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DATED COD LIVER OIL NEWEST PRECAUTION

Loss of Vitamin A Prompts Scientists to Urge Added Protection

Add to the list of dated foods and food products: Dated cod liver oil. The suggestion for dating this accessory to the child's diet comes from two Canadian scientists, Dr. W. D. McFarlane and his associate, L. Randolph, of the biochemistry department of the University of Alberta.

While cod liver oil means rickets-preventing vitamin D to most of us, the oil is also a valuable source of the growth vitamin, A. This latter vitamin, however, is destroyed by exposure to light. A report on cod liver oils made to the Imperial Economic committee in London points out this fact and recommends that to avoid this destruction of vitamin A, cod liver oils should be kept in dark amber-colored bottles, completely filled with oil, and in a cool dark place.

This precaution is not well enough followed to prevent loss of valuable vitamin A, the Canadian investigators believe. In a report to the Canadian Medical Association Journal, they point out that in places far removed from the source of supply, such as Edmonton, a stock of cod liver oil may be in the hands of retailers for several years.

IF YOU ARE STRONG

If you are strong remember such As when not vigour overmuch Who cannot stand the toilsome day. And soon grow weary on life's way: And let your own redundant power Be to the weak both shield and tower.

If you have much do not deny The sacred call of charity, Since hoards of gold or garnered wealth May virtues rich denude by stealth.

And leave you, at your latest day With debts of love you cannot pay.

If you are glad your joy expend On wife and children, neighbour, friend,

And let your gladness also go To lives which little sunshine know: For long-lost Hope again is seen Where'er a smile of love has been. —A. B. C.

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... OF ...

Interest to Women

IF YOU PREFER A LIGHT CHRISTMAS CAKE

Or Perhaps You Want Both a Light and a Dark Cake

(By Katharine Baker)

Some people say that they are served so much dark fruit cake at Christmas time that a light-colored Christmas cake is a treat. It certainly is delicious and a bit of a contrast—but why not have some of both? What could make the season more festive for all tastes? A good light-colored Christmas cake is an asset for many occasions.

Holiday Cake is the perfect answer for the light cake. You will feel the Christmas spirit beginning to thrill you as you start buying the ingredients. You can make it well ahead of time so that jolly task will not interfere with the later Christmas rush. Very special holiday frostings can be made for it. In fact you can add these later if you like and use two different ones as you use half of the cake at a time.

Holiday Cake

1½ cups sifted cake flour
1 teaspoon baking powder
¼ teaspoon salt
½ cup butter or other shortening
¾ cup sugar
5 egg whites, unbeaten
¼ cup finely cut candied cherries
½ cup finely cut citron
½ cup seedless raisins
½ cup chopped blanched almonds
¼ cup coconut, premium shired
½ teaspoon almond extract
¼ teaspoon vanilla
Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream

together until light and fluffy. Add egg whites, one at a time, beating very thoroughly after each. Add the fruit, nuts, coconut, and flavoring, and mix well. Add flour, a small amount at a time, beating after each addition until smooth. Bake in loaf pan, 8x4x3 inches, which has been greased, lined with heavy paper, and again greased. Bake in slow oven, 300 degrees F. one hour and 15 minutes, or until done.

A suggested frosting for the first half of the cake to be used before New Years is Mistletoe Frosting.

2 egg whites, unbeaten
1½ cups sugar
1 teaspoon vanilla
5 tablespoons water
1½ teaspoons light corn syrup
Combine egg whites, sugar, water, and corn syrup in top of double boiler, beating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from boiling water; add vanilla and beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 9x4x3-inch cakes, generously. Decorate with wreath of mistletoe, using silver dragees for berries and slices of angelica or citron for leaves and the stems. Double recipe to make three 10-inch layers.

A Holly frosting may also be made from the same recipe except that candied cherries or small red candies may be used for berries.

COATS, CAPES GO INTO REVERSE

Fur Linings, Contrasting Materials Are Used to Make Wraps Serve Double Duty

PARIS—Reversible capes and coats combining two shades of the same material or two contrasting materials are shown for everything from straight sports wear to the most formal evening wrap.

Many of the winter suits are made with fur-lined topcoats that are reversible. These suits usually include a plain skirt of solid tweed, a sweater or woolen blouse, a tweed jacket of a contrasting color to the skirt and a three-quarter or full-length top coat lined in fur. Leopard or astrakhan are favorite furs used as linings as they are fairly flat. Beaver linings are bulkier but richer looking. As in the case with plaid suit

coats, these garments are made with tailored revers and cuffs which are of fur, if that is used as lining, or of cloth if the coat is reversed and the fur worn on the outside.

Fur-lined capes are popular for afternoon and evening wear. Many of the afternoon dresses in broadcloth are fur-trimmed, and the same fur frequently forms the lining of a reversible cape to match.

Similarly, many black velvet evening gowns are trimmed with touches of white ermine. Their matching reversible capes are most luxurious and can be worn with the ermine as lining or outer part of the cape.

BATTLE OF MADRID MAY BE UNDOING OF FASCIST FORCE

WASHINGTON, Nov. 27—Wherever one's sympathies may lie in the Spanish civil war, the struggle going on for the possession of Madrid is one to stir the emotions. Indeed, hardly an element is lacking to make the spectacle one of the most dramatic—and tragic—of modern times. To find any parallel to the fighting in and around the Spanish capital these last days, one must go back 86 years to the Franco-Prussian war and the siege of Paris.

During the World War no European capital was directly menaced by destruction, although, from time to time, London was bombed by Zeppelins and Paris by the Big Bertha. No prolonged and devastating struggle took place before the occupation of Brussels, Belgrade and Bucharest. The siege of Paris in 1870, moreover, was before the days of incendiary bombs and airplanes. And while all Europe watched with horror the slow starvation of the inhabitants of the French capital, they did not feel, as nations now feel, that their fate was somehow involved in the outcome of the siege.

They certainly do now in the case of the struggle for Madrid. The non-intervention agreement exists only by courtesy. But it no longer has any meaning, if it ever did. While, on the other hand, the rebels depend for their principal effectiveness on Moors, Foreign Legionnaires, German and Italian planes and to an undetermined extent German and Italian fliers, the new backbone of the Loyalists is that band of foreign anti-Fascists—Frenchmen, Englishmen, Russians, Poles and others—who have rallied to the side of the Spanish government and apparently are doing yeoman service against the rebels at the very gates of the capital.

It may have been their efforts which turned the tide of battle against Gen. Franco. Quite possibly the setbacks he has received will not prove fatal. There have been other offensives by the Loyalists and all of them, hitherto, have failed to make much headway. Yet there can be no doubt that the morale of the Madrilenos has been heartened by this unexpected support as well as by the arrival in the capital of 2,000 well equipped troops from Barcelona.

In his anger at being thwarted, Gen. Franco has threatened to blow up Madrid. This hardly will cause the government to abandon the fight. However, Gen. Franco's irritation easily can be understood.

For the government the fall of Madrid would be, without question, a disastrous but not necessarily a fatal blow. At Valencia, to which the cabinet recently withdrew, efforts already are being made to create armed resistance against the rebels should the latter succeed in investing the capital. But for Gen. Franco failure now would almost certainly mean his doom.

He always has been handicapped by lack of numbers. That was not a particularly serious disadvantage so long as he was driving the Loyalists before him. But if and when the latter succeed in getting the upper hand, his shortage of man-power might prove fatal. Certainly, it is questionable whether, without the stimulus of victory and the prospect of loot, the Moorish mercenaries he brought across the Strait of Gibraltar would continue to fight a war in which they have only a professional interest.

"Madrid," the Loyalists are saying, "will be the grave of Fascism." Until now that slogan seemed like whistling in the wind. But if the turn in the tide of battle at Madrid proves permanent, the boast may not prove unwarranted.

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