleaning with a deep, penetrating liquid cleanser such as Easy Glamur. A liquid cleanser actually penetrates to the base of the fabric and thoroughly removes most common stains and hair oil. That's why it does the job so well.



furniture from the room. Easy Glamur is so easy to use and completely safe - non-inflammatory, non-toxic; gives off no fumes, no odor; leaves no ring marks and is fast drying.

Incidentally, an entire room of upholstered furniture and rugs can be cleaned in one hour without removing a single piece of

It does not bleach but actually brings back original colors.

Milestones in Medicine

by Marguerite Clark



Gout was once considered the "disease of plutocrats," afflicting those too fond of good wines and rich food. Modern doctors know better. Gout strikes the rich and poor, the slender and obese, the heavy eaters and drinkers, and the light dieters. With suitable drugs and diet, most gout sufferers now can get relief.

In the last ten years, more progress has been made in the treatment of leprosy (now called Hansen's Disease) than in the past 4,000 years. Instead of the ancient remedy, chaulmoogra oil, made from the seeds of an Eastern tree, doctors use the sulfone drugs - Promin, Diasone, and Promizole.



Twenty-five years ago, pellagra was rampant in the South. Dr. Tom Spies of Birmingham, Alabama, tried extra heavy meals plus doses of vitamins, liver extract, and brewer's yeast on malnourished patients. In 10 years, the death rate dropped to less than 2 per cent.

In 1945, Dr. Spies discovered a better cure—synthetic folic acid. This was followed in 1947 by Vitamin B₁₂, now the best weapon against all nutritional deficiency.

Careers for Your Child

LIBRARIAN

A librarian most know exactly where to look for the answers to questions on almost every subject. The diversity of work in the various phases of librarianship is one of the great attractions of the field. All librarians have broadened their personal horizons.



Special libraries, serving specific professions or industries such as law, electronics and insurance, offer opportunities to librarians interested in these and many other specialized fields.

Librarians select, acquire, organize and guide others to man's recorded knowledge—for research, study, business or recreation. Few professions are more important. Write and ask the New York Life Insurance Co., Dept. CF, 51 Madison Avenue, N.Y.C. for booklet, "Should You be a Librarian?"

Medical Milestones

Should You Take A Tranquilizer?

In recent months there has been considerable excitement about the tranquilizing drugs. Most medical men agree that these agents are of value in treating mentally and emotionally disturbed people, but they also warn that they should not be used indiscriminately. The use of drugs for treating the mentally ill is not a new concept, although only since the development of the tranquilizing drugs has this form of therapy gained wide usage. Previously the most widely used drugs for this purpose were the barbiturates and bromides, which are actually depressants and not ideal. The difficulty is they tend to keep the patient in a profound state of sedation that often renders him helpless.



The tranquilizers, on the other hand, tend to lessen fears and anxieties that bother the patient, bringing him to a more calm state, without clouding the consciousness. The patient in this state is far more receptive to other therapy necessary for effecting a cure. Medical science, however, still has a lot to learn about tranquilizers—exactly how they work and on what part of the brain.

The tranquilizing drugs have fallen into two widely accepted classifications: 1) those more effective in major psychiatric disorders for which the patient is usually institutionalized, and 2) those useful mainly in neuroses and minor functional disturbances, such as everyday tensions and anxieties. The latter are treated by a physician or psychiatrist while the patient continues his normal activities.

Trilafon, a new and extremely versatile tranquilizer, was recently introduced by Schering Corporation. By varying the dosage of this potent drug the doctor

can treat any degree of emotional or mental disturbance, thus permitting use of one drug for the full-range of therapeutic indications. Schering warns, however, that you should not take any tranquilizer except on specific orders of a doctor or psychiatrist.

Aside from the mental and emotional conditions cited above, many doctors successfully use tranquilizers in the treatment of epilepsy, alcoholism, mental problems of the aged, disturbed children, surgical shock, nausea and vomiting, heart disease, high blood pressure, among other conditions.

Your doctor or psychiatrist can determine by careful examination whether you should be taking a tranquilizer. Your problem may best be remedied by other types of therapy.

Growing Up Together

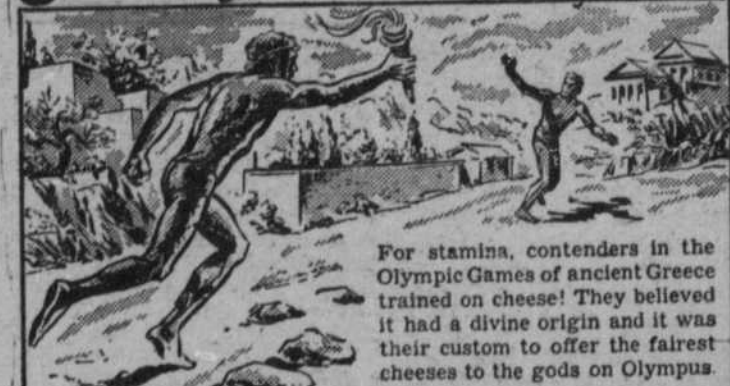


By Jane Ashley

MOTHERS WHO USE modern time saving products in the home, such as, NIAGARA Instant Cold Water Starch have time to encourage young children to dress themselves at an early age. Sure she could get them dressed in much less time, but as a wise mother she knows the value of the children helping each other dress.

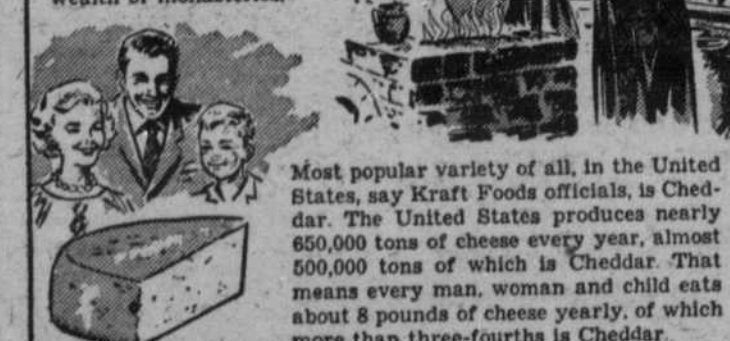
ODDLY ENOUGH

by WALDMAN



For stamina, contenders in the Olympic Games of ancient Greece trained on cheese! They believed it had a divine origin and it was their custom to offer the fairest cheeses to the gods on Olympus.

During the Dark Ages, the art of cheesemaking was carried on under church protection. Secret formulas for making certain rare cheeses were held as a part of the priceless total wealth of monasteries.



Most popular variety of all, in the United States, say Kraft Foods officials, is Cheddar. The United States produces nearly 850,000 tons of cheese every year, almost 500,000 tons of which is Cheddar. That means every man, woman and child eats about 8 pounds of cheese yearly, of which more than three-fourths is Cheddar.

Cheddar goes under a hundred different names in this country—among them being "American," "Longhorn," "store," "Herkimer," "hoop," "old-fashioned," and others. All are basically the same, though they range from very mild to well aged and cured mellow or very sharp. Some sections like white cheese—others prefer it colored. But all are good—and good for you! High in protein, easily digested, excellent source of vital amino acids, cheese is a "basic seven" food. No matter what you call it, it's wonderful.

Color Goes to Your Legs



This autumn, stockings become the important color link between hemline and shoe. Fashion decrees a monochromatic or "all-in-one coloring" look... one tone from head to toe. Recognizing this fashion importance, Bur-Mil Cameo Hosiery has introduced a wardrobe of stockings color-coordinated to complement your favorite outfit. Soft pale grey, subtle claret, a serene bluish tint, burnished brown—even a sophisticated gun metal tone so dramatic with black. These new colors create just a shade of difference, enhancing the costume effect.



"OVER MY DEAD BODY!"

Ted Rhodes Has Won 5th Golf Title



RHODES REGAINS UGA PRO TITLE—Ted Rhodes, St. Louis, playing superb golf, won his fifth United Golfers Association pro championship in Washington last week. Above, the flashy shot maker is congratulated by Moss H. Kendrix, head of D. C. public relations firm, which represents The Coca-Cola Company, donor of major championship trophies for the tournament. To Rhodes' left are Franklin T. Lett, Detroit, UGA president, and Nathaniel Jordan, Association executive vice president, of St. Louis. At the right of the champion may be seen Howard Wheeler, Philadelphia pro, who has won the UGA event more times than any other player, and New York pro Ray Mitchell, promoter of the North-South Winter Golf Tournament at Miami.

MOTOR MALES

Traffic Court Program Backed by Club Women

By Jeanno Smith, Dodge Safety Consultant

BY VISITING THE NATION'S TRAFFIC COURTS as spectators—not speeders, thousands of club women are helping to prove that our American judicial system is a vital key to greater highway safety.

"Go to court as a visitor—not a violator" is the theme of this unique program, jointly developed by the American Bar Association and the Automotive Safety Foundation. Since the fairer sex yields a mighty big influence in putting across community projects, 15,000 women's groups, affiliates of the General Federation of Women's Clubs, have been commissioned to assist in this important project.



Miss Smith

Briefly, here's how the "visitor-violator" program works: it begins by securing the cooperation of the local traffic court judge. Interested citizens are then invited by a women's or lawyers' group to attend a session of traffic court and evaluate its operation. Each visitor fills out a check list which is used for later analysis by the American Bar Association.

Where improvements are indicated, the women and lawyers work with civic leaders to raise courtroom standards.

According to David F. Maxwell, president of the Bar Association, appearing before traffic court as a violator can make or break the individual citizen's respect for laws that govern his conduct behind the wheel.

"A well administered court serves as a preventive of traffic accidents. The driver who leaves the court with respect is less likely to take chances with the law and become a chronic violator or an accident repeater.

"Most judges," Maxwell continues, "welcome public interest in the conditions of their courts. Many have inherited from their predecessors the physical surroundings, staff, court procedures and legal structures. They need the support of their communities if they are to have reforms and improved conditions."

And if it's up to civic-minded women's groups, they'll have it.

New Wallpaper Themes From All Over The World



Who wouldn't love to sit and dream in front of a handsome panorama of colorful old Roman arches and colonnades? Drawn on antique white wallpaper background, the beautiful Old World picture shown here is a perfect way to set off your fireside with panels of beauty.

Or, perhaps you prefer the romantic old streets of Paris with cozy cafes, tall gas lights and houses with arched doorways to put you in a nostalgic mood?

If you are searching for the unusual to set apart a special area in a room, or for all walls of any room, the wallpaper industry, with its hundreds upon hundreds of newly patterned papers, has a design, a texture and a color combination just for you. You'll find: texture, real or simulated, flocced or embossed; endless colors and patterns and freely drawn figures; designs and themes from all countries and all times.

SWITCH TO PASTELS



A reverse in decorating trends proves that Sionies and brunettes alike now prefer pastels to use in bringing the home a new light, airy, spacious feeling. This latest trend is revealed in public demands for house paints both interior and exterior, according to Guy Berghoff, General Paint Manager, Pittsburgh Plate Glass Company. The switch in color tastes has led major paint companies to add many new light tints to replace deep shades that recently held the public's fancy.