

My Week

by Eleanor Roosevelt

OF DOGS AND LANDLORDS

As I write this I am in a mood when I wish that I could only see one side of a question. The other night a very important gentleman told me that he found it very difficult, because he could often see two sides to every question. It is certainly much more convenient to be a crusader and close your mind to everything but your own point of view. In the sad tale I am going to tell you, I would like to have only one point of view, though I know that there is another.

A lady writes me that she has a thoroughbred six-month-old Scottie dog she has trained and brought up from puppyhood. She is the wife of an officer and is trying to find a place to lay her head in overcrowded Washington, so that she can be with her husband until he is ordered away. But the "hard-hearted" real estate people, who sometimes refuse to rent apartments to people with babies, are even more adamant when it comes to dogs.

She agrees that if her dog became a nuisance to the neighbors, he should go, because she thinks that in that case the pet would also become a nuisance to her. She has no one to whom she can give the poor little Scottie, and the choice seems to be between getting rid of him, or seeking in vain for a place in which to live.

It ill becomes anyone who lives in the house with Fala and knows what a joy a really well-behaved pet dog can be, even to consider the real estate owner's point of view for a second. But I do know that if you are running a crowded development and a great many people have pets, they make a difference to the grounds and mean added complications in the house for an often sorely tried manager. I am sure from this woman's letter that she would always have a well-trained and well-behaved dog. Unfortunately, everybody is not as considerate or as capable.

Those of us who love dogs know that our greatest joy with them is usually in the country. To have a little dog in the city is not impossible. If you are alone, it is surely very comforting to have one friend on whom you can rely, who will never question your moods, nor your actions, but will simply look at you adoringly and lick your hand whenever you give him a chance.

I can only suggest trying to find a real estate owner who feels the same devotion to dogs that my correspondent and I have in common, because gas and rubber shortages make it impossible to move out of town.

SAVING 'WASTE' FOOD

I have a most interesting letter from some food sales consultants, who make the point that if we are going to improve the nutrition of the country while the cost of living is going up, we must find ways of saving. They enclose a series of suggestions stating that there is practically no household in the country whose kitchen could not make savings which will amount to a great deal in the aggregate. I quote here one paragraph, which struck me as particularly interesting and made me want to investigate my own kitchen at once.

"What is waste, 'where' is it, and 'how' can we put a stop to it? Waste is the withered potato lying in the bottom of the bag, multiplied by millions of other potatoes all over the country. Waste is the tired-out box of crackers reposing on my pantry shelf and that of my neighbor. These may sound like trivial examples, but the sum total of such minor wasteful habits from Maine to California have expanded our national 'waste-line' until it is around our necks and choking us out of \$500,000,000 food dollars each year."

AVIATION IN HIGH SCHOOLS

WASHINGTON. — The United States office of education is co-operating with high schools to make their pupils air-minded, and I have a long letter from Gould academy in Bethel, Maine, telling me about the aviation ground school course for their older students, which is beginning this fall. A teacher training course in aeronautics has been held at the University of Colorado, Boulder, Colo., and Gould academy is fortunate in having their teacher in physics and chemistry a graduate of this course.

Many schools will carry on similar courses for high school students with the purpose of developing in them a greater knowledge of the growth of aviation and of giving such basic preparation as they will need in aviation positions.

INTERNATIONAL STUDENTS

The closing session of the assembly organized by the United States Committee of the International Student Service was a very moving meeting. The declaration which was drafted by the young people and their determination to keep a committee together to work in peace as well as in war, with all the various countries represented, shows a faith and hope in the future.

I am sure that every one of the older generation said a fervent prayer last night.

Kathleen Norris Says: We Must All Be Hopeful and Undaunted

Bell Syndicate—WNU Features.



In these trying times keep every detail of your housekeeping, wifehood and mothering as simple, gentle, sweet and confident as though peace were really in view.

By KATHLEEN NORRIS

BETTY writes me that she is not a nervous woman—or has not been one before, anyway. But in these days, she says, she is continually getting herself "wound up"; things make her nervous; she can't sleep; everything seems to go wrong and whichever way her thoughts go they end in anxieties and panic.

"Mind you, this isn't all imaginary," she defends herself. "At 37 I've done some years of burdened and eventful living, and I'm not the kind of woman to go to pieces for nothing. A reasonable amount of trouble or disappointment or sacrifice I have always been able to handle. But this year everything seems to be topsy-turvy, and my nerves likewise, and I don't seem to handle myself at all."

"To give you an idea of the situation," the letter goes on, "I have a doctor husband ten years older than I am. Because so many of the younger men are called to the services, he is listed as 'indispensable,' which merely means that he has to do double, trebled duty and be on call at all hours of the day and night. My brother, aged 28, is a navy aviator; he was studying aviation before the war and naturally turned to that branch of the service, but it is killing my mother; and my father has lost 23 pounds since last December fretting about Betty."

Her Baby a Problem.

"My daughters present to me only the usual problems of schooling, straightening teeth, general guidance; but my baby, a boy of six, has an eye ailment that means constant care, as it fluctuates from 'not so good' to 'improved' and back to 'not so good' again.

"These are my static anxieties; when any trifle is added to them, like an unforeseen expense, an unwelcome guest or invitation, a tiresome or troublesome interruption of any kind, I tend to collapse. I feel that I could actually lose my wits. My faithful kitchen helper has gone into defense work, after 12 years with me; in three months I have had seven changes in my kitchen, and have done most of the work myself.

"With a doctor's hours and doctor's telephone to consider, and the care of four children, I am on the go sometimes from morning until night, which I never have minded before, but which now seems to reduce me to a constant state of readiness for tears and hysteria. I want to go to bed and pull the covers over my head and stay there for five years!"

Well, Betty, as far as that goes, there are a good many of us who would like to crawl into a dark hole for the next five years, knowing that fearful crises and knowings must take place in those five years, and that we would emerge into a saner and safer world. But inasmuch as you and I are among the men and women who must help to make those changes, and see that they are in the direction of God's peace and God's justice, we can't crawl to cover just now without falling America, and freedom, and decency.

We have to fight on, in our quieter grooves, just as steadily and courageously and hopefully as our men are fighting everywhere, and every one of us who backs down, goes yellow, lets herself be discouraged and afraid, delays the full force and completeness of the result.

One of the things that distress

SO MUCH GAINED

Kathleen Norris believes that as soon as you make up your mind that war inevitably means worry and discomfort and sacrifice, you will appreciate more fully the simple pleasures you can still enjoy. Each new book, each family dinner, each friend, will be so much gained. Stop thinking of the things you might do, and have a good time doing the things you must. Stop worrying about rationing, and do the best you can with what you have. If it is true that "business as usual" is no longer the order of the day, it is equally true that "business as cheerfully as possible" is your responsibility.

you, although you don't list it, is war. To womankind the state of being at war is like a perpetual nagging headache, a perpetual weight on the heart, a perpetual, restless misery of soul. These conditions keep her in a nervous quiver, so that little daily disappointments and upsets, usually so unimportant, aggravate her into a frenzy.

Now Betty, unwind. Just take the ravelled ends of those nerves and smooth them off, and tuck them down deep into the big generous, quiet center of your soul. Tell yourself that whatever is transpiring on the wide battlefields of the world will not be helped by your nervous outbursts, your wakeful nights, your impatient complaints of matters on the home front.

This fearful war will end, will pass into history with other wars, and the women who serve America loyally and bravely now will take their places beside those other heroic women who helped to give us our country, and helped to build it strong and firm in the crises that followed the wars.

Remain Undaunted.

Keep three girls, one weary man, one delicate child happy through this hard time. Reduce meals to a minimum of serving and cooking; have one-dish dinners and serve them in the kitchen if you like, but from now on have your mood always sunny and undaunted. Think, hope—hope for the brother in the service, for the busy doctor, for the little son—hope for America and all it stands for. And meanwhile keep every detail of your housekeeping, wifehood, mothering, as simple, gentle, sweet, confident as though peace were really in view, and a great wave of brotherhood and rebuilding and relief and security were washing over the world.

For that peace will come, and when it does you don't want it to find you a wrecked, nervous, broken woman who couldn't stand adversity. You want your husband to turn to you instead with a grateful, loving "she pulled us all through!"

You want your girls to say, "Everybody said that Mother was simply wonderful," and you want your little boy, with his eyes restored like any other boy's eyes, to have his mother to thank for the nursing that cured him.

So gear down. Simplify. Just as we are driving our cars frugally at 35 miles, in these days, drive yourself steadily on a lower base of demand, of expectation; remind yourself that there ARE no easy times; nothing can make them pleasant or secure for everyone, but every one of us who spares her household the worst of them is by just so much lifting the burden and the sorrow of the world.

TO YOUR Good Health

by DR. JAMES W. BARTON

Released by Western Newspaper Union.

HIGH BLOOD PRESSURE.

I can remember, many years ago, a physician putting his fingers on the pulse of one of my relatives and telling her sister afterwards that the patient's arteries were 20 years older than they should be for her age. Blood pressure instruments were not in general use at that time. Had the blood vessels been softer, more elastic to the touch, the physician could have given a more hopeful outlook for this case of apoplexy.

Today, every physician uses the blood pressure instrument, in addition to feeling the "resistance" of the blood vessels. Even if the blood pressure is high at times, if blood vessels are not hard, the physician assures the patient and family that the trouble is not organic but functional. Functional disturbances are usually due to nervousness and emotional disturbances which cause the individual to be in a state of continuous tension. Tension of nerves, muscles and blood vessels can alter the workings of the various organs of the body and cause symptoms resembling symptoms caused by true or organic disease.

The explanation of functional high blood pressure is simple; the tenseness of nerves and muscles causes a tightness or partial closure of the blood vessels. Naturally it takes more pressure to push blood through small blood vessels than through large blood vessels.

What causes true or organic high blood pressure?

In the functional type the blood vessels are not changed in structure, they are still elastic, but are in a "tightened" condition only at times. In true or organic high blood pressure the elastic walls of the blood vessels (due to infections or other conditions) have lost some of their elastic tissue which has been replaced by hard, fibrous or scar tissue. Thus, as the walls of the blood vessels cannot stretch when blood is being pressed or forced through them because of this "hardened" condition, more pressure must be used to push blood through them. And as the walls are "always" hard so will the blood pressure be always high.

However, even when the walls are permanently hardened, physicians can, by prescribing rest, proper diet and sometimes surgery, enable the patient to live many years and delay or prevent heart or brain stroke.

Nicotinic Acid for Meniere's Disease

In suggesting the use of nicotinic acid and thiamin chloride in the treatment of Meniere's disease, Drs. Harold E. Harris and Paul M. Moore Jr., in Medical Clinics of North America, outline their understanding of what is meant by Meniere's syndrome, Meniere's disease, and Meniere's symptom complex as it is variously called. The symptoms or characteristics are:

1. Sudden attacks of dizziness in which the dizziness is of the turning variety rather than up and down.
2. Deafness, more marked in one ear, and gradually growing worse.
3. Tinnitus—ringing or noises—more marked in the ear with the greatest loss of hearing.
4. Nausea and vomiting usually present, depending upon the severity of the attack.
5. The attacks come at irregular intervals and gradually increase in number and severity.
6. Aside from ear noises and deafness, the patient is perfectly well between attacks.

What is the cause of Meniere's disease? There is apparently no one cause; infection, anaemia, kidney, stomach or liver disease, ear conditions, allergy or sensitiveness to foods may be causes, but in most cases the cause is unknown.

Drs. Harris and Moore found that these patients were almost all vegetarians, or ate a lot of starch and very little meat. The absence of grinding teeth was also noted. By the use of nicotinic acid and thiamin chloride given by mouth, the patient is usually free of attacks at the end of three months.

In addition to this drug treatment, plenty of proteins—meat, fish, eggs—and a high vitamin diet are used. The patient is asked to eat one-half to three-quarters pound of rare, red, ground meat per day, also one-half pound of liver three times per week, wheat germ and raw vegetables.

QUESTION BOX

Q. What is considered a normal pulse rate for men and women?

A. Normal heart rate is about 72 to 78 for men, 76 to 80 for women. Normally heart rate and pulse rate are the same.

Q. Please describe the symptoms of cirrhosis of the liver. Is this curable?

A. Cirrhosis of liver is hardening of cells of the liver. General health must be kept up. There is no known treatment. It may last for years.

Wide Wale Corduroy Is Given New Importance by Designers

By CHERIE NICHOLAS



WATCH corduroys as they take the lead in the fashion parade this fall. As front page fabric news corduroy is "it" this season and no mistake. Ask any college-bound girl. She knows!

Not only are campus enthusiasts "rushing" corduroy for all it is worth, but though the season is yet young this material is proving so much of an out-and-out choice the fabric sections are booking orders one fast following after another.

To be sure, the fact that corduroy is free from priority rulings is in itself a sufficient reason why enthusiasm for it is running high. However, seeing the stunning coats and suits designers are turning out, the desire in one to acquire a whole wardrobe of corduroys. The amazing adaptability of corduroy to all phases of fashion is enough to inspire one to do just that. Certainly corduroy serves as an all-purpose fabric with amazing versatility. You can find in the shops everything from slacks to the smartest sort of town suits and stunning topcoats to satisfy the most exacting and discriminating taste.

Wide wale corduroy is the important news in stylish corduroys this season. The new wide wales are making such a dramatic and spectacular appearance in all costume collections you can find everything from knee-length shorts outfits to daytime boxy jackets and coats that are so craftily styled they really out-style everything in corduroy that has gone before.

A tailored suit of wide wale corduroy of the hollow-cut velveteen type as pictured in the right in the above illustration is a prize possession.

Off to town for a big week-end the young lady shown centered in the above illustration chooses to wear a hollow-cut velveteen coat, for it's going to look ever so smart when she goes tea dancing or to the matinee with her soldier. This corduroy velveteen is not only glamorous, but being cotton and sturdy, it has plenty of common sense back of it.

The fingertip coat pictured to the left will prove a friend indeed come rain or storm. Here is an outfit that shows judgment, common sense and high fashion instinct combined. This two-piece which mounts a reversible corduroy-lined coat over a corduroy skirt is typical of what college girls will be wearing this fall.

They will also be lounging informally or playing hard in corduroy slacks and in culottes made of corduroy. The favorite color in corduroy is a rich beige. College girls also like coats made of bright red corduroy, and forest green corduroy lined with quilted red cotton is another college favorite.

Released by Western Newspaper Union.

Gabardine Jumper



Keeping close watch on the clothes preferences of women as they lead a life packed to the brim with activity, designers have laid much stress on practical clothes. The present revival of the jumper dress as a smart and much-needed fashion is recognized in the practical outfit pictured above—a model displayed at the Merchandise Mart of Chicago at an advance showing of fall styles. It is made of red gabardine, will wash and is altogether practical. Its gay color classes it as right up to the minute.

Lace Adds a Touch Of Feminine Charm

For memorable evenings what better choice than lace—that lovely non-priority charmer that makes women appear at their loveliest. Lace is being partnered with fabric and other media in effective ways. Especially new is the dress that has a full lace skirt topped with a fitted long-torso bodice of black velvet. It is the sort of gown you will want to wear for your man in service who wants you to look pretty and feminine.

The emphasis placed on dressy formal afternoon suits is a call for lovely blouses of feminine type made of dainty lace. Three richly jeweled buttons add to the gracious attractiveness of a broadcoted cotton lace charmer that is warranted to add distinction to winter suits. The lace is an exclusive heavily corded pattern, and with lace on the non-priority list one can feel well dressed and patriotic at the same time.

Gloves, Hat, Shoes and Bag All Dyed in One Vat

Hats, gloves, bag, shoes in fine doekskin dyed in one vat have been made possible through the teamwork of those who are working together to achieve a new color formula for smart accessories.

Your gown is smart black and your accessories are carried out in a vivid one-color technique. There is a new red that is wonderfully effective for monotone accessory ensembles. Green is a favorite, also, and the new tuchsia shades are stunning with black.

Lace Blouse

Dressy afternoon styles place emphasis on the velvet suit worn with a blouse fashioned of lace. This is a fashion that is destined to become of outstanding importance as the social season gets into swing.

Black Velvet

The black dress sleeved in black velvet with a huge bow of black velvet at the waistline of the wrap-around skirt is very distinguished. Coats of the dressy type are also trimmed with black velvet.

PATTERNS SEWING CIRCLE



open neckline. Pair these styles in solid color velveteen or crisp, checked rayon crepe.

Pattern No. 8147 is in 6, 8, 10, 12 and 14 years. Size 8, short sleeves, takes 2 1/2 yards 36-inch material. 1/4 yard contrast for collar, 9 yards ric-rac.

Pattern No. 8148 is in sizes 12, 14, 16, 18, 20 and 40. Size 14, short sleeves, takes 4 1/4 yards 36-inch material. 3/4 yard contrast for collar, 12 yards ric-rac. For this attractive pattern, send to:

SEWING CIRCLE PATTERN DEPT.
149 New Montgomery Street
San Francisco, Calif.
Enclose 20 cents in coins for each pattern desired.
Pattern No. Size

Household Hints

Remove tea from old tea balls, wash material and use the bags for spices where it is undesirable to have the spices in a mixture after their flavor has been extracted.

Suede garments should be kept dry if possible. If rain does catch them, let them dry away from heat, then brush in a circular motion with a wire brush. A rubber sponge or art gum will help to keep a suede jacket clean.

Add a small onion, a pinch of ginger, a few cloves and a bay leaf as a gourmet trick when boiling corned beef.

A rug shifted every six months so that all sections have a turn at the more traveled parts of the floor will give more years of wear.

To prevent mold from growing on stored fat be sure the container is dry, cook until the moisture is all out when cooking down the fat for storing, keep in a dry place.



"Big-time" designer at 13!

SHE'S A "SELF-STARTER"

"SELF-STARTER BREAKFAST"

A big bowl of Kellogg's Corn Flakes with some fruit and lots of milk.

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HULMAN & CO. - TERRE HAUTE, IND.
Founded in 1848

BARBARA ANN THORNDIKE of Silvermine, Conn., only thirteen, is already a full-fledged designer specializing in school and sports clothes for girls her own age. Barbara says: "My favorite breakfast is the 'Self- Starter Breakfast.' It tastes marvelous, but Mom says it's mighty good for me, too."

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