

MAGAZINE PAGE FOR EVERYBODY

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An Eye Ill To Treat Promptly

By HERMAN N. BUNDESEN, M.D.

OUR eyes mean so much to us and many of us do not fully appreciate that fact until we have some trouble with our sight. That is why our eyes should not be neglected. Glaucoma is one of the eye troubles for which we should be on the lookout. It is a disorder of the eye in which the pressure of the fluid within the eyeball is increased. Unfortunately, the exact cause of this disorder is not as yet known. However, if treated properly and early, much can be done for this condition.

Some cases of glaucoma are very serious, while many remain mild in nature. The recognition of this latter fact is of great benefit to the patient's mental attitude. In some instances, the eyesight remains unchanged over an indefinite period.

Drs. Posner and Schlossman have reported on over 370 cases of glaucoma. The pressure within the eyeball remained only slightly increased in 40.

Examination of Eyeball

They suggest that examination of the eyeball tension be made in all persons over 40 years of age, and I think this is a good thing for all of us to keep in mind.

If the tension is at all increased, further investigation of the condition of the eyes should be carried out at once. Any difference in tension between the eyes is a sign of importance which the doctor knows demands investigation.

Another important sign is variation of pressure within the eyeball, even though the pressure does not seem to be abnormally high. And it is an important thing for all persons to know that there seems to be a great deal of evidence that glaucoma tends to run in families.

The symptoms of this condition vary to a great extent. There may be occasional blurring of the eyesight, some discomfort with the eyes, excessive tearing, the seeing of a halo around lights, and difficulty in reading. Congestion of the eyeball is usually present. Sometimes the only sign of the disease is variation in the eyeball pressure.

In Severe Cases

Surgical treatment of glaucoma is used but not when the condition is so slight that the eyesight is not impaired. In severe cases, however, operation may be necessary to save the eyesight.

The doctor will determine the degree of severity of the disorder before treating the condition with drugs, since such treatment may be unnecessary as long as the symptoms are slight and there is no loss of eyesight.

If drugs are used, one called pilocarpine is recommended to be given twice daily. Of course, such treatment must be carried out under the direction of the physician.

There should be no delay in the treatment of glaucoma.

Remember, delays are always dangerous.

QUESTIONS AND ANSWERS

A. A. W.: Every day hard crusts form in my nose. What could I do to correct this condition?

Answer: The hard crusts in the nose may be due to atrophic rhinitis.

It would be a good plan to consult a physician to determine the exact cause of your trouble so that it can be properly treated.

Food for Thought

All flours should be sifted, except rye, bran or whole wheat, just before measuring. If flour is measured directly from the container without sifting, it will be firmly packed, and this means that there will be 25 to 50 per cent more flour added to the mixture than the recipe called for. This will make your batter too thick and result in a dry, "breadly" article.

Add a little finely grated onion to creamed celery. You can bake in a casserole, if you like, topping the dish with bread crumbs or breakfast cereals and sprinkling with paprika.

fashion in rhyme and reason



By Elma Mattley

Bustling back,
Bustling me, me,
Brings back the romance
Of another day.



THIS ONE'S EASY, says Concert Pianist Constance Keene. Standing on tip toe, bring arms to position above; pull back on shoulders; repeat.

Required Music Practice Will Not Do Any Harm to Child

By GARRY CLEVELAND MYERS, Ph.D.

INFLUENCED by some of the prevailing philosophies of education, many parents, most parents, perhaps, have the notion that if a child is required to do something, like practicing music lessons, he will in later life hate the thing he once was made to do. And they can cite some cases which fit into the notion. They may, indeed, relate their own experiences in confirmation. But if you ask them to name some youths or adults highly skilled at playing a musical instrument, who were not required by their parents to practice, they may be stumped.

Granted that some children do learn to hate playing a certain musical instrument at which they had been required to practice for weeks, months and even years, who can be sure this hatred grew solely out of the child's having been required to practice? Let us consider the many customary factors connected with the requirement. Was the requirement of such nature that there arose no doubts or arguments over the matter? Were there easy ways for the child to escape the requirement?

During Practice Period When the child who is made to practice is told each day when to go at it, when there is constant jawing even during the practice periods, with constant irritations between the child and parents; and when the resisting child finds ways of merely going through the motions of practicing and filling in the time, he won't make much progress at cultivating playing skill. In such event, the practicing may grow more

drudgerous, since there is practically no skill achievement and therefore no satisfaction to lessen the resistance.

But when the child with fair or more than average music talent keeps practicing in accordance with reasonable standards of accuracy, he inevitably grows in skill and feels he is achieving. Through awareness of this achievement comes inexorable satisfaction and this satisfaction may, in compensation, reduce his distaste. It's this possible satisfaction from achievement that has been overlooked not only by many parents but by many philosophers of education also.

Needless Doubts Something more has been overlooked—the needless doubts to the child and irritations and arguments with his requiring parents. Here again the so-called expert has made it hard for parents. He has not given parents a workable program of control and enforcement. Yet the child must have some respect for authority before he will do what he is told to do. There must be available an effective penalty—and it won't be jawing—to enforce requirement.

For this penalty I have suggested requiring the recalcitrant child to sit doing nothing and without amusement for twice as long as good practice of the music lesson would take, for each delinquency. Back of this the child must have learned from much earlier experience that it would be very painful to leave the chair before the time is served. Let parents of the not prepare him now to profit from such penalties, which may be desirable later.

Answering Parents' Questions Q. Are there some good books about children's books and how to evaluate them?

A. Yes: "Roads to Childhood," by Anne Carroll Moore; "A Venture in Reading," by May Lamberton Becker; "Every Child and Book," by Jean Betzner and Annie Moore; "Reading to Children," and "Treasures for the Taking," by Anne T. Eaton; "Bequest of Wings," by Annis Duff; "Books, Children and Men," by Paul Hazard; "Children and Books," by May Hill Arbutnot.

How to Avoid Painfully Chapped Lips

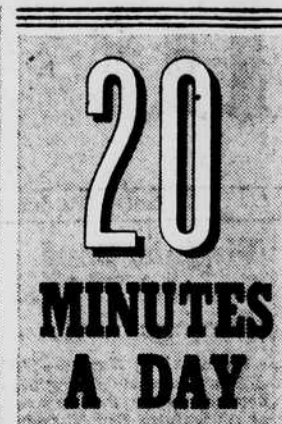
By HELEN FOLLETT

VICTIMS of excessively dry skin often find that their lips are often chapped all the year round. When applying the rosy glow the lipstick duffs up little shreds and tatters. This condition calls for special treatment.

While cold cream is a blessing to the complexion, it just won't do for the lips. The perfumed content doesn't taste good, and you are bound to lap up some of it. Hence the need for the white lipstick that has healing qualities. Use it at night after the face washing. During sleep it will restore the surfaces of the lips to normal.

Medicated Balm

You can use it atop the red veneer, if you like, put it on at any time. It is a medicated balm and does the work for which it was in-



By FRANCES FOX

DURING the winter, when outdoor activities are curtailed, it's difficult to get enough exercise. Many women complain that doing calisthenics takes too much valuable time out of their day and for this reason abandon the routine they may have followed for a week or so.

But most of us could spend twenty minutes a day on a few basic exercises and before long would find it time well spent.

Constance Keene, concert pianist, who by virtue of her profession must spend long hours sitting, believes that by following a simple exercise routine she avoids undue fatigue while at work. And keeping her muscles toned makes her feel better, too, she says.

To keep in trim, then, Constance does the exercises pictured on this page.



FOR THE THINGS: Standing on one foot raise the opposite leg as far as possible. Then raise the arms and pull! Don't overdo this one at first.

LOVE'S PERILOUS PATH

A Sequel to Love's Fair Horizon By ADELE GARRISON

Junior Protests When He Learns That the Philip Veritzens Are Planning a Formal Dinner Party

Synopsis: Junior Graham scorns the suggestion offered to him by his mother, Madge, in their Hotel Lonsdale suite that he and his cousin, Roderick, take advantage of Philip Veritzens' invitation to attend several plays during their stay home from Preparatory School. "To hear some of the fellows talk, you'd think they didn't care a rap whether they ever went home or not," he exclaims. "But not when you've got home like ours. All we want is to see you folks. I don't mind telling you we've been darned homesick."

MY heart was so near bursting with pride at Junior's explosive confidence that I had difficulty finding words to answer him. I put up my arms, drew his head down and kissed him warmly.

"I'm so proud of you, darling," I whispered.

"For being homesick?" he countered mischievously.

"For being such a loyal lad," I told him, "and you may be sure Dad will be just as proud. And we'll say nothing more about Mr. Veritzens' proffered matinee."

A Nice Offer

"I should hope not," he said with decision. "Of course, it was awfully nice of him to offer us such a treat, but neither of us could think of leaving you people for even that long."

"I don't know," he went on, "that we'd like to go even if you and Dad and Faith were along. We haven't seen you for so long, and there's so much talking we've got to catch up on. But—" his voice was suddenly anxious—"do you suppose it will hurt Dad to talk this afternoon?"

I smiled at him reassuringly.

"You know Dad," I said. "Just try to keep him from talking with you, even if he were ill. I am sure, from what Dr. Twitchell said, that he will be perfectly able to visit with you, and that he will wish to do that above everything else. The physi-

cian wouldn't want him to move around much with his wounded arm, but I am predicting there will be no ban on his talking as much as he wishes. But here comes Noel."

Mary's husband came over to my chair, and bent over me.

Has to Leave

"I'll have to be leaving as soon as Mary and I have breakfast, and I'll probably be going from that door in her room, so I thought I'd say au revoir now. I'll probably be seeing you at dinner. I think my stepmother is planning dinner for you all with us."

A horrified disclaimer rose to my lips, but I caught it back. There was no use upsetting Noel, but I made up my mind to see Olga as soon as I could manage the interview and find out what Noel had meant. It seemed preposterous that she should not guess how much we wanted to be alone as a family on this rare occasion of our boys being with us.

I managed a cordial adieu, as did Junior, and then, as Noel crossed to the card table to say good-bye to Lillian, Roderick and Faith, Junior gripped my arm.

Formal Dinner

"Mum!" he gasped. "Do you mean we've got to go through with a formal dinner with the Veritzens tonight? It's our only chance to be by ourselves. When we get out to the farm, everybody will be eating with us. Can't you dodge it some way?"

"I'm going to do my best," I told him firmly. "Wait here for me."

I crossed to the telephone, and called the palatial apartment of the Lansfield's owner, Philip, himself, answered the call.

"Madge!" he said. "Any news?"

"Yes," I told him. "Good news. I want to come up and tell you about it. I also want to see Olga about something. When will it be convenient for you people to see me?"

"At any minute," he responded promptly. "I'll send Winters up for you right away."

(Continued tomorrow)

Odd Fact

In Los Angeles, a man whose pocket was picked in a crowded bus reported to the police that the pickpocket had taken his wallet out of his pocket, removed a twenty-dollar bill and put two one dollar bills in its place.

Refrigerator Meal

Delicious Dinner from Oddments

By IDA BAILEY ALLEN

"LOOK at these ends and odds that I have taken out from the refrigerator," remarked the Chef, indicating a miscellaneous array of foods on the table.

"Quite an assortment!" I commented. "There's almost half a can of luncheon meat, some dry cheese, a fourth of an egg plant, about a quarter pound raw string beans, a few salad greens, some cooked rice, a cup of cranberries and four apples. How can we make these into a good meal?"

"I have already started to cook a potful of lentil soup," the Chef said thoughtfully. "With the cranberries and apples I can make a very nice sauce for dessert. There are enough greens for a mixed salad bowl. That leaves us the luncheon meat, the egg plant, the string beans, the cheese and the rice to make the main course. What is your suggestion, Madame?"

A Casserole "The only thing I can think of is a casserole; and for that I'd like some tomatoes, but we haven't any."

"Well, Madame, I have a suggestion: It is the Italian Fritto Misto."

"Fritto Misto? Let's see; fritto means fried, and I suppose misto has something to do with mystery. It must be a mystery fry."

"Ha, ha," laughed the Chef. "That is what the husband thinks when his wife gives him left-overs in disguise. But this dish will not be a mystery. Fritto misto means a mixed fry, just like you have a mixed broil. Now I will tell you how I will make it. I shall first grate the cheese and combine it with the rice into small round croquettes ready to fry."

"Sounds good so far. Rice and cheese croquettes are tasty. Go on," I said.

"Then I shall whip up a bowl of batter fritter."

"You mean fritter batter, don't you?"

"Oui, Madame; the fritter batter, which I shall use for an assortment of fritters from the ends and odds. I let this rest a few minutes until I get ready to fry. I can sauté or use the deep fat. I prefer the deep fry as it is more quick and takes less fat. So I heat enough good lard in the chicken fryer to make three inches deep. It is hot enough when I brown a piece of bread in it in a minute. Of course I do not let the lard smoke—because that gives a burned taste. Now I am ready to

proceed. First I put the rice croquettes in the frying basket, lower them into the hot lard and fry brown, about 1 minute. Then I turn out on crumpled paper towel, and place in the oven to keep warm. Next I cut the left-over luncheon meat in small half slices. I dip in the batter; then I carefully slide into the fat to fry. At once I follow with the eggplant. This I cut into fingers and dip in the batter. Last I take the whole string beans from which I break off the ends. I dip these in the batter and fry all together until golden brown, and puffed up.

"Does the batter stay on?" I asked.

No Mystery "For the most part, Madame. Where it slides off, the food shows a little bit, and the man can see what he's eating, so there is no mystery to this way of using left-overs. Et voilà, the 'Fritto Misto'."

This is really a tempting way to use left-overs. I admit. Of course as the foods are deep-fried, they really absorb less fat than when they are sautéed. When the rest of the meal is practically free of fat, we are justified in occasionally preparing left-overs as a Fritto Misto.

TOMORROW'S DINNER

Lentil Soup Cranberry Fritto Misto (from the Refrigerator) Tossed Green Salad Cranberry Apple Sauce Coffee or Tea Milk (Children)

All Measurements Are Level Recipes Serve Four

Fritto Misto

Almost any vegetable or left-over meat or fish may be used in preparing the fritters for Fritto Misto. They may be fried in two ways:

In a Sauté or Shallow Frying Pan: To do this, put just enough fat in the frying pan to barely cover the bottom, not quite enough to float the fritters. Heat, and drop in the fritters by tablespoonfuls, keeping them two inches apart, as they spread in cooking. Brown first on one side, then on the other, allowing about 4 min. Drain on crumpled absorbent paper.

In Deep Fat: Heat fat of any kind about 350°, until hot enough to brown a bit of bread in 30 seconds. 350 F. Drop in the fritters and fry until golden brown from 3 to 4 min. Drain on crumpled absorbent paper and serve as directed.

Vegetable Fritter Batter: Mix together 1 c. all-purpose flour and ½ tsp. salt. Gradually beat in ¾ c. milk or water using a hand beater. Separate 2 eggs; beat the whites stiff and the yolks lemon-colored. Stir the egg yolks into the batter; add ½ tsp. melted fat, any kind, and fold in the whipped egg whites. Dip in the vegetables; fry as directed.

Vegetables used in this way may include cauliflower, eggplant, squash, cucumber, celery, tomatoes or sliced onions. Green corn kernels, or a combination of diced carrots and celery with peas, or any vegetable combination desired, may be stirred into the batter and fried by dropping tablespoonfuls into the hot deep fat.

Rice and Cheese Croquettes Into 2 c. cooked rice, any kind, stir 1 tsp. melted butter, 1 tsp. flour, ½ tsp. salt, a few grains pepper, ¼ c. sharp grated cheese, ½ tsp. minced parsley and 2 egg yolks. Form into balls containing 1 tsp. each. Roll in flour; then cover with the egg white, which has been slightly beaten with ¼ c. cold milk; roll in fine dry crumbs. Fry in deep fat hot enough to brown a bit of bread in 40 sec. 375 F. Drain on crumpled absorbent paper.

Cranberry Apple Sauce

In a qt.-sized sauce pan combine 1 c. fresh cranberries with 3 heaping cups peeled, thin-sliced tart apples and the grated rind of ½ orange. Add ½ c. water. Cover and boil until the cranberries burst and the apple is tender. Then add 1 ½ c. granulated sugar. Serve very cold.

TRICK OF THE CHEF

Add a little nutmeg to the batter for nice flavor in vegetable fritters.

The Stars Say—

For Saturday, November 20

By GENEVIEVE KEMBLE

THERE are signs of keen inclination to move about, to make changes, to travel, consider new deals and renewed contracts. While all such are under propitious rule for success and happiness, yet it would be more than likely that some form of intrigue, treachery or craftiness could result in regrettable entanglements, sordid affiliations or sinister practices. Suspicion, jealousy, underhand methods might involve to the extent of frustration and failure.

For the Birthday

Those whose birthday it is are urged to take every precaution against involvement in irregular amity or practices, in which hidden enmity, jealousy, suspicion and craftiness are at work to undermine sound efforts. Under promising rule are travel, change, new arrangements or contracts in which lively and happy issues could be anticipated. But a watchful and astute preparation for such subtle designs and complications could find cherished objectives thriving and pleasant. The interests of youth and of students are especially favored.

A child born on this day may be well equipped for a successful and lively career, being adaptable and versatile. There are signs of complications and regrets in connection with jealousy, intrigue and hypocrisy.

Words of the Wise

At twenty a man is full of effort and hope. He wants to reform the world. When he's seventy, he still wants to reform the world, but he knows he can't. —(Clarence S. Darrow)

As a field, however fertile, cannot be fruitful without cultivation, neither can a mind without learning. —(Cicero)

"MIDDLE-AGE" spread can come on at any age, warns Constance. To counteract: Assume position in photo, raising first one leg then the other.

HELPFUL HINTS FOR HOUSEKEEPERS

Well-cooked starch is not as likely to stick on your iron as that not so well cooked. As a prevention against sticking starch, rub a little paraffin frequently over the hot surface of the iron. Some housewives think that adding salt to the starch mixture helps to keep it from sticking, possibly because the salt raises the temperature of the mixture and thus aids thorough cooking.