WOMAN'S PAGE

W. C. T. U. NOTES

By BERTHA M. BALDERSTON

Don't "kid" yourself. You're not as good a driver with a couple of drinks under your belt as you are when you're cold sober. You think you are. At the time you may consider yourself in a class slightly below Barney Oldfield and Ralph De Palma. That, according to Dr. H. A. Heise, of Milwaukee, who has made a study of the "drinking driver," is one of the things that makes the drinker dangerous when he puts his foot on the accelerator.

He's not drunk. Certainly not. Nothing about his appearance or his actions indicates that he has had a drink. As long as everything goes smoothly, as long as he is not required to vary his usual driving habits he'll get along beautifully.

Drives Straight

He'll drive straight, observe the rules of the road. He'll probably be a little more daring than usual, for under the influence of alcohol even in small quantities, confidence tends to increase in inverse ratio to ability. But he probably won't have any trouble unless suddenly he is called upon to make a split-second decision that may mean the difference between life and death for him or somebody else.

Then he is as likely as not to guess wrong. His judgment can't be relied upon. And even if he makes the right move his reactions may lag just enough to close the narrow gap between safety and disaster.

Backed By Evidence

All this is backed by scientific evidence gathered over more than ten years in laboratory and police stations and hospitals and morgues. Nor are they reformers who made the studies and testified to their accuracy. Their only interest is to make the highways safe, to end the reign of slaughter which every year exacts a toll of some 40,000 persons killed and 1,000,000 injured by automobiles.

"The 'drinking' driver is more deadly than the drunk," Dr. Heise says.

On To Tulsa

Last year the National W. C. T. U. Convention met in Atlantic City in September. Cecil county had the largest number in attendance that ever attended a National Convention.

This year the National W. C. T. U. Convention will meet in Tulsa, Oklahoma, June 12 to 18, and it is hoped many Cecil county W. C. T. U. members are planning to attend. To those who have never attended a National W. C. T. U. Convention there is a treat in store for them.

From the National President, Mrs. Ida B. Wise Smith down to the last officer, Field Worker, Secretary, etc. there is difficulty in finding words to describe their personalities, their ability to present their subject, their planning and carrying out such a marvelous program to cover an entire week, every day, morning, afternoon and night. To those of us who have been in Congress with its poor order, lack of seeming interest, etc., the conduct exhibited in a National W. C. T. U. Convention is a marvel compared to procedure in Congress. The order is perfect; the programs are carried out in such a manner that all can hear and the best of all, they are all there and wish to hear. A Convention may have 800 to 1,000 delegates and many visitors but with it all, perfect order is maintained; programs are given and the enthusiasm and information gained by attending such a Convention is felt throughout the 48 states, Alaska, Porto Rica and other sections of the world.

If you wish to get a real thrill; get your mind and heart filled with worthwhile aims and how to carry them out, pack your grip and take a trip to Tulsa June 12 to 18. You'll come back a different person, a more useful one in your community. On to Tulsa!

In addition to the wonderful Convention, see one of our really great cities with its largeness, all built within the past 25 years, following the location of the large oil wells there. We, in the East, pride ourselves on how old our buildings and settlements are; the people of Tulsa show with pride what they have accomplished in so few years, making the point of so much in so little time, while we show off our historical records and even try to stretch the years since they first saw the light of day.

Garden Plans—When Spring Comes . . .

Watering

Once your garden is planted and is a going concern, don't go into it every night with the hose, even if it needs water.

Frequent light sprinkling is injurious; the best thing is to soak the soil thoroughly about once a week, preferably during the evening, and then loosen the surface with a rake or hoe as soon as it's dry enough.

A good method is to dig slight furrows along the rows of plans and let the water flow gently down the furrows.

After the water has soaked in, the furrows should be covered with dry soil to prevent baking. Moisture feeds upward in soil, as does oil in a lamp wick.

Use Of Ashes

In some type of garden, ashes may be used to good advantage. Coal ashes, although they have little value as fertilizer, will lighten and loosen heavy clay soils and make them more workable.

Ashes from oak and hickory frequently contain as much as seven per cent of potash and some lime—matter beneficial generally to asparagus, celery, beets, spinach and sometimes carrots.

Not more than fifty pounds of hardwood ashes should be applied to a 30 by 60 foot plot and the ashes should be well mixed with the soil.

What To Plant

The city man should not attempt to grow more than te nor twelve vegetables at the outside in the garden. Some important food crops, like potatoes, peas and sweet corn, take too much space for many small urban plots, but should be included as fine old standbys wherever possible. The essential idea is to keep every foot of space occupied and to have a succession of plantings of some vegetables to assure continuous supply. Many gardeners go in for lettuce and radishes too heavily; it's quite possible to grow them in the rows between plants or hills of other crops. Beginners are advised by the experts not to attempt too much variety.

Helpful Tips For The Homemakers

Cellophane Is Satisfactory Material For Book Coverings. Spring Sewing Made Easy.

Perhaps nothing of modern invention has filled so many useful purposes as has the ever-popular cellophane. A new and delightful use for it is found in covering books. Since it is to be had in all the lovely colors, and is so reasonably priced, it makes a most satisfactory all-round material for protecting our school books, as well as those used at home. The library shelves may be made a veritable rainbow of color by this method and the books, if old and shabby, may be renewed; and if new, may be protected by these gay covers.

The titles are easily readable through the cover and the method has everything to its advantage. Try it on some of your books and see if you are not pleased. Perhaps you can save enough cellophane wrappings from some of your recent purchases. If so, this will be enough to try out. Then if you like the effect, get some gay colors and put in an evening with your books.

Spring sewing can be made easier by getting things in readiness for the one who is to do the sewing. I have found that a three-arm towel rack screwed to the sewing machine or window frame close enough to be easily reached, gives a convenient place on which to hang the different parts of the work as one finishes them. Nothing is mislaid or mussed during the making.

A cornucopia made from a newspaper and pinned in a convenient place to receive the cuttings and ravelings saves much time in cleaning up afterward. It needs only to be folded up and put into the waste basket or fire.

Garbage Eliminator

Modernization has relegated to the past most of the kitchen relics of grandma's day. Until recently, however, there was little change in one unpleasant feature, the disposal of garbage. Most of us living in individual houses have to carry table waste, fruit and vegetable parings, etc., out to the garbage pail. Clever inventors have now made it possible to do away with all this in modern kitchens. An electric machine can be installed in connection with the sink into which the garbage is dumped, a switch turned, a little cold water run and in two or three minutes all traces of the garbage are gone. Private financial firms insured by the Federal Housing Administration have made and will continue to make loans for installation of such equipment.

Patching Net Curtains

Patching net or scrim curtains by the cold starch method saves time and shows less than an ordinary patch, according to Mary Robinson of Missouri College of Agriculture. Use material for the patch which matches the curtain. Trim edges of the hole evenly and cut the patch a half inch larger all around. Sponge edges of both hole and patch with the starch and press with a hot iron.

THROUGH A Woman's Eyes

By JEAN NEWTON

IF THE CEYLONESE ARE THE MOST BEAUTIFUL—

AFTER a "world tour" a German professor announced positively that the most beautiful women in the world were the Ceylonese.

The German frauleins were indignant and their men up in arms in support of them.

An American editor announced: "It is plain that the Herr professor has not adhered to the traditional German thoroughness. His conclusions as to the most beautiful women in the world would have been vastly different had he completed his world tour. His statement that the Ceylonese women are the most beautiful is positive evidence that he has not visited the United States, and it develops that he has never set foot on American soil. Should he eventually visit this country, he will find his judgment premature!"

The American editor thinks American women the most beautiful!

Unfortunately, we have no comments from France on the professor's selection of Ceylonese women as the most beautiful; nor from Italy, nor Spain, in fact we know only the German and American reaction. But it is not difficult to guess that the others would be similar. "The most beautiful women in the world are our women. No man choosing others could possibly have seen our women!"

But the Ceylonese think the professor right!

And it's rather comforting to have proved again that beauty is largely a matter of taste. For it gives us all a chance to be beautiful. It tells us we need not feel foolish for listening seriously to that fervent assertion that "You are the most beautiful woman in the world." We do not have to take it with a sense of humor. For if the professor can find his ideal of beauty in the Ceylonese, why shouldn't another man find it in me?

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Vegetable Salad

A good vegetable salad is built around a slice of firm iceberg lettuce. Cut a large head of lettuce in thin slices vertically and put one on each individual salad plate. On each side place two rows of alternate slices of cold beet and celery root. Put two or three tips of asparagus through the centre and pour over highly seasoned French dressing.

Chesapeake Civic Club Sponsor Cards & Bingo

The Woman's Civic Club of Chesapeake City, one of the canal town's wide-awake organizations, will hold a benefit card and bingo party in the Civic Club hall on Wednesday evening, March 18. Prizes will be awarded and refreshments served.

A cordial invitation is extended the public to patronize this event as a delightful evening is assured all those who attend.

Fever Blister Treatment

Fever blisters which are more common among those of younger ages may come from a variety of causes including indigestion, fever, bad teeth, diseased tonsils and the like. Contrary to the belief of some they are not contagious or catching but they are not to be trifled with because infection may set in. Sometimes they can be headed off by applying pure alcohol, spirits of camphor or borated alcohol. In case the blister gets too much of a start it may be treated with boracic acid, bicarbonate of soda or zinc oxide. Do not use cold cream or salves; try to keep the blister dry. Healing may be helped along with saltpeter or alum.

Cranberries should be cooked in porcelain-lined, enameled, or aluminum vessels only.

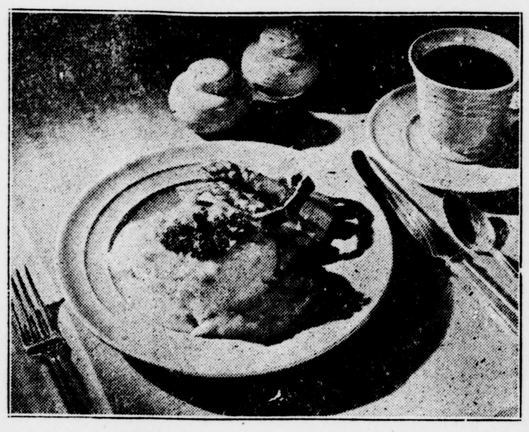
Corn Muffins a la South

Southerners get a great kick out of Yankee recipes for cornbread because they invariably call for some kind of sweetening and sometimes for a bit of white flour. And if you don't believe cornmeal muffins can be made without either here is a genuine recipe of the South: One cup buttermilk, half teaspoon of baking soda, one egg, half teaspoon salt, one tablespoon shortening and enough cornmeal to make a batter not stiff nor yet runny. Bake in a mod-

Outcast Hurdy-Gurdy in Good Company

BY OFFICIAL decree the hurdy-gurdy has been banished from the streets of New York, but it still holds high place in the hearts of many native New Yorkers who remember it as the "dance" orchestra of their very early youth on the sidewalks of the city. Here is one that played its swan song in select company. Mary Lewis, metropolitan opera star, who is pictured, took the instrument to the Virginia day nursery for the entertainment of the children and they sat on and around it and sang with her, as she ground out its sometimes bright and lilting, and sometimes wheezy notes.

FOOD FASHIONS FOR LENT!



By MARYE DAHNKE, *Kraft Cheese Institute*

"And leap year makes it twenty-nine!"

Just as if twenty-eight days in February weren't enough for this business of meal-planning! With the Lenten season, and Leap year, and everyday budgets all to be considered at one time, this is just the season to add a few new special recipes to the cookbook, to help tide over winter days.

That staple commodity, cheese, is an ever-present aid in planning meals for the Lenten season—and for meals the year-around. Known for centuries as the perfect Lenten food, cheese has a way of transforming ordinary dishes. Sharp American or "Old English" cheese can be included in so many interesting ways in late winter menus that well-stocked pantry shelves should harbor a generous supply. The combination of fish with cheese is ideal for the season—and a happy pair to satisfy winter-whetted appetites. One of the most delicious of these is well-named, "Cheese and Crab Delight." It is attractive enough to serve as the principal attraction for a party luncheon, and substantial enough to form the main dish for a family dinner. A molten cheese sauce provides just the proper setting for delicately flavored crabmeat—and the resulting delicacy is as pleasant to the eye as it is to the appetite.

Cheese and Crab Delight

2 tbsp. chopped green pepper
2 tbsp. butter
2 tbsp. flour
½ tsp. mustard
¼ tsp. salt
Dash of cayenne pepper
1 cup cooked & strained tomatoes
1 cup dehydrated grated cheese
1 egg slightly beaten
¾ cup milk
1 cup crabmeat

Cook green pepper in butter for 5 minutes, blend in flour; add seasonings, tomatoes, cheese and eggs; cook a few minutes. Heat the milk before adding the other ingredients, then crabmeat. Serve on rounds of toast or crackers. Save 1 tablespoon of cheese to be sprinkled on top when serving.

Some additional main-dish Lenten specialties made with cheese are easily made as follows: They are destined to remain popular family favorites the year round.

Halibut With Cheese Sauce

2 cups milk
2 tbsp. butter
4 tbsp. flour
Salt, pepper, paprika
2 cups grated American cheese

Make a sauce with the milk, butter and flour, seasoning to taste. When thickened, add the grated cheese. Arrange half-inch slices of halibut in a buttered baking dish, pour the cheese sauce around them and bake in a moderate oven, 350°, until the halibut is tender. Remove the fish to a crystal platter, surround with the sauce and garnish with parsley.

Macaroni Cheese Timbales

1 cup grated American cheese
1½ cups milk
2 eggs
½ tspn Worcestershire sauce
Salt, pepper
1½ cups cooked macaroni (broken)
6 mushroom caps
½ pound all-milk cheese
Salt, pepper

Blend well the grated cheese, milk, well-beaten eggs and seasonings. Divide the macaroni equally among 6 buttered custard cups and fill cups with the cheese mixture. Set in a pan of hot water and bake in a moderate oven, 350°, until firm. Unmold onto a platter, garnish each timbale with a mushroom cap, and serve with sauce made with the all-milk cheese, milk and seasonings cooked in a double boiler until cheese is melted.

Cheese and Vegetable Casserole

2 cups cooked spaghetti
2 cups cooked peas
1 onion chopped
1 green pepper, chopped
3 fresh tomatoes
1 cup bread crumbs
Salt and pepper
1 cup grated American cheese

Place half the spaghetti in a large baking dish. Mix the peas with the chopped onion and green pepper and place half of it on the spaghetti, following this with half the sliced tomatoes, bread crumbs and seasonings. Repeat with remaining ingredients except cheese. Cover the dish and bake it in a moderate oven, 350°, about an hour. Uncover, sprinkle with grated cheese and return to the oven for 10 minutes.

Sports Coat

This hip-length sports coat can be quickly made inasmuch as it is knitted with a stockinette stitch on large needles. Interesting color combinations in the sports yarn used add extra smartness to the swagger lines of the coat.

"Met" Star On Air

GLADYS SWARTHOUT, young star of the movies and the Metropolitan Opera Company, will be one of the outstanding features of the "Magic Key of RCA" program to be heard over an NBC Network Sunday afternoon, March 15th, at 2 P. M., E. S. T. Miss Swarthout is a native of Missouri, received her early musical training in Kansas City churches, and made her professional debut with the Chicago Civic Opera Company. Her time, at present, is divided between motion pictures, radio and the Metropolitan.

Proper Foods Important

Mothers have had a hard time during the past severe winter trying to provide their children and families with the proper foods. Food prices have been high and food allowances had to be cut into to provide additional fuel and warmer clothing. Now that the weather has moderated a little the problem still remains. It is just as important that our meals in late winter and early spring contain the necessary fruits and vegetables to supply the all-protective vitamins and minerals as it was in mid-winter during those awful subzero days. An excellent way to provide many of these essentials to a well balanced diet is to use dried apples, dried prunes, dried apricots and dried peaches liberally. If oranges and bananas and apples are too expensive, perhaps it will be possible to use their efficient substitute—tomatoes—liberally. Children need carrots, too, cooked and sometimes raw. Tender meat dishes form an important part of most people's meals.

Washing Hints

Rag rugs should be scrubbed thoroughly until all dirt is banished. After that they should be rinsed quite as thoroughly in clear water. So much is more or less obvious. But when this simple, thorough essential procedure has been carried out, dip them in a thin starch. It will give the rugs more "body," and keep them from looking limp and will also save them longer from the onslaught of dirt.

If the males of the household have ties that can be washed there is nothing that can do the ties so much good and they will look far better than though they were cleaned. But before washing ties baste the lining very carefully so that the paddings will not become lumpy. Take out the basting before ironing.

One Plowing Of Potatoes Enough Except For Weeds

If weed control in potatoes is not a major problem, the extra work of more than one good, deep cultivation probably will not pay. In a 3-year test by the United States Department of Agriculture at Presque Isle, Maine, one-cultivation potatoes yielded slightly more on the average than potatoes cultivated five times.

In both cases there was a light cultivation 2 weeks after the potatoes were planted and before they were up. The one-cultivation potatoes were well ridged. The potatoes cultivated five times were ridged moderately. Both plots were hand-hoed once to kill weeds.

When cultivation is necessary to control weeds, it should be shallow. Deep cultivation prunes the potato roots and the freshly-tilled soil loses moisture. These cultivation experiments were on fall-plowed sod land fitted in the spring for a good seed bed.

Up to 10 or 15 years ago, farmers and crop specialists believed that row crop tillage aerated the soil, conserved moisture, increased availability of plant food in the soil and suppressed weed growth. Other studies besides those on potatoes indicate the fallacy of some of the supposed benefits from frequent tillage.

The Fashion Flashes Say . . .

At the Southern resorts one is struck by the informality of clothes during the daytime and by the splendor of women's evening costumes.

Pajamas which look like slacks are worn by the youthful members at the smart resorts. Culottees or divided skirts are becoming more and more popular. One sees women shopping in them as well as wearing them for sports.

Crocheted berets with isinglass visors are used in boats or on sunny beaches to shade one's eyes.

White is extremely popular for all ages. White suits, coats and hats and even white fur-fox for daytime and ermine for evening—are smart. White flannel suits with dark sweater blouses are very good.

You may use handkerchiefs in many different ways this season. Some of the cleverest cuffs and collar sets are formed of handkerchiefs. They can be used as godets in a dress and one evening gown recently displayed, made with three large chiffon hankies as its base.

Perhaps the most popular fabric for the March dresses will be georgette which is a smooth fabric that holds pleats wonderfully well. The best shades are natural colors such as putty or gray touched up with dark accessories.

Silk jersey promises to be in high favor for the spring.

A new note will be the attention played to the hemlines of one's garments. Some will be scalloped, some pleated, some banded in plaid and others finished off with braid.

Mother's Cook Book

EVERYDAY GOOD THINGS

GIVE the children a treat in their lunch box by adding a few:

Honey Date Bars.

Take two cupfuls of chopped dates and one-half cupful of chopped nuts. Beat two eggs and add three-fourths of a cupful of honey, one-half cupful of flour, one teaspoonful of baking powder and one-half cupful of bran. Mix well and bake in shallow pans in a moderate oven. Serve for dessert with whipped cream, or they may be rolled in powdered sugar.

Coconut Devil's Food.

Cream one cupful of sugar with one-third of a cupful of butter. Add two well-beaten egg yolks, one cupful of fresh grated coconut, and one teaspoonful of vanilla. Add one and one-half cupfuls of sifted flour, two and one-half teaspoonfuls of baking powder, three tablespoonfuls of cocoa and one-half teaspoonful of salt. Add the dry ingredients alternately to the first mixture with three-fourths of a cupful of coconut milk. Fold in the stiffly-beaten egg whites and turn into floured layer tins that have been well greased. Bake in moderate oven and ice with:

Coconut Marshmallow Icing.

Take one cupful of sugar, one unbeaten egg white, three tablespoonfuls of coconut milk; place over boiling water and beat with a Dover egg beater for seven minutes. Have twelve marshmallows finely cut in a hot bowl and pour the icing over them, beat until thick. Stir in one-half cupful of coconut and spread over the cake; sprinkle with another half-cupful of coconut on top.

Coconut Butterscotch Pie.

Scald two cupfuls of coconut milk, add a tablespoonful of flour to one-half cupful of brown sugar and cook in the hot milk until smooth. Add three tablespoonfuls of butter, one-half cupful of coconut and two beaten egg yolks, cook one minute, then remove, add vanilla to taste and fold in the stiffly-beaten whites of the eggs. Pour into a pastry shell and bake until brown.

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Constructive Criticism

The great Disraeli once said, "it is much easier to be critical than correct." Constructive criticism may be, and often is, helpful; but destructive criticism robs one of courage, and usually degenerates into fault finding. There is always something in others which is worthy of praise, and appreciation leads to further effort.

A Fine Plan

It is a fine plan for every young person to treat every old person as he would wish to be treated when he grows old himself. That is a very sure way of growing into an old age that will be honored by everyone, old and young.

Don't Break the Mirror

Breaking a mirror will bring misfortune.

The Latest In Travel Toggery

According To Those Who Get Around Much, The Smarest is the Simplest

Mannish coats, suits, shirts and sweaters are the last word in chic clothes for going places. Their designs are softened a little to adapt them to feminine figures, but they sound a definite creed for clean-cut simplicity on train, ship or airplane.

Wool Of Velvet Scarfs

Tweed raglan coats in brown, white and beige mixtures or dark mannish wool coats lined with squirrel or nutria are the piese de resistance of the outfits. They top simple wool frocks or tweed suits worn with shirtwaist blouses or sweaters. Bright wool, foulard or velvet scarfs are often tucked into the high necklines of either frocks or suits.

Hats are often rather masculine felts, though wool bonnets, which fasten with chin straps are favorites with debutantes.

Handbags Roomy

There are a number of smart gadgets designed to add to the traveler's chic and comfort. One is a pigskin belt fitted with two little patch pockets designed for money, rouge, lipstick and cigarettes.

Handbags are all big and roomy. Worth shows them in pony skin or calf, divided into two compartments—one for make-up and cigarettes, the other for money and tickets. Hermes has designed a combination cowhide handbag and traveling bag for air travel fitted with an outside pocket to hold books and papers.

Onion Juice Is Held Best For Seasoning

Slice From Root End Should Be Rubbed On Fine Grater To Obtain Liquid

When it comes to seasoning, there's no substitute for the juice of a raw onion.. To extract this juice, cut a slice from the root end of a peeled onion. Rub back and forth on a fine grater. Drain off the pulp and use only the liquid. The pulp can be used when recipes call for grated onion.

Plenty of recipes call for only half an onion, and there's no need to toss away the other half or to let it curl up at the edges. Simply wrap it in waxed paper and store in a cool, dry place, and it will be full of the good old flavor when you are ready to use it.

Cook Foods In Milk

If members of the family do not like milk as a drink it may be introduced into the diet in a pleasant way by various subterfuges, chief of which is substituting milk for water for cooking purposes. This is especially recommended when cooking breakfast foods, cabbage or rice. For instance, brown rice may be covered with milk, seasoned and baked for several hours in a slow oven. Sugar should be sprinkled over the rice when it is about half cooked but the mixture should never be stirred. Add a dash of cinnamon and a lump of butter.

Protect Body Against Infection!

By GEORGE F. REDDISH, Ph. D.
Prominent Bacteriologist, St. Louis, Mo.

BACTERIA are everywhere—on the skin and membranes of the nose and throat, and sometimes in food and water. Under ordinary conditions persons in normal health can cope with infectious microbes, but when body resistance is low these germs ordinarily present may assume unusual activity and cause disease. If on the other hand, the number of such disease germs are reduced in any way, infection may be avoided even though resistance is low. When large numbers of bacteria are present the danger is much greater than when those numbers have been reduced.

The unbroken skin is the first line of defense against infection. When this protection has been destroyed even in small injuries, infectious germs readily gain entrance. The prompt use of a suitable reliable antiseptic is the best preventive measure in such minor injuries. When antiseptics render germs harmless injured tissue readily heals without difficulty. In most cases it is easy to prevent infection by the prompt use of antiseptics, but it is difficult to cure an infection once it has started.

Considering the potential hazards which may follow neglect of even minor wounds, the important part antiseptics play in everyday life cannot be overestimated. Antiseptics should be considered the most

Dr. George F. Reddish

important single item in the home medicine cabinet. The greater life expectancy today as compared to that which existed during the Middle Ages, or even the last century, is due in no small measure to our knowledge of and use of antiseptics and disinfectants.

A reliable antiseptic should always be handy for use in first aid and it should be used promptly when needed. Since the "prick of a pin is the open door to death" antiseptics should be employed whenever the skin is broken, no matter how small the injury.