

Dessert-Bridge Is The Vogue Now At Smart Parties

A Colorful, Flavorsome, One-Course Lunch Solves Problem.

By KATHARINE BAKER

The "Dessert-bridge" is the modern woman's way of solving her daytime party problem. Bridge-luncheons were too hard on the hostess, and the guests who were all watching their diet. Bridge-teas ruined appetites for evening dinners and kept the crowd too late. So now the dessert-bridge leaves the homemaker hungry enough to want a good evening meal and gives her plenty of time to prepare it.

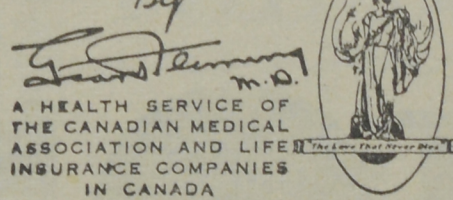
Guests come at noon—the hostess with only one attractive course to prepare enjoys her party, too, because she hasn't been rushed and flustered all morning trying to arrange a big luncheon for eight or 12 people. Desserts for these parties must be unusual and the most popular ones seem to be the jellied fruit salad type with some clever garnish and a fine cake accompaniment.

Cherry Red Pudding and Dixie White Cake give a lovely color combination on dessert plates and that adds a great deal to the pleasure of eating any food. And both pudding and cake are easy to make perfectly.

Cherry Red Pudding—1 package quick-setting cherry jelly powder, 1 cup canned white cherries, seeded and halved, 1 cup cherry juice, 1 banana, sliced, 1 cup warm water, 1/4 cup walnut meats, broken. Dissolve jelly powder in warm water. Add fruit juice. Chill. When slightly thickened, add cherries. Pour into loaf mold, or into small individual molds. Slice banana and walnuts over top of jellied cherries and press them gently below the surface. Chill until

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HEALTH



A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

Questions concerning health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

PYORRHOEA

The movies have given a great impetus to the desire for sound clean teeth. We find it difficult to associate pyorrhoea with a smiling movie-star. In the ancient writings is found mention of bleeding gums and loose teeth, although the term "pyorrhoea" did not come into use until 1877 at a meeting in Chicago.

Pyorrhoea means a flow of pus. It is an infection of the gums and root-sockets which is responsible for the loss of as many teeth as comes about through dental decay. Teeth become loose as the gums separate from the roots of the teeth, due to the infection. Once separated, they seldom become attached again.

The presence of pus in one part of the body generally means trouble in other parts. The blood picks up the bacteria causing the infection around the teeth, and as these bacterial are carried by the blood to other parts, new infections may result.

Pus means foulness, and the mouth of the victim of pyorrhoea is foul; the breath then will likely be offensive. The gums are apt to be sore, food is not chewed properly and it is mixed with pus; the digestion is thereby upset and, all told, in severe cases, the general condition is miserable.

The time to prevent pyorrhoea is early in its course. The first evidence of the condition may be in childhood. Redness and swelling of the gums, and slight looseness of one or more teeth are early signs. Regular dental examination, which includes inspection of the gums as well as the teeth, allow for the early detec-

tion of such conditions. It is at at this stage that proper treatment will accomplish what it may not be possible to do later on.

It should not be forgotten that the health of one part of the body is related to the general health of the whole body. Among the causes of pyorrhoea may be listed the irritation from a crown or filling which presses down on and rutting into the gums.

When teeth are out of alignment, the dental machine is out of gear. Broken teeth, missing teeth, irregular teeth, all throw the teeth out of proper alignment, cause abnormal pressures, damage the tissues and so favor infection. Lack of cleanliness sets up spots of irritation from the accumulated food particles.

Sound teeth come with a proper diet, regular cleaning and periodic dental examinations. Healthy gums come with a proper diet, good alignment of teeth, regular cleaning and periodic dental examinations. It is presumed that when the examination reveals the need for treatment, it will be secured, and that cleaning will be done properly with a tooth-brush and dental floss, not with tooth-picks or knives.

Give prompt heed to bleeding gums. Early care hastens cure.

HUMANE SOCIETY MEDAL IS AWARDED TO A WOMAN

London.—The Royal Humane Society's Stanhope Gold Medal for 1935 was awarded recently to Miss Evelyn Graham Irons, a London journalist, for her rescue of a woman who was drowning in a rough sea last July at Tresaith Beach, Cardigan Bay, Wales.

Miss Irons is the first woman to receive the Stanhope medal, and the first woman since Grace Darling to receive the gold medal

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WHAT ONE GIRL WORE

By BETTY BROWNLEE

Chic and spic, and exuding a distinct air of savoir faire—that best describes the sports suit for young women herewith pictured! If it does seem to pattern after male attire in the cut of the jacket, it also provides the very good alibi of affording that simplicity of lines and that sleek efficiency which so aptly bespeaks the breezy girl of today.

The jacket is tailored in men's flannel, grey with a black pin stripe being the favored material. Six self-buttons of generous size, paired off, adorn the double-breasted front, and slit pockets into which idle hands can be casually slipped are supplied.

Perhaps affording a simile, in its slightly masculine leaning, this outfit is designed to permit of a switch in skirts—reminding, off-hand, of the two-trouser suits of the sterner sex. For one of these skirts the recommended fabric is black flannel, with an inverted pleat in front, as illustrated. The other should be of striped flannel—either of the selfsame material as the jacket or of a deeper, contrasting tone.

To add the proper emphasis to the neutral effect of these clothes, a white crepe blouse and a black bow-tie should be worn.



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