

Treating Colds By New Method

By HERMAN N. BUNDESEN, M.D.

MANY of the important medical discoveries of the past have been made by chance and it may be that history will repeat itself today.

I have told you earlier of the great amount of research vainly devoted to the common cold during recent years. While this unsuccessful quest has been going on, it seems possible that a Washington, D.C., physician has stumbled on what may prove to be a quick and easy remedy for this widespread disorder.

Interesting Story

The story is an interesting one. While treating a patient for an allergy which caused internal symptoms, Dr. John M. Brewster noted that a cold which the patient had contracted during the treatment was warded off.

The drug being used against the allergy was one of the so-called antihistamines known as benadryl. In allergic disorders, such as asthma and hay fever, it is believed that the substance to which the patient is sensitive causes the formation in the body of excessive amounts of a substance known as histamine. This accounts for the fact that antihistamines relieve the symptoms.

Allergic Reaction

Believing, along with a good many other physicians, that many so-called common colds are at least in part due to an allergic reaction, Dr. Webster decided to try the benadryl on all patients developing colds. In all more than 100 were so treated.

He found that in every case the most annoying symptoms of colds were either removed or controlled. The watery discharge from the nose was lessened; coughing, particularly in children, was diminished, and fever blisters were warded off if the drug was taken immediately after their first appearance. Moreover, the drug had a sedative or quieting effect, producing sleep which was thoroughly refreshing.

One Out of Ten

From the studies thus far made, it appears that benadryl will completely ward off colds in about one case in ten. In the remainder, it gets rid of the watery discharge from the nose. It does not have any effect in preventing sinus infection once the cold has fully developed, nor does it have any value in reducing fever.

When the infection in the nose was due to streptococcus or pneumococcus, no attempts were made to treat the condition with benadryl. It is possible that many colds caused by a virus could be warded off by early treatment with the benadryl. To be effective, however, it should be taken at the first sign of coldness at the back of the nose and swelling of the lining membrane of the nose.

Drug Given Once

The dose of the preparation of course must be recommended by the physician and taken only under his direction. The drug is administered only once, in most cases, but may be repeated once at bedtime. No harmful effects were noted with the treatment.

Since the preparation tends to make the patient sleepy, it should not be used when a person is going to drive a car or use some type of potentially dangerous machine.

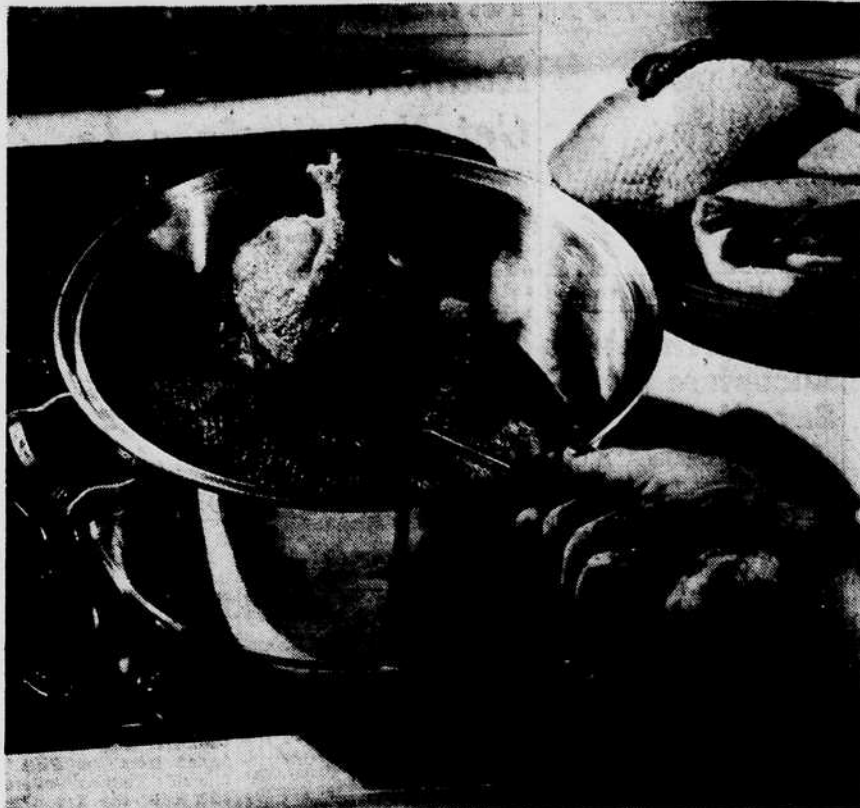
This treatment for colds seems so promising that further studies should be made to determine its exact value.

QUESTIONS AND ANSWERS

A. M. K.: My sister has headaches all the time. What can be done about that?

Answer: Headaches usually occur in all chronic and acute illnesses, as well as in conditions of the eyes, infections of the nose and nasal sinuses, and of the throat. Constipation also is a frequent cause.

It would be advisable for your sister to have a physical examination made to determine the source of the difficulty.



A DUTCH OVEN WITH A TRIPLE THICK bottom is an excellent utensil for cooking duck to a crisp all-over brown. Start cooking by browning in small amount of fat, pricking and turning frequently to allow fat to run out.

Duck for Dinner

By MARION CLYDE McCARROLL

DUCK makes a fine dinner any day in the week. But when it's the feature of the Sunday dinner table, or a company meal, it's nice to give it a special touch.

It needn't be anything that makes the dish harder or more time-consuming to prepare. On the contrary, a recipe like the following one for Duck à l'Orange is actually less trouble, since the vegetables are cooked right along with the duck, making most of the main course ready all at the same time. You'll probably want to serve potatoes—perhaps fluffy mashed ones—too.

DUCK A L'ORANGE: Remove pin feathers from 2 medium-sized ducks, clean and cut in quarters. Brown in small amount of fat in your Dutch Oven. Prick and turn frequently to allow fat to run out. Season with ¼ tsp. salt, dash pepper, 1 bay leaf, crumbled, and a pinch of thyme. Add 2 tbsp. boiling water, cover and cook for 1 hour.

Remove cover, add 1 lb. white onions, 1 bunch carrots, 1 peeled and sliced orange and 1 tbsp. grated orange peel. Cover again and cook for 45 minutes or longer, until duck and vegetables are tender.

Remove duck and vegetables to serving platter and keep hot. Then skim off fat from liquid remaining in Dutch Oven, add 3 tsp. currant jelly and ¼ c. orange juice. Simmer until juices thicken, then pour over duck.

This recipe should make 8 servings.

If you haven't a good Dutch Oven already, you'll find money spent on one an excellent investment. For example, cooking the duck in one with a triple thick bottom gives it a deliciously crisp all-over brown and permits braising it with very little liquid. The vegetables, too, will have a special, piquant flavor because they're cooked in the savory steam from the duck.



IN PREPARING DUCK A L'ORANGE—a special treat for Sunday or company dinner—the duck is first cooked for an hour. Then cover is removed and orange slices, carrots and onions are added and all cooked until tender.

Household Hint

A good many home accidents happen on stairs. Remember that stairs should not be made into storage places for books, toys or boxes. There should be hand railings on both sides of open stairways, and single railings for closed stairways. If stair carpets are used, check to be sure they are firmly anchored.

A Sequel to Love's Fair Horizon

By ADELE GARRISON

"Suppose you copy him!" I said, and from some unplumbed depths of courage, he managed another grin.

"Okay!" he said, and when Philip came back with the glass of water, Dicky drank it thirstily, then lay back and closed his eyes.

"Is this all right, Teacher?" he murmured, and I did not know whether I wanted to laugh or to weep as I answered him.

"Perfectly all right," I said, and Philip Veritzen's downward glance at him was affectionate and anxious.

"He'd jest if he were walking to the electric chair," he said.

I nodded, but put my finger against my lips, and neither he nor I spoke again until the knocker sounded, and he went to the door. I looked anxiously at Dicky, wondering whether he were asleep, or in a swoon, when he opened his eyes, and looked quizzically at me.

"I'm neither," he said with the uncanny knowledge of my thoughts which is sometimes his.

"Well! one thing is certain," I told him, with my anxiety lessening, "you aren't going to die within the next half hour. You're altogether too ornery."

"Don't bother with me, Katrina," Dicky said, as Katharine, in her uniform and carrying a case in her hand, came up to the couch. "Just take this young-un, and give her a hypo that'll keep her tongue from wagging for an hour or two. She's altogether too fresh."

"I'll attend to her case later," Katharine told him, as she began to unfasten the blood-soaked bandage on his arm. "Pain pretty bad?" she asked, as she saw him wince.

"I can stand it," Dicky said.

"I'm not doubting that," she said with a grin. "I'm wondering if Madge can." Then her voice changed as she looked at the small wound in his arm from which blood still was oozing.

"Did it hit the bone, Dicky?" she asked.

(Continued tomorrow)

Festive Columbus Day Dinner

Dishes From South of the Border Are Appropriate

By IDA BAILEY ALLEN

WE celebrate Columbus Day in the United States without realizing that it is an even more important holiday to peoples south of the Rio Grande. From the Gulf of Mexico to the tip of South America, this holiday is known as "El día de la raza" (the day of the race). All schools and business houses are closed. And in the homes a special festival menu is prepared.

I had an opportunity to enjoy some of these festive foods at lunch on board the good ship Santa Paula, which had just returned back to port from a Caribbean cruise. It is a "friendly" and beautiful ship, most unusual in the way it is laid out. The kitchen is on the top deck, so all odors of cooking are blown out to sea. The dining salon is on the promenade deck, huge windows overlooking the ocean on each side, and at night a large section of the high ceiling is rolled back, so you literally dine under the stars.

Umbrella-Topped Tables

Luncheon started with appetizers served in the lovely club room; other guests were being served at umbrella-topped tables around the swimming pool. The hors d'oeuvres were beautifully arranged in matching, small oblong glass dishes placed on a tray; smoked pork, paper-thin slices of sausage, sturgeon and smoked salmon, and delicious liver

pâté. Capers were discreetly used as a garnish.

Next came a wonderful chicken soup Chilean style, containing diced chicken and a variety of seasonal vegetables; it was garnished with small potato balls, two to a plate. After this came a delectable casserole, served with a simple salad. For dessert there was ice cream and a tray of fascinating pastries.

Many Latin American dishes seem elaborate because they call for a good many ingredients. But read the recipes carefully, and you'll find that many are on your spice shelf; and that the main ingredients are usually inexpensive foods such as fowl, pork, fish, eggs, stewing beef, dried beans and fresh vegetables, especially potatoes and corn.

Tomorrow will be Columbus Day. So I thought you might like to serve a Latin American dinner to your family. In the test-kitchen the Chef has standardized a group of special dishes I'm sure you will enjoy, including the unusual chicken casserole served at luncheon on the Santa Paula.

COLUMBUS DAY DINNER

- Spanish Vegetable Soup
- All-Cornmeal Squares
- Chicken Casserole
- Flaky Potatoes
- Okra Sauté
- Tomato and Cress Salad
- Jelly Roll Icebox Cake
- Coffee

All Measurements Are Level Recipes Serve Four

Spanish Vegetable Soup

Combine 2 c. tomatoes, 1 ½ c. shredded string beans, 1 small bay-leaf, 1 tsp. scraped onion, 1 tsp. sugar, 1 tsp. salt, and ½ tsp. pepper. Add 4 c. soup stock or 4 c. boiling water and 3 bouillon cubes. Slow-boil 30 min. Add ¾ c. canned corn kernels and 1 tsp. minced parsley. Boil 2 min. and serve.

Chicken Casserole Santa Paula

Heat 1 tsp. margarine and 1 tsp. vegetable oil in a 2-qt. sauce pan. Stir in 2 c. fine-diced leftover chicken, 1 c. fine-diced leftover or boiled fresh pork, and 2 coarsely-chopped hard-cooked eggs. Add 6 minced ripe olives and 2 minced green olives, ¼ c. plump raisins, ½ a diced sweet green pepper, and 1 peeled, small onion minced. Then measure out 1 ½ c. chicken gravy. Stir in 1 tsp. curry powder, 1 tsp. paprika, ½ tsp. chili powder and ½ tsp. sugar. Add to the meat mixture. Transfer to a large 1 ½ qt. shallow casserole. Cover with 1 ½ c. canned corn kernels. Dot with butter. Bake 25 min. or until very hot in an oven at 375 F. Serve with flaky potatoes or rice.

Okra Sauté

Wash young, tender okra pods, and boil 10 min. in salted water to cover. Drain. Roll in corn meal, and sauté in bacon fat until browned on both sides. Turn carefully to prevent breaking; season sparingly with salt and plentifully with pepper.

All-Cornmeal Squares

Combine 2 c. enriched cornmeal, 4 tsp. baking powder, 2 tsp. salt and 1 tsp. sugar. Beat 2 eggs. Add 2 c. milk, (whole, diluted- evaporated or reconstituted dry skim milk). Add to the dry mixture with 3 tsp. melted shortening. Beat thoroughly. Pour into a heated, well-oiled shallow pan 7" x 11". Bake 30 min. in a very hot oven, 425 F. Let stand a few minutes, then cut in small squares. Otherwise it will crumble as the texture is delicate.

Tomato and Cress Salad

Arrange individually. Cut large slices of tomato ½" thick, in quarters. Season with French dressing. Arrange almost touching on a salad plate. In the center stand a small "bouquet" of crisp water cress cut in 2 ½" lengths.

Jelly Roll Icebox Cake

Make or buy 1 small jelly roll cake and cut in 1" slices. Heat 1 ½ c. whole milk with ½ c. sugar and 1" stick cinnamon, and simmer about 5 min. until it thickens slightly. Then remove the cinnamon. Add ½ c. shredded coconut. Arrange a layer of the sliced cake in a glass serving dish. Pour over half the milk sauce. Dot with plump raisins or candied peel and a few chopped blanched almonds. Put on a second layer of cake. Pour over the remaining sauce. Top with shredded coconut and a few raisins and almonds. Chill at least 2 hrs. before serving.

TRICK OF THE CHEF

For fascinating Latin American flavor add 1 sprig of mint to potatoes when put to boil.

Help For The Poor Speller

By GARRY CLEVELAND MYERS, Ph.D.

SOME children in the early grades, who have no trouble at learning to read or at doing number work; and some other children of the upper grades or high school are poor spellers. Here are some suggestions.

Have the child's vision tested. If he is in the early grades he may not know all the letters of the alphabet. He may confuse some of them, as p and q or d and b. If he does, show no surprise, avoid making him feel ashamed. Patiently help him clear up such matters, and don't expect to accomplish this all at once.

Elemental Sounds

Practice him on some of the elemental sounds in words like rat, mat, cat; bone, stone, cone; blow, crow, slow; chain, chair, child. Point out to him that some words are not spelled quite as they sound, whose correct spelling just have to be learned by heart.

When he attacks a word of more than one syllable, show him how to break it up into syllables. Always the word he is learning to spell should be printed or written legibly. It will help him to have each word to spell appear alone on a card or page. Sometimes children above the third grade bring home a list of spelling words which they have copied from the board at school, and may have written these words illegibly, even have spelled some of them wrong while copying them. Print or write these words for the child so as to make sure he won't learn to spell them wrong.

Avoid Haste

Regardless of the child's age, try to get him to attack each word slowly and carefully. Nearly always the poor speller is in great haste. He may not even spell the word correctly as he carelessly looks at it. He may try himself out before he has learned it, repeating its spelling inaccurately. Do you you can to keep him from ever spelling a word wrong.

Have him look at the word and pronounce it, then name its letter in correct order; pronounce the word again and name its letters in proper sequence, still carefully looking at the word; and do like a several more times before trying to spell the word from memory. It may help him to write the word while looking back and forth at it before trying to spell it. But it would be hazardous for him ever to write it wrong.

Few at a Time

Guide him to study each word over and over till he can spell it right, before going to another word. Better for him to attack three or four words an evening and really learn them than to work at a long list of them and get some wrong. It is always better to master a few than to mess over many.

When your older child is doing written home work and asks you to spell a word for him, gladly spell it, even if you must yell the spelling from a distant room. If necessary look it up in the dictionary. Don't tell him to do so, he may merely guess at it. Anyway, your readiness to help him can provide good encouragement and comradeship and render him more eager to be careful about his spelling. (My "Home Helps for Poor Spellers" may be had in a stamped envelope; also similar helps on reading and arithmetic.)

The Secret of Good Skin Care

By HELEN FOLLETT

IT is part of a woman's life business, and it should be her pleasure, to treasure youthfulness and good looks. Preservation and protection must be her watchwords. A complexion cannot very well take care of itself and continue to be of smooth surface, fine texture and good coloring.

The first need is to keep the skin surface scrupulously clean, then tend to see that it has a daily lubrication. A little friction is called for to keep tissues firm and the underlying fibers strong. Tapping and creaming will ward off premature wrinkles. Continued faithfully, a woman should be able to give old meemie Time the laugh for years and years. The older she remains young and blooming got an early start in the good looks campaign.

Some complexions are inclined to be temperamental, given to eczemas. They may protest against soap, in which case one must use cream or one of those fragrant complexion meals that can be found at any cosmetic counter. If the color suddenly takes on a yellow cast, switch your diet. Avoid rich sauces, spices, pastries, live mainly on lean meat, fish, poultry, vegetables and fruit. Take a glass of unsweetened lemonade before breakfast every morning.

It is not wise to use soap and water before going out of doors or directly after coming in. This applies to all seasons of the year; in the summer the sun will get in its burning licks, in the winter season cutting winds may come along to rumple the delicate cutaneous surface.

At bedtime remove make-up with a thin cream. Then give your face a rousing lathering with a bland soap. For this, a complexion brush is excellent. Rinse with warm water, dry gently, then on with a heavy cream. Tap and slap. Avoid rotary motions on the cheeks that push the flesh up around the eyes.



WHEN DUCK AND VEGETABLES ARE done, fat is skimmed off liquid remaining in pot, and currant jelly and orange juice are added, to simmer a bit. Sauce is then poured over the duck, arranged on platter with vegetables.

THE STARS SAY—

By GENEVIEVE KEMBLE

for Tuesday, October 12

THERE are most propitious indications of the fulfillment of desired hopes and wishes, with ambitious aims and aspirations rising to new heights of achievement. Marks of substantial encouragement and cooperation from those in influential places may be banked on. This gratifying condition may be brought about by particularly astute and shrewd planning with perhaps clever strategies, in which secret agreements may be prolific of cherished results. Intuition and imagination

are stimulated and may be deftly utilized for realistic returns. The personality influence is strong.

For the Birthday

Those who, birthday it is, are assured a year of advancement and high accomplishment in which those in influence and position may be depended upon for substantial cooperation. These should be approached

with tact and finesse, even wise strategies may be productive of surprising results in which inner or subtle forces seem to be at work behind the scenes. Ideals and exceptional ideas should be pursued under the inspiration of intuition as well as judicious use of personality.

A child born on this day has every promise of success, having the support of prominent and influential people. Its intuitions and aspirations are enhanced by secret forces with charm of unique or singular power.

Words of the Wise

The education of the will is the object of our existence. —(Emerson)

fashion in rhyme and reason

By Eliza Matley

A cape is really very smart, But a double-decked cape Is the better part Of any costume, Suit, dress or coat, It makes perfection Far from remote.



LOVE'S PERILOUS PATH

In Spite of His Wound, Dicky Manages to Put Up a Brave Front Until Katharine Arrives

By ADELE GARRISON

DESPITE Dicky's pain, he chuckled as I hung up the receiver after telephoning Katharine.

"Lumbago!" he growled as I came back to the couch where Philip Veritzen was hovering over him. "Couldn't you invent something a bit more picturesque than that? It always calls up visions of an old man with white whiskers, stooped double and clutching at his spinal muscles."

"It's a perfectly good word," I said placidly, "and Katharine understands it perfectly."

Enlightenment came into both his eyes and those of the distressed dean of Broadway Inpresarios.

"Aha!" Dicky said, "I understand. The code de luxe of the mesdames Graham and Bickett."

"Clever work!" Philip Veritzen said. "And now, that you're back in charge of your husband, I'll speed Winters on his way."

Lock Was Working

He went toward the door near which Winters was waiting, sent him through it, and closed it after him, assuring himself that the lock was working. Then he came back to us.

"Is there anything I can do, Madge?" he asked anxiously.

"Perhaps—a glass of water," I said, seeing his anxiety to atone for his thoughtlessness in demanding an explanation of the situation from Dicky while he was suffering.

"There's a carafe in the refrigerator," I added.

Dicky's mouth twisted into a grin which held more pain than mirth.

"Just afore Christmas, he's as good as he can be," he quoted, and I held up a protesting hand eyes as I smiled at his nonsense.