

# OUR OWN MAGAZINE PAGE

Food Fashions Home

Beauty Children Health

## YOUR GOOD HEALTH

### Who Fails to Reveal a New Cure to World Violates Medical Ethics

By CLAUD NORTH CHRISMAN, M.D.  
A Texas complains of a rupture that he received three years ago as a result of an explosion. The doctors have been operating for fear it would not heal. He is 70 years of age and in good health. He suffers from stomach trouble. Not knowing where the rupture is situated and whether it is scar tissue of the skin and...



## Profiles For Today

### New Legion Head a Former Aviator

By TALBOT LAKE  
THE American Legion has just elected Harry W. Colmery, of Topeka, Kansas, as its new National Commander. A natural ability for leadership, boundless energy and a keen mind are the qualities that have carried him to the high post. He is a brisk, keen-eyed active man, who looks like what he is—a forceful executive personality. During the war he was a First Lieutenant in the aviation service. In the American Legion his wide-spread popularity advanced him from one post to the next. He practices law in Topeka and has a high legal reputation in that state. He was born in Braddock, Penn. in 1890. He went through the grade schools, worked for the Union Railroad for three years, and then went to Oberlin College. After graduating from there he studied law at the University of Pittsburgh. He was admitted to the bar in Pennsylvania, but when the United States entered the war, he left that career for the Army Air Service.

He did active duty at Kelly Field, Texas, and Carruthers Field, Fort Worth, Texas. He was promoted to a First Lieutenancy with the status of pursuit pilot. In 1919 he received an honorable discharge. When the Legion was formed in 1919, Mr. Colmery was in Duchesne, Utah. He became active in Legion affairs in Utah and when he moved to Topeka, Kansas, a year later he continued the activities which brought him to the command of the organization. Mr. Colmery married Miss Minerva Hiserodt in 1918. They have three children, Sarah Elizabeth, Harry W., Jr., and Mary Caroline.

Save Your Floors  
Wax the bottoms of legs of furniture and they will not scratch polished floors when moved around.

MODISH BLOUSES  
If you want a knitted blouse, skirt, or waistcoat to wear with your Winter suit this year, and you can't find just the model you like in the knitting books—but can find it in a paper pattern—buy the paper pattern and—knit it.

Choose your yarn, select a stitch you like from your knitting book and with the correct sized needles knit up an inch or two of the design to see how many stitches you make to the inch. Let us say you knit six stitches to the inch. Start at the bottom back of your paper pattern, measure it with your tape measure. It measures ten inches (omitting seam allowances, as you will want to weave your seams instead of sewing them up as you would with silk or cloth), therefore your set-up will be six times ten, or sixty stitches.

With your pattern spread out before you on a table and your tape measure around your neck, knit along until you notice a widening or narrowing of your paper pattern, then measure again and figure out carefully the number of stitches to be added or diminished, according to the six stitches you knit to the inch. Once you have acquired this paper pattern habit you'll find knitting really exciting. Naturally, your paper pattern must be suitable. A knitted garment should never be complicated or "fussy."

Combining materials is one of the new notes I have seen in Paris this season. Silk combined with cloth, cloth with velvet, hand-knitting with cloth, silk and velvet. A waistcoat which runs all through the collections here worn with cloth and tweed suits, has its fronts of cloth, while the back and sleeves are knitted in a knit two, puri two rib.

There is scarcely a suit for out-of-doors or in this season that hasn't its scarf, and most of these scarfs are hand-knitted or of a hand-woven material. They're worn Directoire fashion, swathed high about the throat and tucked into the high neck of jacket, waistcoat or topcoat. What an opportunity this gives the knitter to vary the color note of her costume! If her suit or topcoat is tweed, she can have a scarf for every color in the mixture. If her suit is a plain color and her coat fur, she can run the gamut of colors that harmonize.

Copyright, 1936, by Fairchild.  
Above: A white satin tuck-in is individualized by stitching at the shoulders, on the collar and down the front.  
Below: A Scotch plaid wool blouse varies the lumberjack styling by side, rather than front, buttoning. The buttons are in dark green. Patch pockets are a practical detail, especially for Winter sports wear.

Modes and Manners  
When eating soup, use the spoon to handle the soup.

When you are seated at a table, do not lean back in your chair.

When you are seated at a table, do not lean forward in your chair.

When you are seated at a table, do not lean to the side in your chair.

When you are seated at a table, do not lean back in your chair.

When you are seated at a table, do not lean forward in your chair.

When you are seated at a table, do not lean to the side in your chair.

## Wear a New Dress Color For Variety

By JACQUELINE HUNT  
HOW do women get the idea that they cannot use certain colors or certain kinds of hats? Because of these "fixations," so many women hide their beauty behind drab colors, unimaginative clothes and outmoded hats.

It is true that every woman cannot wear every color or every style becomingly, but it is also true that with the right make-up, with the proper attention to the correction of figure faults and a becoming coiffure they can wear things they never dreamed of wearing before. I know a perfectly lovely girl—nice dark eyes, brown hair and skin with a golden glow and rich natural color—who for years wore nothing but stuffy shades of brown, dark green or black. When I first suggested pale blue and gray for her she was horrified. Later, when I accompanied her on a shopping tour and persuaded her to try these shades she was surprised and then delighted at the difference they made in her appearance.

The warm rich tones in her skin were heightened by contrast with these cool colors; her eyes seemed darker and brighter, and her medium dark hair took on a more distinctive shade. Make-up, in this case, played no part, since she used very little.

Carrying our experimenting further, we discovered that she could wear clear, bright red, usually a difficult shade, during the Winter and Spring when her skin was fairest, but that all shades of red and pink were unsatisfactory during the Summer when her skin darkened into a golden brown. For Summer, white, pale blue and rich shades of turquoise were best, while at certain between-season stages she could wear soft yellow, gold and peach shades becomingly.

Knit It  
By FLORENCE BURCHARD  
Editor's note—Knitted wear—blouses, skirts, suits—will be fashion favorites this Fall. So Florence Burchard, well-known fashion authority, will tell you in a series of four articles, of which this is the first, just what she is seeing today in the exclusive salons in Paris.

IF YOU want a knitted blouse, skirt, or waistcoat to wear with your Winter suit this year, and you can't find just the model you like in the knitting books—but can find it in a paper pattern—buy the paper pattern and—knit it.

Unless you are an expert with the needles, this may sound a bit difficult, but it's not.

Choose your yarn, select a stitch you like from your knitting book and with the correct sized needles knit up an inch or two of the design to see how many stitches you make to the inch. Let us say you knit six stitches to the inch. Start at the bottom back of your paper pattern, measure it with your tape measure. It measures ten inches (omitting seam allowances, as you will want to weave your seams instead of sewing them up as you would with silk or cloth), therefore your set-up will be six times ten, or sixty stitches.

With your pattern spread out before you on a table and your tape measure around your neck, knit along until you notice a widening or narrowing of your paper pattern, then measure again and figure out carefully the number of stitches to be added or diminished, according to the six stitches you knit to the inch. Once you have acquired this paper pattern habit you'll find knitting really exciting. Naturally, your paper pattern must be suitable. A knitted garment should never be complicated or "fussy."

Combining materials is one of the new notes I have seen in Paris this season. Silk combined with cloth, cloth with velvet, hand-knitting with cloth, silk and velvet. A waistcoat which runs all through the collections here worn with cloth and tweed suits, has its fronts of cloth, while the back and sleeves are knitted in a knit two, puri two rib.

There is scarcely a suit for out-of-doors or in this season that hasn't its scarf, and most of these scarfs are hand-knitted or of a hand-woven material. They're worn Directoire fashion, swathed high about the throat and tucked into the high neck of jacket, waistcoat or topcoat. What an opportunity this gives the knitter to vary the color note of her costume! If her suit or topcoat is tweed, she can have a scarf for every color in the mixture. If her suit is a plain color and her coat fur, she can run the gamut of colors that harmonize.

Copyright, 1936, by Fairchild.  
Above: A white satin tuck-in is individualized by stitching at the shoulders, on the collar and down the front.  
Below: A Scotch plaid wool blouse varies the lumberjack styling by side, rather than front, buttoning. The buttons are in dark green. Patch pockets are a practical detail, especially for Winter sports wear.

## For Brisk Fall Days



This guardsman's coat of heavy black mixed wool is an excellent winter for cool Fall or Winter days. It is double-breasted and is fastened with dull silvered buttons. The skirt is full and the mannish sleeves are wide.

## Dishes for Today

### Try Fruity Desserts When You Bake Next

By JUDITH WILSON  
WITH cool weather setting in, "bake day" again takes its place in the homemaker's weekly schedule. With the market's fruity offerings you can make delightful pies and tarts, quick breads and appauce cakes that keep indefinitely.

On the day set aside for baking some women like to make up sufficient pastry, cookie dough or yeast rolls to supply hot delicacies for the following week. They will keep perfectly in tightly closed containers in the refrigerator.

While you are in such a creative mood, you might also plan one or two casserole main dishes or some jellied salads or desserts that will use up all the odds and ends in the refrigerator and insure attractive meals with a minimum of time spent in the kitchen the rest of the week.

SUNDAY  
Breakfast  
Melon Cup  
\*Asparagus-Ham Rolls on Toast - Cheese Sauce  
\*Rice Muffins Jam Coffee  
Dinner  
Roast Duckling Currant Jelly  
Buttered Wild Rice  
Broccoli with Lemon Butter  
Hot Raised Rolls  
\*Jellied Cider Salad  
\*Chocolate Souffle with Ice Cream Sauce  
Coffee

MONDAY  
Breakfast  
Fresh Grape Juice  
Cooked Whole Wheat Cereal  
Toasted Muffins Boiled Eggs  
Coffee  
Dinner  
Salad Appetizer  
\*Canadian Meat Pie  
Baked Potatoes  
Apple Turnovers Cheese  
Tea or Coffee

TUESDAY  
Breakfast  
Canned Grapefruit  
French Toast with Apple Jelly  
Sausages Coffee  
Dinner  
Consomme  
\*Duck Croquettes with Jelly Sauce  
Escalloped Potatoes  
Buttered Green Beans  
Fresh Fruit Salad  
\*Filled Cookies Coffee

WEDNESDAY  
Breakfast  
Orange Juice  
Creamed Dried Beef on Toast with Poached Eggs  
Cocoa with Marshmallows  
Dinner  
\*Pork Chops with Apple Sauce  
Buttered Diced Turnips  
Tomato-Cucumber Salad  
\*Sweet Potato Pie  
Coffee

THURSDAY  
Breakfast  
Stewed Apples  
Hot Rice with Cream and Sugar  
Crisp Baked Toast Coffee

FRIDAY  
Breakfast  
Apple Sauce  
Dinner  
Cream of Celery Soup  
Crabmeat Cocktail  
\*Pate of Fish  
\*Roasting Potatoes  
Coke Slaw  
\*Apple Sauce Coffee

SATURDAY  
Breakfast  
Grapes  
\*Roasted Lamb Chops  
\*Pate of Fish  
\*Enchiladas  
Dinner  
Chilled Tomato Juice  
Hot Beef Sandwich with Fluffy Mashed Potatoes  
Glazed Apricot Garnish  
Pear Fritters with Ginger Sauce  
Coffee

SMALL CAKES FOR REFRESHMENTS  
For hurry-up little cakes to serve when guests drop in, cut home-made or store layers of sponge or other plain cake in squares and frost on top and sides with a butter frosting. Here's the recipe: 2 tablespoons butter; 1/4 cup sweetened condensed milk; 1 1/2 cups confectioner's sugar; 1/2 teaspoon vanilla. Cream butter and sweetened condensed milk thoroughly. Add the sifted sugar gradually and beat until the frosting is smooth, creamy and light in color. Other flavors than the vanilla may be used and the frosting may be divided into several parts, each flavored and colored differently.

## Sparking of Style MODERN WOMEN

### Spain Sets New Note in Fall Styles

By ELEANOR GUNN  
New York—Fashions of the hour are of many modes and tenes. They are inspired by widely conflicting sources. The Spanish revolution, old Spain too, are among the inspirational themes while, as every one knows, Paris is actively country-conscious.

It is not surprising that milliners have looked upon the jaunty and affective hats of toreadors and such and found them good. You will notice many hats, the originals of which were worn by Spanish men, gracing the heads of American girls. You will also find boleros and wide, horizontally banded skirts. You will find, too, a tendency to revive fringe and that loveliest of all wraps, the Spanish shawl, not to mention long swinging capes for evening, another fashion borrowed from the men.

Have I mentioned Schiaparelli's "Astrologers Cap" as among the daring hat silhouettes of the moment? Or the fact that an all-black costume and an all-black hat is often accented by a bit of exotic color in the hat?

Maybe I have forgotten to mention that veils are still in use, the little coquettish eye veil being a great favorite.

It seems to me that there have been few seasons in which there are so many talking points, certainly few in which hats have offered more than at the moment. There is more than a flurry of excitement of the various birds that have alighted on hat brims and crowns, some in full flight, also in the many furs employed in unusual ways.

For that matter, fur trimmings of all kinds are of prime importance. There are those who insist that the fur-trimmed coat is smarter this season than the all-fur one, but don't let that stop you from locking into the matter of the all-fur swagger or the fitted coat in so called tailored furs.

Needles for Sewing  
This crowd needles are recommended for ordinary sewing when a person has poor eyesight, since the elongated eye makes the needle much easier to thread. It is true that whenever a needle has such an eye it is a little thicker at the eye end than a regular sewing needle is. An expert needlewoman is sensitive to this although it is slight but for the average worker who eyesight is getting a trifle poor with advancing age.

Brighten the Room  
Place a small bright rug on a larger dark rug. It will take away the somber look.

Mothers Should Help  
You might think that things would be better now that I am sixteen. They are not and I fear they'll get worse and worse as I grow older. I will probably be rushed into a marriage to someone my parents choose and I live unhappily I die.

For Clippings  
A large manila envelope, pasted to the inside of the cover of the scrapbook, or recipe book, is a good place for holding clippings until a convenient time arrives for pasting them in the book.

## Every Mother Should Give a Sympathetic and Willing Ear to Child's Problems

By MARIAN MAYS MARTIN  
WHEN a girl of sixteen writes me that she wishes she could die, I know that she does not mean what she says and that she would put up a terrific battle for her life were it in danger. Usually she is in love and in some way baffled by circumstances, but here's a pathetic story of a girl who isn't in love and who has everything in the world to make life worth while excepting parents who understand from self-pity, "sweet sixteen." One should not make light of such a situation. It's a very real sorrow to a girl in such an uncomfortable position.

I know that a boy or girl at sixteen is prone to exaggeration, and often gets a good deal of satisfaction from self-pity, but I do not envy a girl whose parents make no allowances for youth or the much of time, and who persist in operating on the old order, especially an old European order which kept girls under lock and key until they were delivered to a husband, not necessarily a husband they would have chosen for themselves, either.

For American girls, at least, the world has progressed beyond such a dreary stage. Our girls may rot at the strictness under which they are reared, but they usually have the privilege of selecting their mate.

Now there was a more urgent matter on his mind: How to escape punishment? A six-year-old chap feels sharply the indignity getting whipped. Besides there is the actual pain itself. The way dad does it, it really hurts.

Then the boy had a bright idea. As it flashed across his mind, he experienced a mingling of pride and joy. For it seemed to him the most brilliant scheme ever yet devised. He would hide the switch! A simple solution to a grave problem. He got the switch and threw it under the bed. Then he crawled under himself and pushed it into the farthest corner. He emerged with a sigh of relief.

That evening dad asked Richard to get him the switch. The boy giggled inwardly at his cleverness and good fortune. Remaining after several minutes with the information that he could not find it, dad set out to help him find it. The first place he looked was under the bed. He stepped at once how it had got there. And in punishing the boy he was sure to give him a few extra licks.

Frequent spankings will cause a child to hide his switch, or even to bring to escape punishment.

A child old enough to be reared with respect, capital punishment in any form. The wise parent knows this. He punishes the deserving child by the deprivation of privileges and liberties.

"Mrs. Martin, I don't have the slightest intention of marrying—that is, unless I find the right man because life is hard if you marry a man you don't love."

"I have never deceived my parents, and don't want to, although I know, sooner or later, I will have to if they do not change."

"I can't bear it any longer. I think we have reached a point where something should be done."

"I can never go to my mother with my problems, for she never helps me. She sides against me and because life is hard if you marry a man you don't love."

"Mrs. Martin, I love my mother dearly and there is nothing she deserves that I wouldn't do for her. Why should she make my life miserable in this manner? She sees other girls go out and have a good time. If I don't have a good time now in my single life, I never will when I marry."

After all, one can always escape from an unhappy home—not that I suggest it at such an early age. Finish school, fit yourself for some vocation and, when properly equipped, take yourself off where you can find a measure of happiness. When you are eighteen—no so long to wait—you will have finished school and will be better fitted in every way to face life alone.

In the meantime try to convince your parents that you are trustworthy, that it is not necessary for them to be your shadow, since you have no evil intent, and that you have a right to a reasonable amount of freedom and limitation.

The desperate frame of mind this letter indicates is liable to make some very foolish decisions. Nothing drastic is necessary. Be courageous and stand up for your rights and privileges, for once your parents are made to understand how wrong they are in throttling all your natural impulses and trying to pattern your life along a very old-fashioned design, you will have gained the independence you crave.

One of the biggest responsibilities of motherhood is being advised by any mother who refuses to take up her children's problems with them. Tell your mother that. Solve all, most problems may be solved if those who are concerned with them would only get together and thrash them out.

For Clippings  
A large manila envelope, pasted to the inside of the cover of the scrapbook, or recipe book, is a good place for holding clippings until a convenient time arrives for pasting them in the book.

Mothers Should Help  
You might think that things would be better now that I am sixteen. They are not and I fear they'll get worse and worse as I grow older. I will probably be rushed into a marriage to someone my parents choose and I live unhappily I die.

For Clippings  
A large manila envelope, pasted to the inside of the cover of the scrapbook, or recipe book, is a good place for holding clippings until a convenient time arrives for pasting them in the book.

Mothers Should Help  
You might think that things would be better now that I am sixteen. They are not and I fear they'll get worse and worse as I grow older. I will probably be rushed into a marriage to someone my parents choose and I live unhappily I die.

For Clippings  
A large manila envelope, pasted to the inside of the cover of the scrapbook, or recipe book, is a good place for holding clippings until a convenient time arrives for pasting them in the book.

Mothers Should Help  
You might think that things would be better now that I am sixteen. They are not and I fear they'll get worse and worse as I grow older. I will probably be rushed into a marriage to someone my parents choose and I live unhappily I die.

For Clippings  
A large manila envelope, pasted to the inside of the cover of the scrapbook, or recipe book, is a good place for holding clippings until a convenient time arrives for pasting them in the book.

Mothers Should Help  
You might think that things would be better now that I am sixteen. They are not and I fear they'll get worse and worse as I grow older. I will probably be rushed into a marriage to someone my parents choose and I live unhappily I die.

For Clippings  
A large manila envelope, pasted to the inside of the cover of the scrapbook, or recipe book, is a good place for holding clippings until a convenient time arrives for pasting them in the book.

Mothers Should Help  
You might think that things would be better now that I am sixteen. They are not and I fear they'll get worse and worse as I grow older. I will probably be rushed into a marriage to someone my parents choose and I live unhappily I die.

For Clippings  
A large manila envelope, pasted to the inside of the cover of the scrapbook, or recipe book, is a good place for holding clippings until a convenient time arrives for pasting them in the book.