

A Friend to the Aged As the Years Creep On



In the later years of life we start to lose that snap and vigor of our younger days. The blood does not circulate as it once did, the vitality is on the wane, and the nerves not just as steady as they used to be.

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some man can not make a little worse and
sell a little cheaper, and the people who con-
sider price only are this man's lawful prey.
(Ruskin)

* Insurance is no exception.

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... OF ... Interest to Women

DREAMS THAT BECOME TANGLED WITH MEMORIES

(By Ruth Cameron)
Do you ever have to stop and ques-
tion whether something that floats
through your mind is something that
you really experienced and therefore
actually remember, or something
that you dreamed or read about?

There are certain pictures, certain
memories in my mind that I am not
actually sure of.

There is a room, I can only see
one corner of it, it has an undistin-
guished wallpaper, not exactly old
fashioned, just kind of middle-aged
fashioned (I think, by the way, we
need a phrase to describe things that
are like that, neither old nor new);
there is a fireplace, there is a dark
and there is a fire in the fireplace.
It keeps coming back to me, that room,
as if it were something important,
and yet I can't place it. Was it a
dream or was it real? Is it perhaps a
composite of rooms?

A grown-up I know says that when
he was a small boy he dreamed so
vividly that he had been given a won-
derful little fire-engine outfit that
when he woke up he looked every-
where for it, under the bed and all
about his room and was utterly de-
solated when it failed to materialize.

Very vivid dreams like that some-
times become tangled up with mem-
ories. Did we dream that about a
house hidden away half way down a
high cliff by the seashore, or was
there really one that summer we
were at? Or when we were children?
Or again could we have read about
it? Some people visualize so vividly
when they read that they make a

mind picture and afterwards they
don't know whether reality or fic-
tion hung it on their mental walls.

And then, of course, there are pic-
tures from old picture books seen in
early childhood that sometimes get
tangled up with reality.

People who believe in reincarna-
tion back up that belief by memories
of places that they knew they have
never really been to. They may be
right, for most of us there is a
strange fascination about that belief
that we have lived on this earth be-
fore—perhaps because the corollary
to that is that we shall live right
here again, and most mortal flesh,
though it may believe in heaven, still
clings stubbornly to earth. But these
odd, inexplicable memories in the
backs of our minds may also be
these tangled-up things we have
heard about or dreamed about.

The reincarnationists also place
their faith on the curious sense of
having been with the same people in
the grouping that smites us all some
times.

Well again, perhaps, they are right
but maybe the scientists who claim
that some odd faculty of the mind
'splits' the passing second and lets
us live it twice, have the right of it.

My mother used to say sometimes
of a man who told tales, 'He's said
some of those things so many times,
perhaps he believes them himself.'

I thought it impossible at the
time, but as I grow older I get more
of a realization of the way fact and
fiction, dream and memory, can mix
themselves up in a mind that with
the years becomes increasingly full
of any pictures, many memories.

WORKING OVERTIME FOR SELF PAYS

(By Marguerite M. Marshall)
One of the smartest things any
youngster can do, to get out of the
rut and out of the crowd, is to work
overtime for himself—or herself.

Most of you beginners have no
money to invest in your futures, but
you all have time—and this is one
of the cases when time is money.
The ambitious boy or girl who will
give as much as two evenings a week
to training and preparation for a
better job is the person most likely
to land that job.

F. E. Searle, superintendent of the
Henry Ford Trade School, advised
high school boys and girls at the Vo-
cational Service for Juniors not to
shirk extra work, and pointed out
that most successful men do not limit
themselves to a 40 hour week. No
more they do—but they're usually
working for themselves as bosses.

Why shouldn't youth, in its own
way, follow that example.

Any large city is filled with oppor-
tunities for training along business,
professional or artistic lines. Natu-
rally, such training cuts into the so-
cial life of those who spend their

days working for the boss and have
only the time after 6 p.m. to work
for themselves. But to sacrifice some
of the leisure and pleasure of the
present for the chance of achieving
future success seems to me a gamble
worth while.

I know plenty of young people who
think so. I know stenographers who,
busy from 9 to 5 in their offices,
gulp supper at a drug store counter
and go to evening classes. I know
young commercial artists who spend
several evenings a week drawing in
settlement house art classes. I know
boys on their first jobs who are en-
rolled for night courses in accounting
in commercial law, in business prac-
tice and in other subjects, mastery of
which they feel will make them more
valuable in their chosen field.

It is the good old way to get
ahead, and it still works, given in-
telligence, industry and, above all—
stick to it. There's no get
successful quick method which can
be recommended to young people at
large. But then there never was, de-
spite a few fluke fortunes.

HOW TO KEEP YOUR HEALTH

(By Dr. Herman N. Bundesen, For-
mer President American Public
Health Association)

Yesterday we discussed many
things which may cause a skin rash.
Plants, metals, leather, and furs are
some of the materials which may
cause blistering and irritation. Thou-
sands of people can handle anything
without irritation; but one may get
blisters by handling nickel coins;
another may get a rash from the
leather wallet in his pocket.

I told you of the patch method of
discovering what substances causes
the trouble. A bit of the suspected
material is placed against the skin
under a cloth. Twenty-four hours later,
an examination will show whether
or not the material is the guilty
substance. Already many persons
have phoned me stating they were
suffering from this condition and
asking what to do.

Let us suppose that the doctor has
made the patch test and has found
the substance that causes the rash.
What next? First, he will tell the
patient to keep away from the thing
that irritates him. But sometimes
that is impossible. How can one have
a pleasant vacation in the country
and keep worrying all the time
about poison ivy or poison oak being
around him? So, doctors have been
studying ways of treating the body
of the sensitive person to keep the
rash from attacking him when he
comes in contact with the substance
causing the trouble.

A way that seems to show hope for
relief from plant poisoning has been
worked out by Dr. H. E. Alderson of
San Francisco. He tried a method
of immunizing or protecting persons
who react to the poison oak by giv-

ing them increasing amounts of an
extract made from the twigs and
leaves of the young plants. He gave
the extract by mouth and he injected
some of it into a muscle. Dr. Al-
derson believes that a high degree of
protection against the poison can be
built up in this way.

He uses a solution of poison oak
in alcohol, starting with ten drops in
the morning, giving 11 drops at noon
and 12 in the evening, by mouth. The
next day he increases the dose one
drop at a time, until 30 drops are
being taken, three times a day. Then
this method of giving the preparation
is stopped, and the extract is
given once a day in a dose of two
tablespoonfuls. This is kept up for
at least a month.

In case the person has a skin rash
as a result of poison oak, and there
is a great deal of swelling and dis-
comfort, it is suggested that a little
of the poison oak extract be injected
into a muscle and the injection be
repeated in 12 hours.

When a person develops a rash
from poisoning, the skin is usually
washed off with soap and water, and
then with alcohol. If there is much
inflammation and swelling, gauze
soaked in cold boric acid and solu-
tion, or magnesium sulphate solution
is applied on the inflamed part.

As the skin inflammation gets bet-
ter, treatment with certain oint-
ments may speed up the healing.

ARTHUR F. BETTS
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LOOSE CLOTHING IS SAID TO BE WARMER THAN TIGHT

Catch is How to Establish Insulating Space Be-
tween Body and Clothes, Says Scientist

The chap who steps out in a
breeze in a thin, loose windbreaker
and claims he is more comfortable
than if he wore a thick overcoat, may
have science to back his claim, ac-
cording to experiments now being
conducted by the National Research
Council at Ottawa.

According to C. D. Niven, collab-
orator with J. D. Babbitt, on a paper
on the 'Heat Transmission of Fab-
rics,' loose clothing is warmer than
tight, and experiments have shown
that if you could keep your clothing
a quarter of an inch away from your
body you'd be almost twice as warm
as when it touches you. The catch is
to find some way of getting this in-
sulating space between you and your
clothes.

"Of course we get it now to some
extent by loose clothes," said Mr.
Niven. "But although we intend to
go further along this line of learn-
ing the degree of comfort given by
clothing, so far we've only experi-

mented with men's clothing under
indoor conditions."

For the experiment, a heated cylin-
der was covered with underwear,
shirting and tweed suiting and lin-
ing, and was subjected to different
temperatures and to a breeze from
an electric fan. It was discovered that
the covered cylinder lost two-thirds
the amount of heat which it lost
when uncovered, but in a wind of 500
feet per second the covered cylinder
lost only one-third of the heat it lost
uncovered.

This illustrated that clothing was
more effective in keeping one warm
when there was a breeze than in still
air. There was comparatively little
difference between thick and thin
clothing when the air was still but
there was a considerable difference
in a draught. This explained, said
Mr. Niven, why although the tem-
perature may be only two or three
degrees higher, a man wearing a
light overcoat will be more comfort-
able than a man with no overcoat.

TRICKS IN GELATIN AND JELLY DISHES

Help for Perplexed
Readers and Some
Recipes

(By Edith M. Barber)

Sun readers are interested in how
to unmold gelatin dishes so that the
jelly neither breaks nor melts. I
have found that the best method is
to dip the mold almost to the top in
warm but not hot water. Hold it in
the water a moment, then remove,
dry the outside, place plate over it,
turn over and shake hard.

Another reader asks why the jelly
she decided to make with fresh pine-
apple would not mold. An enzyme
which fresh pineapple contains acts
upon the gelatin in such a way that
it removes the setting qualities. Canned
pineapple can be used success-
fully in gelatin dishes. Another read-
er demands a recipe for the perfect
cheese cake, which fortunately I am
able to give. A spring form is an as-
set in the preparation of this recipe.
The final request is for a nice re-
cipe using chicken livers. I hope that
the one which I am giving deserves
that adjective.

Chickens' Livers en Brochette

Chicken livers
Sliced bacon
Watercress.

Cut livers in four pieces. Alternate
pieces of liver and bacon on skewers,
allowing four pieces of liver and five
pieces of bacon to each skewer. Ar-
range skewers on broiler and broil
under a moderate flame, turning of-
ten, until bacon is crisp. Serve on
skewers, garnished with watercress.

Jellied Veal

2 tablespoons granulated gelatin
1 cup cold water
2 cups stock, well seasoned, or 2
bouillon cubes dissolved in 2 cups
boiling water.

1 onion, minced
1 stalk celery, with leaves
1 tablespoon tarragon vinegar
2 cups cooked veal, chopped
1-3 cup pimientos
2 teaspoons finely chopped parsley
1½ cups cut celery.
Soak gelatin in cold water about
five minutes. Bring the stock, with
the onion and celery to a boil and
let cook three minutes, strain and
add to softened gelatin, add vinegar.
Cool, and when mixture begins to set
fold in veal, pimientos, parsley and
celery. Turn into mold and chill.
Remove from mold and cut into
slices for service.

Cheese Cake

1 package zwieback or 4 cups corn
flakes
2 tablespoons butter
2 tablespoons sugar
1 cup sugar
2 tablespoons flour
¼ teaspoon salt
5½ cakes cream cheese
1 teaspoon vanilla
4 eggs
1 cup cream

Roll zwieback or corn flakes into
crumbs, add butter and two table-
spoons sugar and cream together,
blend thoroughly and put into nine-
inch spring form mold and press
down evenly on the bottom.

Mix the cup of sugar with flour and
salt and cream well with cheese and
milk again. Add vanilla and beaten
egg yolks and cream and whip again.
Fold in beaten egg whites and bake
in a moderate oven, 325 degrees F.
for an hour or until centre is set.



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● It S-p-r-e-a-d-s
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Vapo-r-nol is specially prepared to
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throw off head colds in the early stages.

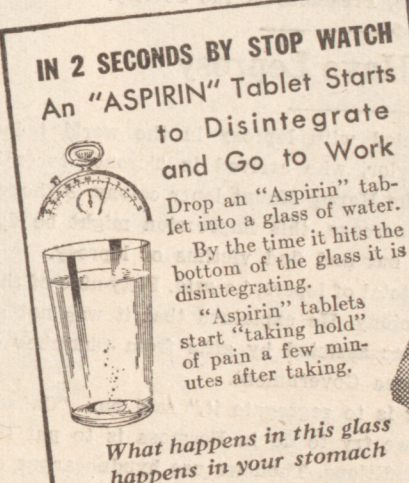
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Mother! Look in your Vapo-r-nol pack-
age for full details of Vicks Plan—a
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from colds. In clinic tests among 17,953
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more than half!

● Follow Vicks Plan for Better
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Enjoy Relief Before You've Finished Dressing

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By the time you've finished dress-
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"Aspirin" provides this quick
relief because it is rated among the
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has yet discovered. And—because



"ASPIRIN" tablets are ready to
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● "Aspirin" tablets are made in
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for the name Bayer in the form of
a cross on every tablet.



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