

Help For Allergy Sufferers

By HERMAN N. BUNDESEN, M.D.
MORE and more people these days seem to be suffering from allergy or over-sensitivity. One reason, of course, is that we know more about allergy.

In recent times a number of drugs called antihistamines have been prepared. These drugs neutralize histamine, which is formed in the body in excessive amounts in patients suffering from this allergy or over-sensitivity. These preparations have been helpful in treating a large number of patients with a variety of skin disorders. The drugs are given by mouth, as a rule, three or four times a day.

Skin Condition
Following an injection of penicillin, some patients develop hives, or a skin condition known as erythema multiforme. Nineteen patients with these disorders were treated with either pyribenzamine or benadryl, which are anti-histamine drugs. In 14 of the 19 patients treated the conditions cleared up in from two to three days. Two of the patients, who were not benefited by either of the drugs alone, were given both together, but were not helped.

In one series of cases, 37 patients with a skin condition called atopic dermatitis were also given these preparations. Atopic dermatitis is a skin inflammation which develops from contact with substances to which the person may be sensitive. In order to keep this condition under control, the drugs must be given over a longer period of time, that is, from one to three months. Of 20 patients treated with the pyribenzamine, three were freed of their symptoms and 14 were greatly improved after two to three months, while two were not helped. Of the 12 patients treated with benadryl, four were cured in one month, six were improved, and two were not helped. Of five patients given both drugs, one was improved and four were not helped.

Taking the Drug
In some patients, the taking of the drug only at the time the condition flares up may keep the skin free from the rash.

Dr. Grant Morrow treated 27 patients who had itching around the lower bowel opening. Seventeen of them were given pyribenzamine, eight were given benadryl, and two were given both preparations. Eighteen of these patients were either cured or greatly relieved by this treatment.

Some doctors believe that, for the relief of itching, pyribenzamine is better than benadryl. Furthermore, they feel that reactions to the pyribenzamine seem to occur less often in many cases.

It must be remembered that these preparations are not cures. They only give relief from the troublesome symptoms, and they must always be taken under a doctor's supervision.

What Are You Serving For Thanksgiving?

By ALICE DENHOFF
A LOOK at the calendar serves as a reminder that holiday time, starting off with Thanksgiving, is fast approaching. Turkey is all very nice, but more than one family we know is splurging with a beautiful roast, which, because of high cost, has become somewhat of a rarity. Folks insist that a beautiful pig roast of beef or pork or lamb has for them, a real holiday air. After all, the first Thanksgiving saw plenty of venison, wild hare and other meats, as well as wild turkey.

Goose or Duck
How about goose or duck, a "must" in many families, we're told? If you find these two meats too rich, what with the other good holiday fare, you might leave out the stuffing that captures the grease. Instead, rub the cavity of either duck or goose with powdered ginger. Roast at 18 min. to the lb., pouring off the fat frequently. This makes a dry, delicious bird everyone will enjoy. If you want stuffing, bake it in a dish on the side. The addition of one c. of fresh cranberries to your usual stuffing recipe with 1/2 tsp. majoram makes a nice change.

A fine stuffing for duck, in the bird or on the side, is made with fruit and brown rice. Sauté one c. finely chopped celery in 2 tsp. table fat for 5 min. Then combine with 2 c. cooked brown rice, 3/4 tsp. salt, 2 tsp. grated orange rind, one c. dried orange pulp, one c. pitted, cooked, coarsely cut prunes and 5 crumbled shredded wheat biscuits. Toss ingredients lightly. Enough to stuff crop and cavity of a 5-6 lb. duck.

A roast pork platter garnished with pickle-filled onions and clusters of spiced crab apples makes a mighty good holiday fare. Have backbone loosened from ribs of loin of pork at market. Season meat with salt and pepper. Place fat side up in open roasting pan. Insert meat thermometer into center of thickest part of meat, being sure bulb does not rest on bone. Roast at 350 F., allowing 30 min. to lb. or until thermometer registers 125 F. Peel large onions, scoop out a little of the centers. Boil until tender. Fill centers with sweet pickle relish, arrange on platter with the meat, with the spiced crab apples.

Your Thanksgiving Party



THANKSGIVING CALLS FOR YOUR BEST silver, china and glass on your fine Irish linen tablecloth. For an unusual centerpiece, how about fruit and autumn flowers in a gay top wheelbarrow, nuts and raisins in a tiny one?

By MARION CLYDE McCARROLL

WILL Thanksgiving be a special party day at your house? Not that Thanksgiving isn't always a party, even though there's just the regular family circle gathered around the dinner table.

But in an increasing number of homes, Thanksgiving is becoming a day to gather in guests either for dinner or for a buffet supper in the evening. People who may be far away from their own homes and to whom being invited out for Thanksgiving would mean all the difference between a homesick holiday alone and a happy one with warm-

interested in getting the help of a new book titled "The Complete Party Book," by Alexander Van Rensselaer, which is designed to aid the hostess in planning every detail of such an event from issuing the invitations to working out the menus and providing the recipes for them, decorating the table, and selecting, from a vast variety, games, stunts and other things to do that will keep the guests enthusiastically entertained from start to finish. There are even hints on the easiest way to clear up the debris after the guests have departed.

Besides offering ideas for birthday parties, wedding anniversary parties, showers and other more



HERE COMES THE TURKEY! Ideas for your Thanksgiving party abound in a new Party Book, from which this and the other sketches are taken.

hearted friends. People who would be newcomers in town, and who would gratefully welcome an invitation to a neighbor's for Thanksgiving evening as an opportunity to get acquainted with other townpeople. People who have suffered recent misfortune or bereavement, who would find solace in congenial companionship on a day that would otherwise be one of bitter memories.

If you are contemplating any special party, either for Thanksgiving or for any other time, you may be

usual kinds of celebrations, the book has a miscellany of suggestions for unusual any-old-time parties. There's the "Advertising Party," for instance, and the "Inside Out, Upside Down Party," the "Sinners' Party" and the "Superlative Party" and the "As-You-Were Party," as well as numerous others.

Games for parties fall into four separate groups, according to whether you want the guests on their feet or sitting down, lively or quiet. There are active games, dramatic, and pencil and paper games. There are stunts that cover a wide range of activities from "magic" to guessing games.

Altogether, the book has everything you need to make your party a success, no matter what the occasion. With its help, you can't miss.

Nervous Mother Needs an Outside Activity

By GARRY CLEVELAND MYERS, Ph.D.
NOT everybody can sing well. But practically everybody can develop some special interest or hobby from which he or she may gain considerable satisfaction and become a happier person that is easier to live with.

"Dear Dr. Myers: Since I wrote to you last, I am much improved and thought perhaps some other mother might benefit from this letter."

I read your bulletin entitled, "The Nervous, Jittery Mother." The paragraph which speaks of an outside interest for a nervous person appealed to me, for my doctor advised the very same thing.

worked outside. Now when I go out to wash windows or work in the yard, I just start singing a favorite song, and I never think of myself at all, or about any neighbors.

Got Some Rest
I was interested in your article, "Summer Schedule for Children." I did what you suggested. Jimmy relaxed every afternoon from 2 to 4. Then I got some rest, too. I would lie down then myself. Jimmy played so hard when he was up that I am sure the rest did him worlds of good.

"I also have my work strictly on schedule, which is a wonderful help. My doctor advised it. I used to be working all the time and wondered how other women ever got through."

A Hobby Helps
"I think a hobby helps, too. My hobby is singing. All my life, ever since I found out I had a pretty good voice, I longed to be a singer, but I was married and vocal lessons cost so much; so I never got a chance to use my talent until several months ago. I was asked to sing with an orchestra and they liked me enough to have me sing the same song three times. I also sing regularly in our church choir. Then I have another opportunity to join the Moose Glee Club being organized."

"I would like to pass this bit of advice along to women who get bored with their house work. When they are doing some chore, like scrubbing or washing dishes, if they would only sing while they work they would find it fun instead of drudgery. I used to be self-conscious about people seeing me as I

Words of the Wise
Ideals are like stars; you will not succeed in touching them with your hands, but like the seafaring man on the desert of waters, you choose them as your guides, and following them you will reach your destiny."
—(Carl Schurz)

Don't part with your illusions. When they are gone you may still exist, but you have ceased to live."
—(Mark Twain)

With most people, doubt about one thing is simply blind belief in another."
—(G. C. Lichtenberg)

Animals whose hoofs are hardened on rough ground can travel any road."
—(Seneca)

A Little Smoked Picnic Ham

Cook it with a Delicious Orange-Mustard Glaze

By IDA BAILEY ALLEN
"WOULD you like a good piece of smoked ham?" asked the Chef, unwrapping a package. "Voilà, here it is."

"But this isn't really a ham, Chef; it's called a 'smoked picnic'—"

"Ah, but it is made from pork, processed and smoked exactly like ham, only it is taken from the shoulder instead of the leg. It is much less expensive, and you can buy them in different sizes, anywhere from four to seven pounds. Plenty for a family dinner with some left-over, besides the good ham liquid to use for soup."

"Let's have it glazed," I suggested. "As it's a whole piece of meat it will look more attractive than a shank of ham, and it goes farther, too."

The Pressure Cooker
"Here's a chance for me to use the pressure-cooker, Madame. That will make it more quick and more tender. What kind of glaze shall I put on? Shall it be the cranberry glaze, the spiced honey glaze, the pineapple glaze, the molasses glaze—"

"Let's have the new orange-mustard glaze," I suggested, "and be sure to cook some yam-sweetpotatoes, too. They're my favorites with smoked pork."

"There are still other kinds of not-expensive smoked pork our readers can use," remarked the Chef. "I think it is a good idea to buy one every week when the general marketing is done. Then when the fresh meat is used up, there is the smoked pork ready to cook without going to the market."

"And if our homemakers will also buy at the same time the root vegetables which they can cook and

serve with the smoked pork, they can manage to go to market only twice a week. This is a very good time saver."

"The smoked shoulder of pork without the bone, which they call cottage roll, is also an economical cut for a small family," observed the Chef. "It can be cooked and glazed, or it can be boiled with cabbage and vegetables."

English Style
"I often slice it to broil or fry, or to cook English style," I said. "That is when you put the sliced ham in a big baking pan, cover with sliced raw potatoes and onions mixed with salt, pepper and 2 or 3 tablespoons flour in milk to cover and bake slowly for an hour."

"Excellent; and I think we can use the dry skim milk in place of whole milk in making it," remarked the Chef. "That is a big saving; it costs less than half as much per quart. And I have another suggestion. For most families it is too expensive to have ham and eggs every once a week. Now they can slice this cottage roll of pork and make a good dish of smoked pork and eggs which has the same taste. Then there is also what is known as the smoked jowl square. Do they use much in this country, Madame?"

In the South
"Yes, especially in the south. It's made from the trimmed jowl of pork cured and smoked like bacon," I explained. "It's very fat, so it's best boiled with a big pot of beans or black-eyed peas which need fat for seasoning. Smoked jowl is also good cut up and baked with beans country style."

"Another good budget dish with this smoked jowl would be to slice and fry it, and serve with cream gravy over your American biscuits," added the Chef.

So no matter whether you buy expensive smoked ham or the less expensive cuts of smoked pork, you can enjoy that appetizing tantalizing flavor that's popular at every table.

TOMORROW'S DINNER
Chilled Grapefruit Juice
Glazed Picnic Ham
Mashed Yam-Sweetpotatoes
Escalloped Tomatoes
Celery and Carrot Sticks
Biscuits
Coffee-Gel Whipped Topping

Coffee-Gel
Soak 1 envelope unflavored gelatin 5 min. in 1/4 c. strong cold coffee. Meantime bring 1 1/2 c. strong coffee to boiling point. Add 1/2 c. sugar and 1/4 tsp. vanilla. Stir until the gelatin. Stir until dissolved and turn into a mold or custard cups to stiffen, which have first been rinsed with cold water. Chill from 3 to 4 hrs. To serve, unmold in glass dishes, and top with whipped cream, or dry skim milk topping.

Dry Skim Milk Topping: Measure 1/2 c. cold water into a deep qt. bowl. Add 1/2 tsp. lemon juice. Stir in 1/2 c. non-fat dry skim milk from the package and beat vigorously with an egg beater until the bowl is almost full. Then beat in 2 tsp. sugar, a few grains salt and a few drops vanilla. This will keep its shape for 5 or 6 hrs. in the refrigerator.

TRICK OF THE CHEF
For a very interesting flavor in whipped dry skim milk topping, add a little fine-chopped shredded coconut when serving.



A "MARRIAGE PROPOSAL" COMPETITION, in which a prize is awarded to the most convincing suitor, is one of the stunts suggested in the Party Book.

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She broke off abruptly, evidently thinking it unwise to finish with the true statement, "gives me anything I like of his," and I took up the disagreeable task of necessary discipline.

"I do not think your daddy will wish breakfast here," I said. "He most probably had it at the hospital. He will not wish anything before lunch. And, Faith, you are to have nothing more to eat until then. And no pancakes until tomorrow morning. Do you understand?"

She gave a grotesquely deep sigh. "Yes, I understand," she said, "and I won't say anything more about eating. But I do think understanding grown-ups is the hardest job there is in this world."

Her voice was so dolorous that I caught her up in my arms and hugged her.

"But you know, don't you, that all too soon you'll be a grown-up yourself."

Stood Erect
Her eyes brightened, and she wriggled from my arms, stood erect and declaimed her answer.

"Will I ever make my youngsters too the mark and mind their p's and q's?" she said gleefully, and Lillian came to my rescue.

"What about a game of checkers, Faith?" she asked. "You beat me the last time we played."

"Oh, goody, goody, Aunt Lillian, my small daughter gurgled ecstatically, for according to her father she would rather play checkers than eat, believe it or not."

I saw Junior and Roderick exchanging a "prison fashion" colloquy. Then Faith's cousin rose and came over to her side.

Food for Thought
To make garlic bread to serve with a casserole dish and green salad supper, mash a clove of garlic until it is entirely disintegrated. Mash it into three or four tablespoons butter or margarine. Cut a small loaf of French or Vienna bread into thick slices, but do not cut entirely through to bottom crust. Spread garlic butter between slices, and heat in moderate oven until very hot and crust is crisped.

To pep up creamed vegetables, add one tablespoon prepared mustard to two cups of cream sauce; add vegetables and dust with paprika before serving.

For a delightful sandwich filling, combine almonds and tuna fish with mayonnaise and lemon juice to taste.

A delicious accompaniment for chicken or ham is apple fritters.

Begin Now To Outwit Wrinkles

By HELEN FOLLETT
SAGGING tissues and weakened facial muscles are the forerunners of wrinkles. That is why one cannot start too early to keep one's portrait young and fair. It can be done. There are women of seventy whose faces carry no pleats, tucks or creases. They got an early start in the good looks game. They used creams freely. They tapped and patted their sacred complexions. They respected the common laws of health, ate wisely, got plenty of sleep, exercised daily, one way or another.

Also, they never acquired the bad habit of talking with their faces, lifting the eyebrows to form railroad tracks from one side to the other, frowning, squinting, pulling down the mouth corners. Facial acrobatics are senseless. Many wrinkles are the expression of emotions, and sometimes the emotions are not pleasant ones. So, one might say that one way to avoid furrows and gullies is to keep sweet.

Soothing Emollient
After washing your face at night—and it doesn't matter whether you are twenty or sixty—dry it with gentle pats, apply a soothing emollient, rubbing upward and outward with the balls of the fingers. Be sure to include your neck. Then slap briskly. The purpose of that treatment is to make the blood streams dance. One job of the blood streams is to bring nourishment to these very cells.

Wide Circles
Harsh methods, like sending the fingers in wide circles over the cheeks, only add to the general wear and tear that goes on, especially in middle life. Movements must be quick, brisk, gentle, stimulating.

If you give your face a thorough soaping and rinsing at night and apply a creamy cosmetic, all you need to do in the morning is to apply cold water to bring refreshment and good coloring. If the skin is oily, an astringent can be applied afterward. Witch hazel will serve this purpose.

Dip pads of cotton in witch hazel, slap on the skin, let it dry.

The Stars Say—

For Thursday, November 18
By GENEVIEVE KEMBLE
THIS should prove to be an unusually intriguing and eventful day, probably arriving by virtue of the ideal, strange, unique and glamorous. There are subtle undercurrents, imbuing the affairs with a tone of the mysterious, inexplicable and challenging. While sordid or regulation business matters may thrive, it is likely that the purely personal may manifest in romance and curious experience in which the element of charm, magnetism and allure are paramount. Parties, social functions and cultural interests are bound to afford much pleasure and be subtly profitable.

For the Birthday
Those whose birthday it is may anticipate a period of the exceptional and novel, in which affairs of an obvious and sordid flavor may not hold appeal. There are undertones of beauty, charm, glamor and glitter which could be put to good account in a thoroughly practical manner, as creative drives, ideal and skills are happily stimulated. Intuition, "hunches," unusual forces and faculties could develop in home or business in realistic and workable expression. Personal charm and magnetism could prudently be "turned on" to a justifiable denouement.

A child born on this day may possess much talent of an out-of-the-ordinary scope, with personality, glamor and subtlety of intriguing importance.

Beauty Bargain
Hang wool dresses and sweaters in an airy spot before putting them in the clothes closet. Wool is quick to absorb body odors.

LOVE'S PERILOUS PATH

A Sequel to Love's Fair Horizon By ADELE GARRISON

As Lillian Engages Faith in a Game of Checkers, Junior Questions Mudge About Dicky's "Accident"

Synopsis: Little Faith Graham, who has already breakfasted heartily in her mother, Mudge's Hotel Landlord suite, no longer makes openly that she would like to share the breakfast of her grown-up cousin, Mary Verten, theatrical star, but Mudge refuses her permission. Faith's face falls momentarily, then brightens as she thinks of a scheme to get around the ruling. "But my daddy will have breakfast when he comes, won't he?" she asks.

MARY chortled at Faith's apparently artless question, but the rest of us kept our faces mirthless. I guessed that Junior and Roderick were sitting in brotherly judgment upon her, and disapproving of her attempt to get around a prohibition.

"And I thought that old Machiavelli shuffled off this mortal coil some centuries ago," Mary said musingly.

"Who's Mac—" Faith began, but I cut her short.

"Never mind that now," I said firmly. "I want to know why you asked that question about Daddy's breakfast?"

She eyed me shrewdly, wondering, I knew, how far she could go.

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Odd Facts
A will left by a recently deceased Florida man stipulated that his daughter should share in his estate equally with his sons only if she divorced her husband, whom he disliked.

From the cheese trade in Wisconsin comes word that cheese can now be aged in 60 days instead of six months by being bombarded with the rays of an arc lamp.

fashion in rhyme and reason



By Eliza Matley
This taffeta gown
With a velvet band
Has a velvet stole.
Most obviously planned
For entrance dramatic,
Applauding hand!