Women's Page

OTHER DAYS

In walking up Main Street one who remembers it long ago is struck with the great difference there is from the old days though these are now the days of depression, as they call it.

One looks at the bright electric signs at the stores while the streets are lined on both sides with automobiles. The pictures of the moving picture parlor offers abundance of entertainment and from various shops we see children coming out eating ice cream cones, a thing that was not known in the days I speak of.

The only place in town that sold ice cream then was kept by a colored man, named Bill Perkins.

He lived in the big house on Maple Ave., next to the Delmarvia Restaurant. It is now used as a rooming house, but then Bill reigned supreme, and many were the crowds that would walk around there to get refreshments. It is true that the cream was not always good, but as it was that or none. Though of course the house keepers had lovely frozen things at their entertainments. Bill Perkins was quite a man of influence among his race, but his restaurant was only for white people.

He was a very large negro, and he looked as though he felt his importance. He used also to furnish meals to families who had guests coming late in the evening after supper had been served, which was often the case.

The cones that are served to the many children now are filled with fine ice cream and costs five cents. Imagine a child having five cents to spend in the days spoken of! Instead there was exposed in the shop windows rows and rows of jars filled with striped stick candy costing a cent and happy were the children who had one of these little coins. Often when buying candy they would break the stick in two and share it with their compañion.

Where now we see motor cars, then their were dearborns, hitched to the hitching railing which were before each shop and public place. Carriages, too, were seen, more often York buggies and the country children came to town very seldom because there was no room to bring them, but as there was no mails except in town, the farmers came very often. When the rural delivery was talked of the merchants thought that it would ruin them, as the farmers would not have to come to town to get the news.

But there were some fine teams in those days when the coaches and a spanking pair of horses would be driven up and down the then muddy roads in winter, or dusty ones in summer for the idea of state roads had not then been though of.

A beautiful pair of white horses, driven by Wesley Broadway, and belonging to Mr. George Perkins was often seen driving around the country and a pair of bays belonging to Mr. Richard Hynson which Lige Strickland used proudly to drive and a fine team owned by Mr. William Walker of the White House stand out in my memory.

It was quite an event when they decided to light the town with street lights. These were lighted when the sun went down, and put out by the lamp lights at sun rise. Such a thing as electric lights were existing then only in the brains of Edison and Brush and other scientists. Yes, things have changed, but I doubt that the youth of the present days has as much fun with their many diversion as the youth did in the days of the 1880's, when there were large families, and keen enjoyment of the pleasures they had.

THE OTHER FIVE

There was a picture in the magazines this week of the Dionne quintuplits; pretty babies they are with their bright faces and their dark eyes.

They live in a bungalow just fitted for babies and nurses and all things needful are provided for them by the Canadian Government which has taken them out of their parents hands. The babies will be a year old in May and though they do not appreciate every day they receive presents from people every where. Often Dr. Dafoe's car is loaded with the many gifts received.

But in a farm house right opposite live the other five Dionne children, strong and healthy too, with pretty dark eyes. They receive no presents except those that are sent over from the other house.

They live very simply for their father is a poor farmer and their mother has to work very hard. The children sit and watch the crowds that visit across the way. They wonder that so much is made of babies. They have always been a yearly event in their house and the youngest of the other five is just a little over two years. It is well that there are five of them, for they would be lonely because the nearest farm house is a mile away and the neighbors any way look askance at the family who now employ a hired man to help on the farm.

The children seldom go across the way, for they are very shy and they preferred to stay home and enjoy their own little Christmas tree to the gorgeous one of their baby sisters.

And I suspect their lives will be happier for the babies will be explorted and shown in the movies, and never know the real blessings of a home life. In fact it seems that the quintuplets no longer belong to their parents but to the state.

ENERGY; EYEBROWS

Two newsworthy ponts made last week at the Boston meeting of the New England Council of Optometrists:

'Normal eyes are believed to use about one fifth of the total bodily energy in seeing. Defective eyes use more energy than the normal eyes, which means that eye-glasses can become the greatest labor-saving device in history.' —President Linwood Easton of the Maine Society of Opometrists.

'Women who pluck their eyebrows endanger their eyes. Normal brows shade the eyes from the sun's glare and serve to catch particles and perspiration which otherwise would reach the eye itself. Optometrists are agreed that women with normal brows will have better eyes than those who clip the brows. Besides, that practice, in the opinion of men, is hideous.'—President Paul Gifford of the Vermont Optometric Association.

The Road To Better Health

THE TUBERCULAR PATIENT

By DR. WILLIAM J. SCHOLES

(PART I)

It has become an admitted fact that most tubercular patients will get along better at home, under proper supervision, than they will away from home.

The improvement noted at sanitaria located in various parts of the country is due, not to the climate, but to the strict regime which the patient is compelled to observe.

Results in the Chicago Municipal Tuberculosis Sanitarium are, therefore, just as good as those recorded in sanitaria in the Adirondacks or Arizona: Climates as a cure of this or any other disease is a delusion.

A patient should be made to realize that his chances for recovery are just as good at home, provided he observes certain fundamental principles.

The schedule which follows must necessarily be modified to fit the individual case, but is a good foundation on which to build the regime which the patient is to observe.

Diet:

Eat three well-balanced meals at regular periods.

Use the kinds of foods to which you are accustomed and like, of good quality, and a trifle more than the average amount.

Have the dietary contain foods rich in vitamins A and D:

(A) Cod liver oil, eggs, milk, butter, cream, kidney, beef heart, calves liver, sweetbreads, whole wheat bread, peas, beans, onions, cabbage, carrots, spinach, tomatoes, potatoes, cauliflower, Brussels sprouts, oranges, peaches, plums, pears.

(D) Cod liver oil, eggs, lettuce, endives, cress, nuts.

Specimen Menu:

Soup: Purees or cream soups.

Cereals: Oatmeal, farina, cream of wheat, wheatena, etc.

Eggs: In all forms except fried. Two eggs (raw) in orange juice each day.

Fish: Fresh cod, bass, halibut (broiled or boiled with cream sauce); fresh lake fish (broiled or boiled—never fried.)

Meats: A small portion of rare beef twice a week. Lamb, turkey, or chicken once daily.

Vegetables: All kinds liberally. Vegetables should be steamed or cooked, not boiled.

Fruits: Oranges (whole and juice), lemon juice, grape fruit, apple sauce, raspberries.

Bread: Whole wheat.

(To be continued)

Hints for the Household

FOR APRIL

By BETTY WEBSTER

To make dinner a really festive affair one should serve appetizers. Althoughit is nice to accompany these dainty bits with glasses of grapejuice or ginger ale, it is not at all necessary for they are idelectable in themselves.

Large stuffed olives wrapped with strips of bacon, held in place by toothpicks, and placed under the flame of a broiler until the bacon is crisp, can be served hot.

Exceptionally Good!

Salt crackers toasted and spread with a mixture of liver sausage and chili sauce are unusual and exceptionally good.

Rounds of bread or toast spread with chapped hard cooked egg and sprinkled with paprika are pretty to serve.

Toasted crackers covered with anchovy aste, sardines or caviar, are tempting.

A mixture of American cheese, Worcestershire sauce, mustard and salt and pepper to taste, spread on rounds of bread and toasted makes another tasty titbit.

DO YOU KNOW THAT:

In preparing a gelatin salad, that fruit just may be substituted for half the quantity of water required, with good effect?

2. Ginger ale used instead of half the quantity of water in any gelatin salad gives it a delicious 'tang'?

3. Almonds are balnched quickly by placing them in boiling water and then 'popping' them out of the skins between the fingers?

4. Putting a piece of stale bread through the meat grinder after onions have been ground will remove the odor as well as all particles of the vegetable?

5. Left-over spinach is delicious if friend in butter?

Tempting to a Child

To a child, the unusual touch sometimes means everything. For the little tot who doesn't like his soup try adding the alphabet needles. It will be surprising to note the interest he will show in the heretofore despised liquid.

RECIPES

Peach Sherbet

1-2 cup of lemon juice
1-2 cup of peach pulp
2 cups of sugar
1 quart of milk

Mix the lemon juice, peach pulp and sugar; add milk—which ought to be very cold— gradually. Stir together thoroughly until the sugar is dissolved. Pour inot freezer and freeze as any ice.

The milk may curdle when addd to the fruit but this fact need not alarm you because the finished product will not be adfected.

This sherbet has more body than an ordnary water ice and has a delicious tang.

Beet and Asparagus Salad

Place several slices of beets on a bed of crisp lettuce; place asparagus tips lettuce; place assparagus tips across the beet slices; top with a spoonful of boiled salad dressing mixed with whipped cream.

Mayonnaise or French dressing may be used, if desired.

NOW AND THEN

WEATHER COCKS

By ALFRED NOYES

A wind blows over the world today.
It whitens the crested seas.
The cows in the meadow all point one way,
And stand with their heads to the breeze.

The old church weather-cock shines like a star;
But hes never so true, say I,
As Daffodil, Strawberry, Primrose are
To the way of the wind in the sky.

For the weather-cock's eyes are bright and blind.
He can neither see nor feel.
But the eyes of the Guernsey herd are kind
And their coats are soft as a seal.

The weather-cock turns like a lump of lead.
His feathers are wrought of brass;
But Buttercup's velvety coat and head
Will twitch at a flick of the grass.

The weather-cock never can shiver or shrink;
His beak is as bright as gold;
But Meadow-sweet's muzzle is moist and pink,
And it turns away from the cold.

So the old church-vane may glitter on high,
But it never can point so true
As Meadow-sweet, Buttercup, Strawberry,
Primrose, Daffodil do.

The cold and storm of days past have rather discouraged the early spring flowers, but some have been brave enough to lift their heads above their beds in which they have slept all the cold winter long.

A few days ago, all over the grass was dotted little bluettes and tiny white flowers. There is nothing more gratifying than to see them lifting up their heads one by one.

Wordsworth, one of the great nature lovers, who would walk mile after mile watching the resurrection of the flowers thought that the man to be pitied was the one who was indifferent to the influence of nature. He describes him thus:

'A primrose by the river's brim,
A simple primrose was to him,
And nothing more.'

Wth Wordsworth the memory would 'flash upon his inward eye,

With Wordsworth the memory would

The 'New York Times' and the City itself is much poorer by the loss of two great men, Adolph S. Ochs and his busness manager Lewis Wiley.

Together they made the 'New York Times' one of the leading papers in the country.

Mr. Ochs began as a printers devil, but by sheer energy and initiative he became the owner of the paper, The Knoxville Daily Chronicle. Afterwards when the New York Times was for sale, he had the nerve to buy it, though it was described as the most pictures que old ruin in the country.'

He, with the assistance of his friend Lewis Wiley as business manager, and confidential adviser, worked the paper up to its present status. Many of us remember when Mr. Wiley, at the invitation of his warm friend, Dr. Titsworth, addressed the graduating class at their commencement. We remember, too, that he was a very short stocky man, and that Dr. Titsworth, a little man himself, when introducing Mr. Wiley, said that great men were measured from their necks up. That was surely a descrption, not only of Mr. Wiley but of the late College President himself, who was not only esteemed but greatly beloved.

God gives us all a web of life
And to each a pattern, meant
For us alone to weave, then may
We work and be content.
No matter though the road be rough,
The colors dimmed with tears,
Though woven blindly in the dark
God watches through the years.

He knows each pattern, and to Him,
Though marred, it never seems
Too bad to ravel wholly out,
Because he knows our dreams,
And though we seem to sadly fail
Our heart's dream to make true,
He'll see beneath the colors dim
The thread of gold shine through!

—Unknown.

THAT'S A WORTHY MISSION

Reporter: 'What is the professor's research work?'

Professor's Housekeeper: 'It consists principally of hunting for his spectacles.'

LEFT IN DOUBT

Policeman (after the collision): 'You saw this lady driving toward you. Why didn't you give her the road?'

Motorist: 'I was going to, as soon as I could discover which half she wanted.'

DISGUISE

'What's the idea of that cross-eyed man for a store detective?'

'Well, look at him. Can you tell who he is watching?'

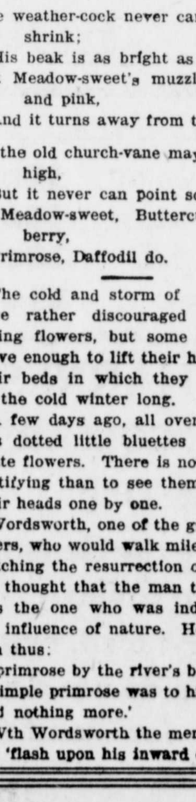
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IF YOUR BREATH HAS A SMELL YOU CAN'T FEEL WELL

When we eat too much, our food decays in our bowels. Our friends smell the decay coming out of our mouth and call it bad breath. We feel the poison of this decay all over our body. It makes us gloomy, grouchy and no good for anything.

What makes the food decay in the bowels? Well, when we eat too much, our bile juice can't digest it. What is the bile juice? It is the most vital digestive juice in our body. Unless 2 pints of it are flowing from our liver into our bowels every day, our movements get hard and constipated and ¾ of our food decays in our 28 feet of bowels. This decay sends poison all over our body every six minutes.

When our friends smell our bad breath (but we don't) and we feel like a whipped tomcat, don't use a mouthwash or take a laxative. Get at the cause. Take Carter's Little Liver Pills which gently start the flow of your bile juice. But if "something better" is offered you, don't buy it, for it may be a calomel (mercury) pill, which loosens teeth, gripes and scalds the rectum in many people. Ask for Carter's Little Liver Pills by name and get what you ask for—25¢. ©1934, C.M.Co.



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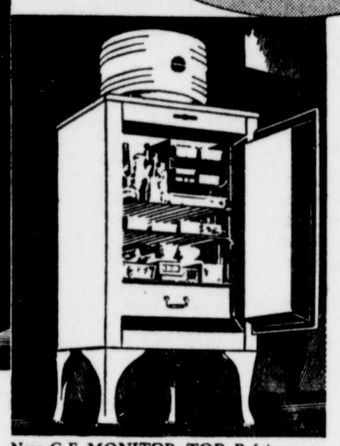
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