

My Week

by Eleanor Roosevelt

Kathleen Norris Says:

When You Call the Tune

Bell Syndicate-WNU Features.



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By KATHLEEN NORRIS

PAYING THE PIPER
The "Helen van Dyne" of this letter called the tune 18 years ago, and now she is protesting against the terrible price she must pay the piper. For he will collect, whether she likes it or not. . . It's easy to say you are willing to take the consequences of an unconventional act. It's not quite so simple as all that, because you can't decide what the consequences are to be and when you are to be confronted with them. Sometimes they threaten the very happiness for which you once risked all.

and woman ever felt themselves so truly man and wife as we did. We never thought of the irregularity of our relationship; we had decided once and for all that ours was a truer marriage than hundreds that are approved every day. I suppose we always intended to straighten it out, but the years went so fast and were so happy that nothing seemed to be missing.

Divorce Too Late.
"Now, to go back to the old town, hunt up Harry, and make arrangements for a divorce without the children suspecting that something extraordinary was going on, is utterly out of the question. And even if I did, what would it accomplish since Dick is not within reach? The slightest suspicion of it would break Pam's heart, and shame my proud, handsome confident boy. They would lose faith in their mother forever."

Happy Home and Children.
Dick and Helen have a lovely home, friends, a prominent position in the small town where they live. The children go to high school and are preparing for college. Richard Junior happens to be a proud and dignified boy; he has literary ambitions and likes to refer to his ancestry, his good blood, his Americanism. Pamela is frail, fine, sensitive and both are devoted passionately to their parents.

Last February Dick quite suddenly rejoined the navy, and was sent overseas. Helen had little time to argue the situation with him before he left, but she did beg him to help her get a divorce from Harry, and legitimize her present position. Dick, newly made a lieutenant commander, would not hear of it. It might break into a scandal that would injure his career. Rumors would reach their own town and, above all, it would hurt the children. The only thing to do was to go on as they were, until some day Harry died, when they could quietly be married.

Helen has not heard from Dick since early in September. He is missing, perhaps dead, and if he doesn't come back her affairs will be hopelessly complicated. For there is a rich old grandmother, as proud as Richard Junior, who is presently going to leave a good deal of money to Dick's children. But Helen is still Harry's wife under the law. Should Harry turn up he could wreck their lives. Helen knows it and agonizes over it.

"I have not had one moment's peace of mind for months," she writes. "We had drifted along comfortably for so long without ever suspecting that anything would bring up this old trouble; no man



FIRST-AID to the AILING HOUSE

by Roger B. Whitman

Roger B. Whitman—WNU Features.

HOUSE HUMIDIFIERS CAN BE HAD IN MANY FORMS

There are many inquiries on methods for humidifying the air of a house. With radiators, water pans can be set on top or hung to one side; but these are of no great effect because radiators do not become sufficiently hot to vaporize the water in a great amount. A much better type consists of two water pans of the same length as the radiator, made so that there is a space between them. A piece of coarse mesh cloth is placed across the space, with its ends dipping into the two water pans. Water absorbed by the ends is carried through the rest of the cloth, and evaporation is rapid by the passage of hot air through the part of the cloth over the open space. Pans of this design are on general sale. The large electrical companies and heating contractors can supply a humidifying device to be attached to the ceiling of the cellar connected to a register in the floor above. A circulating fan, a water spray connected to the plumbing, and air filter, all under adjustment, will provide the house with the degree of humidification that is required.

Moldy Odor
Question: How can we kill the moldy smell in one of our downstairs rooms, caused by ground being unexcavated under the room?
Answer: The best thing to do would be to put down a good concrete floor in the cellar and to provide more ventilation. Until you are ready to do this however, it would help to use one of the blanket types of insulating materials, nailed between the floor joists. This kind of insulation is covered with a water-proof paper and is available in one and two-inch thicknesses. The thicker the better. You also can dry up some of the dampness by using calcium chloride, an inexpensive chemical that has the property of absorbing moisture out of the air. Place several pounds of this in a wire basket, and stand it on a pail to catch the water that will form. Your heating plant should help to dry out the air of the cellar.

Protecting Water Pipe
Question: Last winter the pipe leading from the well into my cellar froze up. The pipe is only two feet below the ground level; but it will be impossible for me to bury it deeper. My plan is to dig it up and put insulation around it. What is your advice on this?
Answer: First, cover the pipe with a thick felt insulation. Then box it in, making all the joints of the box watertight by forcing in caulking compound. Then place additional insulation in the box, using mica pellets or water-repellent wool. There should be at least three inches of space to fill in between the insulated pipe and sides of the box. After putting on the cover, you can waterproof the box by applying two heavy coats of liquid tar or asphalt all over it.

First Floor Is Cold
Question: Since I had the roof of my two-apartment building insulated, my tenant on the first floor complains of not getting enough heat. How could I cut down the radiation in the apartment on the second floor? The thermostat is on the second floor.
Answer: The answer may be to put smaller radiators in the second-floor apartment. Since you insulated the roof, the radiators in the upstairs apartment apparently are too large. Your heating man may be able to rearrange the radiators you already have.

Oilcloth on Leather
Question: Last summer I put oilcloth covers on my leather dining-room chairs. Because of warm weather, the oilcloth stuck to the leather. How can I get this off? Washing does not help.
Answer: With a dull knife try to scrape the bits of oilcloth off the leather. Do this carefully and slowly. Another method is to remove the bits by rubbing lightly with very fine steel wool. Polishing with a paste wax may be advisable.

Paint for Cement Block
Question: What kind of paint should I use on my cement-block garage to make the walls waterproof inside and out?
Answer: Use a cement base paint that contains a waterproofing. Most masonry material yards handle this product. It comes as a powder, to be mixed with water.

TO YOUR Good Health

by DR. JAMES W. BARTON

Released by Western Newspaper Union.



HOUSEHOLD MEMOS... by Lynn Chambers

Wake Up and Shine . . . for a Hearty Breakfast!
(See Recipes Below)

Though the wind may howl mournfully and the icicles crackle coldly at your window these mornings when you arise to meet the day and all its tasks, a hot, well-balanced breakfast is bound to bring you to the alert in double quick time. Fruit or fruit juice will wake you first, then eggs, hot cereal, rolls or flapjacks will do the rest toward getting you on your way.

Winter Breakfasts
Citrus fruit crops are especially good this winter and will be at your breakfast service with all their rich vitamins, minerals and health-giving qualities. Their sparkle and freshness will give you a new start these busy mornings.

Vitamin Cereals.
It's a wonderful idea to follow up the fruit course with one of those quickly prepared hot cereals which are so rich in vitamin B1—that important vitamin you need daily for preventing nervousness, fatigue and restlessness.

There are several ways of doing up the hot cereals. The quick-cooking wheat and oat cereals may be readily prepared along with the rest of breakfast—in just a few minutes' time. If you have a deep-well cooker on an electric range you can place the cereal in glass jars along with dried fruits you are able to obtain, turn on the unit overnight, and have fruit and cereal ready-to-eat.

Don't hesitate at cooking the quick-cooking cereals longer—they are improved in flavor and more palatable if you give them a few extra minutes.

Coddled Eggs.
Coddled or soft cooked eggs are made by bringing a sauce pan of water to a good boil. Then turn out the heat, transfer into it the eggs with a spoon. Cover and let stand 5 to 10 minutes depending upon the consistency of egg you desire. This is a good way to fix eggs—you can place them in the water while you're getting the rest of the breakfast.

Change Your Breakfasts.
Fried mush is a wonderful breakfast food; serve it with syrup, butter and honey, and even fried apple rings—for a late Sunday morning feast.

Toasted English muffins teamed with poached eggs—and a piece of broiled ham will work wonders toward getting the family on its way out of bed.

Package pancake mixtures will speed up the tempo at breakfast time. Serve them with butter or vitaminized margarine—honey and butter syrup, melted together, or dark corn syrup flavored with a maple extract are all that could be desired, luscious indeed.

No, I haven't forgotten omelets! For a fluffy omelet allow 3 eggs for 2 people. Separate eggs, and beat each separately. Add ½ tablespoon cream to yolks, salt and pepper.

HOUSEHOLD HINTS

Don't put furniture near hot radiators; don't put it near open windows; and don't let your house get too dry.

The National Bureau of Standards does not recommend the use of oil paints on concrete, but says that if the concrete is thoroughly dry and remains dry, house paints can be used.

Kerosene will soften shoes and boots that have been hardened by water, and will render them pliable.

In lieu of anything better, cigarette ashes make a good silver polish.

Cook rice quickly in a quantity of salted boiling water and pour it into a colander. The grains will be tender and whole. But be sure to save the water, to starch any delicate-texture wash goods.

Mice have a great dislike of peppermint. A little oil of peppermint placed round their haunts will soon drive the pests away.

STANDS BETWEEN GOLD MISERY and YOU

When colds start—spread cooling Mentholatum inside nostrils. Instantly it releases vapor "Mentholatum" that starts relief actions: 1) They thin out thick mucus; 2) Soothe irritated membranes; 3) Help reduce swollen passages; 4) Stimulate nasal blood supply. Every breath brings quick relief! Jar 30c.

MENTHOLATUM

Few Chinese words In the Chinese spoken language there are comparatively few words, but each has many different meanings.

SAVE MEAT WITH TASTY ALL-BRAN MEAT PATTIES

Here's a grand recipe for these times! Delicious, nourishing meat patties—made with KELLOGG'S ALL-BRAN. Makes meat go further. Gives these patties a tempting, crunchy texture—plus all the nutritional benefits of ALL-BRAN: valuable proteins, carbohydrates, vitamins and minerals. Try it!

Kellogg's All-Bran Meat Patties

1 egg
2 tablespoons salt
2 tablespoons pepper
1 cup milk
1 cup catsup
1 cup Kellogg's All-Bran
1 pound ground beef

Beat egg, add salt, pepper, onion, parsley, milk, catsup and All-Bran. Let soak until most of moisture is taken up. Add beef and mix thoroughly. Bake in hot oven (450° F.) about 20 minutes or broil about 15 minutes. Remove meat patties from pan. Add some milk and seasonings to drippings. Thickens slightly to make gravy. Yield: 3 servings, 2 patties each.

Exercise Essential For Folks Over 40

Some months ago articles appeared in the medical journals in which two prominent physicians warned those over 40 of the dangers of exercise. They pointed out that after 40, we are on the way down hill and that exercise would be dangerous to heart and blood vessels. Neither the heart nor the blood vessels should be asked to do any unnecessary work, not even "lift a finger."

Most physicians will agree with the idea that strenuous exercise in those at and past middle age is not necessary to maintain health and can do more harm than good.

What is a middle-aged man or woman who walks to his or her employment instead of riding, does the housework, or plays a round of golf a couple of times a week, or takes five minutes' exercise every morning, going to think about this business of "not lifting a finger unnecessarily?"

He or she is going to lift the finger, the arm, the feet, bend the body, walk home hundreds of yards at least daily because they know that as far as they are concerned the exercise they take is necessary work.

We all have sense enough to know what will happen to our heart muscle, our lungs, our muscles, our blood vessels, our digestion, our skin, if we loafed or sat down all the time. Every physician knows that he must not let the middle aged or the elderly loaf or take to bed. They would soon become bedridden.

Simple everyday exercise such as walking, housework, noncompetitive golf, or swimming, stimulates heart action, keeps blood vessels elastic, stimulates flow of blood through all the organs and working processes, maintains the appetite and prevents constipation.

What these physicians who advised "no exercise" are really telling us is that, as we grow older, we must get rid of the idea that we "need" regular strenuous exercise to keep ourselves healthy. This strenuous exercise may lessen our reserve strength.

HEALTH BRIEFS

The term Diabetes Mellitus comes from the Greek words that mean "Passing through of honey."

Diabetes is a condition in which the body cannot make use of all the sugar which enters the bloodstream from digested food. The symptoms are increased thirst and desire for food; loss of weight, weakness, pains in the legs and general irritability. Diabetes can be controlled. Consult your family physician at once by all means.

Ask Mother, She Knows . . .

Clabber Girl has been known as the money-saver quality baking powder for years and years.

CLABBER GIRL
BAKING POWDER

WAR IN 'MINIATURE'

I called on Mr. Alexander Woolcott one afternoon and he certainly has found an ideal place in which to work, in New York city. It is high up, with a wonderful panorama of the city on every level all about him.

Afterwards I had a few minutes to stop in to see an exhibition of war satires and miniatures by Arthur Szyk at the Seligman Galleries on East 57th street. This exhibition is sponsored by the Writers' War Board. I know of no other miniaturists doing quite this kind of work. In its way it fights the war against Hitlerism as truly as any of us who cannot actually be on the fighting fronts today. I cannot say you would enjoy the exhibition, but I am quite sure you would find it extremely interesting.

CHILD CARE IN BRITAIN

In the late afternoon I met with a group interested in child care in the Civilian Defense Volunteer office of Greater New York. I do not know whether I had much that was helpful to tell them, yet I feel that in some ways we are doing as much for the care of small children and older children in this country as is being done in Great Britain. Necessity drives the British to have more day nurseries and resident nurseries—and possibly better ones. But I think we probably have more possibilities for recreation for every age, even though we have not yet begun to use them to the full extent that we will in time.

They are doing more all the time in Great Britain with the 14 to 18-year-old youngsters who are out of school and not yet of draft age. But the pressure of war needs has made this program develop rather slowly over there, and I think the basic fact that we keep our children in school longer is of great assistance to us.

TRIPPED BY NEW WAR RULES

Like every other family, we in the White House are trying to adjust to the new war rules for civilians. I had not read my paper the other evening and so I went out to a concert in the way in which I would ordinarily have gone.

To my horror the next morning I read all the rules and realized I had unwittingly broken one of them, using a car for pure pleasure, even though I went to a war benefit.

Friday evening I dined with a friend but luckily it was near enough to walk both ways. During the day it was possible to walk to my only other engagements outside the White House. One morning I had promised to speak to a group of young people who are doing salvage work. I also had an appointment out at the naval hospital. Fortunately the two dovetailed very nicely and I think this is the last time I shall have to use a car in Washington for anything aside from taking bags to the station, until the present emergency is over.

As far as food goes, I find the adjustment to those regulations is very easy and I do not think we will have to resort to the substitutes which one of my friends in Great Britain told me about. In spite of the strict rationing, she wrote that she was entertaining some 32 extra persons nearly every week at meals, which required a good deal of planning since there were only three or four ration cards in her family. But she had a cottage with a garden in the country and has been able to bring up from there a variety of vegetables.

Their growing season is longer than ours, which makes a great difference. Besides she found she could serve as a main dish stuffing, well seasoned with herbs grown in her garden and covered with a rich brown sauce.

TALENT IN ARMY

There is undoubtedly a great deal of talent scattered throughout our armed forces today, but I doubt if any young man in any army wrote as many rhymes and sent them around at Christmas time as did Private Peter McLaren Forin of Buffalo, N. Y., who is in the Canadian army. I think it speaks well for our fighting forces when a private can send General Wavell a Christmas poem and get an answer and that answer also comes back to him in rhyme.