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 TODAY'S the nose. Nose, HEALTH throat and lung

specialists ad-

COLUMN vise that this very "active" treatment of a cold is unwise and that rest

in bed and leaving the nose and throat alone would give better results. Some valuable information about

the treatment of colds and infections of nose, throat and nuses is given by Dr. Arlie V. Bock in Annals of Internal Medicine. Dr. Bock ells of the care of .667 patients with he above infections reated at Stillman nfirmary, Harvard niversity, from Sep-1935. ember.

March, 1938. The patients were students and recent gradu-

ates, age range being 17 to 25. The first thought in the treatment, whether or not the patient has a temperature, is putting the patient to bed. It is because many of these patients are tired mentally and physically that the cold attacks them. Getting off their feet and getting rested saves or preserves the body's energies.

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

The third point is the use of quieting drugs for comfort. Laxatives are not usually prescribed.

By these 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, (b) while weather changes and contagion must be taken into account, tension is an important factor in bringing on attacks, (c) when attack does come, keep off the feet and don't use sprays, injections into nose, or gargles too often or too vigorously.

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. he was much ashamed and believed that the rest of the boys thought that he didn't wash his face properly or often enough. My own opinion at that time was that he didn't play baseball, football or take any exercise and that this lack of exercise was the cause of his pimples and blackheads-because his circulation was poor. It was a few years afterward that I learned that most cases of acne-pimples-were due to gland disturbances at the age of puberty in both boys and girls.

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. They name the various causes of the past and present such as pus organisms getting into the skin, various occupations which affect the skin by blocking the openings of the oil and sweat glands, chemicals which affect the texture of the skin causing it to lose some of its elasticity, dandruff of the scalp extending to face and shoulders, and gland disturbances occurring at and for some years after puberty. These physicians state that any of the above may cause or be a partial cause of acne, but that the most important single cause is an improper adjustment or imbalance of the glands.

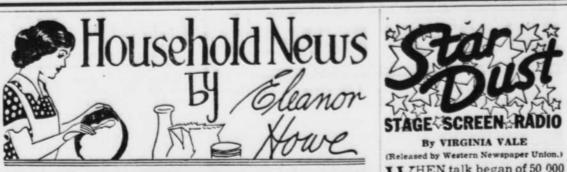
Various forms of treatment are outlined which include cutting down on starches and sugars, eating more fruits and vegetables; keeping the intestine active: the use of vaccines. and the use of gland substances.

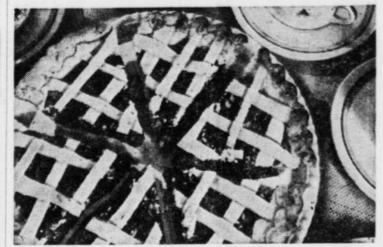
Treatment of the skin itself includes use of good soap and water many times daily in very greasy skins, applying hot cloths and then removing the blackheads, opening up of pimples containing pus, and X-ray treatments.

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. However, vitamins are prescribed in international units and the physician looking after you will give the dosage su'able for your particular re





MID-WINTER MENUS (See Recipes Below)

Brazil Nut Cherry Pie.

(Makes 1 9-inch pie)

214 cups sour, red cherries

3 tablespoons cornstarch

1/2 cup sliced Brazil nuts

Drain cherries, and set aside the

juice. Blend cornstarch and sugar

in a saucepan; add cherry juice.

Place over heat and cook, stirring

constantly until thickened, about 3

minutes. Remove from the heat,

add drained cherries, butter and

Brazil nuts. Pour the filling into a

9-inch pie plate lined with pastry.

Moisten the edge of the pie with

cold water; arrange lattice of pastry

strips across pie. Press down rim with fork. Bake in hot oven (450

degrees Fahrenheit) 15 minutes,

then in moderate oven (350 degrees

% cup butter or other shortening

Fahrenheit) for 30 minutes.

1/2 teaspoon soda

6 cup sugar

1/2 teaspoon cloves

1/2 teaspoon nutmeg

% cup strained honey

1 teaspoon vanilla

% cup water

2 egg yolks, well beaten

1/2 cup chopped nut meats

2 egg whites (stiffly beaten)

Sift cake flour once, add baking

powder, salt, soda, and spices and

sift together three times. Cream but-

ter thoroughly, add sugar, and

cream together until light and fluffy.

alternately with water, a small

amount at a time. Beat after each

addition until smooth. Fold in stiffly

beaten egg whites. Bake in a paper-

inches) in moderate oven (350 de-

Tomato Chicken Soup.

(Serves 6)

2 tablespoons onion (finely chopped)

densed chicken

densed tomato

1 No. 1 can con-

1% cups water

cream or milk

soup

soup

grees) for 50 minutes.

1 tablespoon butter

1/4 teaspoon salt

1/2 teaspoon white pepper

heat to serving temperature.

1/2 pound dried apricots

34 cup water

34 cup sugar

ham and broccoli.

1/2 teaspoon salt

and transparent. Add chicken soup,

Apricot Sweet Potatoes.

(Serves 6)

6 medium-sized sweet potatoes

Peel sweet potatoes and cook in

boiling salted water (1 teaspoon per

quart) until tender, about 35 min-

utes. Mash with a potato masher.

Cover apricots with water and let

soak for 30 minutes. Then simmer

until tender, about 25 minutes. Mash

the fruit to a pulp and add sugar

and salt. Whip apricot pulp with

sweet potatoes until very well blend-

ed. Serve very hot. Apricot sweet

potatoes are especially good with

WHEN DAUGHTER LEARNS

Is your teen - age daughter

learning to cook? Father will en-

courage her efforts if she learns

to prepare the kind of good sub-

stantial food he likes. Eleanor

Howe's Cook Book "Feeding Fa-

ther" will tell her how in simple

easy-to-follow language. She'll

even learn to bake his favorite

chocolate cake without much su-

Simply send 10 cents in coin to

'Feeding Father' care of Elea-

nor Howe, 919 North Michigan

Avenue, Chicago, Illinois, to get

Released by Western Newspaper Union.

pervision from you.

er a copy.

TO COOK

Honey Spice Cake.
3 cups sifted cake flour

3 teaspoons baking powder

11/2 teaspoons cinnamon

(canned)

1 cup sugar

1 cup cherry juice

1 tablespoon butter

You may have a mental filing | sieved tomato and cook 19 more system for your menus, or you may jot down your meal ideas and slip them into a recipe box. Either way, the chances are that mid-winter finds you in the market for some fresh and workable ideas for what

to feed the family. First and foremost, you will want

your winter menus to be warming and heartening. The calorie content may be a little higher begy is needed to supply heat and plump! stimulates us to more activity. Vitamin suppliers need to be carefully watched. With your garden

adrift with snow, not so many fresh vegetables and fruits will find their way to your table without a special effort on your part.

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. Plenty of grapefruit, oranges and tomato juice will help to replace the fresh tomatoes.

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. The third meal is a

Hungarian Goulash Buttered Noodles Salad Bowl (spinach, carrot, raw cauliflower) Brazil Nut Cherry Pie

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

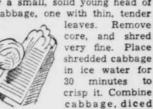
Tomato Chicken Soup Swiss Cheese Sandwiches Grapefruit and Apple Salad Frosted Ginger Bars Tea Red Cabbage Salad.

(Serves 5 to 6) 2 cups red cabbage (shredded fine) 3 tart, red cooking apples (un-

peeled) (diced) cup grated carrot

4 tablespoons brown sugar 3 tablespoons vinegar 2 tablespoons French dressing (pre

pared) Buy a small, solid young head of red cabbage, one with thin, tender



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)

11/2 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 1½ tablespoons butter

1½ tablespoons flour 1 tablespoon paprika 1 cup canned tomatoes (sieved)

Have beef cut in 11/2-inch cubes Brown on all sides in hot fat, then add bouillon cubes dissolved in hot water. Add garlic, bay leaf, salt and cavenne pepper and simmer the mixture for 2 hours. Remove garlic and bay leaf, and add potaties cut in 1/2 inch cubes. Cook 30 minutes, then remove 4 cup of aroth from pan and cool. Combine with melted butter, flour, and paprika and blend into a smooth paste Add to goulash stirring constantly; rook until thick about 5 minutes Add

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 offstage sound and a stand-in. The thirty-fifth was Director Ernst

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

Betty Brewer work there and Betty began singing at conventions and

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 net 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, Add honey gradually. Beat after each addition. Add egg yolks, nuts, and vanilla; beat well. Add flour. 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 playlined greased loaf pan (9 by 13 by 2 and she is full owner of the picture, as well as its star.

> The success of "Teeny." Fibber McGee and Molly's little "I betcha!" 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 littlegirl routine fully 12 years ago in Chica-

11/4 cups light go as part of Kal-Saute onion in butter until yellow tenmeyer's Kinder- Marian Jordan garten, one of ratomato soup, water, milk, salt and dio's first network children shows. white pepper. Stir thoroughly and Fibber McGee and Molly weren't even names on a radio script until six years later, when Don Quinn,

> them up. If the "Quizz 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

the Jordans' script writer, thought

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.

ODDS AND ENDS 1 Franchot Tone has signed up to ke two pictures a year for five years Charles Boyer co-stars with Deanna Durbin in "Ready for Romance"—

which Deanna is. C James Cozney and the newly-wed Bette Davis will co-star for the first time in "The Bride Came C. O. D." Bing Crosby and Bob Hope are going to play golf for Britain. They've announced that they will begin a golfing tour in March, teamed with two golf professionals, the proceeds going to British war relief

Suede Apparel Is at New High In Both Chic and Wearableness

By CHERIE NICHOLAS



garments and accessories in tempting array. Modern science has performed miracles in leather processing until suedes nowadays are as supple and workable as any fabric, and their colors are incredibly beau-

Suede is comfortably wearable at any season of the year, but for midseason and early spring it is simply ideal. Light in weight yet dependably protective, no wonder that suede become the "darling" of fash-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 the 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 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 chartreuse, gored to give plenty of freedom. It

Nothing glitters like a diamond!

This pretty girl with vanity mir-

ror in hand is examining her un-

usual diamond clips. One clip is a

lotus blossom, the other the lotus

leaves. Clips that take apart make

interesting news. In the picture

this young modern wears her clips

separately, with striped jersey jack-

et and cap to match in keep-

ing with the new vogue for dra

matic jewels with simple dress. On

her evening gown she will wear

them together to form a complete

jeweled flower. Her bracelet is in

the new diamond "lace" design, like

a band of lace with invisible clos-

ing. And she is a bride! Her ring

finger wears one of the new oblong

solitaires and the narrowest possi-

ble diamond band.

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 chartreuse. Other fetching leather novelties

include nail studded boleros and belts that show a decided trend to ward the Western theme. Waistlength 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 cardi gans 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. Stun appealing for town wear than a ning two-piece suede suits with fit dress of wine-berry colored suede ted jackets are extremely smart Long coats range from the bulky belted country coat to the dress maker type for avenue wear. "Beanies" and drawstring mittens

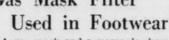
or the new "sockem mit" in colors are suede "finds" for the college girl. Snapbrim suede classics and berets are still favorites. A new Pixie cap has been designed for winter sportswear.

Clever sporty leather jewelry is sports clothes. Fringed and saddle ored to give plenty of freedom. It the cowboy influence.
worn with a loose fitting jacket (Released by Western Newspaper Union.

and tinted to suit.

new looking with tweed suits and stitched collars and gauntlets reflect

Gas Mask Filter Glitter Accents



A gas mask and a woman's shoes 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 "insoleated" 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-insole-ated does just that. This new comfort-giving sole which newest 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 gives us 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



by Roger B. Whitman

AILING HOUSE

Floor for Game-room. OUESTION: 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

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 room in my attic, making the paritions 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

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. 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 n 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.

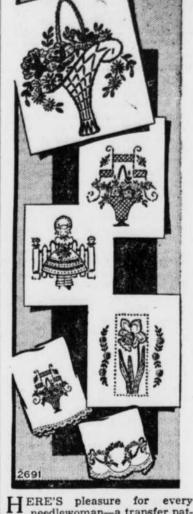
Answer: My preference would be for linoleum. For one thing, the softer surface will not be so damaging to china and glassware. For another thing, cement between tiles will stain and is difficult to clean A few months ago, in making that same choice, I picked linoleum. Floor of Swimming Pool.

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 tor sand In building your dam, you should provide means for draining the pool when cleaning become

Various Motifs for **Embroidering Linens**



needlewoman-a transfer pattern in varied small motifs that permits you to make at least a

dozen different gifts.

Pattern 2691 contains a transfer pattern of 24 motifs ranging from 3x9 inches to 115x11½ inches; materials required; color schemes; illustrations of stitches. Send

Sewing Circle Needlecraft Dept. 82 Eighth Ave. New Yo Enclose 15 cents in coins for Pat ern No..... Address

'A Noble Animale'

A Hindu student was asked to write an essay on the horse. He

"Horse is wild animal of four feat. He has longh mouth and he suppose himself to be obedient to men. Its food is generally grass and grains. 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 awaken. 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."

DON'T BE BOSSED

BY YOUR LAXATIVE-RELIEVE CONSTIPATION THIS MODERN WAY

• When you feel gassy, headachy, logy due to clogged-up bowels, do as millions do-take Feen-A-Mint at bedtime. Next morning-thorough, comfortable relief, helping you start the day full of your normal energy and pep, feeling like a million! Feen-A-Mint doesn't disturb your night's rest or interfere with work the next day. Try Feen-A-Mint, the chewing gum laxative, yourself. It tastes pood, it's handy and economical...a family supply

FEEN-A-MINT 10¢

Within Us

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



WNU-W

Moving Nature Nothing stands still in nature but death.-Emerson.

Watch Your Kidneys! Help Them Cleanse the Blood

of Harmful Body Waste of Harmful Body Waste

Your kidneys are constantly filtering
waste matter from the blood stream. But
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.

There should be no doubt that prompt
treatment is wiser than neglect. Use
Doan's Pills, Doan's have been winning

treatment is wiser than neglect. Use Doon's Pills. Doon's have been winning new friends for more than forty years. They have a nation-wide reputation. Are recommended by grateful people the country over. Ask your neighbor!