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## Interest to Women

TWENTIETH CENTURY CINDERELLA  
SHOULD KNOW HER PUMPKINSThere's Nothing Like a Good Pumpkin Pie For  
Capturing Modern Prince Charmings

(By La Cuisiniere)

"O—fruit loved of boyhood!—the old days recalling, When woodruffs were purpling and brown nuts were falling!

When wild ugly faces were carved in its skin. Gazing out through the dark with a candle within!

When we laughed round the corn-heap, with hearts all in tune. Our chair a broad pumpkin—our lantern the moon.

Telling tales of the fairy who traveled like steam

In a pumpkin-shell coach, with two rats for her team!"

—Whittier.

Pumpkin pie is in season. And the golden orb that has inspired poets still inspires praise from those who eat it in pie.

It was a pumpkin that the fairy godmother of Cinderella turned into the handsome coach that conveyed her to the ball where she met the Prince charming. But the modern Cinderella without the intervention of any such godmother can in her own kitchen make pies of the pumpkin that will bring many Prince Charmings to her own door.

There is an old legend of India that

the pumpkin was the source from which sprang the water that became the oceans and that the seeds of this mystical pumpkin became the fish of the sea.

The pumpkin and the squash are of the botanical family Cucurbita. We in this country pronounce it commonly as though it were spelled punkin. And to add further to the confusion of Europe they speak of the large species of the Cucurbita maxima as the squash. But in this country the species is commonly known as squash. The name pumpkin and squash is often used interchangeably for other species.

But pumpkin pie is commonly made from the field pumpkin Cucurbita pepo and here is a recipe for the custard in a pumpkin pie. Use your own pie crust recipe:

1½ cups sugar  
Butter size of walnut  
Cream as for cake  
Three eggs, whites separate  
1 large tablespoon flour  
1 pint milk  
1 cup or more of pumpkin  
1 teaspoon cinnamon  
¼ teaspoon ground cloves  
¼ teaspoon allspice  
1 teaspoon salt  
Pinch of ginger.

## WHY DISCORD ENTERS INTO A FAMILY

Dr. Dean Can't Understand Fighting Attitude  
Except In Dictator

(By Arthur Dean, D.Sc.)

"Dear Dr. Dean: Having so often read your column I am tempted to write you on a subject so dear to my heart—one you seem so well fitted to solve."

"What makes a youngster speak ugly to a parent he loves and respects? And why is there a discordant note in a home where all love each other and work together mainly for good of all?"

"It is of my 14 year old grandson whom I write because we adore each other, and his mother is my beloved only child, a thoughtful, loving, good daughter."

"Her husband is a dear, real son, a man of good disposition, splendid education, liked by all. There is also a 12 year old girl of most amiable disposition. The mother is good-looking, a cultured well poised, charming woman of more than fairly good disposition. At times she is a bit too quick to speak, especially to her boy, telling him know he is her problem. He never wants to do things for her; resents house duties, wants his own way. He is a brilliant boy, tender-hearted, a fine student, great reader, lovable, and, to me, a perfect dear; he is never impertinent to me. But to his mother he says horrid cutting things. Now she often gets peeved and snaps back with reproach and so the hurts multiply. The situation grieves me greatly. Any helpful suggestions will be much appreciated."

"One other thing occurs to me. I recently discovered his mind is keenly upon the fact that war looms upon the horizon and he 'will have to fight.' I am wondering what this is doing to our youth. God protect them from it!"

"I wish you continued success in a sphere where much can be accomplished for good.—Grandmother."

It is beyond me, grandmother, why the common people want to fight. I can see perfectly well why a dictator wants to get into a scrap because it is about the only way he can keep his people interested in him. He soon loses his job if he didn't give his country something to shout about. I can understand why the Chinese fight to defend their country and why the French and English arm to protect themselves from the disaster which is likely to come. But I cannot understand why the average run of ordinary people are willing to go into a war which smashes a family, their homes, and even their country.

I cannot understand why the mothers and fathers of Italy and Germany can stand on the sidewalk and cheer as children of 8, 10 and 12 years go marching by, bearing arms. Pretty nearly all the world is going crazy over war. It is all beyond me.

As for the boy he probably has reached the age when he wants to assert himself. Some of his loud talk we have to pass over and some we have to correct instantly. He nags and probably is nagged. Not a pleasant situation.

He must perform household duties. His mother must have a working program for him to follow every day. I suppose she isn't ready to do this. Some days she wouldn't have anything for him to do and other days she would interfere with his studying or his recreation. She has to sit down and figure out what she wants done and talk with the boy quietly and firmly about the reasons for his doing certain things around the house. Then she should sit back and see that he does it before he does anything else. Let him howl, but don't howl back at him.

## BLACKHEADS NEED VARIED CARE

Massage and Close Watch On Diet Must Be  
Enlisted When Cleansing Fails

(By Anjolette)

Helen is registering a complaint. In fact, she is highly indignant that we should say anyone suffering from blackheads is careless. She's very particular about scrubbing her face daily. Her contention is that the oil glands are too active to cope with.

Helen's carelessness may not be due to lack of washing but to the fact she did not go further into corrective treatment. Blackheads accompany an oily skin and coarse pores. There is an accumulation of dirt in the pores. If scrubbing is insufficient one needs to use massage and astringents to improve the circulation and so enlist the aid of the blood.

One must look to her diet and make sure she's not eating too many greasy foods, or too many rich desserts, and she'll want to be sure she drinks her daily quota of water.

In some cases it is necessary to suppress the contents of the pores. If so, wash the face with warm water and soap. Then massage the face thoroughly with a good cream. Remove the cream with tissues and then, with tissue-covered fingertips, remove the blackheads. Following this, apply an antiseptic solution, and then an astringent lotion to close the pores.

Oily skin needs the stimulus of massage. Creams should not be left on long, however. The first application is wiped off, taking with it any dirt. Then more cream is applied and you massage for several minutes. Following up with a soap and water washing and a cold rinse to close the pores.

When you wash your face add astringent to the water and wipe the face with an astringent lotion. When the skin is oily an astringent should be used frequently.

LOW-PITCHED VOICES ARE  
ATTRACTIVE IN WOMENVelvet Quality in Speaking Voice May Easily Be  
Acquired — Valuable Aid to Beauty

(By Fred Vytal)

A voice really can be attractive. If a woman wishes to be charming an attractive voice is indispensable.

She may have just had a session at a beautician's, she may be endowed with a streamlined figure, she may have a face that is beautiful. In appearance she may be the living picture of exquisiteness. All her allurements, however, means nothing if she has not the voice to back it up.

Just imagine a breath-taking beauty, a goddess whose whole personality oozes appeal. If she has a voice that is decked edged, nasal or whiney she ceases immediately to command interest.

An attractive voice is a deep voice. There's authority for this.

"Men are attracted to women with deep voices," declares Mrs. Allys Dwyer Vergara, associate professor of speech at College of New Rochelle. Defining the deep voice as "a low-pitched voice," Mrs. Vergara pointed out that experiments in acoustics showed that "men hear low tones better than high tones."

Stressing the need of a good voice for social and business success, particularly among women, Mrs. Vergara asserted that actresses with allure have low-pitched voices.

She cited Katharine Cornell, Judith Anderson, Margaret Sullivan, connected with the theatre, the Duchess of Windsor to prove this point, and added that "the woman who would soothe the ear of man would use the low tones."

"Since the eye is best accommodated with good light, so too the ear is happiest in the company of agreeable sounds," she continued.

"These sounds can be developed through voice training to produce a truly velvety quality. We have available in our speaking voices many tones as we have in our singing voices, but it is the lower ones we need to cultivate."

A happy combination, in her estimation, is to cultivate ease in conversation, assurance in public speaking and correct diction. With these three points mastered any woman may go far.

The sweetest voice, and it is soft and low-pitched is that of a mother singing a lullaby as her baby falls asleep. From that start youngsters are influenced throughout their lives not by the strident voice but by the quiet, even-toned voice.

An attractive voice is not a gift. It doesn't always come naturally. More often than not it must be cultivated. Fortunately an attractive voice is not a difficult achievement. It can be done and is being done every day.

Any woman may make her voice a vital, compelling instrument. It mere-

ly takes an analysis of its defects and a conscious effort to eliminate them. Ever try reading aloud? If you have not, you have an interesting experience. Reading aloud is the simplest and most effective speech training according to authorities.

Because diction is the use, choice and arrangement of words and is an acquired characteristic, it can be beautiful or dull, according to a person's own efforts.

Perhaps the outstanding examples of beautiful women with attractive voices will be found among actresses and singers.

Dorothy Lamour not only has a fine singing voice, but her talking voice makes her quite irresistible. As our Hollywood columnist says, she's an eye-fall. No one who saw and heard her sing "Moonlight and Shadows" will ever forget her, so we found an impression by low-pitched voice made.

When the boy friend takes his girl friend out for an evening an important asset to her is an attractively low-pitched voice. Her popularity will be considerably dimmed if she allowed her voice to drag from the corner of her mouth or bite the air like shots from an air rifle.

Unless she pays attention to her voice and cultivates an ease of conversation, the young lady may find that the boys don't "date" her as much as some of her girl friends.

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## A SUGGESTION

If you melt the butter or lard when making pastry and beat it into a cream before you mix it with the dry ingredients only about half the usual amount is needed.

A young thing must not only be cosmetically perfect, she must have a voice as perfect as possible. In taking off the shine on her nose with a powder puff, she must polish up her diction and voice tones. In this way she may feel confident that she will hold her man.

"Does your Mother know you're out!"  
"She will—when she looks for her Sweet Caps..."

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