

Figure-Slimming Exercises

By HELEN FOLLETT

ALLURING beauty is possible only when a woman is in top form, filled with ambition and energy. This delightful state of affairs is impossible if she deprives herself of outdoor life, fails to get sufficient exercise to keep her blood streams dancing. Health is fashionable. You get it by protecting and developing your body. It is maintained through good eating habits, by sunlight, refreshing sleep and exercise in the open air.

There is a greater lack of physical activity among women than men. It should not be that way. If more women paid attention to the needs of a good musculature there would be fewer sagging tummies. Through lack of exercise the abdominal wall can become so weakened and wasted that it can no longer resist stretching. It isn't always fat that is responsible for the overdeveloped facade but lazy fibers.

Once a Day

Fifteen minutes of calisthenics once a day will be of benefit, if one has little opportunity to play golf or tennis or take long walks. It is the regularity of gymnastics that counts so, if you plan a program, plan to stick to it for six months at least. If you have a neat figure, it will be yours for years to come. If your shape needs remodeling, you will find satisfaction in developing better lines.

At first your exercises may seem burdensome and tiresome. But soon the feeling of added energy will overcome inertia; the periods will be adhered to because they are enjoyable.

Try torso twisting. Arms out at the sides on a line with the shoulders, palms downward. Swing them far to the right six times, pivoting at the waist line. Six times to the left and repeat. Keep the legs rigid.

Arms in the same position, feet twelve inches apart. Drop the body until the buttocks are resting on the heels. Up on the toes. These movements normalize hips, thighs and waistline.

The Stars Say—

For Thursday, September 30

By GENEVIEVE KEMBLE

AN OPPORTUNITY of far-reaching and radical magnitude, is read from the current almost static trends. This promises an exciting and adventurous opening in which far fields are a most welcome change from the humdrum and stagnant. It will demand skill, ingenuity, boldness and a desire for romance and high-tension experiences, but for most circumstances management, calling for security and permanency, even in the very whimsical and unique situation. Make all agreements wisely but grasp opportunity on its happy upturn crest.

For the Birthday

Those whose birthday it is, may expect the sudden and breath-taking experience or an adventure or strange and far-reaching opening that may unlock doors to a new life. This with swift and exciting change of scene, new interests and perhaps a place in the limelight. It may loosen irksome bonds of the humdrum and commonplace, with novelty, or unique developments. Grasp all this with due decorum, based upon proper rationalizing of spectacular commitments and fulfillments.

A child born on this day is richly endowed with the elements of conspicuous success, based upon logic, reason, and with sane powers to actuate its conduct. Romance and change beget an unique career and public acclaim.

Odd Fact

When the police in Duluth, Minn., recovered 77 shoes stolen from a shoe salesman, they discovered that the reason the thief had abandoned the loot was that all the shoes were for the left foot.

THE CHILDREN LEAD THEM

By MARION CLYDE McCARROLL



IN AN EFFORT TO RAISE the low literacy rate in China, gifted school children in certain areas are being pressed into service to teach the three "R's" to boys and girls who otherwise would be unable to get an education.



NOT ONLY CHILDREN, BUT ADULTS as well get their first lessons in reading, writing and arithmetic from these "Little Teachers," as they are called. The boy at the right, above, has taught the three men to read.

SOMETHING new in education is being tried out with high success in certain sections of the Yu Tsai School near Shanghai, of which he was founder, into more or less itinerant teachers. These children, having received special training for the job in their own school, are then sent out to village centers and farmhouses in the afternoon after school to relay education to children and adults unable to attend school themselves.

In return for this service, through which they carry free schooling to those who cannot afford it, the fees which the "Little Teachers" would otherwise have to pay for their own schooling in the municipal schools is paid for them.

Because trained teachers are few in China, and the illiteracy rate extremely high, Dr. H. C. Tao, one of China's leading

educators, conceived the idea of turning the brightest pupils in the Yu Tsai School near Shanghai, of which he was founder, into more or less itinerant teachers. These children, having received special training for the job in their own school, are then sent out to village centers and farmhouses in the afternoon after school to relay education to children and adults unable to attend school themselves.

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The Child's Teacher

Her Good Influence Is Invaluable

By GARRY CLEVELAND MYERS, Ph.D.

SOME children who go to school don't feel very secure at home. It may be a home of tensions and conflicts, where love does not reign, where the child is not understood or where he supposes he is not loved as other members of the family are. It may be a home of confusion—loud voices, raucous radio. It may lack serenity and calmness and a feeling of all-is-well.

School a Haven

Fortunate if such children find at school a haven of security, with a teacher who is poised, who speaks in quiet, lovely tones, who treats every child as a sacred personality and makes him feel he is a worthy individual. Such a teacher does not know how wonderful she is. If the average home continues to grow more and more jittery the school may have to be the harbor of security for more and more children, especially in the elementary grades.

Over the years the well-trained elementary teacher has grown more aware of the child as a person and of his emotions. She has realized that how he feels has most to do with how well he learns and cooperates with other children. In spite of the growing number of children coming from broken homes or homes in which guidance is lacking, the teacher with deep insight and appreciation has been able to achieve wonders.

Teacher Shortage

Yet teacher shortage has been a temporary check to this rapid growth of finer pupil-teacher relationship, with the result that many sub-standard teachers have been employed. As you can see, when well-trained teachers are not available, the school authorities drop the standards to fill the ranks. The examinations for teachers must be made easy enough for a sufficient number to pass. Even among these sub-standard teachers there are some with great understanding of children, especially among those teachers who are mothers.

If your child has a teacher with great understanding, do show your appreciation. We parents incline to take these teachers for granted and to register our feelings only when we think the teacher is not a good one. We could even do much to help our teachers develop if we tried more often to put ourselves in her place and play up her strong points, especially in the presence of our children.

Many children will complain at home about the teacher or drop remarks about her which are not complimentary. Often their judgment and report are wrong, colored by their own prejudices. Even when their report is correct we parents will surely magnify the matter out of true proportions to the facts if we criticize the teacher then and there. Besides, we then dramatize a bad practice—passing judgment on incomplete evidence. (My bulletin, "Parents Can Help Child Succeed at School," may be had in a stamped envelope.) The more we help the child lose regard for his teacher the less he will learn from her—and we don't hire or fire her. The more we help the child gain respect for her the more he will learn from her. Let us be sensible and build up the teacher in the eye of our children.

Answering Parents' Questions  
Q. What are some pitfalls to mothers who spoon feed or partly solid foods into the child?  
A. Pushing it into the child's mouth far too fast and when he doesn't want it—a common source of his gagging or vomiting while eating; and spoon feeding him many months after he should be feeding himself.

Q. Our son, three, has begun to stutter.  
A. Work on yourself to be more serene so he might be more calm and happy. Don't stop him to correct him or ask him to repeat when he stutters. Act as if all is well. Read often to him and fondle him generously. My bulletin, "Stuttering in the Young Child" may be had in a stamped envelope.

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A Dream House With an Ideal Kitchen

By IDA BAILEY ALLEN

IT was early twilight when the Chef and I first saw it, a cozy low white house with gray shutters and green awnings surrounded by a smooth lawn and green shrubbery. There were flagstone walks, a hedge and a white picket fence in back. High buildings towered behind it. The sidewalks were crowded with pedestrians. Rushing past were thousands of automobiles, cabs, and buses, and there, in the midst of the clamor of the city, it stood on New York's Fifth Avenue—a veritable dream house. One of more than seventy dream houses on display in leading cities of the country, each destined to become a prize in contests conducted by leading charities. In New York the sponsor is the New York Heart Association.

Dining-Living Room  
"Let's go in," I said to the Chef. "I'd especially like to see how the kitchen and dining arrangements are planned."

We walked directly into the combination living-dining room. This is built around the warmth and friend-

liness of a fire-place with a pine mantelpiece. Walls of forest green, antique pine tables, an inviting sofa with color-splashed tulip chintz, a comfortable rose-red barrel chair, and two of black bamboo, double-tiered ruffled organza curtains, create a room of great charm.

"And here is the dining-area," remarked the Chef. "It looks very comfortable; and it does not seem too crowded although it is merely the L-shaped end of the living-room. And look, outside the French doors, I believe there is another place to dine." This proved to be an outdoor dining-place on the "breze-way"—new term for a covered terrace.

We visited the rooms up-stairs—three attractive bedrooms, a friendly study, cozy sewing room, modern bath-rooms, and a sun deck. But it was the kitchen downstairs that proved most interesting to the Chef and me.

A Fire Extinguisher  
"Look what I see, a fire extinguisher! The first one I've ever seen displayed in a model house," I exclaimed. "To my mind it's the first piece of equipment that should be bought for any kitchen. I like the white walls and cabinets, those Chinese red counter tops, and the black and white marbled linoleum on the floor."

"This is a very modern kitchen," commented the Chef. "The refrigerator is large enough for a big family, and I like the freezing compartment. The electric range is very good, the same model we have used in our television shows. This garbage disposal in the sink is a fine convenience, and I am sure all husbands who hate to dry dishes would be willing to pay for the electric dish washer. Here is a pressure cooker! And there is a fine assortment of casseroles for oven cooking. I like those stainless steel utensils, too; they will last a lifetime. And even the knives are sharp, ready for business," he added, professionally running his finger along the blade of a meat-knife. "The lay-out is well arranged for step-saving. But it seems to me the kitchen is a little too small. I would like space to add a table; it is not always comfortable to stand or even sit at work at such high counters."

"And I wish there was space for a small rocking chair with red cushions," I added, "and that one end of the room could be turned into a little sitting room with a desk, a cupboard for a few toys and space for the baby's play pen. In these servantless days, when mother is the nursemaid, it's essential to provide a space for children in the kitchen."

TOMORROW'S DINNER

Heated Sardines on Toast  
Tomato Omelet Flaky Potatoes  
Dutch String Beans Cole Slaw  
Orange Juice Muffins  
Butter, Margarine or Jam  
Coffee or Tea Milk (Children)

All Measurements Are Level  
Recipes Serve Four

Tomato Omelet  
Break 6 eggs into a qt.-sized bowl and beat slightly. Add ½ tsp. salt and ¼ tsp. pepper. Gradually stir in ¼ c. hot water; beat until well blended and frothy. Melt 2 tsp. butter or a substitute in a heavy 9 in. frying pan. Pour in the egg mixture. Stir gently for a moment; then reduce the heat and let it cook until beginning to "set," or become firm on the bottom. Gradually push the cooked portion of the omelet toward the front of the pan, tipping it back to allow the uncooked part to run down to the bottom. As this sets, repeat the process of pushing and tipping until the omelet is cooked throughout.

Spread half of the omelet with thin slices of tomato, slightly sautéed in butter or margarine and seasoned with salt and pepper. Then fold over with a pancake turner; slide the omelet onto a heated platter. Surround with additional slices of sautéed tomato.

Dutch String Beans

Wash and prepare 1½ lbs. tender string beans for cooking. Cut them in inch lengths, and boil or pressure-cook as usual in the smallest possible amount of salted water. When done drain but reserve 2 tbsp. of the liquid. Add 2 tsp. vinegar, 1½ tsp. sugar, ¼ tsp. salt and 2 strips fried lean bacon cut in bits. Add 1 tsp. of the bacon fat. Simmer 3 min. and serve.

Orange Juice Muffins

Sift together ¾ c. already sifted all-purpose flour and 1½ tsp. baking powder; ¼ tsp. baking soda, 1 tsp. salt and 1 c. orange juice. Stir lightly into the first mixture. Add 4 tsp. melted shortening, combined with 2 tsp. grated orange rind. Do not beat. Transfer to oiled, medium-sized muffin pans and bake 25 min. in a hot oven, 400 F. Makes 12 muffins.

TRICK OF THE CHEF

Heat sardines in their own oil with a dash of Worcestershire and one-half tablespoon lemon juice.

Food for Thought

Though tartar sauce is considered an ideal accompaniment for fish, it is also delicious with veal. Try it the next time you serve breaded veal chops or a fine veal roast.

LOVE'S PERILOUS PATH

A Sequel to Love's Fair Horizon

By ADELE GARRISON

When They Are Alone, Mary Cautions Madge to Find Out Why Roderick Needs Extra Money

Synopsis: Madge Graham catches her husband, Dicky, suggests to her and to Mary Ventron and Katharine Hockett that Madge's father, Charles Spencer, leader in Government Intelligence, may suspect Carotta Carroll, friend of his aide, Mr. "A," of being a fifth columnist, and is now trying to lay a trap for her. "Does that mean," Madge asks quickly, "that father will be in danger?" "Nothing of the sort," Dicky says, too quickly, and then Katharine's calm voice strikes into their colloquy. "Your father doesn't let danger get near him," she says. "He's too experienced a campaigner for that. Now something tells me that I'm not needed here any longer. Anyway, I'm going. Stop me at your peril!"

KATHARINE rose with a burlesque "shooing" motion, and started for the door. As usual her common sense had calmed my fears for the moment, and as she passed me, I murmured: "Thank you for everything."

She flashed a smile at me, gave me a quick, heartening pat on the shoulder, and then was looking pertly up at Dicky as he put his hand under her elbow to usher her ceremoniously to the door.

"Why all the trimmings?" she asked. "Because, Chief's orders, I have to see that you're properly locked in for the night," he told her. "Mary will close this door, and open it again at my knock, not forgetting the precaution of the night lock?"

"Order coming right up," she told him, rising, and, with her swift, effortless walk, coming up with him as he and Katharine reached the door. She closed the self-locking door after him, set the night chain, and came back to me.

The Extra Money

"I've got something to tell you that you must know," she said, "although, while I'm not exactly breaking a promise, I'm violating the spirit of it. But, you'd better find out why Roderick needs extra money."

I caught my breath. She did not need to tell me the secret behind her

question. Her young brother must have appealed to her for money, exacting secrecy. She had given it to him, or promised it to him, also promising that she would not tell of the gift. But her anxiety concerning the boy had compelled her to give me a cue.

"Mary!" I said uncertainly. "There's Uncle Dicky's knock," she said, "and I've said all that I can, and more than I ought. As soon as Nunky gets back, I'm going to hit the hay, and you can shoulder the white woman's burden again."

She sent the last words over her shoulder, as she went to the door, and admitted Dicky.

"Well!" she demanded, "did you get Aunt Katrina safely locked in?"

Locked the Door

"Kicking and screaming, I tossed her through the doorway," Dicky said, "and locked it after her. I only trust she has no broken bones, or, rather I ought to hope she has an assortment of them shattered, the way she's been needing me."

"You'll get no chance to exercise your sadism on me," his niece told him pertly. "The back of my hand to you, a kiss for my darling Auntie Madge, and I'm off to my downy couch."

She dodged him expertly, circled

BEAUTY BARGAINS

Don't confuse yourself by trying to match the new "smoke" shades to your tag-end summer tan. Gradually lighten your makeup as your nature given tones return. By buying small sizes of face powder, rouge and lipstick, there's no large outlay of money or any left over half-filled jars.

One of the best beauty treatments for the face is a thorough soap and water cleansing. Use a neutral soap,

my chair, leaving a kiss on the top of my head, and dashed for her bedroom door, laughingly shutting it on the other side.

"That brat!" her uncle said, laughing, as he came back to me. Then, after a quick look at what my father calls my "tell tale face" when I am alone with my family—I guard my expression zealously when with strangers—he sat down in a chair opposite to me, and, leaning forward, gave me a searching, appraising look.

"What's happened?" he asked. "It's something Mary said just now," I told him. "I'll give you her exact words."

There was distinct concern on his face when I had finished, and he did not speak for several seconds.

"I suppose our great brains have leaped to the same conclusion," he said at last. "Rod's been needing Mary for money, and has asked her not to tell us. She's given him the money, and while keeping the letter of her promise for secrecy, has tipped you a hint."

"That's the way it looks to me," I said, "and it seems to bear out—"

I stopped, and Dicky shot another keen glance at me.

"Explains the way Junior sort of clammed up when I was sounding off about boys borrowing money at school?" he asked.

(Continued tomorrow)

Insofar as asthma is concerned, the use of benadril by injection seems to aid the patient only in that it helps to produce sleep, although there is some effect on other symptoms of asthma, such as shortness of breath and wheezing.

Small Dose  
It was found that even a small dose of the drug given into a vein causes sleepiness. For this reason, it is suggested that when injections are to be used the patient be at home or in a hospital. The drug is injected slowly, and if relief is not obtained and excessive sleepiness does not occur, a second dose is given two hours later.

Of course, benadril injections should be given only under the direction of a physician.

Words of the Wise  
When love and skill work together expect a masterpiece.  
—(John Ruskin)

fashion in rhyme and reason

By Elisa Mattley

Of shining brocade  
To catch the light  
Of a candle gleam  
Or shine gay and bright  
On a gala night.  
The supper suit  
Ankle length, slim,  
With strapless top  
And jacket trim.

