

Keep Neck Contours Youthful

By HELEN FOLLETT

IT may happen that a woman wins the beauty race by a neck. A beautiful neck of satin-smooth surface and fine lines is a good-looks item of which any woman may be proud. But the trouble is this: if it qualifies, it gets no attention whatsoever. If it goes to seed, takes on wrinkles or discolorations, there is difficulty in getting it in form again.

A neck can look older than anything, and you just can't live it down. If you are getting along toward the forty mark, you had better get neckwise and soon. It can go into a state of collapse overnight and then what? All you can do is to cover it with a collar. Don't forget that it can be preserved through fastidious treatment, rarely can be repaired with success.

Nightly Massage

Five minutes of lubricating and massaging every night will often insure against neck wreckage. Use a heavy emollient, one that will not permit the fingers to slip. Put it on a clean skin surface.

Start the application just below the collar bones, using upward curving strokes. Placing flattened fingers at the base of the throat, work out and up to the tops of the shoulders in half circles. Then, starting under the chin, do sweeping strokes to the ear lobes. Try not to stretch the skin. Slap and pat briskly. Finish with an ice friction.

Absorbs Cream

Thin necks will absorb a good deal of cream, and that is all to the good. In the morning, lave with cold water to bring firmness to the tissues.

How you carry your head may be the making or the unmaking of this pillar that holds up your tete. Let the chin droop and there will be cross lines on your throat. Keep up your chin—you should anyway because you look better that way—and the delicate fibers running from the chin to the chest will keep strong and resilient.

And don't let your powdering stop just under your chin; include the neck and the earlobes.

Keep Your Electric Blanket In Good Shape

By MARION CLYDE McCARROLL



DIDN'T WASH YOUR ELECTRIC blanket last spring before putting it away? And you're already using it? Tch! Tch! Disconnect that cord at once!

ARE you one of the many hasty housewives who were too busy in the early spring, getting out and fixing up summer things to take time to properly dispose of all winter paraphernalia?

If so, now that the nippy nights are at hand, when that electronic blanket will feel mighty good you may be ruefully discovering that it was one of the things you meant to clean thoroughly before putting away, so that it would be fresh for the fall, but just somehow never got around to.

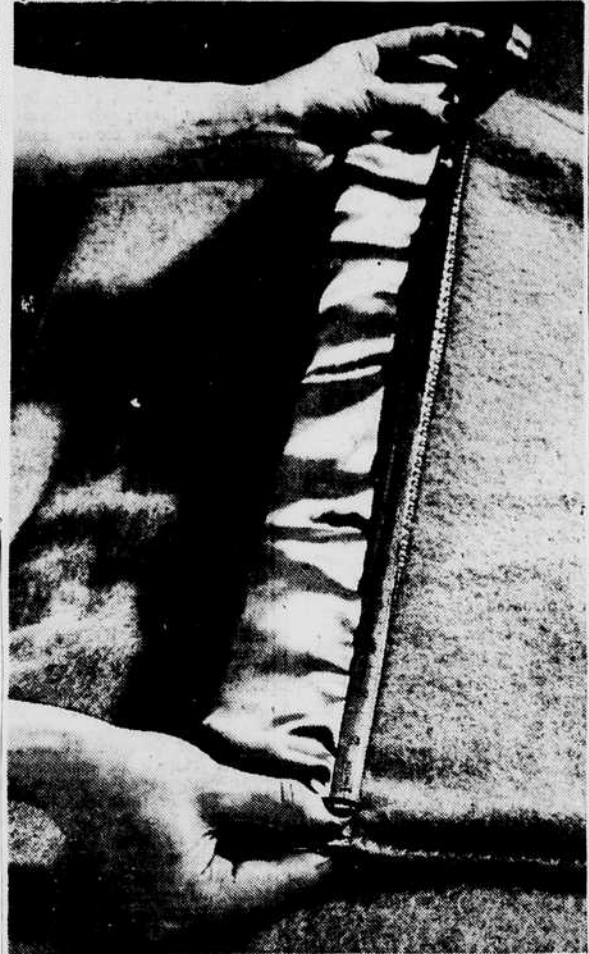
If that's the case, better remedy matters right away, before the weather gets any colder. You can do a perfectly good job of washing the blanket yourself, if you go about it carefully. Or if you have a reliable commercial laundry at hand, it can be laundered there in safety.

Let's suppose that you're going to do the job yourself. If the nip in the night air has already induced you to put the blanket on your bed, naturally the first step to get it ready for laundering is to disconnect the pigtail cord.

Next, measure the blanket before washing, so it can be dried to its original size.

Then into the tub or the automatic washing machine with it, for a cleansing bath in mild, lukewarm suds. If washing by hand, squeeze the soapsuds through the blanket, and, after rinsing, extract the excess water in the same way.

When the blanket is thoroughly dry, restore its fluffy nap by brushing with a soft brush.



YOU CAN SEND IT TO the laundry, of course, but why not do the job yourself when it's so easy? Measure it first, so it can be dried to original size.

Use Nutritious Peanuts for Unusual Dishes

By IDA BAILEY ALLEN

WE were walking back to the test-kitchen after visiting a food exhibit, when the Chef stopped dead in his tracks and sniffed with appreciation. "Peanuts, peanuts!" he exclaimed. "It must be in that store."

We followed our noses. And there, lined up along the wall we saw five big electric peanut roasting machines. The enticing smell was drawing customers into the shop by the dozen. There were the warm new-roasted peanuts, raw peanuts, candied peanuts, peanut patties, peanut butter and salted peanuts.

"Permit me, Madame," said the Chef, handing me a bushy bag of roasted peanuts, and ordering one for himself.

"Thank you, Chef. Let's also get a few pounds of those raw peanuts in the shell."

"You like them raw?" he said.

"Yes, they taste somewhat like raw chestnuts," I said. "But you know peanuts are a valuable protein food, and I think we can work out some new ways of combining them with meat and other foods to help bring down the high cost of eating."

"After the raw peanuts are shelled you parboil them and take off the red skins," he asked.

"Not necessarily. For combination with meats I prefer them raw; if to be used with a dark colored meat or a dark vegetable like tomatoes, I leave the skins on. But if the peanuts are to be combined with light colored ingredients, the skins should be removed. The best way to do this is to cover them with boiling water, and let stand for 2 hours. Then add a little salt and boil 45 minutes in the same water. The red skins then slip off easily."

"How long will those skinned pean-

nuts keep?" inquired the Chef. "About a week in a covered dish in the refrigerator," I said. "Or if you can spread the skinned peanuts in a pan lined with absorbent paper, and dry them for an hour in a slow oven. Then they'll keep for weeks in a can on the pantry shelf. But don't let them roast, for when they are used as near their original state as possible, they have the valuable property of merging their flavor with the meat or main ingredient used, so you scarcely know it is extended by any other food."

Very Inexpensive "These raw peanuts are very inexpensive," commented the Chef; "they cost much less by the pound than meat, even when they are out of the shell. As the expert on foods, Madame, what is their food value?"

"Peanuts contain more than twenty-five percent protein, about fifty percent fat, and up to twenty-five percent carbohydrate—a perfect balanced combination. And they are a good source of phosphorus, calcium and iron, not to speak of their rich content of thiamin, riboflavin and nicotin."

"Madame, I'm sold," said the Chef. "We shall have a beef and peanut loaf for dinner."

TOMORROW'S DINNER
Cabbage Soup • Dark Bread
Beef and Peanut Loaf
Tomato-Pepper Gravy
Baked Sweet Potato-Yams
Hot String Bean Salad
Apple Ring "Doughnuts" • Syrup
Coffee or Tea, Milk (Children)

All Measurements Are Level
Recipes Serve Four
Cabbage Soup

Combine 2 c. fine-chopped raw cabbage and 2 fine-chopped large peeled onions; add to 2 tsp. butter, margarine, beef fat or ham fat melted in a soup kettle. Slow-fry

until golden. Stir in 3 tsp. flour and 1/2 tsp. parsley. Add 5 c. meat stock, or 5 c. water with 4 bouillon cubes dissolved in it. Cover and slow-boil until the vegetables are tender. Add 2 tsp. tarragon vinegar, and if desired, cook a few small sausage balls in the soup. Serve with dark bread.

Beef and Peanut Loaf

Put 1 lb. lean beef through the food chopper twice, with 1 lb. shelled raw peanuts, shelled but with the red skins left on, 1 small peeled onion and 2 oz. beef fat. Use the medium blade. Cook and stir 1/2 c. soft bread crumbs in 1/2 c. soup stock or skim milk until pasty. Add to the beef mixture with 1 1/2 tsp. salt, 1/4 tsp. pepper, 1/4 tsp. powdered thyme and 1 well-beaten egg. Mix thoroughly. Shape into an oblong loaf. Roll in 1/2 c. fine dry crumbs mixed with 2 tsp. melted fat, and place in an oiled baking pan in a hot oven, 425 F. When well browned, reduce the heat and cook 40 min. Put the loaf on a deep platter to keep warm. Make a gravy from the drippings in the pan. To do this, stir in 1 tsp. flour, 1/2 c. water, or use vegetable liquid, or soup stock; gradually add 1 (8 oz.) can tomato sauce. Add 1 c. shredded sautéed green peppers, and simmer 1 min. Pour the gravy around the loaf. Garnish the top of the loaf with 8 strips of green pepper. The sweet potato-yams should be baked in the same oven. Enough for 2 meals.

Apple Ring "Doughnuts"

First prepare the apples. To do this peel and core good-sized greening apples; cut in rings crosswise a scant 1/4 in. Sprinkle with powdered sugar and let stand a few minutes. Next make a soft batter as follows:—Sift together 1 c. all-purpose flour, 1/4 tsp. salt and 1 1/2 tsp. baking powder. Beat in 1/4 c. cold water with an egg beater. Separate 1 egg; beat the white stiff and the yolk till lemon colored. Add the yolk to the first mixture. Stir in 1/2 tsp. melted margarine or shortening; then fold in the egg white. Dip the apple rings, one at a time in and out of the batter sliding once into a heavy kettle to fry, containing heated vegetable fat to the depth of 3", heated until it browns a bit of bread in 60 sec. Turn when golden brown on one side. Allow about 4 min. altogether. Drain on crumpled absorbent paper. Dust with a very little confectioner's sugar and serve with syrup; or with a more generous sprinkling of confectioner's sugar, and wedges of lemon or lime.

TRICK OF THE CHEF
To make peanut chili con carne, add 2 c. coarse-ground unskinned raw peanuts to 4 c. kidney bean chili when half cooked, and simmer 1 hour longer.

Food for Thought

Brazil nuts are high in nutritional and energy value, being over 60 per cent fat, an excellent source of Vitamin B1, a fair source of Vitamin A and having a mineral content higher than that of most fish. They also contain more methionine, one of the amino acids essential for growth and tissue repair, than is recorded for any other food.

Cabbage should be cooked only a short time to save flavor and vitamins, and to reduce the amount of cabbage odor in the house.

Blood Vessel Disorder That May Plague Elderly People

By HERMAN N. BUNDESEN, M.D.

PEOPLE of advanced age are quite likely to be plagued by disturbances of the circulation, particularly of that to the legs. Among the most common disorders are those which result from spasm of the arteries or hardening of these important blood vessels. In either of these disorders pain—often of an agonizing nature—is the chief symptom.

Recently a worth-while treatment for relief of pain in such cases has been developed. It is apparently successful because not only does it relieve the pain, but reaches the very root of the trouble—the diminished blood supply.

There is a substance known as histamine which normally may be present in the body in small amounts, and may produce dilation or widening of small blood vessels.

Another Substance

It has been found that another substance called histidine—one of the amino acids that make up proteins—will, in contact with ascorbic acid or vitamin C, form histamine. Hence, this mixture has been used in treating patients with blood vessel disorders.

In carrying out the treatment, a solution of the histidine and the ascorbic acid is mixed in a syringe.

THE STARS SAY—By GENEVIEVE KEMBLE

for Thursday, October 14

A DIFFICULT or involved state of affairs affecting business interests and finances and credit, as well as home and purely personal objectives and desires, is read from the current sidereal setup. Property and possessions, business as well as home assets, are in the balance, probably due to carelessness or negligence, with unhappy reactions and probable grief to the standing and reputation. Fortunately the mind is pitched in serious grooves, with inclination toward reflection and capacity for analysis and reasoning, with eventual practical issues and sound organization. Diplomacy, tact and persistent effort win out.

For the Birthday

Those whose birthday it is, may find themselves confronted by some

static or strange situation in which property, possessions, credit and reputation are at stake. Safeguard all home assets, position and standing, with particular concern for purely personal interests. Fortunately the mentality is channeled to the serious and profound with a practical slant on affairs, with keen power for analysis and rationalization. Supplement this by diplomacy, tact and the friendly approach rather than any show of forced issues.

A child born on this day has a keen mind, with friendly personal ability.

Household Hint

Bare metal pipes can be enamelled in different colors to identify them as cold and hot water, or gas pipes.

LOVE'S PERILOUS PATH

A Sequel to Love's Fair Horizon By ADELE GARRISON

While Dicky Rests, Katharine Takes Madge Across The Room and Tells Her About His Condition

Synopsis: After inspecting the bullet wound Dicky Graham has received in the arm here in his Hotel Lantford penthouse studio from a prowler now captured, Katharine Bickett, trained nurse, and close friend of Dicky's wife, Madge, also present, insists that Dr. Twitchell be summoned. Telephoning the physician herself, she tells him what has happened, using only Latin terms as she does so. "There!" she says as she hangs up. "I don't believe any 'listeners' got any comfort out of that telephone. He'll be here as soon as his car can get him here and it's a good new one."

"WELL, you got your way, as usual," Dicky told Katharine.

"Look here, Dicky Bird," she said. "I assure you on my honor, and hoping Faith crawls through the barred windows if I'm lying, that the little draught Doctor Twitchell told me I could give you will not impair your marvelous brain cells in the least, and will not put you to sleep, will alleviate the pain, will you take it?"

He looked at her through half-shut eyes.

"I wouldn't believe you on the traditional stack of Bibles," he said, "or on any oath except the one you mentioned. I know you wouldn't bring Faith in if you weren't speaking the truth."

"You can bet your last nickel that I wouldn't," she told him. "I'd see you on the rack and the wheel first. But how about it? Will you take it?"

Drained the Glass

"Yes, thank you very kindly, nice loidy." She prepared it swiftly, brought it to him, and he drained the small glass.

"You didn't promise not to put any poison into it," he said.

"I always make it a professional point of honor," she said, "never to poison a masculine patient when his wife or sweetie is looking on. They always kick up such a mess," she went on, "unless they happen to want him out of the way. God knows Madge ought to belong in that category, but for some unknown reason she clings to you. I think it's the divinely maternal in her," she finished with a malicious grin.

"You're better dope than the one old Doc Twitchell recommended,"

"I hope it hasn't shattered the bone," she said, "has only grazed it, the thing won't be serious. I'm hoping to have a play and refreshments around to the tune of X-rays and eminent surgeons. A shattered arm bone is nothing over which to sound five trumpets."

From somewhere deep within me, I summoned the courage to utter an ultimatum to my absent father. "If Father does keep to his schedule," I said, "he'll have to go without me. I shall stay with Dicky."

Party Postponed

"I hope it hasn't, remember!" she said. "But if it has, the Chief will have to postpone his party for a couple of days while Dicky dances around to the tune of X-rays and eminent surgeons. A shattered arm bone is nothing over which to sound five trumpets."

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Dicky told her with a grin, not a twisted one this time. "A little more of your gab, and I'll be getting up and hunting me an axe."

"More power to you!" she told him with an answering grin. "Now suppose you lie back and keep quiet for a spell. Come on, Madge. He's better off alone."

"You foul fiend from the pit!" Dicky adjured her, but he lay back and closed his eyes, and Katharine's hand on my elbow steered me to the farthest corner of the long penthouse studio, where we could not be overheard.

The Low Down

"I knew you'd want as much of the lowdown on this as I could give you," she said.

"Oh, yes," I said faintly, and she took my shoulders in her firm hands, and gave them a little shake.

"Don't you dare do a 'fainting Flora' on me!" she adjured me.

"I'm not," I said indignantly, and she laughed.

She pushed me into a chair with its back to the wall, and stood in front of me, speaking in muted tones.

"If the bullet hasn't shattered the bone," she said, "has only grazed it, the thing won't be serious. I'm hoping to have a play and refreshments around to the tune of X-rays and eminent surgeons. A shattered arm bone is nothing over which to sound five trumpets."

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Parent-Teacher Relations

By GARRY CLEVELAND MYERS, P.E.D.

IT'S wonderful when appreciative parents are welcome as visitors in the classrooms and when pupils, parents and teachers find good ways of knowing one another as persons. As a rule, there is all too wide a gap between the home and school, which widens from the kindergarten to the high school.

Referring to earlier statements of mine like the foregoing, Mrs. Lucy Hartman Ellett writes from East Moline, Ill. (I am using her name with permission):

"I believe as you do, that something can be done to bring about a happier state of affairs. I think the teachers of John Deer School are, among others, doing a lot in a quiet way to remedy this difficulty."

An Invitation

"Recently, my twelve-year-old son brought me a cordial invitation to attend a party Grade 6-1 was to give for the mothers. The invitations had been planned by the language class. I told him I would attend, if possible."

"Dr. Myers, he looked me straight in the eye and said, 'Now, Mom, I hope you understand that you will just have to attend, for we are going to have a play and refreshments and I am the stage manager, and how is it going to look if my own mother doesn't care enough to come when we have gone to all this trouble?' I will just be socially ruined if you don't come, for I told my teachers you would."

"I was tired, my mother had just died and I had an ironing a mile high, but I went, just as any decent person would have done. I went feeling very noble about taking the time, and came home feeling very refreshed and extremely humble."

Clever Dramatization

"The play was dramatized