

Suggestions For Treating Cold in Head

By DR. JAMES W. BARTON
WHEN a cold in the head occurs, the first thought in the mind of many is to take a purgative and then begin to use a salt or oil solution up into the nose.

TODAY'S HEALTH COLUMN

Some valuable information about the treatment of colds and infections of nose, throat and sinuses is given by Dr. Arlie V. Bock in Annals of Internal Medicine.

Go Easy on Sprays. The second point made by Dr. Bock is that too active sprays, inhaling, gargling of medicines produces irritation of the lining of the nose, throat and sinuses and so prolongs the course of the infection.

Use Simple Measures—rest in bed and quieting drugs—complications were prevented and the patients made good recoveries.

Some suggestions and findings of Dr. Bock and his associates who treated these cases are: (a) that nose and throat infections would be less common if patients could be taught to live within their physical powers or resources.

What to Do for Acne (Pimples)
IN ONE of my classes at high school was a boy of 15 whose face was covered with unsightly blackheads and pimples.

One of the most complete reviews of the "possible" causes of acne is given in the Medical World by Drs. Oscar L. Levin and Howard T. Behrman, New York city.

Various forms of treatment are outlined which include cutting down on starches and sugars, eating more fruits and vegetables; keeping the intestine active; the use of vaccines, and the use of gland substances.

Treatment of the skin itself includes use of good soap and water many times daily in very greasy skins, applying hot cloths and then removing the blackheads, opening up of pimples containing pus, and X-ray treatments.

QUESTION BOX
Q.—Could you tell me how many units of synthetic vitamins the body will assimilate?

A.—Amount of synthetic vitamins body will assimilate depends upon the body weight and the tissues of the individual. These are the controlling factors in all cases.

When Daughter Learns to Cook
Is your teen-age daughter learning to cook? Father will encourage her efforts if she learns to prepare the kind of good substantial food he likes.

ODDS AND ENDS
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Household News By Eleanor Howe



MID-WINTER MENUS (See Recipes Below)

You may have a mental filing system for your menus, or you may jot down your meal ideas and slip them into a recipe box.

Even if fresh peas, green beans and vine-ripened tomatoes are out of reach, almost any market boasts whole bins filled with apples, sweet potatoes, cabbage and carrots—all of them potent sources of vitamins.

But now for the menus! Two are dinners—one built around a fragrant, red-brown dish of Hungarian goulash served with plenty of hot buttered noodles; the other, sausages baked under a covering of Yorkshire pudding.

Hungarian Goulash
Buttered Noodles
Salad Bowl
Brazil Nut Cherry Pie
Coffee Milk

Yorkshire Sausages
Canned Green Beans with Mustard Butter Sauce
Whole Carrots
Red Cabbage Salad
Hungary Spice Cake
Coffee Milk

Tomato Chicken Soup
Swiss Cheese Sandwiches
Grapefruit and Apple Salad
Frosted Ginger Bars
Tea Milk
Red Cabbage Salad. (Serves 5 to 6)

2 cups red cabbage (shredded fine)
3 tart, red cooking apples (unpeeled) (diced)
1 cup grated carrot
4 tablespoons brown sugar
3 tablespoons vinegar
2 tablespoons French dressing (prepared)

Buy a small, solid young head of red cabbage, one with thin, tender leaves. Remove core and shred very fine. Place shredded cabbage in ice water for 30 minutes to crisp it. Combine cabbage, diced apple and grated carrot. Mix brown sugar, vinegar and French dressing and pour over salad. Toss lightly, until dressing is thoroughly mixed with salad.

Hungarian Goulash (Serves 4 to 5)
1 1/2 pounds beef round (cubed)
3 tablespoons fat
3 beef bouillon cubes
3 cups hot water
1/2 clove garlic
1/2 bay leaf
1/2 teaspoon salt
Few grains cayenne pepper
2 cups cubed potatoes
1 1/2 tablespoons butter
1 1/2 tablespoons flour
1 tablespoon paprika
1 cup canned tomatoes (sieved)

Have beef cut in 1 1/2-inch cubes. Brown on all sides in hot fat, then add bouillon cubes dissolved in hot water. Add garlic, bay leaf, salt and cayenne pepper and simmer the mixture for 2 hours. Remove garlic and bay leaf, and add potatoes cut in 1/2-inch cubes. Cook 30 minutes, then remove 1/4 cup of broth from pan and cool. Combine with melted butter, flour, and paprika and blend into a smooth paste. Add to goulash, stirring constantly; cook until thick about 5 minutes. Add

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Star Dust STAGE-SCREEN-RADIO

By VIRGINIA VALE (Released by Western Newspaper Union.)

WHEN talk began of 50,000 airplanes a year, the American public was surprised to learn that it takes at least five men on the ground to keep one man in the air, but the picture makers of Hollywood considered the number rather small; you see, they use anywhere from thirty to forty persons behind the camera to keep one actor in front of it.

In a scene made for "That Uncertain Feeling," in which Merle Oberon appeared alone before the camera, there were 35 persons on the set to help her make a shot which will last 15 seconds on the screen. If you're interested, the list included two assistant directors, a cameraman, a camera operator, two camera assistants, ten electricians, three carpenters, two property men, four sound men, a painter, a wardrobe woman, a makeup man, a body makeup woman, a hairdresser, a still photographer, a playback operator, a pianist for off-stage sound and a stand-in. The thirty-fifth was Director Ernst Lubitsch.

Betty Brewer's ship has really come in at last. Betty's the attractive but not beautiful youngster who made such a hit in "Rangers of Fortune," remember? She's been the bread winner for her family of five for a year—she's 13 now. Her family migrated from Joplin, Mo., to Sacramento, Calif., in a flivver, but her father couldn't find work there and Betty began singing at conventions and banquets.

She went to Hollywood, sang on the radio, lost her job and had to go on relief. She was singing on the streets for pennies when Sam Wood, the director, discovered her. Her second picture was "The Roundup"; she's working now in "Las Vegas Nights," and next will do "Two Bad Angels," and she's just signed a brand new contract with Paramount.

Katharine Hepburn has had her revenge on the people who not so awfully long ago considered her "poison at the box office"; her new Metro picture, "The Philadelphia Story," topped all records for New York's huge Radio City Music Hall for the last five years. Cary Grant, James Stewart, Roland Young and Ruth Hussey give her perfect support. Miss Hepburn evidently knew that she had a good thing when she found "The Philadelphia Story"; she is still starring in the stage version—she is part owner of the play—and she is full owner of the picture, as well as its star.

The success of "Teeny," Fibber McGee and Molly's little "betch" girl, is no flash in the pan. Marian Jordan, who plays "Teeny" as well as "Molly," was one of radio's pioneers in adding a child's voice to her repertoire of characters. She did her little-girl routine fully 12 years ago in Chicago as part of Kalmeyer's Kindergarten, one of radio's first network children shows.

Fibber McGee and Molly weren't even names on a radio script until six years later, when Don Quinn, the Jordans' script writer, thought them up.

If the "Quiz Kids" are among your radio favorites prepare to see them on the screen before long. They're making a series of shorts at Paramount's Long Island studios. The star performer is sure to be that very young man, Gerard Darrow, who ranks with John Kieran of "Information Please" when it comes to natural history.

Don't be surprised if you happen to meet your favorite radio stars and discover that their voices sound altogether different than they do when you hear them on the screen or radio. Rudy Vallee, John Barrymore and Billie Burke are outstanding examples of this difference in voices; theirs are all pitched lower naturally than they are when they come over the air.

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Suede Apparel Is at New High In Both Chic and Wearableness

By CHERIE NICHOLAS



ALL over the country stores that set the fashion pace are displaying new and intriguing suede garments and accessories in tempting array. Modern science has performed miracles in leather processing until suede nowadays are as supple and workable as any fabric, and their colors are incredibly beautiful.

Suede is comfortably wearable at any season of the year, but for mid-season and early spring it is simply ideal. Light in weight yet dependably protective, no wonder that suede has become the "darling" of fashion. Women are coming to know more and more that there is no type of garment that fits better into all year-round wear than beautiful soft suede with its persuasive colors and its caressing "feel."

There's luxury, there's chic, there's practicality in a coat with turban, gloves and bag made all of suede as worn by Dorothy Lamour (to left in picture). One cannot do justice to the superb coloring of the new suede costumes in mere words. In this instance the coat shown is of stone blue (smartly in fashion this season). Note the interesting double belt treatment. The turban, gloves and bag are in luscious wine red. Yes indeed, leather is a fashion favorite in Hollywood.

Can you imagine anything more appealing for town wear than a dress of wine-berry colored suede with a long suede coat in identical color? Positively brainstorming both to the observed and the observer especially when accompanied with beret, envelope bag and gloves done in a lighter tone of red, is the ensemble pictured to the right in the trio. She carries the coat over her arm, as you see.

Ardent golfers count their suede two piece suits as shown centered in the picture among favorite sport ensembles. The skirt of this most attractive outfit is in chateaux, gored to give plenty of freedom. It is worn with a loose fitting jacket

of burnt orange suede with buttons high at the neckline. To keep her curls in place this athletic young modern wears a suede flower "beanie" in the bright chateaux.

Other fetching leather novelties include nail studded boleros and belts that show a decided trend toward the Western theme. Waist-length sleeveless jackets with bright bindings and a touch of embroidery are inspired by the South American vests. Jerkins in unlimited style variations, side-buttoned and in bright colors, are grand for wear with skirts, suits or slacks and over countless dresses. Waistcoats with suede fronts, knitted back and sleeves and casual collarless cardigans with slide closings are stressed with matching or contrasting tweed skirts.

Classic one-piece suede dresses button from neckline to waist or feature the slide fastener fly-front closing. Boxy knuckle or slightly longer coats are important as well as the mannish notched collar model with three patch pockets. Stunning two-piece suede suits with fit long coats range from the bulky belted country coat to the dress maker type for avenue wear.

"Beanies" and drawstring mittens or the new "socker mit" in colors are suede "finds" for the college girl. Snapbrim suede classics and berets are still favorites. A new Pixie cap has been designed for winter sportswear.

Clever sportsy leather jewelry is new looking with tweed suits and sports clothes. Fringed and saddle-stitched collars and gauntlets reflect the cowboy influence.

Glitter Accents
Gas Mask Filter Used in Footwear

A gas mask and a woman's shoe are two very different themes we admit and it has been left to science to relate them. And here's how! Since the war and the necessity for personal protection came experiments and improvements on the gas mask of 1914-1918. Inventors took old gas masks apart, put new ones together, substituting, adding and perfecting with the result a new filter has been developed.

Since then it has been discovered that when specially treated this filter was found to have the qualities which make an ideal medium for innersoles. So now you can get shoes, by making known your wants to your salesperson, with "insolated" innersoles that actually do relieve "burning feet." The ailment generally conceded to be the cause of foot fatigue and the many foot ills following it.

Something that would establish a normal foot temperature would accomplish the cure, doctors said, and onco-insolated does just that. This new comfort-giving sole which new est smartly styled shoes have also acts as a shock absorber and is molded with first wearing to the individual contours of the foot.

The fact that insulation is put to good use in shoe as well as gas mask construction is just one more indication of American ingenuity. I give you one more reason for being glad to be Americans in that our women are buying shoes for the protection of feet instead of gas masks for the protection of life



FIRST-AID to the AILING HOUSE

by Roger B. Whitman (© Roger B. Whitman-WNU Service.)

Floor for Game-room. QUESTION: I have an ambition to make a game-room in my basement. The floor presents a problem, and it is not bone-dry. My preference would be for an oak floor, if that would be practical. What do you think?

Answer: Before going to the labor and expense of putting down a really good floor in your basement, you should make very sure that there will be no leaks either through the foundation walls or through the floor. This important point should be looked into by a competent mason.

My own preference would be for asphalt tiles as a suitable flooring rather than wood. (These tiles are not linoleum, which would rot in a cellar.) A dealer in linoleum, however, can give you information on this product.

If you prefer an oak floor, the lowest layer should be of concrete. On top of this put a layer of liquid asphalt, and over this a layer of heavy waterproof felt. On this put another layer of asphalt, all of which will make the floor waterproof. You can then lay a wood floor. The boards should be bedded in asphalt, which will hold them in position and add to the waterproofing. Whatever flooring you decide upon, the work should not be attempted by any one who is not thoroughly fitted to do the job. It requires special knowledge and experience.

Painting Plasterboard. Question: I have just completed a room in my attic, making the partitions of plasterboard. I should like to paint the board; shall I have to put on some kind of a size or priming coat before I paint?

Answer: The way to paint your plasterboard is as follows: First, see that the surface is absolutely clean, dry and free from dust. Use a sizing coat or primer, made by mixing equal parts of a good grade of varnish size and ready-mixed paint of the desired color; or with white lead thinned with turpentine and tinted to suit.

Before sizing the surface, apply a coat of primer over the joints and nailheads, and stipple with a stubby brush. When dry, apply a coat of primer uniformly and carefully over the surface. Let priming coat dry at least 24 hours, then touch up any "flat spots" and let dry before applying the first coat of paint.

Insulation for House in Mountains. Question: I own a house in the mountains, clapboard outside and unfinished inside. I contemplate insulating the walls and roof and finishing the inside. What materials do you suggest?

Answer: For the walls and for the roof between the rafters you could use any one of several kinds of blanket insulation enclosed in a waterproof jacket. These materials are made of the proper size to fit in the spaces between studs and rafters. With the walls thus insulated, the inside finish could be plasterboard. If you want more insulation, use stiff insulating boards.

Loose Fire Brick. Question: How can fire brick be kept from becoming loose? I built an outdoor fireplace with fire clay mortar between the bricks. But after building a fire in it, the clay became hard and then cracked, so that the bricks loosened.

Answer: You used mortar in too thick a bed. In laying up fire brick, spread a little thin mortar on the surface, put the next brick in position, and then rub it against the lower brick to bring it into contact. The mortar is not intended to separate the bricks, as in ordinary brickwork, but only to fill in the roughnesses.

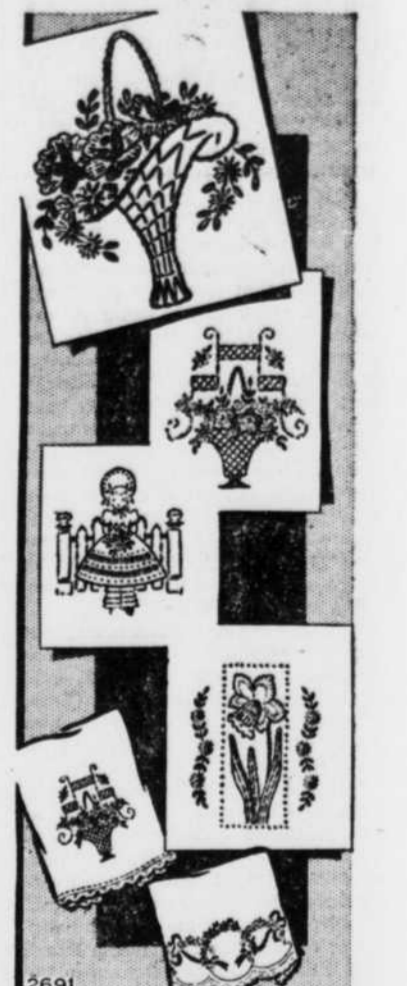
Drainboard Surface. Question: In my house, which is in process of construction, I have the choice of a chromium trimmed linoleum drainboard or a drainboard made of tile. I am undecided between the two, and would like to know your opinion as to which is more serviceable.

Answer: My preference would be for linoleum. For one thing, the softer surface will not be so damaging to china and glassware. For another thing, cement between tiles will stain and is difficult to clean a few months ago, in making that same choice, I picked linoleum.

Floor of Swimming Pool. Question: In making a swimming pool by damming a brook, would it be better to make the floor of sand or gravel?

Answer: My preference would be for sand. In building your dam, you should provide means for draining the pool when cleaning becomes necessary.

Various Motifs for Embroidering Linens



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Sewing Circle Needlecraft Dept. 82 Eighth Ave. New York. Enclose 15 cents in coins for Pattern No. Name Address

'A Noble Animal'

A Hindu student was asked to write an essay on the horse. He said: "Horse is wild animal of four feet. He has long mouth and he suppose himself to be obedient to men. His food is generally grass and grain. He is also useful to take on his back a man or lady, as well as some cargo. Also he is useful to drive the carriages."

"He has power to run as fast as he could. He has got no sleep at night and always standing awake. Its appearance is very long. Also there are horses of short size. They do the same as the others are generally doing. Probably the Arabian horses are always bigger."

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Within Us
There is a great deal of un-mapped country within us which would have to be taken into account in an explanation of our gusts and storms.—George Eliot.

Black Leaf 40 KILLS LICE

JUST A DASH IN FEATHERS... OR SPREAD ON ROOSTS
WNU-W 4-41

Watch Your Kidneys!

Help Them Cleanse the Blood of Harmful Body Waste
Your kidneys are constantly filtering waste matter from the blood stream. Do kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery.

Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.

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DOAN'S PILLS