

February 5, 1956

This Week

MAGAZINE

THE MILWAUKEE JOURNAL



CORKSCREW LIGHTS:
A helicopter's trail. See Page 19

Experts Answer 15 Tough Questions . . . PAGE 8

"Give Me Liberty or Give Me Death!"

— Patrick Henry

By **BRUCE CATTON**
Pulitzer-Prize-Winning Historian

Patrick Henry was one of the happy men who lived by an ideal and had the courage to speak out for it. He said what it was in him to say, and his words have had a bell-like ring in American history ever since.

It happened in the memorable spring of 1775, when the second Revolutionary Convention of Virginia was meeting to determine whether to make armed resistance to the British crown.

Henry had spent years arguing for a wider charter of freedom for Americans. Now he supported with hot passion the bill to arm the Virginia militia. After summing up the arguments, and predicting — accurately — that the next news from the North would be tidings of open conflict, he demanded: "Is life so dear, or peace so sweet, as to be purchased at the price of chains and slavery?" And he gave his own answer:

"I know not what course others may take, but as for me — give me liberty or give me death!"

It became a battle cry — words to die for. Men did die for them on many battlefields; and liberty was won.

In some ways Henry himself was an ordinary sort of man. Born in Hanover County, Virginia, in 1736, he had a hard time finding himself. He had been an indifferent student; when he set out to make a

living he failed twice as a storekeeper and once as a farmer. Then he became a lawyer, got into politics, served in the Virginia legislature — and was a brilliant spokesman for freedom. He is remembered today chiefly because he uttered that one sentence.

But that alone is very much. This is a sentence that deserves to live. It is a timeless challenge to all Americans. In every generation, each American sooner or later has to search his heart to see whether the freedom he enjoys here is worth more than life — for liberty must always be bought anew. When that time of searching comes, what better guide is there than Patrick Henry's defiant outcry?

"I know not what course others may take" (that is, I am not going to play it safe and see what the crowd does) "but as for me" (seeing that everything I have is based on my freedom as an American, which is worth all else combined) "give me liberty or give me death!"

We will be in a bad way if we ever stop cherishing these words.

NEXT in this series, Stephen Decatur's famous toast, "Our country right or wrong," will appear February 19

Illustration by William A. Smith



This Week

United Newspapers
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THE SUNDAY MAGAZINE

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February 5, 1956

Cover by Gordon Tenney

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Heat oven to 350°. Grease and dust with flour 2 round 8" pans. Sift dry ingredients into bowl. Add shortening, milk, vanilla. Beat 2 min., med. mixer speed or 300 vigorous strokes

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THE CERFBOARD

They Drive Men Wild

By BENNETT CERF



Judging by the mail, husbands who read this column spend much of their time running down stories about the way their wives drive the family automobile. The wives reciprocate by running down the husbands.

Happiest husband of the week seems to be Vance Truesdell, of White Plains, N. Y. He's discovered a new foreign model with chatterproof glass behind the driver's seat. Henry Johnston, of Wichita, Kan., boasts: "The brakes on my car take hold so fast that now my wife, instead of running over the neighbors, can stop squarely on top of them."

George Burns complains that his wife Gracie drives blithely through every red light these days. "They've lost their novelty to me," she tells him. "When you've seen two or three, you've seen them all."

Sam Levenson has grim memories of the day his mama took her driving test. She went into reverse, knocked the plate glass out of a delicatessen window, shifted, ran down the inspector, and ended by crashing into an oak tree. "What happened?" cried Sam.

"I thought I got hit from behind," explained Mama, "so I put on the brake, shifted with one hand, signalled with the other — and when I realized there were no hands left on the steering wheel, I fainted."

Donald Lausch, of San Antonio, Texas, writes that his wife has been awarded a badge of merit for donating five pedestrians to the municipal hospital. She also wound up the week by driving up the side of a building. "It gave us a bad moment," adds Mr. Lausch, "because there was another lady motorist coming down."

Paul Spangler, of San Mateo, Calif., is married to a financier. She amassed such staggering repair bills at a neighborhood garage that it seemed cheaper to buy the garage herself. A few days later she appeared on the premises unexpectedly, and found her four mechanics squatting happily on the floor, playing poker, with a pile of tools in front of them. "Since you've stopped driving yourself, business is slack," was their alibi. "Of course, we have no money, so we're playing for tools instead. It's jacks to open."

The last straw. Here are four safety slogans from other lands, collected by Francis Duffy, designed to slow up rattled-brained speed demons:

Hungary: *Lassen jars, tovabb erst.* ("Go slower; get further.")

Mexico: *Un automovil está siempre tan borracho como el que lo guía.* ("An automobile is always as drunk as the man driving it.")

Germany: *Vorsicht ist keine Feigheit, Unvorsichtigkeit kein Mut.* ("Caution is not cowardly, and carelessness is not courage.")

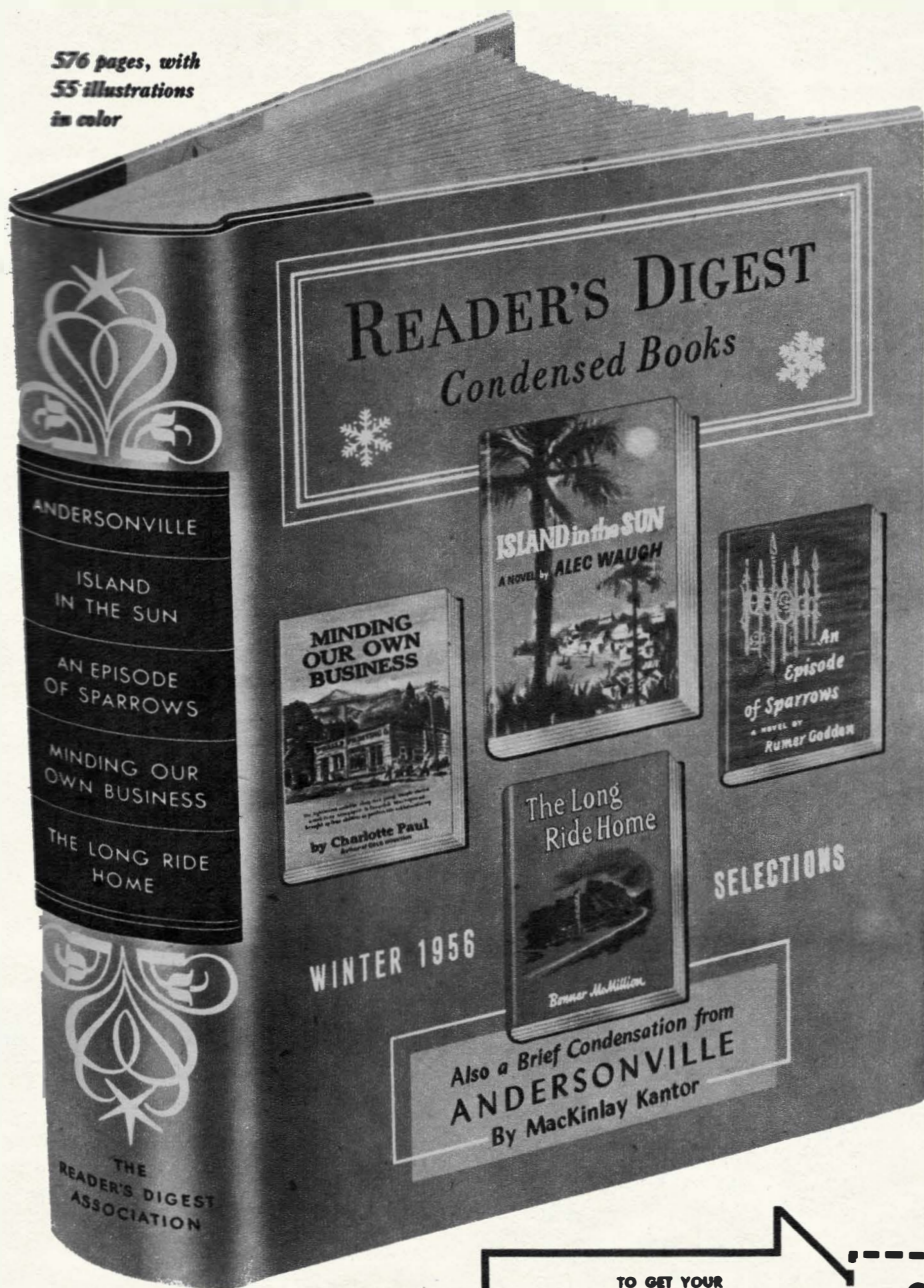
South Africa: *'N kat het nege lewens, 'n voetganger net een.* ("A cat has nine lives, a pedestrian only one.")

Here in the U.S.A., Chrysler mechanics have coined a safety slogan of their own: "It takes a lot of nuts to hold an automobile together — but only one nut to tear it apart!"



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SEE YOUR PONTIAC DEALER

What's Happened To Our Family Dinners?

By LESTER and IRENE DAVID

TV, suburban living and outside interests are wrecking an old — and valuable — custom in many families. How about yours?

For years the symbol of the "typical American family" has been a picture of mother, father and smiling youngsters gathered round the dinner table. It is a heart-warming picture, but we have jarring news to report.

The symbol has gone out of date. The sad but blunt truth, we discovered after collecting evidence from a number of large cities, is that the nightly family meal has become optional procedure in many households while in others it is as obsolete as homemade ice cream.

Today, likely as not, junior is dining by TV screen-light while his older brother bursts in, gets stoked up and bursts out again. Meanwhile, dad is still at the office, on the commuter train or battling traffic. Sister may be primping for a date. In many homes, the family manages to get off to an even start, but the kids finish in a few minutes and are gone with the wind.

In short, the leisurely family dinner, with all present, accounted for and staying to the end, is vanishing from urban and suburban life.

A City Habit

And what does it all mean? Every expert in every related field to whom we spoke, whether social psychologist or nutritionist, psychiatrist or educator, home economist or family case worker, agreed on this double-barreled conclusion:

1. The nightly get-together is more important to the moral, mental and even physical strength of the individual members than most persons realize.

2. If the custom has gone by the boards in your home, it can be revived more easily than you think.

Incidentally, these authorities made it very clear that many families still dine as a unit and have no intention of dropping the ritual. Further, the demphasis is confined chiefly to city and suburban homes. But a nationwide trend away from the family evening meal is plainly evident.

Proof comes from a variety of sources, most recent of which is a coast-to-coast survey conducted by the Youth Research Institute, which studies the tastes, habits and opinions of the younger set. Lester Rand, president, reported that only 29 per cent of 4,310 teen-agers dine regularly with their parents — "regularly" being defined as more than three times a week. The vast majority of the rest said they either ate out, by themselves or with brothers and sisters or in each other's homes most of the time, rarely more than once or twice a week with their entire families. Another



Frances Pellegrini

GET-TOGETHER: It's a lot more important than most families realize, experts say

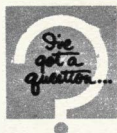
survey of 3,517 sub-teeners revealed that this five to 12 group is also abandoning the habit of family dining, Rand stated.

Corroboration came from Eugene Gilbert, president of Gilbert Youth Research Co., pioneer fact-finding organization in the youth field. "Our nationwide researches prove beyond question," Gilbert said, "that the family dinner is becoming extinct. Young people are spending less and less time with their families because they have so many varied activities."

Similar reactions came from marriage counselors, child-welfare experts and psychologists.

What's behind this movement away from a traditional custom? The experts blame a variety of social pressures.

Suburbanitis is one. Points out Dr. George H. Grosser, instructor of sociology at Queens College, N. Y.: "The distance between father's place of work and home has increased. He frequently gets home late and children can't wait." — *Continued on page 32*



15 Tough Questions From THIS WEEK Readers

“How do you get rich quick?” “What is an angel?” Here’s a first-anniversary roundup from our “I’ve Got A Question” mailbag

One year ago THIS WEEK launched a new feature entitled, “I’ve Got A Question,” in which we undertook to get expert answers to questions of general interest sent in by our readers. The resulting avalanche of mail was too big for us to be able to acknowledge individually, and since we planned to print only one question and answer a week, we reached the end of the year with a great number of fascinating and worthwhile questions left over.

To catch up, we herewith print a roundup of some of the best questions of the year, with answers from an assortment of experts ranging from Actress Ilka Chase to Bishop Fulton J. Sheen. Next week we will revert to our regular formula of one question and one answer per week. (First will be an article by Mrs. Lyndon B. Johnson, wife of the senator, telling women how they can help their husbands protect their hearts.)

Send your questions to “I’ve Got A Question,” THIS WEEK Magazine, 420 Lexington Ave., New York 17, N. Y. Questions should be of general interest to all or most people; they may be on any subject, the more interesting or provocative the better. Sorry, we can’t answer each letter.

QUESTION 1: Mrs. L. N. Milion, of Fort Worth, Texas, asks, “Why is it so difficult for most men to say ‘I love you’ to a woman?”

ILKA CHASE: On the whole, I haven’t found men unduly loath to say, “I love you.” The real trick is to get them to say, “Will you marry me?” I do agree, though, that men are stingier with terms of endearment than women. In my opinion they’re afraid to verbalize love for fear of being laughed at. The more sincere and sensitive the swain, the more



chary he is of exposing his feelings and getting hurt. Furthermore, the male animal is no dope. He’s familiar with the old proverb, “Of thy unspoken word, thou art master.” He’s smart enough to know that the spoken word can make her the boss, leading to a lifetime of entanglements. Also, many women are like drug addicts. Once they’ve tasted the heady nectar of “I love you” — they can’t get enough of the stuff. Men show their feelings in action rather than in flowery vocabularies. We women better get used to it.



QUESTION 2: Wilfrid Wheeler, of Falmouth, Mass., writes, “Why does our government keep all the gold at Fort Knox, Kentucky?”

WILLIAM H. BRETT, Director of the Mint: It doesn’t. Only a little over half the government’s \$21,000,000,000 gold stock is on deposit at Fort Knox. Eight and a half billions are stored in the Mints and in the U.S. Assay office in New York. Why Fort Knox? Well, you have to stash 40 million pounds of gold somewhere, and the depository at Fort Knox was specifically constructed with gold protection in mind, under the guns of a military reservation and centrally located from the point of view of the various mints.

QUESTION 3: “Why don’t the major leagues substitute rubber cleats for spikes to avoid injuries when players slide into bases?” from Al Bodian, N. Y. C.



“BIRDIE” TEBBETTS, Manager, Cincinnati Reds: Baseball ankle injuries are no more numerous due to spikes than they would be with cleats. Our injuries are the result, in most instances, of having no tape or brace around the ankle to lessen the chances of a sprain or break. Base-running is done on dirt which usually is hard-baked or packed. We need spikes for traction. Even cleats would have to be pointed and hard, inflicting much more serious injury on contact than the spikes we now use. While there is much sliding, falling and bumping in baseball, our players recognize the spike as a help and not as a weapon. However I do



WHAT DOES A BABY THINK? Even at six months . . . he has “numerous thoughts,” a specialist reports, though they generally don’t last long

feel that, although we are not used to the look of a shoe which extends above the ankle, the adoption of such a shoe would be an excellent safety measure.

QUESTION 4: John B. Marshall, of Philadelphia, Pa., asks, "How many men in this country understand Einstein's theories?"



DR. ROBERT OPPENHEIMER:

All students of advanced physics study Einstein's contributions to quantum theory and his special theory of relativity, and pretty well understand them. Many students in mathematics, chemistry and astronomy are also more or less completely acquainted with these theories. However, knowledge of his general theory of relativity is less widely shared. Almost all physicists have a general qualitative idea of its principle points. But an understanding of its mathematical formulation, and an ability to use the formalism it requires are probably restricted to theoretical physicists, some few mathematicians, and some astrophysicists.

Einstein's recent and incomplete work on a unified field theory is known to a still more specialized group: only a few hundred have studied it carefully. And those who are working to understand, extend, or improve it number only a few score.



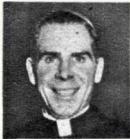
QUESTION 5: Mrs. J. W. Sherman, of Cincinnati, Ohio, writes, "Do lions, tigers and other members of the cat family purr like the housecat?"

R. MARLIN PERKINS, host of NBC's "Zoo Parade":

At the Lincoln Park Zoo we have often heard small wild members of the cat family purr. The definite purrers include the serval, the ocelots and margay cats. Leopards and the American puma also give off deep-throated feline sounds of content.

Neither I nor the keepers at the Lincoln Park Zoo have ever heard a purr from a lion or tiger. Perhaps, however, it takes a woman's touch to elicit one. Mrs. Helen Martini, animal foster-mother of the Bronx Zoo, has nursed three baby tigers through babyhood. These tigers, now adult, purr for her when she strokes them. But even Mrs. Martini has been unable to coax a full-scale purr from a lion or lioness.

QUESTION 6: R. C. Gallemore, of Wellington, Kansas, wants to know — "What is an angel?"



BISHOP FULTON J. SHEEN:

As I have said on my TV program, "Life Is Worth Living," the word "angel" is taken from a Greek word, *angelos*, which means messenger: An angel is a creature far below God in dignity and yet far above man, purely spiritual, possessed of an intellect and will, but without a body. The theme song of an angel is, "I Ain't Got No Body."

The angelic intelligence is quite different from the human intelligence. God pours His ideas intellectually into angels and physically into things. We recover the ideas that God put into things, thanks to our intellect working on sensible experiences. We therefore have to unwrap the ideas. An angel never has to wait till a package is unwrapped; it knows already what is in things. An angel knows more science than Einstein, more baseball than Leo Durocher, and more jokes than Bob Hope. There are, however, certain limitations to angelic knowledge. An angel does not know future events; an angel does not know the mysteries of grace, unless God reveals them; and finally an angel does not know the secrets of the heart and the motivations of the will. Only God and the psychiatrist know these — or at least some psychiatrists so presume.

There are angels near us to guide and protect us, but we do not invoke them. It is not later than we think. It is a bigger world than we think. If we would but stir our soul, we would sprout a wing and discover it to be a wing of an angel of God.

QUESTION 7: Reader Kay Burrill Pankhurst, of Carversville, Pa., writes, "Is there anyone who cannot buy U.S. Government Bonds?"



GEORGE M. HUMPHREY,

Secretary of the Treasury: Yes. I am one of them. The only other is Ivy Baker Priest, Treasurer of the United States. Advance knowledge of economic factors that affect bonds, could put one in a position to speculate profitably but unfairly. We are prohibited by statute from buying government bonds as a form of public protection.



QUESTION 8: Mrs. Stella W. Saltry, of San Antonio, wants to know — "Are Texans justified in their bragging?"

J. FRANK DOBIE, Texas author:

The question is civilized; most braggars are not. Nobody is justified in bragging about himself. His pride in one place or thing is usually based on ignorance of other places or things. Texans brag about the size of their state; Siberia is a lot bigger. They brag about the number of Texas oil millionaires because they don't know there are cultivated minds to brag about.

Their bragging has gone downhill of late. They used to discourage newcomers by bragging about the driest drouths, the coldest northers, the sandiest sandstorms, the thorniest bushes, the fiercest mosquitos, the outshooting outlaws and other supreme worsts in the country. That was fun. Now they advertise climate, claim to lay Florida in the shade on grapefruit, compute the number of churches per population, and the amount of choice beef per cow. All a braggart needs is an adding machine.

I say there's no justification to brag about Texas. The plain truth is staggering enough.



QUESTION 9: S. H. Sutton, of Chicago, Ill., writes, "In August, 1954, Lt. Henry P. Nielsen and Capt. Edward G. Sperry made the world's record parachute jump of 45,200 feet. How long did it take them to fall to earth?"

LIEUT. HENRY P. NIELSEN: It took 13 minutes for me to fall from the B-47 into the Gulf of Mexico. I fell nearly six miles in the first two minutes — without parachute. At 13,750 feet I pulled the ripcord, floating the rest of the way in 11 minutes.

QUESTION 10: S. J. Domenico, of Pittsburgh, Pa., asks, "What does a six-month-old baby think about?"

MILTON I. LEVINE, M.D., leading pediatrician: If thinking is the act of having the mind occupied or performing a mental operation, then a six-month-old baby has numerous thoughts. He is able to recognize people as well as many objects. He knows what he wants when he wants it, and vigorously rejects what he dislikes.

He is a social creature with a smile for almost everyone. But his smile for his mother is immediate and wholehearted, whereas his smile for strangers is given only after a few moments of careful observation. He senses hunger, but if by chance the "wrong" food is offered he will either turn his face or refuse to open his mouth.

In other words, he is *thinking* of the particular food he desires. He can even reason a little, for if he is holding a block or some object in each hand and is offered a third article of interest he will usually think to put one object down before he starts reaching for the third.

As far as we can judge, his thoughts are of short duration, shifting rather rapidly from one thing to another. He apparently lives for the moment only, with little or no thought of what the future holds.

QUESTION 11: Maurice Levitt, Baltimore, Md., writes, "Why are there so few women geniuses?"



DR. ASHLEY MONTAGU:

In the first place I don't agree with Mr. Levitt's assumption. Let us say there have been only a few women geniuses in fields where men recognize genius. In the past women have poured their genius into raising their children.

How many men would have been geniuses without the influence of their mothers to guide them? Of course, women haven't been great inventors. After all, why should they be? They never needed gadgets; they had men around the house to act as can-openers.

The kind of genius men set up as an ideal — extraordinary intellectual, imaginative or inventive capacity — has been beyond women's reach simply because she lacked opportunities and encouragement. There can — Continued on next page



RUBBER CLEATS? "Birdie" Tebbetts says they wouldn't cut injuries



DO LIONS AND TIGERS PURR? A zoo expert says he's never heard them

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Continued from preceding page



GET RICH QUICK? Grab your Geiger counter first

Uranium, Women And Song

be little doubt that when women are given greater opportunity, there will be at least as many women geniuses as men.

QUESTION 12: "Of all the hit tunes written in the past 30 years, which one didn't you write that you wish you had?" . . . This one was sent in by reader Jim Graner, Cleveland, Ohio.

COLE PORTER: "Laura," by Johnny Mercer and David Raksin.

QUESTION 13: Mrs. E. L. Ross, of San Bernardino, Calif., asks, "What scientific invention of the last hundred years has benefited mankind the most?"

ALLEN B. DUMONT, Chairman of the Board, Allen B. Du Mont Laboratories: In my opinion, instantaneous communication on a mass basis has been the most important development of the last century. The economy, standard of living and human understanding of the entire globe are based upon man's ability to communicate information immediately. Our ability to contact others in time of emergency has saved more lives than any one specific medical advance.

The milestones of the last century were, of course, Alexander Graham Bell's telephone in 1876 and Dr. Lee De Forest's triode radio vacuum tube in 1907.

QUESTION 14: Louise A. Abbott, Charlottesville, Va., wonders, "Why doesn't the United States Air Force employ women pilots?"

LT. GEN. EMMETT O'DONNELL, JR., USAF: Statistics and experience have shown that men are likely to remain in the Armed Forces longer than women. Training costs and time necessitate a selectivity of personnel that will provide for a maximum of utilization in this highly specialized field. Moreover the establishment of separate facilities and more diverse logistic support would detract from our operational effectiveness. But most important — each pilot in the Air Force is trained, evaluated and retained on his potential as a combatant. Congress has passed legislation which prohibits WAF officers from flying in combat aircraft on combat missions.

QUESTION 15: George Hall, of Hanover, N. H., asks, "To get rich quickest, which should one prospect for—oil, gold or uranium?"

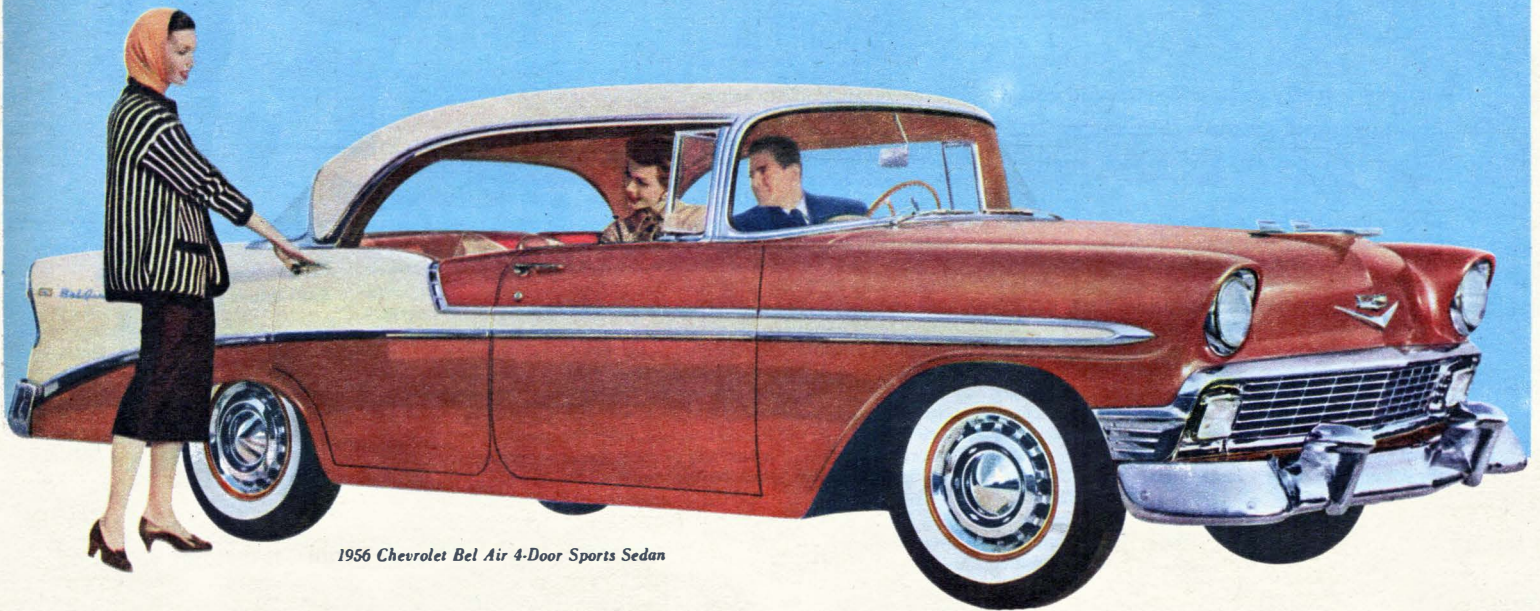
THOMAS H. MILLER, Acting Director, U. S. Bureau of Mines: First, don't look for gold. With today's fixed price of \$35 an ounce, it would cost more to mine your strike than the pay dirt is worth. You can get rich in oil all right, but you have to be a big operator to start with. It would take about \$1,000,000 worth of drilling just to find the first barrelful.

Uranium is your best bet. It carries a high government guaranteed price and can still be found on the surface. All you need is a Geiger counter and a grubstake. But you'd better look for it soon: the guaranteed price runs out in 1962.

You could make an even bigger pile by finding more ordinary metals. If you came up with a domestic source of high-grade copper, or nickel, you'd be a millionaire overnight.

NEXT QUESTION: Senator Lyndon B. Johnson's wife gives invaluable advice to millions of American women: "How To Help Your Husband Guard His Heart."

in four-door fashion...



1956 Chevrolet Bel Air 4-Door Sports Sedan

NO DOUBT about it, in the four-door hardtop General Motors stylists have created a refreshing new motor-car fashion that is sweeping America—and you can have it in GM cars of every price class.

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smoother, more responsive automatic drives — to set a new high in flashing performance.

Add their many new safety-engineering features like double-locking door latches, precision-aimed head lamps, Power Brakes, Power Steering and seat belts (optional) and you can come to only one decision: Your key to greater value in 1956 is the key to a General Motors car.

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Strongest Girl In The World?

By MARTIN ABRAMSON

Canada's pretty Jackie MacDonald could be an Olympic champ — but she'd rather be a lady than a "muscle moll"

Jacqueline Donald MacDonald is a beautiful girl, blonde and shapely, a devotee of Tchaikowsky, poetry and the classics, and a glamorous dresser. Her speech is soft, her manner gentle. She teaches fifth-grade public school during the day and studies English Lit at the University of Toronto at night.

Her social life has always been active; she is in love, she has just become engaged. Obviously, here is a young woman as completely and as passionately female as say, Grace Kelly. But she is also something more: a champion at the shot-put and discus, an incredible manipulator of heavy bar bells, and the West's choice entry to beat the brigade of Soviet "muscle molls" in the Olympics.

This combination of personal talents makes for unusual psychological problems. "Strong women have great prestige in the Soviet Union, and they are admired by men and women alike," she points out. "But here you are often looked on as some sort of circus freak."

"Jackie would like to become a world's champ," says her first coach, Lloyd Percival, director of Canada's famous Sports College, "but she is afraid of losing her identity as an attractive and desirable young woman. This makes her sensitive and difficult to draw out. It also hurts her performance. Most top athletes do better in competition than in training because of the extra incentive. Jackie does much better in training.

"Her dress and make-up are always at their most glamorous after meets or at post-meet parties. It's her way of immediately counteracting the picture of a tomboy flinging heavy weights around."

The 23-year-old schoolteacher holds the Canadian record for the shot-put and last year in an exhibition in Cleveland smashed the U.S. record by throwing the eight-pound ball of brass approximately 45 feet. Galina Zybina, a 26-year-old Russian student, holds the world's record of 54 feet, 8¼ inches, and six other Soviet women are right behind her. Both Percival and Fred Treadfoot, Jackie's current coach, feel the blonde hope of the West can close the gap, providing she strengthens both her psychological and physical armor.

In private practice, with her inhibitions down, she has already put the shot several — *Continued on page 14*



4
A WIN for the West?

3
AND lets it go!



2
SHE whirls around . . .

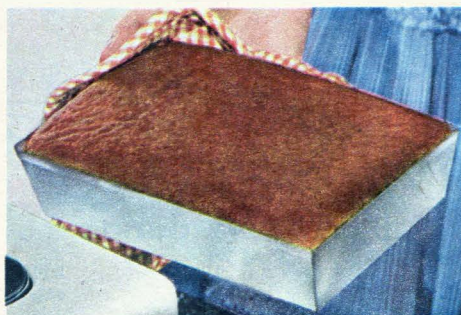
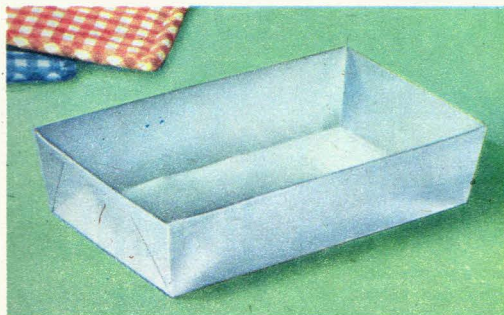
1
JACKIE starts discus toss

Feingersh



ALL 3 RIGHT IN THE PACKAGE!

Cake Pan... Cake Mix... Frosting Mix



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Six servings of your favorite flavor with your favorite frosting.

The one-day cake that never gets left over!



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Unlike aspirin and other so-called "remedies," new Bromo Quinine is a real cold tablet. Its exclusive medicinal formula now contains an amazing new Citrus BioFlavonoid—plus the five potent cold-fighting ingredients that have made Bromo Quinine so famous. It now guarantees the most complete relief possible from all these cold miseries:

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When you've got a real cold - get a real cold tablet

BROMO QUININE

STRONGEST GIRL IN THE WORLD?

Continued from page 12

Jackie Must Gain 25 More Pounds



DISHES are a simple job after lifting bar bells

feet further than her best official mark, has also surpassed official U.S. and Canadian records in the discus. On the physical side, her weight of 150—spread symmetrically over a five-foot 10 frame—makes her a bantamweight in comparison to her 200-pound competitors from the Soviet.

Jackie's coaches feel she has to put on at least 25 pounds of muscle by Olympic time. That's why they're putting her through a weight-lifting and body-building program. She can handle 200-pound weights in squat and bend exercises and lift 150-pound bar bells in a clean-and-jerk lift. There aren't many men who can do as well.

The prospect of packing on extra muscle weight frankly appalls Jackie but there is one saving factor: Her body measurement will be smaller because muscle is more compact than soft tissue!

Jackie is the only daughter of Donald MacDonald, a Toronto druggist. She went in for swimming and diving at first, and in 1948 won the Ontario Junior Diving championship. At the University of Toronto, before she switched to normal school for a teaching certificate, she played on the tennis and basketball teams.

Champion Material

Her moderate success in these sports didn't satisfy her feelings of restlessness and her need for recognition. In 1952, a girl named Jo Brennan, a former track and field athlete, introduced her to the weighted object known as the discus. Jackie found she could throw it around so easily that she contacted Percival, a pioneer in the scientific school of coaching. After a few training sessions, he told her what she wanted to hear: in heavy-weight events, which few women in the States or Canada can master, she had the ability to become a world champion.

Normally, it takes years of training to excel in the shot-put, which looks simple but requires 11 separate body skills. In Jackie's case, she was able to become her country's champion in less than a year. A barrage of news stories about this new candidate for "the world's strongest woman" caused her great emotional stress but at least they went unnoticed in her class at the Hillcrest Public School.

Dating became a problem. Some of her swains couldn't resist such corny cracks as "Can I feel your muscles?" or "Can you hold the car up if I have to fix a flat?" Jackie was never home the next time they called. One fellow drove her home from a TV appearance, insisted he couldn't lift her bar bells and made her carry them while he trailed along behind. He, too, was crossed off the list.

A few months ago, Jackie began keeping company with a slim six-footer named Bill Eckersley and they have just become engaged. Eckersley is a law student and sprint runner who has never put the shot, but who thinks jokes about those who do are hackneyed and infantile. He likes women who can accomplish things; he likes them beautiful and tall, and he likes to go to the theater, the ballet or the opera when he leaves the track. Obviously, he is the man for Jackie MacDonald and he is helping her to resolve the dilemma of what might be called her split personality.

They have agreed that once the Olympics are out of the way, Jackie will shed all that extra muscle weight, give up competition, and concentrate on what people on this continent consider to be exclusively female activities. There's such a thing as carrying this "strongest woman" business too far.

— The End

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Stop kidding yourself!

Cosmetic lotions can't heal rough, red, hurt hands!

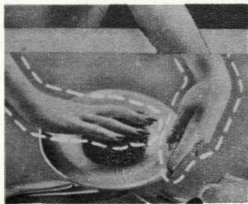


Rough, red, *hurt* hands need medication and protection!

Only Revlon's new, medicated Silicare WITH TRI-DERMOL*
protects as it heals and softens your hands!



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NOT SUBJECT TO COSMETIC TAX

Doctors recommend daily use of Silicare!

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rich aroma so many
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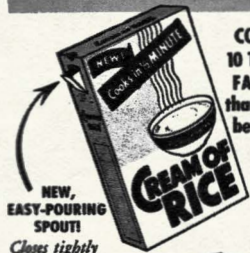
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Family album



The Robin Hoodlums

By WEARE HOLBROOK

They're worse than space men, this uncle says

As an uncle of long standing, or more accurately, long crouching, I am a man who has braved death in many forms. I have survived the single-barreled "Bang!" of my nephews' Davy Crockett rifles, the interminable "ak-ak-ak" of their U.S. Marine tommy guns, and even the crescendo "whee-ee" of their rocket bombs. Experience with these shattering assaults has long since taught me a basic rule of security: drop dead at the first sound of a volley.

But Santa Claus, who as an arms manufacturer easily surpasses Krupp, came up this Christmas with something new and insidious: the old-fashioned bow and arrow. The kids have discarded Hopalong Cassidy and the Space Cadet in favor of Robin Hood. And Robin Hood and his merry men are a silent crew. You don't know you've been a target till you're hit.

Fortunately the youthful yeomen are not very good marksmen; but they can aim at something with a fair chance of hitting something else.

Change of Cast

This uncertainty may be due to the fact that they aren't any too sure who the enemy is. In Western sagas, the moral issues are clearly defined; as John Steinbeck observed, the good guys wear white hats and the bad guys wear black hats. But the characters of Sherwood Forest all dress pretty much alike. And the youthful mind may be confused by the sudden shift of loyalties which requires it to regard the Sheriff of Nottingham as a villain while remembering the Sheriff of Dead Man's Gulch as a hero.

However, they do know that Robin Hood took from the rich and gave to the poor — and they are all for it. At our last family reunion, my little nephew Eustace pinked me between the eyes with a rubber-tipped arrow which had lost its tip, and then held me for ransom to the tune of 85 cents.

"Bleeding is good for ye health," he assured me as I swabbed my brow, "and every farthing of this money is going to ye poor."

"What poor?" I inquired coldly.

"It's Buddy Hinshaw this week," he confided, "but next week I'll be ye poor. We take turns."

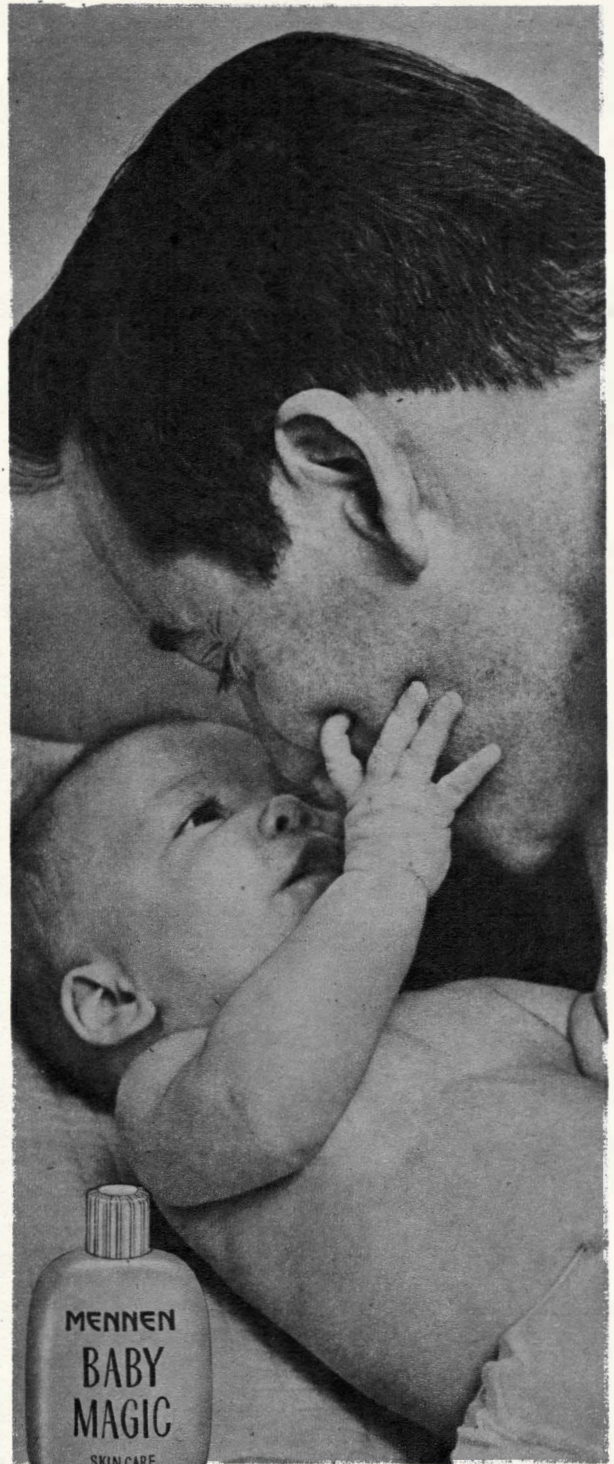
This seems to me a form of toddling socialism that may lead anywhere. But more important, I've only got two eyes left and I'm scared.

So I have now appropriated an old gadget discarded as an anachronism by the Sherwood Forest set. It is a stout plastic bubble known as an "outer space helmet," and though it tickles, it enables me to defy Robin Hood, Little John, et al.

Better an itchy nose than a hole in the head.



TARGET Holbrook



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(and it's a real Hoover!)



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Here's the lightest, brightest, easiest-to-use upright you ever guided across a carpet. Just once over lightly and Hoover's exclusive Triple-Action gets the deep-down dirt that other cleaners miss. And notice those new Forecast Colors—cleaning will never be drab when you use a Lark. See the new 1956 Lark at your dealer's—the lightweight, full-size Hoover.

\$89⁹⁵



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... around the house, around the world

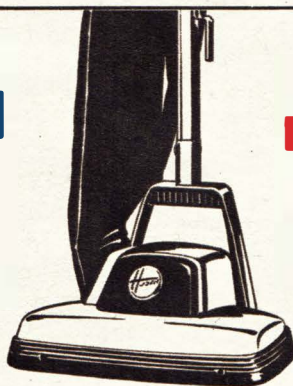


New double-stretch hose. Click on and you have the world's longest reach for cleaning anywhere in the house. Hose and tools optional.



No dust bag to empty. Just throw away the oversize paper bag—dirt and all! New bag snaps on in a jiffy. Hands never touch dirt.

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\$69⁹⁵

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more lights per flint!

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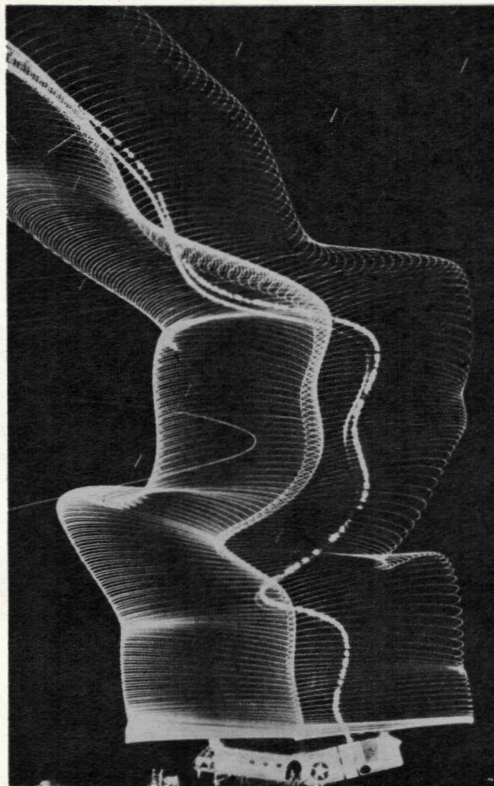


NOW—for children...

a new, different aqueous nose drop that clings to give longer relief. Milder-feeling. Fully effective.

Use MILD VICKS VA-TRO-NOL Nose Drops

Science



TWIN-ROTOR craft makes weird, fascinating pattern

See Front Cover

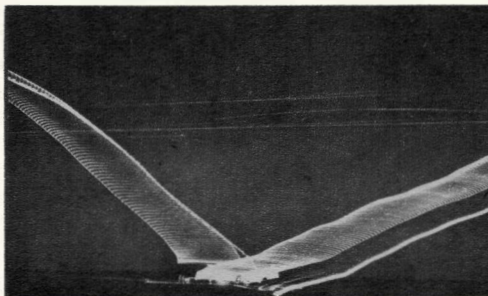
Corkscrew Lights

Helicopters are lit up for night flying

There are some startling sights in the skies of Texas these nights, but they're nothing to be alarmed about. Edward Gary Air Force Base at San Marco is putting lights on the blades of helicopters and then taking time-exposure photographs of the "eggbeaters" in flight.

The photographs, two of which are shown on this page and another on the cover, are studied by engineers to find out just how much the blade lifts up from the body of the helicopter, thus determining the stress and strain on the structural part of the aircraft.

The Air Force's aim is to make helicopters — already the safest planes in the air — safer still. At the same time it's creating its own Northern Lights.



Gordon Tenney Photos

'COPTER comes in from the right and then takes off

HALO leaves hair Cleaner, Softer, Brighter



than any oily, greasy soapy shampoo



Halo—unlike most shampoos—contains no greasy oils or soap to leave dulling, dirt-catching film. Thus Halo cleans thoroughly, quickly, then rinses completely—brings out all your hair's bright, shining beauty with each shampoo. Get safe, gentle Halo today.

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FROM CALIFORNIA

Look how beautifully sunny cling peaches brighten your mealtimes, lighten your work, make delicious food even more tempting! For dishes delightful as these, keep clings handy. Check the can label for that important word "cling."

Cling Peach Advisory Board



EASY RECIPE

FIESTA FLAMING PEACH CAKE

Gay as a fiesta, and just as light-hearted! You start with BETTY CROCKER® HONEY SPICE CAKE MIX, so you know your cake will be perfect. Just let the cake cool, then fill and top with sweetened whipped cream. Arrange well-drained California cling peach halves on top. In the center of each golden peach, place a sugar lump soaked in lemon extract. Then light up the sugar lumps... and serve your cake flaming!

®Reg. trademark, General Mills, Inc.



EASY RECIPE

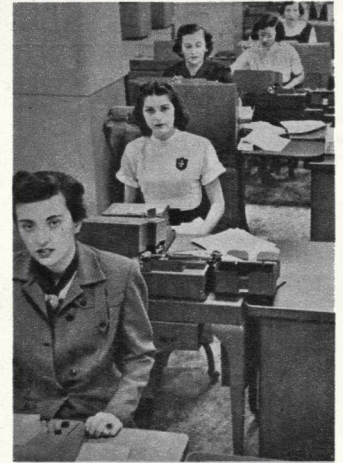
FIESTA SPAM* PEACH CUPS

Bright and different... savory and succulent... this broiler-easy combination of pure pork SPAM and golden cling peaches from California! Simply grind or chop 1 whole SPAM, combine with ½ cup uncooked, quick or instant variety rolled oats, ½ cup milk, 2 tablespoons catsup, 1 teaspoon prepared mustard. Shape into 6 balls. Place in hollows of 6 cling peach halves. Broil 10 to 12 minutes, about 6 inches from flame.

*Reg. trademark, Geo. A. Hormel & Co.



George Hoyer



OFFICE: What's new since 1890?

Quiz 'Em

Questions and answers
from the news

By TOM HENRY

Topsy-turvy . . . According to latest figures there are today three women clerical workers in offices to every male. How does this figure compare with that of 1890?

There were eight men for every woman.
— F.C., Middleboro, Mass.

Entertainer . . . Whom does the Soviet Union rate as America's greatest gift to the entertainment world?

Walt Disney. Russian moviegoers are still talking about "Bambi" and "Snow White."
— S.M., Hinsdale, Ill.

Topples . . . Twenty-one cabinets have fallen in France since the liberation in 1944. Which premier holds the record for both the longest and the shortest postwar governments?

Henri Queuille. 421 days in 1948-1949; three days in July, 1950.
— J.G., Memphis, Tenn.

Boom . . . What business is booming at Gettysburg because of the President's farm there?

Souvenirs. A big seller is a dinner plate with color portraits of Ike and the First Lady.
— J.C.B., Baltimore

Spies . . . According to a recent survey, there are 1,095 radar speed monitors licensed by the Federal Communications Commission. What state has the largest number of these?

Ohio, with 120. Next comes Wisconsin with 109.
— L.D., Cincinnati

Timber . . . What encouraging report was recently given by the U.S. Forest Service?

For the first time since America began the harvest of its virgin forests, the country is growing timber faster than it is being used.
— P.F., Dallas

NOTE: We will pay \$2 for a question and answer used in this column. Questions are based on current news, and clipping of news source must accompany answer. Address: Tom Henry, THIS WEEK, 420 Lexington Avenue, New York 17, N. Y. Unaccepted contributions cannot be acknowledged or returned.

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This same DuBarry necklace is selling for \$5.00 in stores right now. You get it for just \$1.50. And with it, there's a *double-your-money-back* guarantee of complete satisfaction.

What's more, you also get—absolutely *free*—a handsome, beautifully finished brocade and satin case. You can “convert” this case into an evening bag, just by whipstitching a few seams. (Directions enclosed in each case.)

Don't miss out on this bargain—order right now!

LUX LIQUID DETERGENT ...
it's the next best thing to a
dishwashing machine—and
it's Lux-mild on your hands
NEW LUX IN GOLD FOIL ...
with the sealed protection
of gold foil, it sets a new
standard of complexion care



Lever Brothers Company
Special Lux Pearl Offer
Box 1240, New York City

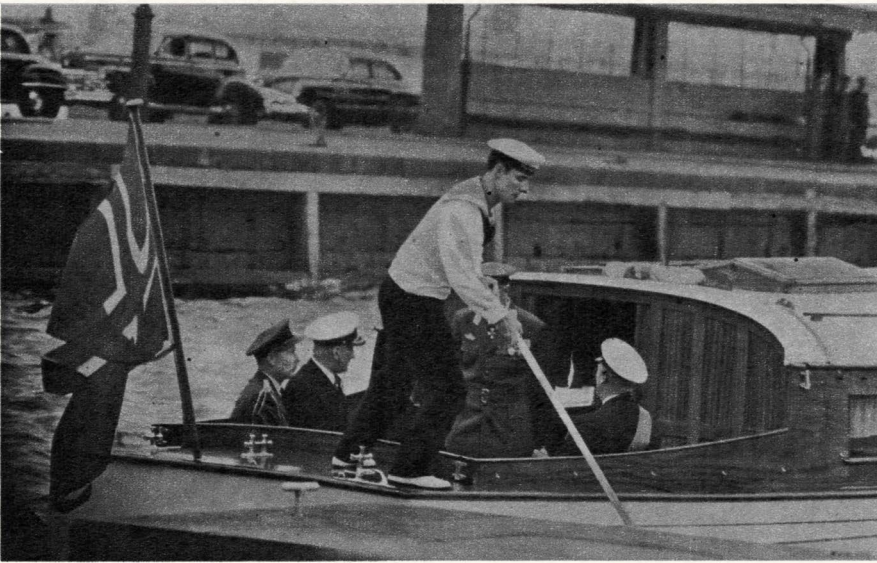
For each necklace and bag set, I have enclosed check or money order for \$1.50 and 2 Lux Toilet Soap wrappers OR the code number copied from the bottom of a can of Lux Liquid. (Offer limit: 2 pearl and bag sets per family.)

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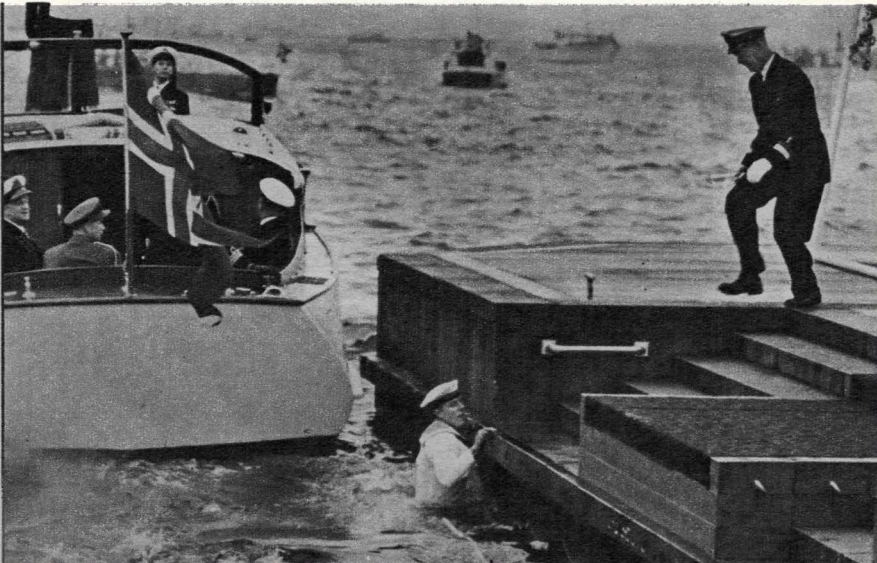
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1 LAUNCH is landing Britain's Elizabeth and Philip. Sailor tries to steady boat when suddenly . . .



2 SPLASH! He reaches for the dock. Boat was put in reverse and an officer dashed to his rescue



3 NAVY BRASS help him out, but carefully. One soaked sailor is enough for the Norwegian Navy

What Made The King Laugh

It took a water-soaked sailor to bring out a royal roar from Norway's Haakon VII

Spry, 83-year-old King Haakon of Norway is one of Europe's oldest and most dignified rulers, but his solemn mien cracked wide open on one occasion recently.

When Britain's Queen Elizabeth and Prince Philip visited the King at Oslo the dock was lined with distinguished spectators, admirals of the Norwegian Navy, the King and his suite. The small craft carrying the royal couple approached the dock.

Then it happened. A Norwegian sailor hopped aboard the boat and tried to do two things at the same time: steady the boat and salute the visitors. Result: an embarrassing splash.

Cold, wet and somewhat abashed, the unlucky sailor was hauled ashore by a couple of grinning admirals. Queen Elizabeth smiled — and King Haakon roared. It broke the tension and even made the sailor feel better. Some day he can tell his grandchildren about the day he made the King laugh. — R. S.



4 RED-FACED SAILOR finally gets ashore



Lennart Nilsson Photos

5 MERRY MONARCH: King and president of parliament chuckle over sailor's mishap

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Cues From The Zoo



What's this TV actress doing with all those wild animals? She's learning to act!

By **LESLIE LIEBER**
 This Week Television Editor

ON SCREEN: Inger stars on TV's "Studio One" drama

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And on Cold Tablets, Cough Syrup or Chest Rub—
 the name SUPER ANAHIST means "Best Medicine for Cold's Distress"



Sharland



INGER STEVENS gets a lesson from a lion



Bernard Newman

LEOPARD is an expert in grace and poise

When Jinx, the New York zoo's leopard, was a baby in Mozambique, he never dreamed that some day he'd become a great dramatic coach. And yet — Jinx, Flappy the seal, Jack the lion, Julie the elephant and even an unchristened raccoon are giving drama lessons to many of our top actors and actresses — such as Inger Stevens, shown on these pages.

It might sound absurd — but practically all the animals in the Central Park Zoo serve on the faculty of Lee Strasberg's famed school of acting. At his feet — in rapt admiration, dungarees and

dark glasses — sit such disciples as Marilyn Monroe, Eva Gabor and Shelley Winters.

"Mr. Strasberg advises us to browse around the zoo studying the animals," says Inger Stevens, the pretty TV actress in our photos. "The object is not only to learn to move like a certain animal, but to feel like one. Later we pantomime our chosen animal in front of the class, with everyone trying to guess what we are. I happen to be a pretty fair panther."

Swedish-born Inger once had a harrowing experience attempting to be a stork. Too late

she became aware that the stork's legs bend backward rather than forward at the joints. An osteopath, and not Mr. Strasberg, yanked the birdlike actress back into shape. At least that's the way we heard it.

Due to open soon on Broadway is a new play called "Début." Inger Stevens, with several top-notch TV roles under her belt, and, by now, a graduate *cum laude* of the Central Park Zoo, has the lead role. We predict that Mr. Strasberg, Flappy the seal and even the raccoon will be very proud of their pupil. — The End



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WONDERFUL FOR DISHES TOO!

By JOHN D. MacDONALD

Illustrated by Arpi Ermoyan

The Magic Valentines

They had a secret power that would astound Jerry — who had sent them to ease his breaking heart

It began on a gun-metal evening in early winter, at the end of one of those dreary Manhattan days when the office windows were alight by three in the afternoon. Jerry Bowen, of the Claims Department, had stayed late to finish up a report that had to be typed first thing in the morning. It was nearly six when he walked down the corridor toward the elevators. The whole floor had an empty, echoing, after-hours feel about it.

He looked toward the evening with distaste. Two years ago the town had seemed wonderfully exciting. Now he knew of at least three apartments where friends maintained seemingly permanent parties, where he would be welcome, but he did not want another of those evenings of predictable girls, predictable small talk, and the mild, highly predictable hangover. This was perhaps a night to hole up, eat a quick meal and read a book. But that seemed equally tasteless. He hoped it wouldn't be another of those restless evenings of walking too many miles through the bright, meaningless streets.

He punched the down button, and as he waited he turned and looked through an open door into the large office which during the day was a gay bull pen of bright-faced girls and chattering office equipment. He wondered idly why the door had been left open, though the room was dark. Then, just as the elevator arrived, he saw a girl in the dark at one of the far desks, silhouetted against the city glow, and in the silence he heard what could have been a sob.

"Down," the operator said.

He started in, then stopped and said, "Sorry. I forgot something."

The operator sighed, slid the door shut and was gone. Jerry walked hesitantly into the big office and went over toward the girl. He sensed that mathematically his chances were not good. Half of them were unattractive. He had made constant surveys of the other half, had dated some of them. It was not likely

that one of the prize packages would be weeping in the dark.

"That bad?" he asked softly as he approached her. The oval of her face was pale, unturned, too dim for recognition. "I guess so," she said. And she snuffed.

Her voice was husky and pleasant. Her arm against the faint light was slim. He flipped his mental coin. He knew he couldn't very well turn on the lights before asking her.

"I feel dreary tonight, too. How about a mutual cheer association? Some place dim and Italian with trite red wine and a candle and we'll exchange small talk. Nothing you have to dress for. Right from here."

She didn't answer for a long time and then, in a small voice, she said, "Dutch?"

"If it'll make you feel better about it."

She stood up slowly. He was pleased to see her tallness, perhaps five eight. Tiny women made him feel excessive.

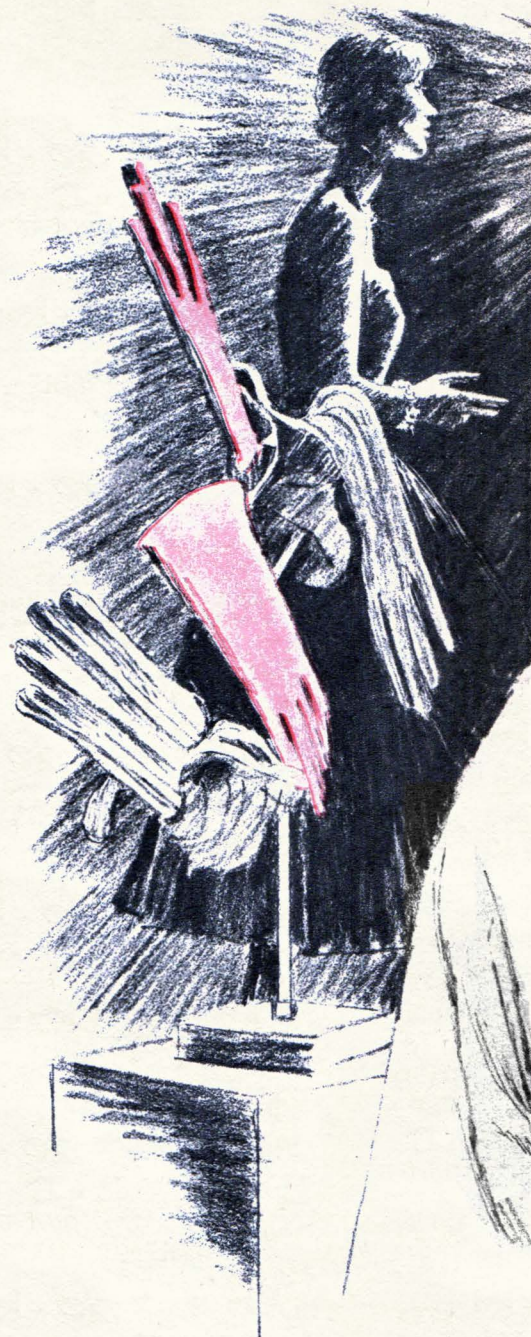
"Five minutes to repair a ravaged face," she said. He followed her out into the hall and shut the door behind them. She turned and, despite the puff of tears around her eyes, he saw that she was lovely. A lovely lissome thing named Della Howard, with black hair and a tilt of aqua eyes. One he had admired from afar, with black envy for one Walter Crane of the Actuarial Section, the tall and rather somber young man who marched her away each and every evening. He congratulated himself for his luck, and the courage of impulse.

She looked at him and seemed disconcerted. "You're Jerry Bowen," she said, almost accusingly.

"Notorious lupine type? Be not alarmed, fair Della. I'm off duty. Besides, the reports are exaggerated."

He waited and she came back, smiling shyly, and they went out and he found the sort of place he had in mind. They were together there, and the food was good, the talk was good, and her face was lovely in the candlelight. Both of them took care that Walter Crane did not come into the conversation.

In the lobby of her hotel, he asked her for a date on the following night. She frowned and looked at him almost too directly and said, too emphatically, "I'd like to, Jerry." All the way back to his place he sang a bass drum solo to himself, soft resonant booms from deep in his chest in time with his step.



JERRY drew her into the store's entryway, but even as he kissed her, he sensed her withdrawal

There was a date, and more dates. Sometimes he would see Walter Crane in the corridor. Crane would look at him with loathing. Jerry sensed the tenor of the office gossip. It did not bother him. Here at last, maybe, was The Girl. The end of long restlessness. The end of a search. Every hour with her was too short. He could not tire of watching the curve of her lips, the shape of her hands, of hearing the sound of her voice. He knew that he was having a very good time indeed.

The flavor of their first meeting continued. No kisses, no hand holding, no declarations of love undying. It somehow seemed better that way, more valid and more precious.

Once he made her talk about Walter Crane. The pain



in her eyes frightened him, made him feel insecure. It was a very usual story. Injured pride. Two proud people. Had he not stepped in when he did, he knew it would have been a rift mended within days, or hours. He was relieved when the conversation moved to other things. He sensed the strain within her. At times she seemed to be pretending to have a good time. He knew that she was trying to get over Walter Crane. He hoped it would be soon. For he was ever more certain this was The Girl — of poem, song and story.

On the tenth of February Jerry Bowen kissed Della Howard for the first time. They had been to a play. They planned to have supper a short walk from the theater. There was a light snow falling, few people

walking. She had taken his arm. When they walked under a street light he saw the snowflakes in her hair and caught on her eyelashes. He felt an overwhelming tenderness.

He drew her then into the entryway of a closed shop and took her in his arms. She stiffened at first and then lifted her mouth willingly. He kissed her, and her lips were as warm and soft as he had imagined. Even as he kissed her, he sensed her withdrawal. It was not a physical thing. It was as though she had willed herself to cease to be aware of being kissed, as though she had determined to endure without complaint. It was not the magic he had expected.

Later, over supper in the wintry night, he looked

across the table at her and said, in what he hoped was the proper tone of sophistication, "And so the good girl boldly kissed the evil wolf."

She looked seriously at him. "What's bothering you? Is that a crazy kind of apology for kissing me? I'm astonished you didn't a long time ago. I expected you to. And I expect you to kiss me again. Quite often, darling."

His heart gave a great leap of hope as he looked at her. He looked into her eyes and saw how, with little-girl earnestness, she was trying to play the part she had assigned to herself, saw how this was still a part of her rebellion, and how her heart was forever denied him.

As she had requested, he kissed her once more that evening, but she did not know it was a kiss of parting, a kiss of gratitude for this short time when there had been no restlessness.

He found the cards in a corner store. They were identical cards, small, with a black border that enclosed a red heart broken into two pieces. He found them on his lunch hour on February thirteenth. One went into the box with the expensive silk tie from a Fifth Avenue shop, for delivery to Walter Crane's apartment. The other went with the tiny bottle of perfume that he had sent to her hotel.

And it so happened that at quarter after five of the day of St. Valentine, he saw them together, Walter and Della, walking hand in hand away from the office.

It had been a day like that other day. Grey as dull steel. He ate quietly and quickly and alone. He went to his room. He put on pajamas, propped himself up on two pillows and tried to read. The print swam and there was no meaning. He fed himself morsels of consolation: They would be very happy. Also, there were three empty desks in the bull pen. They would be filled soon. Maybe one of them would be The Girl. But he knew better. The Girl had been and gone, and he felt he had handled it wrong, but he did not know what else he could have done.

When they called up the stairs that the phone call was for him, he went listlessly down and answered it. Maybe somebody was cooking up a party.

"Jerry?"

Her voice. He felt his breath catch in his throat: "Hello, Della," he said calmly.

"It was very sweet of you, Jerry. I want to thank you."

"Always glad to do a favor for a friend."

"It was a favor, Jerry. A very great favor. I think I know what it meant to you to do it. I had what I thought were two happy hours with him, and then I looked across the table and you know what?"

"What?"

"It wasn't you. And I felt sick at heart. I'm an awful fool, Jerry."

He felt his eyes fill with tears, felt his throat thicken. "Pretty darn fickle, aren't you?"

"Oh, Jerry, it was awful. Now I'm sure. Now I'm really sure."

Even in his great gladness, in his rejoicing, he felt a reflexive compulsion to make a bright, gay remark. He thought of it, but when he opened his mouth to say it nothing came out but a completely revealing sob. Slightly muffled but unmistakable.

There was a pause. "That bad?" she asked softly.

"I guess so," he said, unsteadily.

"How about a mutual cheer association? Some place dim and Italian with trite red wine and a candle and we'll exchange small talk."

"Dutch?" he asked.

"I think I'll pay. Like maybe a Valentine."

"Give me five minutes to repair this ravaged face," he said. And then more softly, "I love you."

"That, too," she said, "is a Valentine." — The End

JOHN D. MacDONALD, a prolific producer of short stories, is now hard at work on a serious historical novel, set in Ceylon, which will come out later this year. This busy author lives in Florida winters and in New York's Adirondacks summers.



Quick, Elegant Skillet Suppers



1.

You make 'em with
NIBLETS CORN
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CANNED SOUPS

**Delicious complete meals
in 10 minutes (or less)**

Hardest thing about these skillet suppers is getting anybody to *believe* they only took minutes to fix. Clip the recipes and try 'em. Very easy—though they taste like you fussed for hours. And very special. (There'll be calls for "seconds", you'll see!)

The secret, of course, is the crispness and flavor of Niblets Brand corn. The Green Giant's exclusive new process pre-cooks Niblets five times faster than other canned corn. And Niblets is *vacuum-packed*. Result: *new* crispness, natural color and flavor found in no other can of corn. Try 'em. You'll *taste* what we mean.

NEW PROCESS
NIBLETS
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WHOLE KERNEL CORN

Green Giant Company, headquarters, Le Sueur, Minnesota; Green Giant of Canada, Ltd., Tecumseh, Ontario.
"Niblets" Brand Reg. U. S. Pat. Off. ©GGCo.



2.



1. 10 MINUTE CORN & CHIPPED BEEF SKILLET SUPPER

- 2 tablespoons butter
- 3 tablespoons chopped green pepper
- 1 4-oz. package chipped beef
- 1 can condensed cream of chicken soup
- ¼ cup milk
- ¼ teaspoon dry mustard
- 1 12-oz. can NIBLETS BRAND whole kernel corn

Melt butter in skillet. Add chopped green pepper and cook over low heat until tender. Add chipped beef. Cook 2 minutes. Remove mixture from skillet. Empty can of cream of chicken soup into skillet and add milk and dry mustard. Stir over low heat until well blended. Add NIBLETS BRAND corn, the green pepper and beef. Blend. Cover skillet and cook until heated through. Serves 4 to 5.

2. 7 MINUTE CORN & CHICKEN SKILLET SUPPER

- 1 can condensed cream of mushroom soup
- ¼ cup milk or cream
- 2 egg yolks
- 3 tablespoons chopped pimento
- salt and pepper to taste
- 2 5-oz. cans boned chicken
- 1 12-oz. can NIBLETS BRAND whole kernel corn

Empty can of cream of mushroom soup into skillet. Add milk or cream and stir over low heat until blended. Beat egg yolks slightly in small bowl. Pour small amount of hot mixture over egg yolks and stir quickly. Pour back into skillet and stir until mixture thickens. Add pimento and seasonings. Stir in chicken with a fork breaking it up into small pieces. Add NIBLETS BRAND corn, and blend. Cover skillet and cook over low heat until heated through. Serve over rusks or toast. Serves 4 to 5.

SPECIAL OFFER—SAVE \$2.70

**New Royal DRU-iron Skillet
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Porcelainized
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Direct from Holland, to pretty up your table (and make cooking easier). The celebrated Royal DRU-iron Skillet. About 9". Heavy cast iron with smart pastel blue porcelainized finish and hand-painted Delft Blue designs. Chip-resistant and stainproof. A \$5.95 value! Send 2 Niblets Brand corn labels and \$3.25 to: Green Giant, Dept. T, Le Sueur, Minn. Supply limited, so hurry. Offer ends April 15, 1956.



Certified

The Truth About "Change Of Life"

A doctor discusses that crucial time which both women and men fear — mostly without cause

By W. W. BAUER, M.D.

Director of the Bureau of Health Education, American Medical Association



"Do many women lose their minds at the menopause?" "Do men have a change of life?" "Am I liable to get cancer at that time?" "What happens to the sex life then?"

Such questions are a commonplace to every doctor. Too many people worry needlessly about this change of our middle years, and there is probably no medical subject more misrepresented by old wives' tales. The dread of menopause has been passed on from mother to daughter. Men, too, fear it as a threat to their virility and happiness.

With women, the change of life consists of glandular changes centering in the ovary and involving all the endocrine glands. Menses become irregular and finally cease. This is accompanied by some uncomfortable symptoms due to unstable circulatory and nervous conditions incidental to the readjustment of glandular balance — the "hot flashes," emotional instability, etc.

But the menopause is *not* responsible for the rheumatic conditions, heart diseases and "slowing up" that also often occur at middle age.

Forget the Myths

A woman need not necessarily expect to repeat her mother's menopausal sufferings if she will cast off erroneous ideas held by her mother's generation. She will not be likely to lose her mind because of the menopause alone, though mental disturbances or "nerves" may then become worse if they already exist. There is no increased incidence of cancer associated directly with the menopause.

The woman approaching the change of life should take the best possible care of her health, with particular reference

to diseases common in the 40's. She should face the menopause without searching for symptoms which she may never have, and should put aside all superstitions, old wives' tales and traditional ideas. If she has any real menopausal symptoms her doctor can alleviate them, wholly or partially. And she need not fear looking old, haggard and unattractive; many a woman maintains for years the gracious attractiveness of growing old serenely. The sex life need not terminate; in many instances, the fear of pregnancy being removed, it becomes more satisfying than before.

The Man's Problem

What about the male menopause? Man does not lose his fertility abruptly; witness occasional proud fathers in the 90's. He undergoes a gradual decline both in fertility and virility, which are by no means the same thing. At about the same age as woman's menopause, or perhaps a few years later, man may experience some psychological disturbances due largely to reluctance to grow old. Man also faces the common diseases due to aging, and a much more gradual glandular adjustment parallel to the more spectacular changes in woman.

All of us face the certainty of aging, the waning of the sex life, the progression from parenthood to grandparenthood. But any age in life has its compensations as well as its disadvantages and middle age is no exception. Shall these years be approached with fear, resentment and unhappiness? Or shall we meet them with courage and the judicious employment of modern medicine to help us over the hard places? The choice is up to each individual.



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If some favorite food "kicks back"—causes acid indigestion—Tums drive away the pain *record fast*. Carry Tums and you have "on the spot" relief—nothing to mix, no delays.



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Tums Bring 2-Way Relief To Acid Indigestion!

(HEARTBURN · GAS · SOUR STOMACH)

Never confuse Tums with ordinary alkalizers! The world-famous Tums formula was designed to relieve stomach distress, exclusively, and scientifically.

Tums buffer and neutralize excess stomach acid—never, never alkalize the stomach.* So they don't overalkalize or cause acid rebound. Carry Tums *always* and you'll al-

ways have the speediest, no fuss, no muss method known to relieve acid indigestion—heartburn, sour stomach, gassy fullness after meals. Tums, outstanding favorite of millions of people all over the world, cost only 10¢ a roll. You can't buy better relief for a ten dollar bill. *Avoid substitutes, always reach for Tums.*

*The stomach should always be slightly acid.



Mm! Tastes like old times



and Nestlé's Instant Cocoa builds Energy Reserve!

Remember the steaming, fragrant cocoa you loved when you were young? Well - treat your kids to it - in an instant - with Nestlé's EverReady®. Nestlé's has all the old-fashioned richness, but takes no work. It's all complete with whole milk and sugar, you just add water. Nestlé's is the happy, energy-packed way to start cold days - a warming, friendly snack any time. Top it off with a marshmallow or two - you and your whole family will go for more!

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NESTLÉ'S makes the very best chocolate

Fashion Find

Gay Nineties Look



Desmond Russell

CONTRASTING COLLAR is unusual now — and interesting



An old, famous men's style is on its way back. Here's what some men about town will soon be wearing

Back in the '90's when women were tightly corseted and wore their hair piled high on their heads, the men went in for some pretty sharp fashions too. One garment they liked was the colored shirt with a white collar — which is why office workers are still called white-collar men. The collar, of course, was detachable, which helped make things complicated for the laundry.

In the mad '20's, the contrasting collars and cuffs did a fade-out, to reappear briefly in the '30's. And now, after a long siesta, they're working their way into favor again with the well-dressed man about town. They're made in a wide variety of colors and combinations. Sometimes, for a switch, the shirts are white and the collars and cuffs colored.

The examples of the revived style shown above are by Hathaway. Our man is wearing a red-and-white-checked gingham shirt of two-ply imported Egyptian cotton broadcloth. The white English spread (wide angle) collar and square cuffs are broadcloth. At the right is a white shirt with pastel green collar and cuffs. With this, if you want it, goes a tie to match. Other versions come with stripes or polka dots. The new shirts, of course, have soft collars — not detachable! — **JOAN RATTNER**



Refresh
without filling

HOW COME this brimming land of plenty should produce the leanest, fittest-looking men and slimmest-waisted women in the world?

Today's Americans keep slender and fit through their wholesome, up-to-date eating habits. They select the lighter, less filling foods from a choice that's vastly rich and varied.

Today's Pepsi-Cola goes right along with this sensible trend in diet. Reduced in calories, never heavy, never too sweet, Pepsi-Cola refreshes without filling.

Have a Pepsi—the modern, the *light* refreshment.

Pepsi-Cola
The Light refreshment



Continued from page 7

If The Kids Skip Out . . .

Extra leisure, strangely enough, is another cause. Dr. Leonard S. Cottrell Jr., social psychologist at the Russell Sage Foundation and a former Cornell University dean, explains: "Everyone has much more to do these days, inside and outside the home, but the day still has not been expanded beyond the customary 24-hour limit. Something has to be sacrificed and too often it's the full-family meal."

Still another major culprit is television, which concentrates its major shows for young people between 5 and 7 p.m. Actually, there is less whole-family eating in front of TV now than a few years back but the small fry still yammer for the set and, in many cases, get their way. The Rand sub-teen survey, for instance, showed that 77 per cent often eat dinner while watching TV and nearly 4 in 10 claim it as a regular practice.

The Rand organization unearthed a few other interesting reasons for the decline in family dining. Here they are — and are these situations familiar in your home?

Heavy dating: Girls skip dinner so they can eat later with the crowd or their dates. (This has repercussions. Notes Rand: "We have found that boys are noticeably disturbed over this. Girls on dates are hungrier as a result of not eating at home and the boys have to feed them more.")

Female dieting: Some teen girls, extremely weight-conscious because of active social lives, do a considerable amount of dieting. "Consequently," the Rand study states, "they don't wish to eat with the family where they are tempted and often ordered to eat more."

Parental nagging: "Teen-agers," Rand discovered, "actually are not too anxious to eat with their folks. Because of their actions — spending, dating, make-up, insufficient studying and the like — they are openly criticized around the dinner table, something they would just as soon avoid."

Is all this meal stuff much ado about nothing? By no means, say experts on family life. They point out that the family meal is a big contributing factor to the solidarity of the group and the security of the individual members. Dr. Margaret Benz, sociology professor at New York University, put it this way:

"The evening meal is the only time of the day when the entire family gets together. Resentments, if any, can be brought into the open and ironed out. Happenings of the day can be shared. This all gives each person that important sense of belonging. I am convinced it is one of the really vital rituals of family life and should be preserved or a substitute developed."

Several marriage counselors asserted that the family meal looms large as a means of preserving family harmony. One marriage counselor told us that of the 300 troubled families his organization helps — *Continued on next page*



THE GRAY SICKNESS*

When you wake up feeling "old" and worn . . . too tired to face the day's work . . . you may have the GRAY SICKNESS. It keeps millions pale, tired and weak . . . needlessly!

*Iron deficiency anemia has been aptly called the GRAY SICKNESS. Not only because its victims have lost their once healthy color, but also because life itself has become gray and drab for them. For you simply can't enjoy work or play when you have to drag through day after weary day feeling tired, weak and listless. And sleep doesn't seem to refresh you for you wake up tired.

The GRAY SICKNESS means your blood isn't getting enough iron. It becomes weak, thin, washed-out . . . just can't supply your body with the full supply of oxygen it needs for buoyant health and radiant color. Signs of the GRAY SICKNESS may be due to other causes so you should see your doctor regularly.

REBUILD STRENGTH FAST

Fortunately the GRAY SICKNESS responds quickly to proper treatment . . . and normal healthy color, strength and vigor return. In cases like this doctors usually prescribe an iron tonic containing many times your daily iron requirement. Each daily therapeutic dose, 6 tablets of IRONIZED YEAST, contains 10 times your

daily iron need . . . and this iron is fortified with vitamin B₁₂. Now this iron goes right to work . . . within 24 hours . . . to start building rich red blood . . . the kind of blood that soon brings back your normal strength and energy . . . fills you with your old-time pep . . . brings healthy color back to your cheeks again.

FEEL STRONGER IN 7 DAYS

Actually in just one week you'll start to feel your old self. You'll begin to enjoy doing a normal day's work again. So get IRONIZED YEAST tablets today. They are very economical to use even when taken in maximum dosage of 6 tablets daily. Just be sure you get genuine IRONIZED YEAST.

SIGNS OF THE GRAY SICKNESS

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- TIREDNESS NERVOUSNESS
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- LOSS OF ENERGY

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WHAT'S HAPPENED TO FAMILY DINNERS?

Continued from preceding page

... Try Five Steps

each year, less than two or three had a custom of getting together at least once during the day.

And family meals are important, too, from the health standpoint. Nutritionists say that meals prepared for everyone are better and they are eaten in relaxed, happy surroundings. Says Dr. Norman Kemler, who is associated with the New York City Health Department's Nutrition Bureau: "A meal under pleasant conditions with people you love is far better nutritionally than a quick meal bolted down alone."

How about it? Want to reactivate the family dinner in your home? Here are a few suggestions on how to get started and how to keep it going. Some of the tips, incidentally, might even prove valuable for homes which still retain family dining.

1. Establish a schedule: This is basic. Have a conclave and pick a time convenient for all or most. Have it plainly understood by all hands that this is henceforth "dinner time" in your household, that it can be stretched a little either way, but that everyone is expected home. Stick to it a while and you will be surprised how rapidly a habit develops. Then you're on your way.

2. "Show and Tell": Grade school teachers have an interesting game for younger pupils called "show and tell" which lends itself admirably to the family table when the meal is over, or even between courses. Each child either "shows" an object and discusses about it or "tells" an incident that occurred during the day. Parents show and tell too, of course. (Dad and mom: might be a painless way of imparting some needed instruction, too!)

3. International meals: Once a week, make the main dish a foreign one. Let the family choose the country, a new one each week. Mother can get a recipe from the library, father can spin stories of the country and its history at meal time, and children can make place mats from cut-out maps of the country and decorate the table with drawings of its flag and native costumes.

4. Honorary menu planners: Set up a schedule whereby each member gets a chance to plan his own menu on a specific day — father included. Everyone thus gets a favorite dish and will look forward to his turn. (Mother, of course, guides the honorary dietician, suggesting — and thereby teaching — properly balanced meals.) To heighten the sense of participation, youngsters can be encouraged to help buy the food, prepare and even serve it.

5. Table talk: Many parents unwittingly have caused the younger family members to lose interest in dining together by indulging in long husband-wife discussions on business and social matters. It's a serious mistake. Make sure the conversation is general and at the kids' level all or most of the time.

It may take a bit of imagination, some ingenuity and a little work, but the family meal can make a comeback. It's well worth the effort.

Try it and see.

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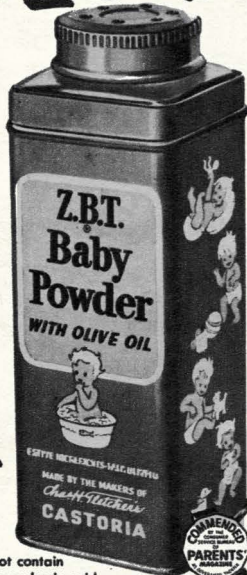
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How America eats



PASS THE PANCAKES: They're stuffed with cottage cheese

Hungarian Church Dinner

Come to a Magyar meal to eat chicken paprikas, stuffed cabbage, cheese-filled pancakes, crescent cookies

By CLEMENTINE PADDLEFORD

This Week Food Editor

ELYRIA, OHIO

The table was seven feet long and four feet wide and every square inch a maze of sweetness. I counted 23 desserts, each one made with loving care just for me to taste. The bakers were there, all 23 of them to see that I tasted, to watch while I sampled, ears cocked for praise. And praiseworthy these desserts, each baker being an artist in her particular field.

First I forked into a slice of poppy-seed cake, next a long strip of strudel; the tortes followed, three kinds in a row. There were the celestial crusts, the open-face cheese cakes. . . I was unprepared for this superabundance of richness.

A full-size Hungarian dinner had preceded, and to this I did justice. I had second helpings of the chicken paprikas and those tiny egg dumplings called *nekedli*. "Another meat-stuffed cabbage roll?" "Thanks, yes." What I had mistaken foolishly for the dessert was a huge rolled pancake filled with cottage cheese and sauced with sour cream. Urged to have a third; well, why not! You would have done the same, the pancakes were delicious! You see my predicament. I had eaten until my eyes were glazed, for Hungarian cooks have a way with food that is piquant and savory and utterly satisfying, quite beyond words to describe.

For several years, whenever I was in the state of Ohio, someone was always mentioning the Hungarian church dinner put on for crowds by the women of the Magyar (meaning Hungarian) Evangelical and Reformed Church on West River Street in Elyria. This is an industrial town, some 90 factories are busy here. The population of 36,000 is made up of many foreign groups, but Hungarians predominate.

Life for them centers around their church, especially so since 1939 when the Reverend Louis Novak and his young wife Irene came to the parsonage. The Novaks, second-generation Hungarians, sensed a need among their people to keep the best of the old in their cultural background to

blend with the best of the new in their adopted America. Gifts brought from the old world must not be lost. Through the activities of the church, the Novaks have tried to preserve the poetry of the Old World, its folklore, the love of the dance.

It was the women of the church who said, ". . . and the cuisine of our native Hungary is as important as its music." No festival or holiday is complete without the traditional dishes. These women wanted their daughters, who were beginning to be real American girls, to inherit their own talent as cooks. So it was that whenever a community supper or picnic was in the making, the foods were prepared the Hungarian way.

It's Served Family Style

Outsiders began to hear of this fabulous eating — they wanted to come. Eventually organizations planning get-togethers would ask one of the nine Magyar Women's Guilds to prepare a chicken paprikas dinner. The church needed many things and the women saw a way to help earn the needed money. They charged \$2.50 a plate and served the dinner family style. This dinner is always the same, that is, until you come to dessert — then it's take your choice among the many pastries. Each woman contributes the thing which she does best, baking at home and donating the product.

Guests began coming from all directions, from Oberlin College seven miles away, they came from Cleveland and from local towns. The supper money soon was helping reduce the church building debt and in addition paid for an ultra-modern kitchen. It did much more — it proved a way to keep alive the fine culinary traditions of Hungarian cooks.

I had written to the Dorcas Guild and asked if they would let me know when a supper was on the calendar — I would like to visit and come early to see the dishes made. Instead I was invited as the honored guest, supper prepared just

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GET DOUBLE
THE ENERGY
VALUE!

for me by the 27 women of the Dorcas Guild. Mrs. Alex Miko was making palacsintas. She smiled and I smiled, as she deftly flipped a big thin pancake to the work board. Mrs. Grace Ballas laid on the filling of sweetened cottage cheese, then rolled the golden, brown-spotted pancake. The rolls she arranged in glass pie plates to be sauced later with sour cream, then into the oven until heated through all-a-bubble, that a main-course dish which I mistook for dessert.

Mrs. Al Wyszynski was making the tiny dumplings, the nokedli to go with the chicken paprikas, spoon-cutting the batter from the edge of a pot, about a teaspoonful at a time, click, click, click, to fall into the boiling salted water.

Tender Chicken and Dumplings

Mrs. Mary Messaros was busy with the sour-cream gravy to pass with the tiny dumplings, the bedrock of the chicken paprikas. She made this with chicken stock, blending in the sour cream along with finely chopped chicken giblets. Mrs. Louis Ignatz stuffed the cabbage leaves and showed me how the ends can be tightly closed to prevent a leakage, all without string or toothpicks.

Three girls from the Youth Fellowship group served the supper, a sit-down meal for 30 guests, a few invited town folks and of course Mr. Novak. After the Grace, chicken paprikas arrived. It seemed a timely "Thank you Lord, for these blessings..." The chicken was cooked tender but not overdone, and delicate the dumplings. Pass the chicken gravy to spoon over the nokedli, the cabbage meat-stuffed, the big pancakes.

Then dinner was over, and came the surprise, that table-load of desserts. Each cake was strange, delicious and rich. If you want these recipes, the women of the — Continued on next page



Photos by Fons Iannelli

23 DESSERTS, each made in the traditional way by an artist-cook, and each strange and delicious



THIS WEEK'S NABISCO FEATURE

Nothing fits
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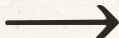
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* **SOUP OCCASION** — This week try *richer, crisper* RITZ with tomato soup, garnished with sour cream. So "warming," so very appetizing!



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PERTUSSIN



HUNGARIAN CHURCH DINNER

Continued from preceding page

Old-Country Recipes

church have prepared a booklet, "Hungarian Recipes," to pass on to their daughters. Now in its ninth printing, it sells for \$1.00 plus 25 cents postage.

Chicken Paprikas

1 onion, chopped 4- to 5-pound chicken,
1/4 cup shortening dis jointed
2 tablespoons salt 1 1/2 cups water
1 tablespoon paprika 1/2 pint sour cream
1 teaspoon black 1/2 pint light cream
pepper (optional)

Brown onion in shortening; mix in seasonings; add chicken and brown 10 minutes; Add water; cover and simmer slowly until tender. Remove chicken; add sour cream to drippings in pan and mix well. If more gravy is desired, add the light cream. Add dumplings; arrange chicken on top. Heat through and serve. Yield: 4 to 6 portions.

Dumplings Nokedli

3 eggs, beaten 2 1/2 cups sifted flour (about)
1/2 cup water 2 teaspoons salt

Blend ingredients together, adding more flour if necessary, to make a stiff batter. Drop by teaspoonfuls into boiling salted water. Cook 10 minutes; rinse with cold water; drain.

Palacsinta

(Pancakes with Cottage Cheese)

2 cups sifted flour 4 eggs, well beaten
2 teaspoons sugar 2 cups milk
1 teaspoon salt Butter

Mix flour, sugar and salt. Combine eggs and milk. Add gradually to flour mixture, beating to a thin smooth batter. Spoon 3 tablespoonfuls of batter onto hot greased 6- to 7-inch skillet, tilting pan so batter is distributed to edges (cakes will be very thin). Brown lightly on both sides. Continue making cakes until batter is used up. Stack on warm plate. Spread with cottage-cheese filling. Roll up. Place in buttered baking dish, sprinkle with confectioners' sugar and heat thoroughly in a 300°F. oven. Serve topped with sour cream and preserves. Yield: about 24 pancakes.

Cheese Filling

1 pound dry cottage cheese 1/4 to 1/2 cup sugar
1 egg, well beaten Few drops vanilla

Mix all ingredients well.

Stuffed Cabbage

1 large head cabbage 1 teaspoon black
1 large onion, minced pepper
3 tablespoons 3/4 pound rice,
shortening washed well
3/4 pound ground 1 No. 2 can
pork sauerkraut
3/4 pound ground beef 1 No. 2 can tomato
2 tablespoons salt juice
1 tablespoon paprika 1/2 pint sour cream

Core cabbage and place in enough boiling water to cover. With a fork in one hand and a knife in the other, keep cutting off the leaves as they become wilted. Drain. Trim thick center vein of each cabbage leaf. Brown onion in shortening. Add meat, seasonings, rice; mix well. Place a heaping tablespoon of filling on each cabbage leaf; roll up. Place in a pot and cover 3/4 full with water; arrange sauerkraut on top; add tomato juice. Cover and cook



"LET'S TAKE a taste and see . . ."



"MAYBE it needs a little salt . . ."



Fons Iannelli

"AH-HI Perfect stuffed cabbage!"

slowly for about 1/2 hour. Pour on sour cream; cook 5 minutes. Yield: 6 to 8 portions.

Kifli (Crescents)

3 cups sifted flour 1/2 cup warm cream
1/2 pound butter or or milk
margarine 1 tablespoon sugar
3 egg yolks, beaten 1/8 teaspoon vanilla
1 yeast cake or 1 package dry, granular yeast

Blend flour and butter thoroughly, using a pastry blender if desired. Add egg yolks and yeast cake which has been dissolved in cream (follow special directions on package for granular yeast). Add sugar and vanilla. Knead thoroughly on well-floured board. Chill dough if it is too soft to roll easily. Divide into 2 parts and roll each into a 12-inch circle. Cut into 16 pie-shaped pieces. Place a small amount of nut filling or lekvar on each wedge and, beginning at the rounded edge, roll up. Place on greased baking sheet, point underneath. Let stand for 20 minutes. Brush top of crescents with beaten egg. Bake at 350°F. for 15 to 18 minutes or until light brown. Yield: 32 crescents.

Nut Filling

Combine 1 pound ground walnuts, 6 tablespoons sugar and grated rind of 1/2 lemon. Stir in 1/2 cup hot milk.

HOME-BAKED BREAD is an art in the kitchen of Mrs. Greyton Taylor of Hammondsport, N. Y. Recipes next week.

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The shaped and collarless cape is trimmed in polka dots. The print also makes a flowing tie on the dress whose curved seams make a beautiful bustline. Two collars, one in white and one in the color of the costume, are worn outside the cape.

Make it in wool, faille, shantung or linen with a pretty contrasting print, and you'll find that you're in the rotogravure.

— JOAN RATTNER



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Waist	21 1/2	22 1/2	23 1/2	24 1/2	26	27 1/2
Hips	32 1/2	33 1/2	34 1/2	35 1/2	37	38 1/2
Length (Nape to waist)	15 1/2	15 3/4	16	16 1/4	16 1/2	16 3/4

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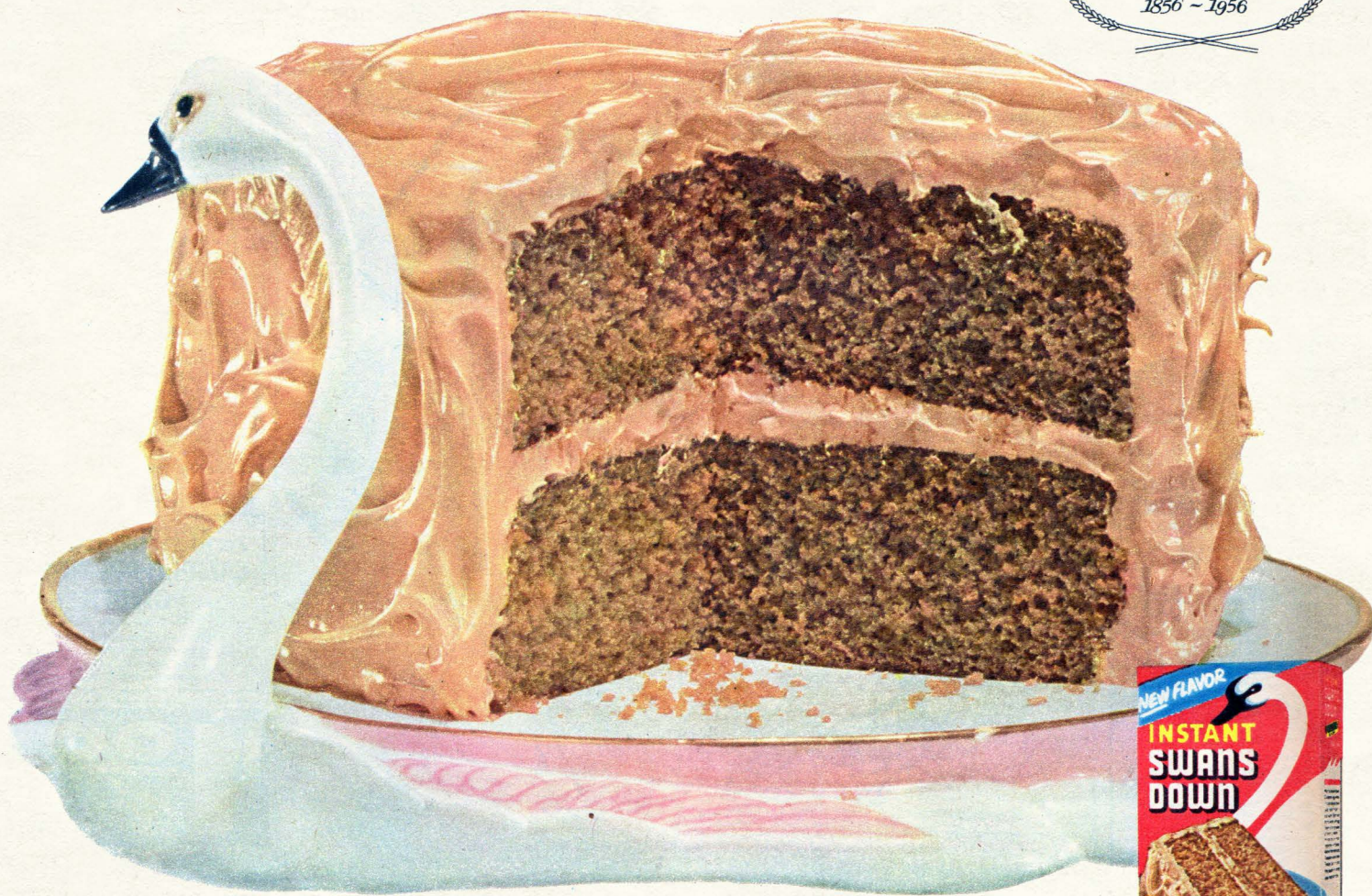
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Saga Of An Indoor Sport

By WALTER GOLDSTEIN



1



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3



4

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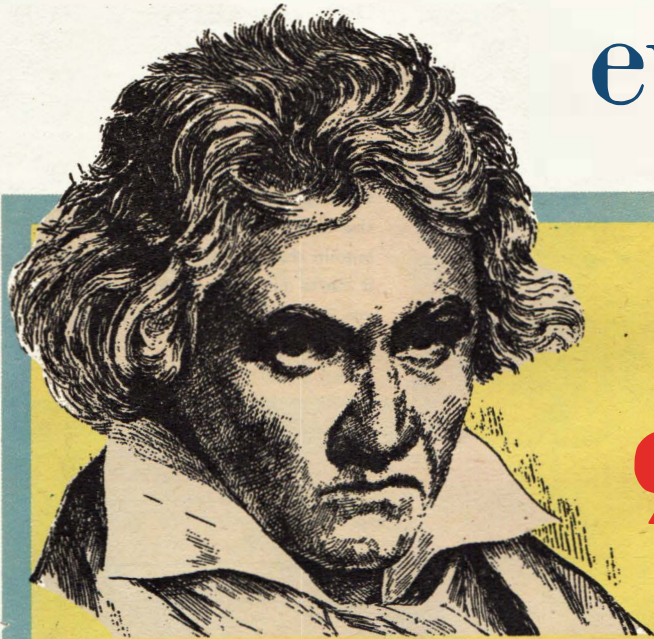
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