

## Cure For An Eating Problem

By GARRY CLEVELAND MYERS, Ph.D.

PERHAPS I have sometimes failed to make clear some of the advice I have given on preventing and correcting eating problems. Repeatedly I have said: "At the beginning of the meal, place before the youngster the most essential food first, a very small portion of it, nothing more. If he does not choose to eat it, end his meal then and there and take him away from the table and let him have no other food till the next regular mealtime.

Some months ago I observed a young mother trying to carry out this advice with a child 19 months of age, who wanted to eat only a few foods, refusing many others he needed for good nutrition. At the meal I observed, for instance, she gave him some carrots in a quantity not much larger than a lima bean. He ate it avidly. Then she gave him a very small portion of tomato and he ate that. Next she gave him some baked potato, his favorite food. He yelled for more of it but she gave him another small portion of carrot and as he refused it she ended his meal. He yelled and cried and coaxed but he got no more food till the next regular mealtime when he was so hungry he ate quickly every food offered him. Nevertheless the mother offered him at this meal a small portion of each of two essential foods she knew he had not chosen readily before.



Not Offered Again

At my suggestion, the mother at the third meal merely had him run the gauntlet of eating each very small bit of food offered, two of them, one at a time, before he got his favorite. But she did not at this meal offer him again any more of the first two foods. After several days he was eating practically everything offered, begging for more of the foods he used to refuse.

Of course, if this mother had held out over enough days with her harder way she also might have won. But it would have taken more days and have been more costly to him and her.

IF YOU HAVE a sensitive skin, or if you are allergic to certain ingredients in cosmetics, use a cream that eliminates known allergens.

## LOVE'S PERILOUS PATH

A Sequel to Love's Fair Horizon By ADELE GARRISON

Can Understand

The child nearly three or older can understand when told, "You can have that after you have eaten this." The child's young eyes get this through his head much more slowly. But at any age the rule, One food at a time and in very, very small portions, is very important. No end of trouble arises over the insistence that the child eat "all of it, when the portion is as much as a teaspoonful or two or more foods together.

Suppose the child eight, nine or ten refuses to taste an unfamiliar food or another food he strongly dislikes, which is meant for the whole family. If you have good control of him and yourself you can merely tell him he must eat a bit, however small, of the certain food before he may have other food. Well let him serve himself, taking as small portion as he wishes so long as the amount is visible to you. Proper control of this child means that he must have no other food till the next mealtime in case he refused the particular food in question. (My bulletin, "Eating Problems: Their Prevention and Correction" may be had in a stamped envelope).

Bound and Gagged, the Prisoner is Put into a Sack and Spencer, Bidding "Goodbye," Prepares to Leave

Synopsis: The captured prowler who has recently wounded Dicky Graham here in Dicky's Hotel Lansfield studio, apparently faints when subordinates of Dicky's father-in-law, Charles Spencer, Government Intelligence head, drag him from the closet for inspection. Taking advantage of the situation, Harry Underwood examines the captive's supposedly dyed hair and announces that with the proper equipment he can bring it out in its true color in a few minutes. At his words, the prisoner reviews instantly howling threats at both Harry and Spencer. "And where," Spencer asks him sarcastically, "do you expect to do all these things?" "You old devils!" the captive shrieks back. "Do you think you can keep me bound like this? You'll wish you had died in childhood when my friends find me and get to work on you."

MY father nodded, as if the prisoner's shrieking arrogant threat had confirmed some idea in his own mind. "I think this is what we need, don't you?" he asked Mr. "X."

"Yes, it all fits in," the F.B.I. man replied, and then my father turned to Philip Veritzen.

"There is only one thing left," he said. "Can your man identify this prisoner as the relief elevator operator who went to work yesterday?"

The owner of the Lansfield beckoned to Watkins, the head of the elevator men, who had been standing, quietly submissive, evidently waiting for orders or for dismissal, whichever came to him.

"Come and look this man over, Watkins," he said, "and tell me if you ever saw him before."

Watkins looked down at the prostrate man, and nodded.

The Same Man

"That's the man, sir, the one who gave me all the letters. I hired him yesterday."

"Then that's all we want to know," my father stood up and struck his hands together as if he were dusting something from them. "We have the man, and the letters, and a nice quiet place where we can talk to him."

For the first time I saw a quiver

## FOR SENSITIVE SKINS

By FRANCES FOX

THE clearest, best-cared-for complexion sometimes gets temperamental. It may be a change in the weather or it may be a special sensitivity to certain ingredients in some cosmetics. But whatever the cause, it shows in a bad reaction of the skin to make-up.

Perhaps you already know you have an allergy to certain ingredients commonly used in cosmetics, or perhaps, on the other hand, you are wondering why your skin feels taut and painfully dry. If either is the case, you needn't give up make-up entirely. Instead, try a special line of hypo-allergenic cosmetics made especially to overcome these problems.

Using these special cosmetics you can go through your regular make-up routine with no fear that your skin will be irritated. Cleanse with the cream, follow with a face powder suitable for all types of skin. When it comes to rouge, you can choose from either a cream or compact type for each is free from known irritants and allergens.

There are also two types of lipsticks to choose from. One is indelible and long-lasting, and suited to those with only a minor degree of lipstick allergy. The other, made primarily to combat serious cases of such allergy, is unscented and non-permanent. Both lipsticks are free of perfume which might prove irritating and each type is made in a variety of colors.



AFTER CLEANSING with the special cream to remove all traces of make-up, follow by fluffing on a powder that is suitable for all types of skin.



ROUGE COMES next and you can choose from either a cream or a compact type since each is free of known irritants. Be sure to blend it well.

## A Girl Scout Cooking Badge

Only Top-Notch Homemakers Can Acquire It

By IDA BAILEY ALLEN

TO the Girl Scouts of the United States of America go the thanks for fostering the art of Homemaking. What a contrast to the survey conducted in 388 colleges and universities which showed that only 11 1/2 percent of the women students are specializing in Home Economics! And yet most of them undoubtedly expect to marry and become homemakers.

on high ideals for womanhood and practical classes in good cooking.

**SAVANNAH STYLE HOME DINNER**  
 Hurry-Up Vegetable Gumbo  
 Cornmeal Fritters  
 Southern Pilau Tossed Green Salad  
 Apple Meringue Puff  
 Coffee or Tea Milk (Children)

All Measurements are Level  
 Recipes Serve Four

**Hurry-Up Vegetable Gumbo**  
 Combine 1 can condensed vegetable soup and 1 can condensed chicken gumbo soup with 2 cans boiling water. Simmer 3 min. Serve in bowls, with grated cheese and small cornmeal fritters.

**Cornmeal Fritters**  
 Mix together 1 c. enriched yellow cornmeal, 1/2 tsp. salt, 1 c. all-purpose flour and 2 1/2 tbs. baking powder. Beat 1 egg light. Add 2/3 c. milk and beat into the first mixture to make a stiff batter. Put enough vegetable fat in a heavy frying pan to make a depth of 3", and heat until it will brown a bit of bread in 1 min., 350 F. Drop the cornmeal mixture in by half tablespoonfuls and fry until golden brown; allow from 3 to 4 min. Drain on crumpled absorbent paper. Serve hot.

**Southern Pilau**  
 This is always made with a basis of bacon, rice and tomato, to which is added leftover meat, fish or chicken. To prepare, dice 3 strips lean

**Cooking Class**  
 Cooking was the first class opened to the Girl Scouts; and Mrs. Low not only made it interesting, but practical as well. Leaving through the first Girl Scout hand-book we read:—"The real test of a good cook is to see how little food she wastes. She sees that nothing goes to the bin. She also buys cleverly. Those who do not understand cookery waste money." Good tips not only for Girl Scouts some 36 years ago, but important advice for every homemaker today.

From its modest start in Savannah the Girl Scout movement has become firmly established throughout this country. And home-making and cooking classes are still favorite courses. The coveted badge for cooking is in the shape of a circle containing a mixing bowl, a spoon, a bottle of milk and a cup. To earn it, a Girl Scout must successfully carry out ten activities as follows:  
 Plan and draw a model kitchen.  
 Learn how to use the stove on which she will cook.  
 Prepare a good family breakfast.  
 Plan well-balanced meals for a week.  
 Cook eggs in three different ways as scrambled, shirred or a custard.  
 Make cocoa with three kinds of milk and report the family preferences.

**Apple Meringue Puff**  
 Peel, core and thick-slice 6 large cooking apples. Add 1 c. sugar, 1 tbs. butter or margarine, 1/2 c. water and 1/2 tsp. cinnamon. Slowly boil until the apple is tender and looks somewhat translucent. The slices should partly hold their shape. Transfer while hot to a buttered 9" fireproof pie plate. Cover with a thin spreading of any kind of preserve or jam. Top with "milk-high meringue", and slow-bake 15 min. at 325 to 350 F.

**TRICK OF THE CHEF**  
 For special flavor in vegetable gumbo soup, add 1/4 tsp. powdered basil.

## A Case Where the Doctor Must Be a Good Detective

By HERMAN N. BUNDESEN, M.D.

When there are disturbances of the jaw joint, the lower jaw may move unevenly when the mouth is opened and closed. A crackling in the joint is often heard and a grating sensation is often felt.

DOCTORS would have an easier time if all ailments produced their symptoms at the real site of the trouble. Unfortunately, they don't and physicians must often be both clever and resourceful in tracing down the causes of pain and discomfort.

Disturbances in the joint between the upper and lower jaw are especially deceptive. While causing almost no symptoms in the joint itself, they may bring about pain anywhere else in the face or head, including the eyes, nose, and ears. This is because the joint is so closely related to the facial nerves and the eustachian tubes which lead from the middle ear to the throat.

X-ray examinations of the jaw joint frequently show changes produced by the wearing of the joint surfaces.

**Cork Discs**  
 If the condition is due to a loss of the back teeth, the symptoms may be relieved by wearing cork discs as jaw supports before permanent, adequate correction is carried out.

In doing this, the dentist puts cork discs into the spaces where the teeth are missing, and the jaw is fastened in place by an elastic head-gear. The discs are added until the symptoms disappear. A record is kept of the number of discs used so the dentist may calculate the dimensions of the teeth to be put in. During this period, the patient may be given phenobarbital, which is a sedative drug, to produce relaxation and rest.

**Cause of Trouble**  
 The most frequent cause of trouble in this joint is complete loss of the molar or back teeth. An improper bite, called malocclusion, may also affect it. Locking of the joint may also result from yawning, a blow on the chin, an ulcerative tooth, an abscess around the tonsils, or from a psychoneurosis. Spasms may come from a boil in the outer ear canal or from poorly fitting teeth.

**QUESTIONS AND ANSWERS**  
 L. S.: I have been told I have a systolic apical murmur. What does that mean?  
 Answer: This term refers to a heart murmur, which is an abnormal sound made by the heart when it beats. Such murmurs often indicate damage to the heart valves.

**Learn several ways of using left-over meats.**  
 Become acquainted with two vegetables you seldom eat by cooking each two different ways.  
 Cook and eat a hot cereal for breakfast.  
 Prepare a one-dish meal that combines at least three of the foundation foods.

**Ear symptoms include such things as deafness, a feeling of stuffiness, and ringing in the ears.** A grating noise or dizziness may be present.

**Friends, could you win a Girl Scout cooking badge? It might be a good idea for some of us older homemakers to carry through these projects.**

Today, Savannah, Georgia, is the center of a great celebration at which the Juliette Low commemorative three-cent stamp will be introduced. There will be special ceremonies involving prominent Savannah citizens and high officials of the Girl Scout organization.

**Often these ear symptoms may be relieved by blowing air through the eustachian tubes.**

**Through this column I salute the wise, far-thinking woman who founded the Girl Scouts of America**

**Relaxation Is An Art That's Worth Knowing**

By HELEN FOLLETT

DO you know how to rest yourself? If not, you had better look into the matter. If you keep on running all the time, as if there were seven demons at your heels, you are going to get grey hair and wrinkles before you know it. Fatigue and nervousness are common ailments. They aren't going to make the sisters any better looking or happier or healthier.

There are times in a busy woman's day when nothing can do as much for her face and her outlook on life as a thirty minute nap. Yes, we hear the same old alibi, "I can't sleep in the daytime." That is because you haven't tried. If you lie down all tied up into knots with your nerves yelling at you and your mind busy with thoughts of what you have to do, you might as well keep on working.

**Cultivate Relaxation**  
 Relaxation can be cultivated. One can learn to go limp as a rag. Muscles must relax absolutely; they won't unless the mental machine eases up a bit. If you have worrying thoughts, chase them out with cheerful ones.

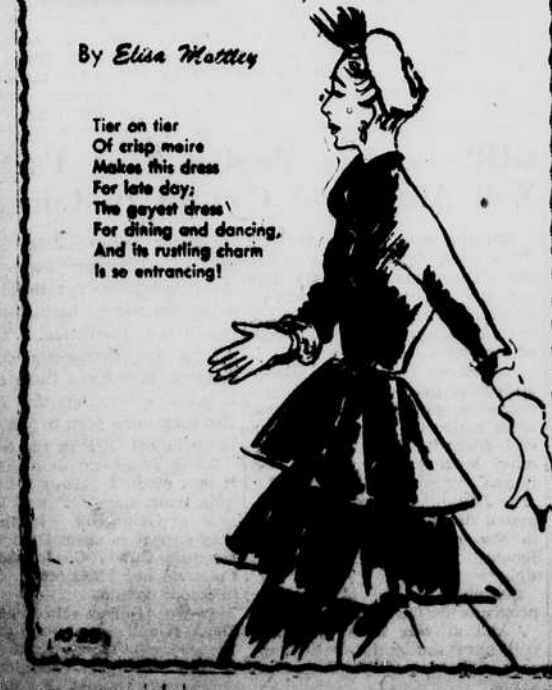
Lie on your back, hands at the sides. Take long, deep, regular breaths. That is one way of hypnotizing yourself. Air washing the lungs is a soothing treatment.

Relaxation is recommended by facial operators. Experts have estimated that creams and lotions are more effective when the beauty patient composes her mind as well as her face.

**At Top Speed**  
 Most of us are going at top speed these days. It is hurry, hurry, hurry! High time to understand that the human machine can stand just so much activity and no more, that a certain amount of rest is imperative. Life must not be breathless. Life must be useful; it can't be if it is hurried, nervous, fatigued.

Weariness makes for poor judgment, inefficiency, a jittery nervous system and premature wrinkles. One must never use up the last rag or remnant of energy. There should always be a little in storage.

## fashion in rhyme and reason



By Elisa Matthey

Tier on tier  
 Of crisp mesh  
 Makes this dress  
 For late day,  
 The gayest dress  
 For dining and dancing.  
 And its rustling charm  
 Is so entrancing!

## THE STARS SAY - By GENEVIEVE KEMBLE

**For Saturday, October 30**  
 A LIVELY state of affairs, with all efforts speeded up to exciting and constructive climax either in new propositions or projects, in travel, change, pleasant contacts and agreements. The pursuit of pleasure for weekend holidays might also thrive under a happy stimulus of sidereal forces. However, it would be wise carefully to study and plan all performances, since there is a tricky undertone, calling for alertness and discretion. Look for the hidden factor, then act with finesse and stratagem.

**For the Birthday**  
 Those whose birthday it is, may prepare for a lively and eventful

## Household Hints

Some heavy wool skirts don't need binding on the hems. Machine stitch close to the cut edges of the material, then turn up the hem and fasten it with a loose, catch stitching. If the fabric isn't likely to fray, the machine stitching can be omitted. Just pink the edges.

Paste wax gives floors a mirror-like finish, and should be applied in a very thin film with lamb's wool applicator or a cheesecloth pad. Too much wax smears the floor and makes it slippery.

Light tints of flat paint allow the greatest radiation of heat from radiators. Dark and metallic coatings keep the heat in and also prevent getting the most for the money spent for fuel.

## Food for Thought

Make a filling corn chowder for a soup and sandwich lunch by adding diced cooked potatoes and canned whole green corn to a thin white sauce. Season well with finely grated onion, salt and freshly ground pepper.

The more liquid and eggs in a cake, the longer it will stay moist. But it must be stored in a closed container with a little ventilation. Unless there is some circulation of air, cake will soon acquire a musty taste.

**Beauty Bargains**  
 Use your fingertips to apply cream to your face, then massage upwards and outwards over cheeks and forehead with the palms of your hands. It's important to be gentle with the delicate tissues around your eyes, so do these areas carefully with the fingertips.

As essential as a daily shower or bath is the regular use of a deodorant, either cream or liquid. It's most effective applied immediately after bathing or before going to bed at night.