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... OF ...

Interest to Women

DO YOUR GO TO SLEEP EXERCISES IF YOU'RE A PARTY INSOMNIAC

Movements Will Help Relaxing When the Sheep Are All Counted and Still You're Wide-Awake

(By Victorine Howard)
Christmas Week Case History:
Patient came home between two
and five in the morning. Sank ex-
hausted into bed with advanced
symptom of being dog tired, but all
keyed up. Lay there with mind go-
ing around in circles. Never more
wide-awake. Twisted from side to side
for a half hour, punching pillow at in-
tervals. Floundered furiously over on
her back and swears she will go to
sleep. Wide-awake. Tried counting
sheep. Sick of sheep—still wide-
awake. Just lay there in a temper,
while the window panes began slowly
to show faint light.

Parties are as thick this holiday
time of the year as dropping pine
needles from ageing Christmas trees.
And the aftermath of the round of
parties is some fine cases of insom-
nia. Of course, the case histories
differ slightly. And there are the for-
tunate humans who can always take
the jump from wild excitement into
sleep at the drop of a pillow. But it's
a much more numerous group whose
tense nerves and tense muscles refuse
to unwind and relax just because you
finally decide to lay them on a bed.
And if there's one thing that's a pre-
requisite of sleep—it's complete re-
laxation.

Paradoxical as it sounds, exercise
is one way of overcoming insomnia.
Not complicated nor violent exercise,
which would only stimulate the body
you're trying to quiet. Nor even exer-
cise in a set rhythm, which would re-
quire some mental effort, and the use
of a certain amount of will-power that
is the opposite of the completely vacu-
ous state of mind that you're trying
to induce. But simple exercises that
are more like mere casual movements
except that they are designed to re-
lax particular nerve centres and large
muscles.

Under the guidance of physicians,
one authority on the subject has work-
ed out a series of "go-to-sleep exer-

cises" to combat insomnia. They're
all very simple, and are to be done
after you've gone to bed, with the
body "placed in position known to
invite sleep." As you grow more re-
laxed, she says, you'll find that "the
nerves become more quiet. And finally
sleep comes." The whole series,
included in her latest book on build-
ing new bodies, is too long to reprint,
but here are the ones which will do
more to promote sleep than anything
we know of:

As Limp as You Can

Lying flat on the back with every
muscle as limp as you can make it,
and arms at the side, lift the right
arm and let it drop limply back with
the hand resting over the head. After
a moment flop it down beside the
body again. Lift the left arm in the
same way. Repeat slowly six or eight
times, letting movement flow from re-
laxed shoulder through arm to ends
of fingers.

Do the same thing alternately with
both legs, drawing the knee up to the
abdomen, dropping the foot flat on
the bed and sliding it down again.

Relax face muscles by letting the
jaw drop open and closing it again,
and neck muscles by raising the head
from the pillow and letting it drop
back again as if it were a dead
weight.

Raise both arms over the head and
stretch. Then relax, stretch again four
or five times. Stretch the legs down-
ward from the hips, pushing down
heel first. Do it several times, relax-
ing in between each stretch. Then
combine the two and stretch arms up
and legs down. Relax. Do it again.

One of the important things about
relaxing is to think "limp." Never
mind counting sheep. Let your mind
say like a damp shirt on a clothesline.
You can recall about the party tomor-
row. And somebody will be much
more likely to ask you to another if
you get your sleep and keep your
looks.

GRIDDLE CAKES AND FLANNEL CAKES

A Reader Writes a Recipe For an Old Dish, But Called by an Older Name

(By Edith M. Barber)
A recipe for flannel cakes? A reader
asked for one. Of course, I have
one for her, but I have not heard
griddle cakes called by this name
since my childhood, when we demand-
ed them for breakfast or for dessert
at lunch time.

Flannel cakes are merely plain
griddle cakes and the old-fashioned
term does not justly describe their
soft texture. Delicately browned on
both sides and spread with butter,
drowned with maple syrup, there is
nothing better. My assistant dis-
agrees with me however, in regard to
syrup. She demands molasses. My
mother liked hers with sugar and
cream. The sugar may be granulated
brown or maple. Sugar and cinnamon
mixed together, honey and a variety
of other syrups may have the prefer-
ence.

But now about the flannel cakes,
themselves. Sour milk or sour cream
with soda plus a little baking powder
produce a particularly tender texture.
Sweet milk, however, may be used if
baking powder is added with a heavy
hand. The melted butter or the
shortening must not be scantied, both
because of the influence of texture
and flavor and because it will not be
necessary to grease the griddle with

plenty of shortening put into the
butter. On the other hand, one egg
will do as well as two.

You may have thick cakes or thin
cakes, as you choose, merely by
changing the amount of liquid. Even
with accurate modern recipes it is a
good idea to try one after your grid-
dle or electric grill is heated. The
latter is particularly useful as cakes
may go directly from it to the plate.
And we all agree that there is noth-
ing like hot cakes!

Flannel Cakes

2½ cups flour
4 teaspoons baking powder
¾ teaspoon salt
1 tablespoon sugar
1 egg
2 cups milk
¼ cup melted shortening.
Mix and sift dry ingredients. Beat
egg, mix with milk and stir into first
mixture. Stir in melted shortening.
Bake on both sides on a hot ungreas-
ed griddle. If sour milk is used, sub-
stitute one teaspoon soda for three
teaspoons of the baking powder.

Apple Pancakes

4 tablespoons shortening
1 tablespoon sugar
2 eggs
1½ cups flour
1 teaspoon baking powder
1 teaspoon cinnamon
1 cup apples
Milk

Cream the shortening and sugar
add the beaten eggs, the flour sifted
with the baking powder and cinnam-
on and the finely chopped apples.
Gradually add milk to make a medium
batter. Bake on a griddle and serve
in an overlapping row around a plat-
ter of pork chops, or serve separately
with roast pork.

Quick Meal

Broiled Lamb Chops
Stewed Corn Potatoes
Buttered Peas Cabbage Salad
Flannel Cakes, Syrup or Honey
Coffee

Method of Preparation

Light broiler.
Prepare peas (shell or defrost)
Prepare salad and chill.
Dice potatoes, boiled night before,
and cook.
Broil chops.
Cook peas.
Mix griddle cakes.
Make coffee.

PARIS BRIDES GO IN FOR NUN-LIKE SIMPLICITY IN GOWNS, HEADDRESS

Veils Match Dresses, Whether of Crepe or Satin -- Hail Line is Exposed

PARIS, Jan. 145 — Recent Paris usually clasps the throat, while a silk-
brides have discarded the traditional
tulle veil for one of the same material
as the gown itself. The new tendency
in bridal gowns is toward severe,
nun-like simplicity in line.

Dresses of marocain crepe are cut
with a high, unadorned neck line
that comes well up to the throat. The
simple bodice is fitted closely to the
figure, the waist is well defined, the
hips are moulded. The bias-cut skirt,
however, swoops out from the hips
in full folds that flare outward in
back to a long train that is a part of
the dress itself.

The new wedding gowns are un-
trimmed. A single strand of pearls

is tied about the waist with the tas-
selled ends falling in front. Occasion-
ally a girde of artificial or real orange
blossoms is worn.

Most important of all are the new
veils of the same marocain crepe or
deep ivory satin. The veils are fitted
to the head like a nun's coiffure, but
are cut away at the top of the head
to display the forehead and hair line.
Frequently the veil cap comes to a
little point over the temples, then
dips down to cover the ears and back
of the head. From here the veil
swoops out in a capelike train that
falls over the train of the wedding
gown.

BEDROOM FRAMES LADY'S CHARACTER DESPITE VARIETIES

(By Elizabeth MacRae Boykin)
A lady's room should really be a
portrait of herself framed becoming-
ly. It's important that she have a
place like this, too—where she can
feel gracious and poised and just a
little glamorous. That doesn't al-
ways mean a ruffled room—there are
other kinds of femininity . . . tailored
windblown or piquant. For rooms are
like ladies—some have charm because
they're fluttery, others because they
are not!

There is Joan, aged 6. A fine, bux-
om lassie who already is taking an
interest in a pretty dressing table
and the set of her pretty hair ribbon.
She is very superior to "nursery"
backgrounds now that school looms
large on her mind, so we suggest that
her furniture be really grown up—a
single bed in solid maple, a chest-on-
chest for her clothes.

We've planned a room with white
woodwork, papered in white with clus-
ters of naive cherries splashed about
over it. The bedspread is white
quilted cotton, very washable, with
red cherries applied on it, and the
dressing table skirt matches. Because
she still has hosts of small toys to
occupy her, shelves are built on one
side of the room, painted white with
red edges.

Mathilde, aged 14, has legs that are
a bit gangly now, and her mother
wonders if she'll ever outgrow that
awkward in-betweenness. Mother
might hurry the process a little by
giving Mathilde a serene and becom-
ing background in her bedroom.

The furniture may be simple and
white and modern and the walls a
cool, light blue. White Venetian
blinds at the windows were an extra-
vagance, but they made Mathilde feel
so important that they were worth it.

The bedspread is yellow candlewick
and the dressing table has a skirt of
yellow pleated dress linen finished
with a row of big white pearl buttons.
The room is just a bit austere, but
its main feature is extreme orderli-
ness—a virtue 14-year-olds need.

Betty is 19 and interested in books,
pictures, nice young men and skiing—
and nice, young men. She's all for ele-
gance and fine feathers—believing
that although the latter may not make
fine birds they certainly give a girl
a "lift." Therefore she likes her room
with the little French bed that has a
quilted headboard in rich cream, the
walls are papered in buff and apple-
green, the thick, deep-tufted carpet is
buff, and the Alice sits by the fireplace
mantel has dainty china shepherds
and shepherdesses standing in a row
on the shelf.

Colonial Style

And then there is young Mrs. Le-
gion—yes, that's her name. She's a
serious-minded young bride who is
madly collecting recipes, enough ash-
trays and her wits. Her bedroom
furniture is Colonial mahogany—
twin four-poster beds, dresser, dress-
ing table—the usual "set."

She had her walls papered in pale
dusty grey with a fine, royal white
feather in a sprawling pattern. The
woodwork is white and the windows
have been decorated with the sort of
simplicity that amounts to elegance—
heavy white silk rep draperies, tied
back very high, with silk tasselled
cords of a brilliant jade green. The
bedspreads are also white silk rep
with jade green cording.

And then there's Miss Somebody—the
one who's Going Places. She has a
good job and all day she's surround-
ed by modern methods, so when she
goes home to her own room she likes
deep comfort and a sense of leisure.
The walls are papered in white satin
striped paper and a studio couch is
placed in a niche in the wall made by
building out cupboards on either
side of it. These cupboards are open,
the shelves backed with a floral wall-
paper in old rose and white, and on
the shelves stand pottery, plates,
pewter, and the like. The studio couch
has a white candlewick spread.
Books, in their genial bindings,

BLOOD PRESSURE QUICKLY ALTERED BY THE EMOTIONS

(By Dr. James W. Barton)
A candidate for insurance returned
home after the medical examination
and informed his family that his blood
pressure was so high that the doctor
refused to accept him for insurance,
but told him to return in a few days.
On the second examination it was
found that the blood pressure was
still high. A further delay was sug-
gested.

In the meantime, the examining
physician, knowing that the candidate
had a friend who was a medical ex-
aminer for another insurance com-
pany, sought out this physician and
suggested that he call at the candi-
date's house some Sunday morning
(just happened to be passing and
dropped in for a minute) with, of
course, his bag in his hand. The candi-
date would likely suggest that he
take his blood pressure, or he might
casually introduce the subject him-
self.

As expected, the candidate suggest-
ed that his friend the physician take
his blood pressure. The blood pres-
sure was normal, and when the phy-
sician announced this fact the candi-
date, greatly pleased, said, "I got ex-
amined for insurance recently and
the doctor told me my blood pressure
was too high. I went the second time
and it was still high. I thought he
was wrong because there is nothing
wrong with me or my blood pressure."

The physician reported his findings
to the company physician and, sure
enough when again examined by the
company doctor the pressure was
found to be normal.

Now the reason for this high blood
pressure at the first examination was
the excitement or anxiety about get-
ting examined. Thus, while exercise
will raise the blood pressure a num-
ber of points, as will also food, alco-
holic drinks and certain drugs, the
emotions of an individual can raise
the pressure higher than any of these.
"The arterial tension or height of
blood pressure is so easily moved or
affected by so many variables, such
as emotional stresses, the surrounding
temperature, digestion and mental ac-
tivity, that one must be very cautious
in estimating the importance of moderate changes in its rise or fall."

form a centre of color along one wall
where a low white book shelf has
been built in—a row of flowered pic-
tures, framed alike, are hung above
the shelves.

Not to mention Mrs. Everybody
who has three children under 10. She
has no time for fripperies and no
money for frills! But charm is doubly
important in her room so she used
pink and white checked gingham for
curtains, dressing table skirt and the
draperies, painted her old furniture
Quaker grey, selected wallpaper in
the same shade of grey and used oval
braided rugs in blue and grey.

Two small easy chairs were cover-
ed in indigo blue, so this room turn-
ed out to be as sweet as 2-year-old
Suzy with her two little pigtails tied
with pink bows!

Another reason we advocate a pretty
room for a lady is that it's a good
place to flee for composure when a
perfectly distracting and altogether
darling family get just a little too
thick for tranquility.

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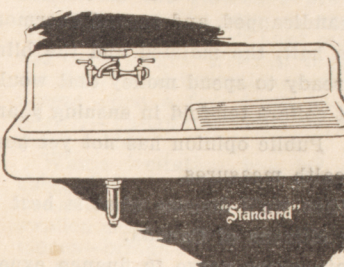
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