

## Health and Beauty

The use of paint and powder goes back as far as recorded history. The book of Job is supposed to be the oldest literature in the world. Job's third daughter was named Keren-Happuch, a Hebrew word which means "paint-horn," i. e., cosmetic box. The name implies that cosmetics were popular when the world was young.

We realize that powder not only enhances the beauty of the complexion by removing the shiny, greasy appearance, but softens harsh lines and contours, if properly applied.

Powder also provides valuable protection to delicate skin against the irritating action of the sun and wind. However, powder should be selected that will cling smoothly and evenly to the skin.

Some women have an idea that powder clogs the pores of the skin, thus preventing the escape of impurities through the pores. Many of these women dust their faces with talcum, under the delusion that they are beautifying themselves without injuring their complexions.

Talcum is useless as a protection, and comes off very quickly. It has its uses as a body powder, especially for babies, but is a failure as a face powder.

The making of powder is really an art. An ancient formula that is still popular requires the finest and purest almond meal, orris root, wheat and rice starch. These are sifted by machinery many times through cloth, then tinted and perfumed with a delicate oil.

After the process is completed the mixture is soft and fine, possessing the quality of adhering to the skin, to which it imparts a velvety appearance.

No complexions are white. The powder should be chosen not only for its quality but particular attention should be paid to its shade, the natural tints of the skins.

The shades most in use are achieved by adding carmine and ochre to the white materials until

the desired shade is obtained. There are many beauticians who will blend powder to suit almost any complexion.

Home seems a safe enough place until you study the statistics about how many accidents happen in the home. According to a recent survey made by a group of foot doctors, you are safer crossing a busy intersection than you are in your own kitchen.

More than half of all home accidents are ankle sprains and foot injuries resulting from falls off ladders or slipping on waxed floors or stairs.

The study showed that most home accidents occur late in the day, as a result of fatigue. The doctors state that, if women would wear the proper footwear around the home, accidents would be cut down. Rubber soles in contact with wet or highly polished asphalt rubber tile or linoleum floors may skid in the same way rubber tires skid on contact with wet highways. The doctors recommended a low-heeled walking shoe, with a broad heel, flexible leather soles and supporting leather uppers.

It seems that the closed toe is as important in the kitchen as steel-capped safety shoes are in an industrial plant. Many a housewife has suffered a bruised or fractured toe when a can fell off the shelf.

A tired pair of feet can make you look and feel tired all over. Save your high heeled sandals for an occasion, never wear them for housework. Discard that worn pair of house slippers for the right kind of shoe.

If you have trouble with your arches, try exercise. Pick up marbles with your toes or stand up a bottle with your toes. You will feel the muscles pulling. Make sure your shoes and your stockings fit correctly.

## Hints For Homemakers

By RUTH CURRENT

Cold weather time for carbohydrates.—Is cold weather hard to take? Research shows that carbohydrate foods are cold weather protectors. Best known are: Fruits, most vegetables, breads, cereals, milk. Be sure bread and cereal are enriched or whole grain.

Something different in menu planning.—For a change of menu, switch the high protein food of the meal from the main course to the dessert course. Add preserved ginger, chocolate chips, or plump raisins to baked custard. Tasty bread puddings are good selections, too. Angel food cake or meringues, teamed with fruit or ice cream, are bargains in high quality protein as are cheese cakes and baked Alaska.

Teen-agers need good breakfast.—It's foolhardy for high school students to trade their breakfast for a little extra morning sleep. It is practically impossible to make up the food missed at breakfast by eating snacks or "overeating" at other meals. Breakfast should provide at least one-fourth of the teen-ager's total daily food intake. That mid-morning hunger feeling among teen-agers can be stopped with a good serving of eggs at breakfast. Because high protein foods are slowly digested, hunger comes less quickly after eating eggs for breakfast.

Much of the ground work for health in later life is laid during the teen-age period. It is often impossible to compensate for nutritional damage incurred during the teens.

Make best use of life insurance policies.—Life insurance enables a family to have household help when most in need of it—sometimes during stress and strain of a family emergency.

Know the choices you have for using dividends. Some policy holders apply dividends to premiums; others take the dividends in cash.

Count your life insurance in retirement planning. When you reach retirement age the cash val-

ues in your policies may be used to supplement other retirement income, such as a company pension and Social Security. Many retired families today have a very comfortable income built up of such "bits-and-pieces." At the same time, husbands keep part of their insurance as protection for their wives.

Laying stair carpet.—We suggest to the person who is going to put down stair carpet that this be done. When you buy your carpet buy an extra foot of carpet and fold it under against one or two risers at the top of the stairs. As necessary, shift carpet downward an inch or two before the edges look worn. Fold under the excess carpet at the foot of the stairs against the lower riser.

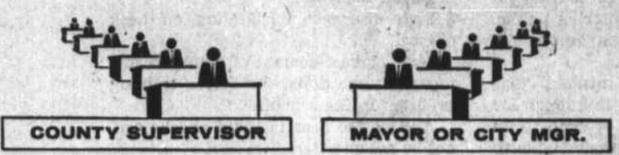
Traffic areas are the first to show wear on your rugs. It is wise, therefore, to reverse the position of a rug at intervals. The location of heavy furniture should be changed occasionally. Use matching scatter rugs on the carpet or rug in front of favorite easy chairs used for TV viewing. Don't put your scatter rugs down zigzag—they should be straight in front of furniture.

## Emergency Successors for Top Officials

### STATE GOVERNMENT



### LOCAL GOVERNMENT



Successors for each key official in State and local governments are essential in extreme emergencies to assure that representation of the government would survive a massive attack and be able to function effectively. "Continuity of government legislation," Director Leo A. Hoegh, of the Office of Civil and Defense Mobilization, declares, "is essential to insure survival, recovery and victory." Many States already have provided for lines of automatic succession in proper depth for key executive officials, legislators and the judiciary. Fourteen States will be voting on emergency power constitutional amendments during the Nov. 5 presidential election.

## Regular Exercise Aids In Controlling Weight

Regular exercise can be a big help in controlling weight. More activity in the daily routine can further the cause of a reducing diet, or with no change in diet at all it can bring about a gradual loss of excess fat.

Long hours of strenuous exercise are not necessary to keep weight in check and, for many people, are not even recommended. But regular, less strenuous exercise, can be surprisingly effective for people who need to take it easier and at the same time need to either lose or maintain weight while eating the same amount of food as before.

Nutritionists say if an overweight woman, who gets just enough calories to maintain her

weight, spends one extra hour every day at housework that keeps her moderately active and moving around instead of sitting, she used 90 more calories a day. In a year, if her diet remains about the same, she can lose nine pounds. Then if she can change a second "sitting hour" to some type of daily active recreation, without changing diet, she can use an additional 170 calories a day, and in a year shed another 15 pounds, or a total of 24 pounds.

Many people, of course, are not as free to get more activity into their daily routines, particularly those with fulltime jobs. Thus, leisure time offers the best opportunity for more exercise. Even though the time given to added ac-

tivity may be short, if established as a regular routine it can have gradual and lasting effects on weight and can also help muscle tone and circulation.

### BRITISH SYMPATHY

London — Americans are more popular in Britain than they used to be—because they are not so rich as they used to be.

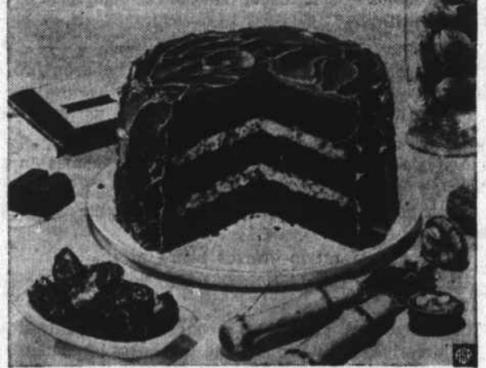
This is a contrast to the days when the United States by its generosity toward Britain created envy, annoyance and sometimes revulsion.

However, this sympathy is reflected in conversations and newspaper discussions about the losses of United States gold reserves.

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## Fudge Cake Wins Top Honors



A dramatic demonstration of the art of fine baking was given by Mrs. Hal Wells of Leicester, N. C., with a date-filled, chocolate-rich fudge cake that won top honors for cakes at the National Grange Bake-Off in Winston-Salem, N. C. Mrs. Wells represented her Grange Region comprising Indiana, North and South Carolina, Tennessee, Virginia and West Virginia. Here, for you to try, is Mrs. Wells' prize recipe:

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 3 cups sifted all-purpose flour | 1 1/2 teaspoons vanilla         |
| 1 1/2 teaspoons soda            | 3 eggs, unbeaten                |
| 2/3 teaspoon salt               | 3 squares unsweetened chocolate |
| 2 1/2 cups sugar                | 1 1/2 cups iced water           |
| 1/2 cup shortening              |                                 |

Measure sifted flour, add soda, and salt, and sift together. Cream sugar, shortening, and vanilla together. Add eggs and beat until light and fluffy. Add melted chocolate. Alternately add flour and water to chocolate mixture, beating after each addition until batter is smooth. Pour into three greased 8-inch layer pans. Bake in a moderate oven (350°F.) 35 minutes. Cool. Spread Date Cream Filling between layers and Chocolate Cream Frosting over top and sides of cake.

**Date Cream Filling:** Heat 1 cup milk and 1/2 pound chopped dates in the top of a double boiler. Combine 1/2 cup sugar, 1 tablespoon flour, and 1 egg, blending until smooth. Slowly stir into hot milk mixture. Cook and stir until mixture is thickened. Cool. Then stir in 1/2 cup chopped nuts and 1 teaspoon vanilla. Makes about 2 cups.

**Chocolate Cream Frosting:** Grate 2 squares unsweetened chocolate. Combine with 1 cup light cream and 2 cups sugar in a small heavy saucepan. Bring to a boil. Then boil 3 minutes, stirring occasionally. Remove from heat and set in a bowl of ice and water. Beat until frosting will hold its shape. Makes about 3 cups.

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