

Diet Important Health Problem

Menus Should Be Arranged With That End in View

By EDITH M. BARBER

The fashion to "diet" nowadays, as you have probably discovered, is not a new thing. Perfectly well people as well as those who are not up to par are discussing loudly the question of what to eat. Sanitariums which specialize in diets are well patronized.

You can imagine my amazement when I went up to the Poconos recently to find a sanitarium where there was no unusual schedule for the meals. While there were, of course, a number of persons on special diets, the general menu was based on the same sound nutrition principles which I have been stressing in this column for years.

The menu, except for the fact that there were innumerable vegetables and fruits, differed little from the meals which you choose, or should choose, at home. The vegetables were carefully cooked, and there were always several served raw.

Meats were generally boiled or roasted, and desserts were simple—custards, ice creams, ices and a large choice of fruits.

The same choice of diet throughout life has an important influence upon health when age creeps upon you. On the contrary, a program of careless eating, with failure to include plenty of vegetables, fruits and milk in our meals, brings consequences unpleasant and sometimes serious. Ill effects, however, can often be corrected by adopting a new program, perhaps after a regime of special diet.

Blueberry Pudding.

2 cups blueberries
1/2 cup butter—1 cup sugar
2 eggs
1 1/2 cups flour
3 teaspoons baking powder
1 cup milk
1/2 spoonful vanilla

Look over the berries. Cream the butter and sugar and add the beaten eggs. Sift the flour with the baking powder and add to the first mixture alternately with the milk. Stir the berries mixed with a little of the flour into the dough. Flavor and then pour into greased custard cups and steam one hour.

Glazed Carrots.

1 or 2 bunches carrots
2 tablespoons butter
2 tablespoons sugar
Dash nutmeg

Scrape and slice like carrots. Cook with as little water as possible.

For Fall and Winter



The "Vagabond," designed by Knox, for fall and winter, you'll find just right to wear with tweeds and tailored clothes.

Tommy Takes Time Out for Tea



Officers of the Durham light infantry shown as they suspended military maneuvers at Aldershot, England, recently, for that inevitable cup of tea without which no true Englishman can face the rigors of the late afternoon and pre-dinner evening.

The Household

By Lydia Le Baron Walker



In the Luncheon Cloth All Six Colors Are United in Rainbow Sequence, of Red, Orange, Yellow, Green, Blue, Violet. Napkins Match Colors.

RAINBOW luncheon sets are a novelty. They are just the sort of table napery to have for summertime cottages and camps, and for informal breakfast and luncheon sets in town or country homes. The six colors of the rainbow are used for the tablecloth, whatever the size, or one of the colors may be for a centerpiece. Each dolly is in one of the colors, as are the napkins also.

The material is cotton crepe, the flat Japanese kind. The edges of each piece in the set are fringed for one-half inch on all sides except the cloth which has three-fourths of one-inch fringe. When the pieces are cut and raveled, the set is done, so if you want a set for your own use this very summer, or for a summer bazaar, or a bridge prize, there is ample time to make it.

Luncheon Cloth.

Whether the center table cover is small or in luncheon table size it is given chic by having the entire article composed of strips of the six colors, narrow or wide according to size wanted for completed article. The strips can be machine hemstitched together. Or each strip can be rolled along lengthwise edges

and whipped, and then tagged or herringbone stitched together with black crocheted cotton. Or different colored crocheted cottons may be used, matching colors of textiles. If this way is followed be sure to have threads of cotton used in the stitching in contrast with colored textiles joined. This is a good way to use up odds and ends of crocheted cottons, provided they match colors in set. Outer edges are raveled as described.

When joining edges with hand-stitchery as suggested, the work is simplified and quickened, if edges of strips are basted to stiff wrapping paper cut to extend under each edge of the textile for at least one inch. The space left between edges of each two strips to be thus open-work stitched together equals the width of the row of stitches. It is important to have edges evenly spaced and approximately one-fourth inch or less apart.

In Line With Fashion.

These rainbow luncheon sets are smart novelties to accord with the latest fad in beverage sets in which each tumbler or glass, whatever its shape, is different from the others, while all being of like design. Glass muddlers come in different colors or with white or clear glass bowls and colored hollow stems. Cocktail napkins come in the multi-color sets, and cups and saucers follow the like fashion. It will be seen that these rainbow luncheon sets are the last word in the ultra modern style for table appointments.

TOMORROW

By LEONARD A. BARRETT

"Procrastination is the thief of time." True. How frequently we have said it. "I will do this tomorrow," but tomorrow never comes. We postpone until tomorrow the decision we should have made today. Circumstances changed over night and the opportunity was lost. Shakespeare wrote, "Defer no time, delays have dangerous ends."

The investment that could have been made today we put off until tomorrow and the old Spanish proverb proven true, "When the fool has made up his mind the market has gone by." The letter we were inclined to write today, the word we could have spoken and the favor we could have done some person,

we put off until tomorrow, then it was too late. The saddest memories are associated with, "what might have been!" The little word "if" is the most vitally determinative preposition in our language. Shun delays Act when the opportunity is at hand, especially when wisdom directs the path of service and duty. "Time is not a person we can overtake when it is gone." That most interesting character in Dickens' "David Copperfield," Micawber, was always waiting for something to turn up. He spent his life in anticipation—never realization.

The duty awaiting us is not tomorrow's duty but today's. When the battle is on the soldiers fight. It is the struggle of the present hour and not the forward look into things we can neither see nor understand that demands our time and strength. Every person lives his life with the present. The past is gone. It is "water over the dam." Nothing is more uncertain than the future. If we could only regard every day as the "whole of life" more happiness and contentment would be our lot. Cardinal Newman wrote, "I do not ask to see the distant scene, one step enough for me."

It is one of the illusions of life to think that the critical and decisive hour comes tomorrow. The most important hour is the present. The decision made today determines both the spirit and events of tomorrow. Our real competitor is the "self" of yesterday and not the visionary "self" of some future time. One of the favorite poems of Woodrow Wilson was Wordsworth's "Character of the Happy Warrior;" a few lines of which are as follows:

Who not content that former worth stand fast,
Looks forward, persevering to the last,
From well to better, daily self-surpassing;
This is the Happy Warrior;
This is he that every man in arms should wish to be.

"Jim" Has New Job



James D. Preston, who will always be "Jim" to the thousands of newspaper men who knew him as the boss of the senate press gallery in Washington, has been appointed administrative secretary of the national archives.

My Neighbor Says:

Geranium plants may be kept through the winter if plants are taken up with as much earth as possible on roots. Put several plants in a box, cover with loam, and water four or five times during the winter.

Peach or pear stains may be removed from table linen if stains are dipped for a few minutes in a weak solution of oxalic acid, then washed in ammonia water.

Wire paper clips may be used very successfully to hold plants in position when pressing a shirt.

STAR DUST

Movie • Radio

By VIRGINIA VALE

JUST at present the radio spot light is being thrown on Lanny Ross' bride; people want to know what she's like and how she looks and all that sort of thing. So here is some information for you.

To begin with, as no doubt you know, it was revealed shortly after the announcement of their marriage was made that she's not a bride at all; they were married three years ago. But that fact was kept secret; she was known as his manager, and that was all.

Just her being his manager was enough for Hollywood, when Lanny went out there to make a picture, Hollywood was accustomed to mothers who managed their daughters but was quite unprepared for what it got from Mrs. Ross. She announced that all communications must be made to him through her. You can imagine how the director loved that! She was to come to the set early, to prepare things for him. And so on and so on. From the movie center came rumblings. Ross was all right; he might have a career in pictures—if it weren't for that manager of his! And presently Hollywood had had enough of the combination.

As for what Mrs. Ross looks like, I can tell only what was told to me. "The other night," said my informant, "she wore a dress of amber velvet, that awfully heavy velvet, and it had ruffles on it! She wears such strange clothes! And she's plain looking, and older than he is. And awfully jealous, evidently; he hardly dares look at another woman when he's with her."

The radio people are a clanish lot. After a rehearsal or a broadcast they like to go out and eat together, and have fun. The Show Boat troupe goes to a delightful oyster bar near the B. C. A. building, where folks can dance if they want to.

Rudy Valley goes there, too, and frequently takes his dog along. The oyster bar is so attractive that it's no wonder radio stars like it, and it's an excellent place to go to see them just being themselves.

Myrna Loy has made up her spat with Metro, and here's hoping she'll soon be back at work again. It's too long since she made a picture. She hasn't told yet just how much more money she's to get each week, but when she took off in a plane for the coast she seemed to be happy, so no doubt it's plenty.

Speaking of Metro, there's thunder in the air. Irving Thalberg is said to have dashed to New York not merely for pleasure, but to form a new combine because he didn't like the way he'd been treated on the old home lot.

They say—it may be announced by the time you read this—that he'll join with three other moguls and make pictures for the new company. The set-up looks very, very nice. For the other three men are Winnie Sheehan, who ran Fox until Twentieth Century stepped in; Sol Wurtzel, who has no peer in turning out good, cheap program pictures and has done it for years for Fox and Hunt Stromberg, who has been supervising and making pictures for Metro.

Couple of new contracts were signed recently in Hollywood by Warner Brothers. Kay Francis has one for three years with an increase of \$1,000 a week, and Pat O'Brien cashes in on his popularity by receiving \$750 a week more than he's been getting, and signing up for three years more. That's what your liking them has done for them.

Whatever you do, don't miss the new Astaire-Ginger Rogers picture, "Top-Hat." Astaire has turned into a swell comedian, and audiences are beginning to laugh the moment he appears. He has plenty of amusing situations in the new picture, and dances as often—almost—as you want him to. He's been built up quite a bit; dances a good deal alone as well as with Ginger, who's improved, but isn't so pretty in "Top Hat" as she ought to be.

ODDS AND ENDS . . . Norma Shearer and Helen Hayes lunched together the other day at one of New York's smart restaurants; just two talented girls, who probably discussed their children instead of their careers . . . You'll hardly recognize Merle Oberon when you see her in "The Dark Angel" . . . Just as Margaret Lindsay arrived in Honolulu to vacation with Janet Gaynor the studio summoned her to begin work on her next picture . . . Two policemen carried Max Murray through the crowds at the opening of "Page Miss Glory," whereupon somebody remarked, "She's brought one lawsuit too many and she's being arrested!"—Max is one of those who seem to sue at the drop of a hat.

HITCH-HIKING FLY SPREADS DISEASE

The common house fly is a hitch-hiker. However, the fly doesn't bother to jerk a thumb and ask a ride; it flies into moving autos or even trains or airplanes without permission and often travels hundreds of miles before leaving its chosen vehicle.

This habit of flies traveling great distances on other power than their own has made local fly eradication campaigns less effective than the campaigners hoped. Cases have been found where a fly carried disease germs on its legs and body for miles and infected people in the community where it settled. No previous cases of this disease were in existence in the new community and health authorities could find no other source of infection than flies.

Repeated warnings of physicians and health officials have apparently failed to instill a proper fear of the house fly in the average mind. However, a more thorough knowledge of the habits of a fly would increase the respect for this tiny insect, according to authorities on the subject.

Decent cleanliness in any home requires protection against the menace of flies. Whether a fly is home-born or a hitch-hiking visitor, he is a danger. Fortunately, an effective fly-killing program can be conducted in any home by the use of a reliable fly spray containing an ample quantity of Pyrethrum, a product derived from Pyrethrum flowers, which is death to flies, when sprayed in a fine mist.

Distress Money

During the war and after the collapse of the Austrian monarchy, when coins disappeared and were largely hoarded, many different kinds of paper notes, so-called "distress money," were issued by various towns, villages and provinces. In addition to primitive slips of paper, pieces of wood, parchment, leather, lacquer, and even porcelain were used as money. All these are on show at a remarkable exhibition at the Bogenhust gallery at Vienna. The exhibition shows that not only societies, but also innkeepers, newspapers, and political parties issued money tokens.



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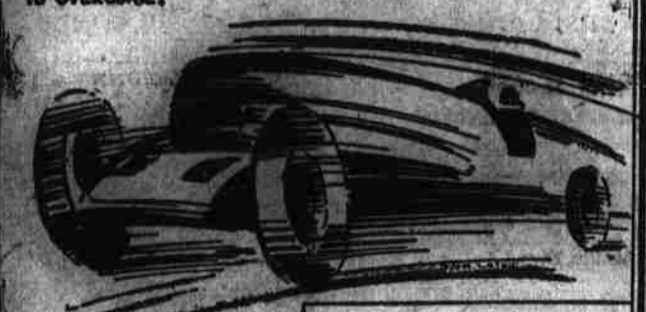
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