

Kathleen Norris Says:

Paying the Piper

Bell Syndicate—WNU Features.



The average mother shrinks from the thought that any other mere woman is going to win her son away from her.

By KATHLEEN NORRIS

HERE is a familiar old saying to the effect that when you call the tune you have to pay the piper. One reason why older women, mothers and teachers and guardians of girls, are so extraordinarily fussy about what girls do and don't do, is because the years between 16 and 26 are the years when most of us call the tune.

Because she is young and confident and spoiled, full of half-formed yet very ambitious dreams for the years to come, a girl will quite readily call the tune. She's going to marry Paul and reform him, and they will inherit all his uncle's money and live in the smartest of Park Avenue's apartments. That's the tune.

When Paul doesn't reform, and the uncle's wealth turns out to have been a handsome annuity that ended with his life, and when the smart apartment turns out to be a forty-dollar flat in the Bronx, that's when the piper calls for his pay.

Small children can't make important decisions. People in the thirties and forties usually have had some experience, and occasionally have some sense. Old people have called all the tunes, and paid—and double paid—the inopportune piper, and their deciding times are over. So the dangerous time is in the late 'teens and the early twenties, and we older women watch our girls fearfully and sorrowfully at that time, hoping that whatever we have been able to give them of code, of sense of duty, of wisdom and understanding, will guide them safely through.

Girls Better Prepared.

For it is a terrible truth that most of our young men are completely unprepared to make good husbands. Girls have a better chance for several reasons. One is that many girls know something of housekeeping, managing, wifely obligation just from watching mother. Another is that the success of a marriage depends much more upon the wife's disposition than upon that of the husband.

Boys have no such training. The average mother shrinks from the thought that any other mere woman is going to win her son away from her. She'll not anticipate this calamity by helping him see what is fine and trustworthy in any girl, and what is not. They're all vampires trying to capture her Robert, and she'll not help them! So she is very apt to misrepresent them to him, criticize them, warn him that although Ann is a very fine girl, she's going to get fat like her mother, and although Susan seems a perfectly delightful creature, there is that uncle of hers who misappropriated funds ten years ago.

So Robert goes afraid to find his sweetheart, and the result is a part of our tragic national story of divorces. Here is the case of an Oshkosh woman; a case that is typical of many, and full of bewilderment and suffering. Mary Bates is 25, a capable office worker, with a small girl of four. A small girl of four, as some of us know, can be a rather bewitching person, and the picture Mary Bates sends me of Janey-Jo could go on any magazine cover with general approval.

"When Janey-Jo was 11 months old I left her father," writes Mary. "The reasons were complete incompatibility, boredom, continual drawing apart; it was a marriage that never should have taken place, as my own father and mother and all my friends knew well. But I was 19, Sidney 23, we were both infatuated, and although the honeymoon

FAMILIAR TUNE
As Kathleen Norris points out this week, if you insist upon calling the tune you must be prepared to pay the piper. But at least once in her lifetime, every woman forgets that. Usually it is when she falls in love, or thinks she does. It's an old, familiar tune, that song of love, and one for which she is nearly always unwilling to pay with the stiff price of a broken heart, a tragic divorce or the bitter disillusionment that is the special torture of very young hearts.

was hardly over before quarrels began. I think any young couple, feeling as we did, would have married as we did.

Tended Baby Alone.
"I wanted a child; Sidney didn't. He hated the idea. Before Janey-Jo was born he treated me with real, if not always purposeful, cruelty. Night after night he was away until one or two in the morning, and I lay awake worrying about him. The baby was 'that damn kid,' and, as dancing, tennis, trips became impossible for me, it was an incessant 'well, what did you have it for?' Finally, I was to be forgiven if it was a son. His mother came to stay with us, and stated that the Bates babies always were sons. My adorable baby was born tiny, weak, a nutrition problem from the beginning. Neither Sidney or his mother showed any concern. I brought my little girl through her first hard weeks alone, bearing all the anxiety and fatigue as best I could. Sidney was away more than ever; I felt like a mere paid housekeeper, keeping my fretful baby out of his way as much as I could, sleeping in the nursery to be sure that she survived the nights, and spending long lonely days with a book and a perambulator in the park.

"Then I went to my mother, and here I have been for more than three years. Janey-Jo is a glorious, sturdy little creature now, and the delight of both our lives. Sidney asked me not to get a divorce for business reasons, and I agreed, glad to be spared publicity. He was traveling a good deal, and only a few intimates knew that we were living apart. Also, at the time of the separation he stated that he wished half-custody of his child; very surprisingly, for he hadn't seemed to know she was alive. But I think his mother put him up to it.

"You can guess the rest; the good, fine, protecting man who has come into my life, to show me what love is, and what life might be. He is my mother's doctor, 38 years old, fine in every way. He lost his wife two years ago; is childless, and loves my child.

Price of Happiness.
"And now Sidney won't consent to a divorce unless I surrender Janey-Jo entirely! His mother and a widowed sister want her, of course, and he wants to please them. So between them they would sacrifice the little thing who owes her life to me, who would never have weathered a thousand crises but for me. Is this fair? I become so frantic with resentment when I think of it that I know I am not regarding the situation reasonably, and I want your opinion. What is my best way out?"

How to avoid paying the piper? It was headstrong 19 that called the tune; it was an inexperienced, infatuated girl who leaped into the marriage; if it is a saddened, hurt, wiser woman who has to bear the result.

Mary's only solution lies in patience, but time goes slowly for separated lovers, and her resentment will break forth again and again.

Star Dust

STAGE-SCREEN-RADIO
By VIRGINIA VALE
Released by Western Newspaper Union.

THE Hollywood telephone repairman was phoning his report. "Yeah, I fixed it; cord was chewed." Pause. "Yeah, chewed. No, not a dog—a lion." Pause. "Sure I said lion." Pause. "Look, I haven't had a drink all day, and I said a lion chewed it. I'm at Jim Falkenburg's house." He grinned. "Yeah, I knew you'd understand." The cub, a present to Jim from her brother, Bob, has since then taken to sharpening his teeth on the piano legs. The Columbia star of "She Has What It Takes" says that's perfectly all right, if he sticks to piano legs.

Pola Negri, who years ago was one of the head glamour girls of the silent movies, is returning to the screen in the United Artists film, "Hi Diddle Diddle"; she'll play an operatic star, the wife of Adolphe



POLA NEGRI

Menjou, a role from which Menjou's real wife, Veree Teasdale, retired because of illness. Martha Scott has the leading role. Animated sequences by Leon Schlesinger, the film cartoon creator, will begin and end the picture.

Nine-year-old John Donat, son of Robert Donat, makes his film debut in "This Land Is Mine," starring Charles Laughton and Maureen O'Hara. John breezed through his lines, and between takes sat high on a stepladder, reading a comic strip magazine—stayed there until Director Jean Renoir called him down from his perch to go to work again.

David Niven returns to the screen after a two-year absence in "Splitfire," the British-made Goldwyn production which will be released by RKO Radio. A major in the British army, he was given leave to co-star with Leslie Howard in this picture.

After testing Hollywood stars by the dozen King Vidor has selected an unknown for the important role of Brian Donlevy's wife in Metro's "America." She's Ann Richards, who arrived here from Australia on the last boat to leave after the bombing of Pearl Harbor.

Little Margaret O'Brien, who stole the honors in "Journey for Margaret" and did the same thing when the "Screen Guild Players" did a dramatized version of it on the air, won Jack Benny's heart when, asking him for an autograph, she said she'd seen him fall into a lake in a picture. "That was with Bob Hope," said he. And Margaret replied "Bob Hope? Is he a comedian, too?"

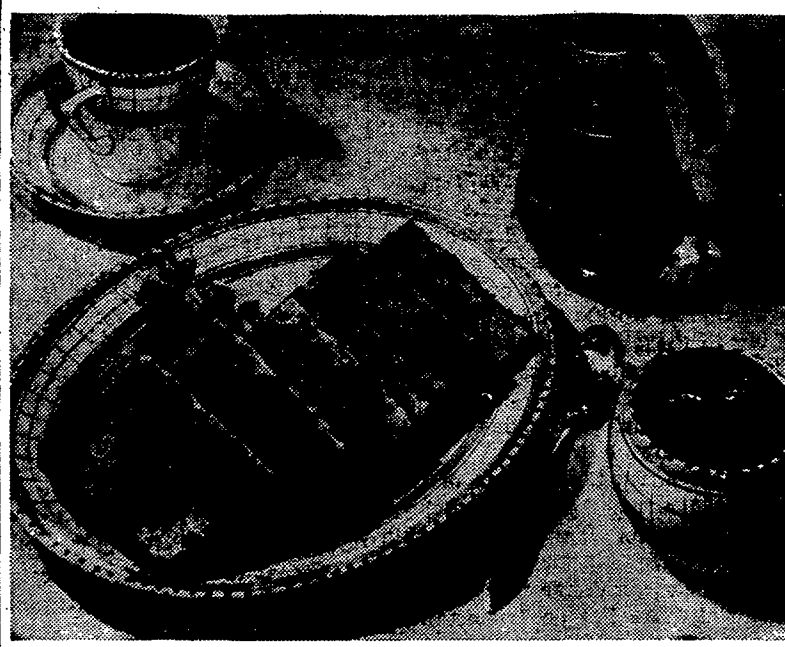
Red Skelton's been having a swell time, working at Ebbets Field in Brooklyn on "Whistling in Brooklyn"; every member of the famous Dodgers, including Manager Durocher, appears in the picture. Five hundred rabbit dregs sat in the bleachers for some sequences—and what's more, got paid for it!

The quickest way to become a star on your own program is to do a guest shot on Rudy Vallee's Thursday show. During the past year he's presented Groucho Marx, Billie Burke and Ransom Sherman, among others. Now Marx stars on his own Saturday night program, Sherman recently launched a new series, and Billie Burke will have two air shows going during the summer.

That new "Salute to Youth" program has just about everything radio fans can want. There's William L. White, war correspondent; Raymond Paige and an all-youth orchestra; Nadine Conner, Metropolitan Opera star; Gerry Kroeger as narrator, and a guest war worker. With most of the cast in their 'teens or early twenties, the program—on NBC Tuesdays—is a salute to youth, by youth.

ODDS AND ENDS—Lesley Woods, "Bright Horizon" actress, has said goodbye to her dog, Bouncer; he's joined the army as a buck private. . . Fred Allen will return to motion pictures this summer. . . They've found another road for Bing Crosby and Bob Hope, "Road to Utopia," to be made with Dorothy Lamour. . . After five years, Phil Baker will return to the movies in 20th Century-Fox's "The Girl He Left Behind." . . Ginny Simms, star of "Johnny Presents," has begun a tour of desert army camps within a day's distance of Hollywood; she offers a one-week show and pays all expenses.

HOUSEHOLD MEMOS... by Lynn Chambers



Neat Trick for Stretching Meat-Scrapple

(See Recipe Below)

Make Red Points Work!

Making red points fit your menus and still give you plenty of valuable proteins and fats on which to do a man-sized day's work is like working out a jig-saw puzzle. But you remember how they all can come out if you try hard enough? The answer is in budgeting your points before you spend them, getting meats with low point value, and extending flavor of meat as much as possible.

First of all, let's realize that meat is a high quality protein, and that the body needs it for repairing and building tissue—which is a full-time job. We designate proteins as complete and incomplete, the ones which are complete do a complete job of body building and repairing. Complete proteins are meat, cheese, fish, poultry, eggs and milk.

Incomplete proteins are those which can do just part of the job, and in this class we have breads, cereals, beans, peas and nuts. Of course we can use these foods alternately or in combination with meat, when we cannot get enough meat to fill our requirements. But, always, please bear the difference in mind.

Pork is our foremost source of thiamin or vitamin B₁—sometimes called the pep and energy vitamin because of its important contribution to mental health. Here pork sausage is combined with a cereal for a really delicious "stretched" dish:

All-Brain Scrapple.

(Serves 8)

- 1 pound fresh pork sausage
- 2 cups water
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon powdered sage
- ½ cup cornmeal
- ½ cup bran cereal

Brown sausage in heavy skillet, stirring occasionally; pour off and save fat. Bring water to a boil, add salt, pepper, sage and cayenne. Stir in cornmeal gradually; cook until thickened, stirring constantly. Add bran cereal and sausage and mix thoroughly. Pour into dampened loaf pan; chill until firm. Unmold. Cut into ½-inch slices and brown in sausage fat on hot grid. Serve with maple syrup or apple butter.

Chicken is a complete protein—and goes a long way, nicely in this delightful fruity salad which you'll enjoy serving company or Sunday night supper guests:

Lynn Says:

The Score Card: With 35 million homemakers carrying ration books to the grocers, new ways for managing limited foods are the order of the day. Many of these homemakers are accustomed to pulling off cans from their shelves, or taking quick-frozen food from their storage lockers. Now they will have to glean all possible facts from labels of these processed foods, budget their points carefully.

It's smart to buy the size of can most profitable for her own individual family. Keep a table of equivalents handy in your purse until you become proficient. Usually, 16 ounces or one fluid pint will fill two measuring cups. The 32-ounce size will fill four cups.

Remember canned vegetables are already cooked and need be brought only to boiling to be ready to serve. Buying fresh fruits and vegetables relieves pressure on canned goods.

This Week's Menu

- *Stuffed Veal Hearts
- Buttered Noodles
- Quick-Cooked Green Cabbage
- Grated Carrot—Fresh Grapefruit Salad
- Whole Wheat Rolls
- Rhubarb Sauce
- Jelly
- Cookies
- Beverage
- *Recipe Given.

Orange-Chicken Salad.

(Serves 6)

- 1½ cups orange sections
- 2 cups cooked chicken, minced
- 1 cup diced celery
- ½ cup lemon french dressing
- Lettuce and other greens

Toss orange sections, chicken and celery together with the lemon french dressing. Arrange on six individual beds of greens or lettuce. Kidney beans are a second-class or incomplete protein food, but they are fine to use on that extra day when there are no red points left over for meat. Dried peas and lentils have a low point value which makes them fine for tide-overs on meatless days: Grated cheese adds food value, takes only a few red points:

Kidney Bean Loaf.

(Serves 6 to 8)

- 2 cups dry kidney beans
- 2 cups water
- 4 cups stale bread crumbs
- 2 cups grated cheese
- ½ cup chopped onion
- ½ cup shortening
- 1 egg
- 1½ teaspoons salt
- ½ teaspoon pepper

Soak beans overnight in the 2 cups water. In the morning, bring to a boil in the same liquid, and then simmer until beans are tender. Mash beans fine and add all other ingredients, mixing well. Pack into a loaf pan and bake 1½ hours in a 325-degree oven. Baste occasionally with 1 tablespoon melted butter and ¼ cup water.

You may use fish generously as a real menu aid during these days. Many types of fish are in season all the year round, and a great many others come in season during spring:

Fish Loaf.

(Serves 4)

- 2 cups flaked, steamed fish
- ½ teaspoon salt
- 2 eggs, separated
- 1 cup medium white sauce

Combine, fish, salt, beaten egg yolks, white sauce and beaten egg whites. Pour into greased baking dish and bake in a moderate oven 20 to 30 minutes.

*Stuffed Veal Hearts.

(Serves 5)

- 2 veal hearts
- 2 tablespoons chopped onion
- ¼ cup chopped celery
- 2 tablespoons shortening
- 1½ cups fine bread crumbs
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup water
- 3 tablespoons shortening
- 2 cups sliced tomatoes
- 2 whole cloves
- 1 bay leaf
- 1 teaspoon salt
- ½ teaspoon pepper

Clean hearts by cutting through side to center, open with a sharp knife, cut out all veins and arteries. Wash well. Make a dressing by cooking onion and celery in shortening. Add crumbs, salt, pepper and water. Stuff the hearts with dressing and tie together with string. Roll hearts in flour, brown in shortening. Add tomatoes, cloves, bay leaf. Sprinkle with salt and pepper. Cover with tight fitting lid and cook on low heat for 1½ hours.

Lynn Chambers welcomes you to submit your household queries to her at Western Newspaper Union, 210 South Desplaines Street, Chicago, Illinois. Don't forget to enclose a stamped, self-addressed envelope for your reply. Released by Western Newspaper Union.

TO YOUR Good Health

by DR. JAMES W. BARTON
Released by Western Newspaper Union.

LIGHT EXERCISE

It is unfortunate that a couple of outstanding physicians should advise that exercise should not be taken by those past 40 years of age.

They were so opposed to exercise that they suggested that lifting the little finger unnecessarily might cause harm. Now these physicians had but the one thought in mind and that was to discourage those middle-aged individuals from taking exercise who thought that "strenuous" exercise was needed just as much, if not more, at middle age than for those under 40. The advice was given to prevent strain on heart and blood vessels. These physicians are aware that in the treatment of the middle aged or elderly of average health the last thing they would want them to do is to rest all the time, that is become bedridden. This is because the body needs to move itself to keep heart, blood vessels, lungs, appetite, digestion and bowel movement normal. To rest all the time would lower the health mentally and physically.

I have in mind particularly those who are overweight and among the methods of getting rid of excess fat are already taking exercise or have been planning to take some exercise. As a matter of fact exercise is the "natural" way to reduce weight because it creates extra heat thus melting away the fat tissue which is inactive and developing muscle tissue which is active and heat creating when it is active.

"Exercise improves the circulation, sweeps away the stagnant waste materials which collect in the body, creates a sense of well-being which lasts for a long time afterward and burns fat."

The overweight individual because he is overweight does not like exercise as every movement of his body means that he must do much more work than one of normal weight. But as he gradually removes the stored fat on his body and increases his muscular strength he gets a three-fold benefit—(a) removes excess fat, (b) increases his muscular strength and (c) because of this increased muscular strength loses his dislike for exercise. The fact that exercise is now easier to take, that he can feel himself becoming lighter and more "limber" makes exercise actually "inviting" to him.

Dried Foods Aid To Victory Effort

One of the things learned during the war, which will mean health and happiness to many more thousands than before the war, is that water can be removed from food on one side of the ocean, the food shipped in a space many times smaller to the other side of the ocean, where by adding water to the amount previously removed makes the food as nourishing as when it was fresh.

The London correspondent of the Journal of the American Medical Association states that research work carried on at the Low Temperature Research station, Cambridge, in co-operation with other institutions in Britain, and in the United States and dominions, has made possible the following beneficial results.

"It is estimated that removing the water from foods, while maintaining their food value, has saved shipping to the extent of 3,000,000 tons of water annually. A quart of milk has a volume of 69 cubic inches and weighs 41 ounces. Condensed, it has a volume of 27 cubic inches and weighs 16½ ounces. Reduced to a powder, it has a volume of 15½ cubic inches and weighs 5½ ounces. With the powder compressed into a block the volume is reduced to about 7½ inches from 15½. The discovery that fresh milk can be reduced to such a small space makes the rich spring and summer milk available for use in the winter, when there is less sunshine for cows and for human beings. This is of considerable importance.

Great Britain will import 100,000 tons of dried eggs in 1943. If this amount of eggs were shipped in the usual way with water and shells it would weigh 600,000 tons and take six times the amount of shipping space. A similar saving is made by importation of dried meat. Another advantage is that dried eggs and meat do not require refrigeration for transport or storing.

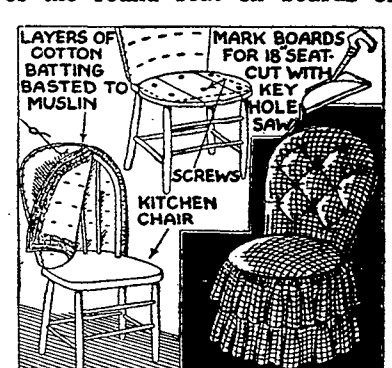
QUESTION BOX

Q.—Are the internal organs of pork and beef considered safe for consumption?
A.—The organs are a valuable food. Should be well cooked.
Q.—Would it be safe for a person subject to sharp, stabbing pains in the right side of the chest to drive a car?
A.—While these symptoms point to a muscular pain, one visit to your doctor will show whether it is more serious.

ON THE HOME FRONT

RUTH WYETH SPEARS

HERE is how you can play Fairy Godmother to a kitchen chair. Pad the back as shown here, using at least three layers of cotton batting for the front of it and one for the back. Next, cut an 18-inch circle of cardboard and use it for a pattern for marking the shape of the round seat on boards or



plywood. Cut out the wooden seat and screw it to the chair. Save the cardboard pattern.

Cover the front of the chair back next, tuffing it with covered buttons sewn through the back with a long needle. Sew the back of the cover in place with stitches hidden under welting. Tack a strip of muslin around the seat, and sew the ruffles to it. Now, pad the round cardboard; stretch covering fabric over it; then sew it in place on the chair.

NOTE: Readers are writing to tell us that the new BOOK 9 should be called the Victory Book as it contains so many ways to make pretty things for the home that could not otherwise be had for the duration. Copies are available by mail post-paid for 15 cents. Address:

MRS. RUTH WYETH SPEARS
Bedford Hills New York
Drawer 10
Enclose 15 cents for each book desired.
Name
Address

DON'T LET CONSTIPATION SLOW YOU UP

When bowels are sluggish and you feel irritable, headache, do as millions do—chew FEEN-A-MINT, the modern chewing-gum laxative. Simply chew FEEN-A-MINT before you go to bed, taking only in accordance with package directions—sleep without being disturbed. Next morning, feel the stomach relief, helping you feel well again. Try FEEN-A-MINT. Tastes good, is handy and economical. A general family supply actually "inviting" to him.

FEEN-A-MINT 10¢

Blizzards Affect Beams
Radio guide beams have been known to deviate as much as 10 degrees from normal position during a blizzard.

To relieve distress of MONTHLY Female Weakness WHICH MAKES YOU CRANKY, NERVOUS! Lydia E. Pinkham's Vegetable Compound has helped thousands to relieve periodic pain, backache, headache with weak, nervous, cranky, blue feelings—due to functional monthly disturbances. This is due to its soothing effect on one of woman's most important organs. Taken regularly—Pinkham's Compound helps build up resistance against such annoying symptoms. Follow label directions. Worth trying!

SNAPPY FACTS ABOUT RUBBER

Street chains and footlocks bind each of the four wheels to the bumpers of a tractor. If a woman's car when she parks it in the streets of night.
It was not until 1916 that the U. S. made its first annual appropriation for Federal aid highways. Good roads, good automobiles and good tires are companion necessities in modern motoring.
It is generally believed that of sports boats 35 mph, five have more speed than most cars, and are particularly dangerous for night drivers, other things being equal. Another good reason for keeping to the rubber-riding 35 mph limit.
In return for their stimulated rubber growing and collecting activities the United States has agreed to pay South and Central American countries from 35 to 45 cents a pound for rubber until the end of 1946. Before government price freezing, rubber was selling in the U. S. at 25¢ cents a pound.

In war or peace
BE Goodrich
FIRST IN RUBBER