

# PAGE FOR THE FAMILY

Magazine Section of Special Interest to Women and Children Readers

## U. S. Capitol at Night Under Its Mantle of Snow



The National Capitol, in a striking view, taken at dusk, with its mantle of snow. An 11-inch snowfall for the National Capital was close to a record.

## BEDTIME STORY

By THORNTON W. BURGESS

### THE BOLDNESS OF TERROR THE GOSHAWK

For peace and safety pray beware,  
And never take a foolish dare.  
NEVER in his life had Reddy Fox  
felt more uncomfortable than  
did as he stole up through the  
Old Orchard toward Farmer  
Brown's henyard in broad daylight.  
Terror the Goshawk had dared him  
to visit the henyard and steal a hen  
while Farmer Brown was about.  
All the way there Reddy hoped that  
Farmer Brown would not be about.  
He hoped that no one would be  
about. He wished with all his heart  
that he had kept his tongue still

he could watch all that went on.  
When Reddy reached the old  
stone wall on the edge of the Old  
Orchard and peeped over, his heart  
melted for Farmer Brown himself  
was in the henyard feeding the  
hens. Reddy stopped right where  
he was. Nothing could have in-  
duced him to go a step nearer.  
"Anyway," muttered Reddy to him-  
self, "Terror won't dare go any  
nearer, and so we'll be even. No  
one would dare visit that henyard  
and steal a hen right under Farmer  
Brown's nose. No one is bold  
enough to do a thing like that."

Reddy looked back to where Ter-  
ror the Goshawk was sitting. Sudden-  
ly Terror spread his great wings  
and shot out from that tree straight  
toward Reddy. Reddy could not but  
admire the speed with which he  
flew. Straight over the Old Orchard  
he came, and swooping down just  
above Reddy's head, he cried,  
"Coward!" and then shot up into  
the air and over Farmer Brown's  
henyard. Then he made a little  
circle and then shot down like a  
thunderbolt, seizing a hen in his  
great claws only a few feet from  
where Farmer Brown was stand-  
ing. Before Farmer Brown could  
move he was in the air again carry-  
ing away that fat hen. Farmer  
Brown yelled. All the hens  
screamed and raced for the hen-  
house. Terror paid no attention  
either to Farmer Brown or the  
frightened hens. Once more he flew  
low just over Reddy's head and  
once more cried, "Coward!" then  
swiftly disappeared over in the  
Green Forest. He had made good  
his dare.

As for Reddy Fox, he sneaked  
away toward the Old Pasture. In  
his heart he admired the boldness  
of Terror the Goshawk, but he  
hated him more than ever, and that  
broke his heart. He thought of the  
breakfast Terror was enjoying  
while he himself could find nothing  
to put in his empty stomach.  
© T. W. Burgess—WNU Service.

Before Farmer Brown Could Move  
He Was in the Air Again Carry-  
ing Away That Fat Hen.  
when he had met Terror, and so  
he avoided this unpleasant  
scrape.  
The truth is, Reddy didn't dare  
visit that henyard when Farmer  
Brown or Farmer Brown's Boy was  
about. He knew that he wouldn't  
dare go beyond the old stone wall  
on the edge of the Old Orchard if  
he should find that anyone was near  
that henyard. So he hoped and  
hoped that when he got there the  
way would be clear, for he knew  
that Terror the Goshawk was sit-  
ting in the top of a tall tree where



### Spring Fiction

## A MIRACLE

By ANNE CAMPBELL

SAW a miracle from my own  
door,  
Spreading its glamour on my  
patch of sky,  
Giving me hope and bringing me  
once more  
A dream that I supposed had  
passed me by.

After the rain, the darkness, and  
the fear,  
After the lightning's flash, and  
the tempest's moan,  
That rainbow seemed to shine for  
me alone!

It was as if God's finger wrote for  
me,  
Who am so seldom far from my  
home place:  
"Beauty will find you, and felicity,  
And after suffering, the rainbow's  
grace."  
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## MOTHER'S COOK BOOK

### TASTY FOODS

A GOOD baked ham that is rich  
in color, juicy and tender, is  
a main dish which is extremely  
popular.

**Baked Ham.**  
Soak the ham in cold water over-  
night. Pour off this water and cov-  
er with water to which has been  
added two cups of sugar and three-  
fourths of a cup of vinegar to a  
12-pound ham. Simmer gently un-  
til well done, which will require 25  
minutes to the pound, counting the  
time after the water simmers. Do  
not boil, as that toughens the meat.  
Let the ham cool in its own liquor.  
This adds to the moisture as well

as flavor. When cold skin the ham,  
rub with brown sugar and dry mus-  
tard and stick with cloves. Put  
into a hot oven to brown nicely.

**Luncheon Croquettes.**  
Take one cup of chopped cooked  
beef, one cup of canned corn, one-  
half cup of bread crumbs, one beat-  
ed egg and a little cream, if more  
moisture is needed. Make into cro-  
quettes after seasoning well, roll in  
crumbs, in egg, then crumbs and  
try in deep fat.  
Cream cheese softened with  
cream to the consistency for spread-  
ing to which a dozen of chopped  
canned cherries are added, makes  
most luscious sandwich filling.  
© Western Newspaper Union.

## Do You Know—



That "pin money" is an ex-  
pression that has been handed  
down to us from the earli-  
est ages. The importation  
of pine into England was  
forbidden (1483) but Queen  
Catherine (of Aragon) re-  
ceived here from France.  
They were very expensive  
and with the ladies "pin  
money" was a consideration.  
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## QUESTION BOX

by ED WYNN, The Perfect Fool

Dear Mr. Wynn:  
I bought a home in the country  
from a real estate agent who told  
me it was a two-story house with  
modern improvements. When I went  
to see it I discovered it didn't have  
any improvements and there was  
no second floor at all. What did  
the agent mean when he said it was  
a two-story house?

Truly yours,  
IMA SAP.  
Answer: The agent was right in  
telling you it was a two-story house.  
As you say all the rooms were on  
the ground floor, that is one story,  
and there aren't any improvements  
in the house, that's the other story.

Dear Mr. Wynn:  
I read in the papers today about  
a man who was crazy about golf.  
While he was playing a game with  
his wife, she talked all the time,  
which interfered with his game. It  
seems his ball landed in a bunker  
and he had a very difficult shot. His  
wife kept talking to him. He could  
not stand it any longer. As she  
was in the bunker with him he  
turned and hit her with the driv-  
ing iron. He was arrested and sent  
to jail for six months. Do you think  
that is right?

Yours truly,  
IMA PUTTER.  
Answer: It seems to me the rea-  
son he got six months was not be-  
cause he hit his wife, but, he hit  
his wife in a "bunker" with a "driv-  
ing iron." There's the whole story  
in a nutshell. He used the wrong  
club.

Dear Mr. Wynn:  
I am a man of forty years of age.  
I met a woman my own age at a  
party last week. I took her home  
and on the way I told her that  
her teeth were like "stars." I have  
called her up on the telephone, but  
she won't talk to me. What do you  
think is wrong?

Truly yours,  
HEYM SINGLE.  
Answer: You probably hit the  
nail on the head. You said her teeth  
were just like "stars" and she thinks  
you said that because they come  
out every night.

Dear Mr. Wynn:  
Can you give me an example that  
will fully describe what is meant  
by the saying: "There are two sides  
to every question?"

Yours truly,  
E. MULSION.  
Answer: Sure I can. Say two

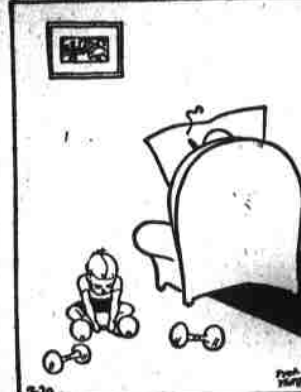
girls are discussing matrimony, two  
sides to that subject would be as  
follows: One girl could say: "I do  
not intend getting married till I am  
thirty years old," and the other girl  
could say: "I do not intend being  
thirty years old till I get married."

Dear Mr. Wynn:  
I am opening a clothing store  
and have been advised to take out  
some fire insurance. What I want  
to know is this: Say I had \$5,000  
worth of stock and say I took out  
\$4,000 worth of insurance on Mon-  
day and had a fire on Tuesday,  
what would I get?

Yours truly,  
POLLA C. HOLDER.  
Answer: You'd get ten years in  
jail.

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## PAPA KNOWS—



"Pop, what is ponder?"  
"Dark, heavy brown."  
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## Advance Spring Model



Black keeps its place in formal  
colors for spring as is shown by  
this advance model evening gown  
of sheer nylon over a slip of satin  
striped tulle. Special features are  
wide flouncing from the knees down  
and the black tulle jacket with a  
ruffle at the shoulders.

Let One Minute Be  
**GOOD HEALTH**  
BY DR. LLOYD ARNOLD  
Professor of Bacteriology and Pre-  
ventive Medicine, University of  
Illinois, College of Medicine.

## WHAT HAPPENS TO YOUR NOSE IN A HEAD COLD

Our noses have a pretty impor-  
tant part to play in the proper func-  
tioning of our bodies. Besides  
being the seat of the sense of  
smell and providing the two  
normal major passages for air  
to come into the body (the mouth  
is an emergency or "spare" in-  
let) our noses also act as a  
heater and hu-  
midifier for the air we breathe. And  
if something breaks down the prop-  
er functioning of this heating and  
humidifying property, then, presto,  
we have a cold. This is how it  
works.

Beneath the moist membrane lin-  
ing of the nose are highly special-  
ized thread-like masses of blood  
channels. The volume of blood flow-  
ing through these is constantly  
changing according to the needs of  
the nose.

Now when a healthy person leaves  
the warmth of the house on a cold  
winter day, this vascular network  
of capillaries in the nose instan-  
taneously contracts to prevent too  
much warm blood getting too close  
to the skin surface. If you no-  
tice, the membrane of the nose looks  
pale at this moment.

But the body needs to have the  
cold air warmed before it reaches  
the lungs, and obviously this can't  
happen if the decrease in the amount  
of blood near the surface continues.

So there is an almost immediate  
reaction, and within a few seconds  
the volume of blood flowing through  
the capillary network increases, the  
temperature goes up for a few sec-  
onds, and then quickly becomes  
normal again.

This warms the incoming cold  
air, and while the warming is going  
on, the glands of the nose, or the  
humidifying machinery, also get  
into instant action. They secrete  
a watery mucus to moisten the air  
properly before it reaches the lungs.

But the point is that in the  
healthy person the nose does work  
out the adjustment. There is at  
first the momentary drop in tem-  
perature indicated by the blanch-  
ing of the nose, then in about half  
a minute the upturn to higher than  
normal, and then a quick return  
to normal. The adjusting of the  
secretory glands takes longer.

This drop in temperature and re-  
turn to normal is not guess work. In  
the medical laboratory of the Uni-  
versity of Illinois where much re-  
search has been done on colds, we  
have used three methods to deter-  
mine these facts, and we have  
checked the methods against each  
other. First, we had a special mi-  
croscope that showed the capillaries  
changing in size; second, we made  
examinations of the blood flowing  
through the capillary beds of the  
nose in animals; and, third, we had  
a special type of thermometer that  
recorded both the temperature of  
the lining of the nose and the skin  
of the face at the same time. This  
last was the most useful method.

Now when a person has a history  
of several colds each winter, we  
found that while the temperature  
of the lining cells of his nose de-  
creased on coming in contact with  
cold air, it did not rise again im-  
mediately as it does in the healthy  
person. The nose stayed blanched,  
and consequently the blood in the  
nose could not warm the air he  
breathed to the degree that it  
should be warmed before it passed  
on to his lungs.

So far we do not know of any  
medicine or vaccine that will help  
these chronic cold sufferers. The  
only way they can be helped is for  
them to train their nose machinery  
together with their whole outer skin  
machinery so that its reaction will  
be the same as in a healthy person.  
And the way to do this is by a hard-  
ening process of hot and cold baths.

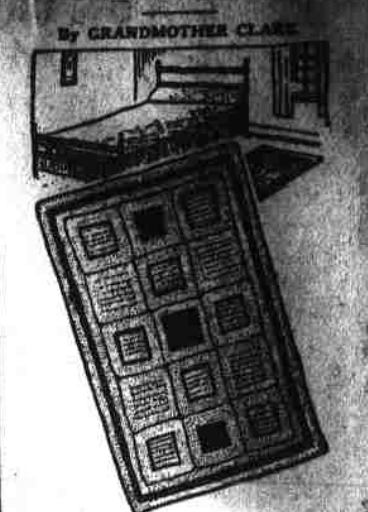
The patient should take a good  
long hot bath first thing in the  
morning, and this should be fol-  
lowed by a cold shower, or a plunge  
in a tub of cool water. The patient,  
however, should lead up to the cold  
shower gradually. He should begin  
by dipping his hands and face in  
cold water. When he reacts favor-  
ably to this, he should dip his feet  
in cold water and then sprinkle cold  
water over his chest and back. In  
a month he will think the world  
isn't right, of a morning, unless he  
has this hot and cold therapy.

Then after breakfast he should  
walk ten to twenty minutes in the  
open air. He should do this again  
at noon and at night. He should  
be out at least an hour a day no  
matter what the weather.

The whole purpose is to train the  
skin so that it can "take it." We  
all know that if we want to make  
any set of muscles in our body es-  
pecially useful, we have to exer-  
cise them. And if we want our skin  
to react in a healthy way to weath-  
er changes, we must give it exercise  
in reacting.

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## NURSERY BLOCK CROCHETED RUG



This crocheted rug called "Nursery  
Blocks" is made up of small blocks  
in different color combinations, as-  
sembled and then a border crocheted  
all around. Each block measures  
about 8 inches and outer border 4  
inches, making a finished size 33 by  
50 inches, and requires about 5 lbs.  
of rag strip material.

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