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**DO NOT OVER-
ESTIMATE CHILD'S
MENTALITY**

Many Uninformed Per-
sons Prone to Com-
mend the Glibness of
Youth Who Are Not
Bright.

(By Arthur Dean, Sc.D.)

It is easy to overestimate the men-
tality of a child who is expert in use
of language. Remember glibness does
not necessarily mean brightness.

How many times have I heard un-
sophisticated and uninformed people
commend in the highest terms a child
who has the gift of gab, or commend
a "poor, unfortunate fellow," who was
really a habitual criminal, but had
the silver tongue to tell everybody:
"You know, I really didn't do it. It
was the other fellow who did it. Any-
how I wouldn't do such a thing; it
is all a mistake somewhere."

School teachers are prone to over-
estimate the mentality of a talkative
child. If a child can talk he is ac-
counted bright; if he doesn't talk he
is supposed to be dull.

Here is a quotation for such teach-
ers to read: "Out of a number of
children who were reported by their
teachers to be bright, 25 per cent. had
only an average mentality, but they
possessed an unusual fluency of
speech. Thirty-five per cent. of the
children who were reported 'dull' be-
cause they did not have a silver ton-
gue, were found to be just as bright
as the 25 per cent. who were sup-
posed to be very bright."

Dull children of course, we have,
but there are degrees of dullness, and
there are causes behind the dullness.
In many cases children are not nec-
essarily dull; they are not silver ton-
gued. In other cases they are shy
rather than dull.

Oftentimes we find that dull chil-
dren are able to work better when
alone. Not being silver-tongued them-
selves, they are irritated when the
silver tongues are around.

My advice to parents and teachers
is not to be fooled by the glib talkers.
Talk is all right in its place, and
perhaps the biggest place for it is in
the schoolroom, at least it is most
appreciated there by teachers who
can't see anything bright in children
except when they can talk brightly.

But let us remember that the
school's task is to take children as
they are and train them for life as it
is. This is also the business of the
home. Practically every child is
bright in something; some may be
bright in manual skill, some may be
bright in art, some may be bright in
arithmetic, in reading, in foreign lan-
guages, in history, or in nature.

Watch out whether or not your
child is just school dull. He may be
that, but he may be life-bright.

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**SERVE RICH DESSERT
IN SMALL QUANTITIES**

**Marjorie Mills Gives Directions For Making Var-
ious Forms of Frozen Desserts---Recipes for
Cookies and Peanut Brittle**

(By Marjorie Mills)

Ice box cakes are so easy to make
that they've become very popular
with busy homemakers and hostesses
alike. They're an adaption of either
a charlotte or Barvarian cream, or
a mixture of both. Ice box cake al-
ways calls for whipped cream in
some form and frequently for butter.
Nuts are often added and the mould
is either decorated or put together
with some sort of cake mixture, as
macaroons, sponge cake, angel cake,
or lady fingers or cookies. In any
case the dessert is so extremely rich
that it should be served only in
small quantities.

Almond Ice Box Cake

¾ cup butter.
1½ cup sifted powdered or con-
fectioners' sugar.
3 eggs.
1 cup finely chopped toasted al-
mond meats.
½ pint heavy cream.
½ teaspoon almond extract.
12 stale macaroons, crushed not
too finely.

1½ dozen single lady fingers.
Beat the butter to a cream and
work in the sugar, almond extract
and egg yolks. Then add the egg
whites, whipped stiff, and the chop-
ped nut meats, and combine the mix-
ture with the cream, which should
be whipped stiff and folded in. Line
a three-pint mould with waxed paper,
put a layer of macaroons on the bot-
tom, interspersing them, if desired,
with toasted almond meats to form
a design. Line the sides of the
mould with the lady fingers, arrang-
ing them vertically, put half of the
cream mixture in the mould, on this
lay the remaining macaroons, adding
the balance of the mixture, and set
in the coolest part of the refrigerator
for 24 hours. To serve, unmold and
garnish with additional sweetened
whipped cream.

Date Ice Box Cake

1 cup graham cracker crumbs.
1 cup dates, sliced.
¼ cup nuts, chopped.
1 cup marshmallows, cut.
¼ cup milk or orange juice.
1-3 teaspoon salt.
½ teaspoon vanilla.
½ cup cream, whipped.
Crush the crackers with a rolling
pin; reserve about two tablespoons;
place the remainder in a mixing
bowl; add the remaining ingredients;
fold in the whipped cream at the last.
Shape the mixture into a cylinder
with the hands; roll in the crumbs
reserved for the purpose. Wrap the
roll in waxed paper. Chill 12 to 24
hours. Cut in slices and serve with
whipped cream.

Chocolate Ice Box Cake

18 thin chocolate cookies (1½
inches in diameter).
1 pint whipped cream.
2 teaspoons vanilla.
Whip cream and add vanilla.
Spread one tablespoon on one cookie
and press another on top. After four
or five cookies have been added, lay
the stack on edge in the center of
freezing tray or mould; complete the
roll; then completely cover with re-
mainder of whipped cream.

Place in refrigerator to chill for 12
to 24 hours. Garnish with mara-
schino cherries or chocolate shot.
Serve in diagonal slices and add a
small portion of chocolate sauce to
each serving. Ginger cookies may be
used the same as chocolate cookies
and served without sauce.

Frozen Crumb Cake

2 cups leftover cake, broken in
small pieces.
1 cup whipped cream.
¼ cup chopped English walnuts.
Any leftover cake can be used, but
sponge or angel food cake is deli-
cious served in this manner.

Whip cream and combine with
cake. This should be tossed together
with a fork. Add chopped nuts and
pour into freezing tray. Freeze with-
out stirring. Slice for serving.

Fruit may be added to the above
recipe if desired, either frozen with
the cake or chilled and served with

the frozen cake. Maraschino cherries
may be added. This is an excellent
way of using those unused portions
of cake and small portions of left-
over fruit.

Ice Box Fruit Cake

1½ cups seedless raisins.
2 cups prunes.
1 cup quartered candied cherries.
½ cup finely cut citron.
½ cup finely cut preserved orange
peel.

1 cup finely cut preserved lemon
peel.
1 cup unstrained orange juice.
1 cup finely chopped walnuts.
¾ cup granulated sugar.
1 teaspoon ground cinnamon.
1 teaspoon ground allspice.
½ teaspoon ground cloves.
1 teaspoon rum, brandy or vanilla
extract.

1 tablespoon granulated gelatin.
3 tablespoons cold water.
2-3 cups finely rolled graham
cracker crumbs for mix.
2-3 cup finely rolled graham crack-
er crumbs for pan.

1 pint whipping cream.
Rinse raisins, drain and slice with
scissors. Rinse prunes, boil in suf-
ficient water to cover for 15 minutes,
drain and cut into small pieces. Com-
bine, raisins, prunes, cherries, citron,
orange and lemon peels, orange juice,
nuts, sugar, spices and extract and
mix thoroughly.

Let stand overnight. Heat fruit
mixture; moisten gelatin in cold
water and dissolve in hot fruit; cool.
Whip cream until thick, but not stiff,
add fruit and 2-3 cups cracker
crumbs gradually, mix thoroughly.

Rub sides, bottom and tube of a
tube cake pan (eight to nine inches
in size) with butter, sprinkle and pat
pat one-half the remaining cracker
crumbs over the bottom, sides and
tube of pan. Pour in the cake mix-
ture and press down evenly. Sprinkle
remainder of crumbs over top of
cake. Place in ice box overnight.
When cake is unmolded a sufficient
portion of the crumbs to form a
crust will cling to the cake; surplus
crumbs may be brushed away. Will
keep in ice box for several days.
Serves 16 to 18.

Cookie Recipe

"I am so anxious to have the recipe
for drop cookies with grated pine-
apple in them. Have made these
often, but now have lost the recipe
which came through your column."
Boston. E. T. S.

Pineapple Cookies

1-3 cup shortening.
2-3 cups sugar.
1 egg.
1 teaspoon lemon extract.
1-3 cups flour.
¼ teaspoon soda.
Pinch of salt.
¼ cup crushed pineapple.

Cream shortening, add sugar and
cream well. Add beaten egg. Mix
well. Add extract and pineapple and
the other ingredients, mixed and sift-
ed. Stir well and drop from end of
spoon on greased and floured baking
sheet. Space them about three inches
apart as they spread, and flatten them
down. Bake in moderate oven for 15
minutes. Let them cool before re-
moving from pan.

For A. M.

We believe the candy is brittle with
peanuts and sesame seeds added.
Part peanuts and sesame seeds can
be used in the following recipe, or
two separate batches can be made,
with half cup of seeds or peanuts in
each.

Peanut Brittle

1 cup granulated sugar.
2 cups brown sugar.
1 cup dark corn syrup.
1 cup water.
1 tablespoon butter.

Boil sugar, syrup and water until
it reaches 280 degrees F. (medium
crack stage.) Add butter and peanuts
when nearly done. Remove from fire
and pour in greased pan to harden.
Mark off in squares or break in
pieces.

**EXCESS WEIGHT
IS A DANGER TO
GOOD HEALTH**

**Cold Figures of Insur-
ance Actuary Point to
Early Doom of Large
Percentage of Over-
weights.**

(By Dr. James W. Barton)

Those of normal weight and many
also who are overweight may have
the opinion that too much importance
is being attached to overweight—its
dangers to health and life. If they
were to talk for just five minutes to
the actuary of any life or sickness in-
surance company, they would learn
some startling facts because insur-
ance companies make or lose money
on the types or kinds of risks they ac-
cept. And they are not in business to
lose money.

One of the first facts the insurance
company actuary will point out is the
great amount of diabetes among the
overweight. He will back this up by
showing the figures of Dr. E. P. Jos-
lin, Boston, the outstanding authority
on diabetes, who tells us that diabe-
tes is the result or penalty of over-
weight.

The figures for the death rate of
diabetic men over 45 years is from
twice to ten times normal, depending
on overweight.

Blood Vessels Go

As you know, the commonest cause
of death after middle age is disease
of the heart, blood vessels and kid-
neys, because the heart and blood
vessels have the hard work of carry-
ing a large quantity of nourishment
to the kidneys to have wastes or
poisons filtered out and useful sub-
stances retained. Now high blood
pressure, hardening of the arteries,
and defective work by the kidneys all
accompany overweight, and the sim-
plest method of relieving unnecessary
strain is to reduce the weight and
size of the patient. Thus when an in-
dividual gets down to, or nearly to,
normal weight, his chances of devel-
oping heart, blood vessel and kid-
ney disease becomes very much less.

Dr. Herbert I. Coombs in the Brit-
ish Medical Journal, in pointing out
the importance of overweight in ad-
dition to diabetes, tells us that "ar-
thritis—inflammation of joints—is
one of the commonest diseases en-
countered by the general practitioner
and it is almost always associated
with overweight."

Reduction Helps

A frame or body designed to carry
125 pounds will continue to make
protests in the form of painful hips,
knees, arches of the feet, as long as
another 75 pounds has to be support-
ed. Reduction in weight is always a
help to other forms of treatment and
earns many grateful patients for the
physician.

Another point brought out by Dr.
Coombs, and one that is likely to be
overlooked is the great change in
mentality or outlook with the in-
crease in weight.

It is generally agreed that over-
weights are rather cheerful and good
natured, but after a period of time
this good nature of the slightly over-
weight degenerates into lack of am-
bition and a 'don't care' attitude to-
ward anything and everything.

Still another point, and one fami-
lar to every physician is the bad sur-
gical results that often follow op-
erations on very fat patients. "Mech-
anical difficulties of nursing heavy
patients and the increased risk of
infection when large masses of fat
tissues are exposed when the knife is
used, are often important factors in
working against recovery of over-
weights who come to operation for
gall stones, diabetic gangrene, and
other conditions."

One would naturally believe that
when the overweight thought about
the body ailments often brought on
by excess fat, he would make haste to
get rid of this fat, but many need a
great amount of argument than health
and that is their appearance.
"Having arrived at the conclusion
that the patient is overweight it re-
mains to convince him that a defin-
ite amount of this excess should be
lost. Is it wise and is it worth while
to reduce to the lowest figure?"

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