

Housewife's Idea Box



To Prevent Fat Spattering
Some fish and meats should not be wholly covered while frying. Instead of covering your pan with a saucer, invert a colander over the pan. This will prevent the grease from splattering and will at the same time allow the steam to escape.

THE HOUSEWIFE.
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Healthy Feet

Foot health means feet that are free from disease, free from pain, free from tire, and feet that tread the measures of life in the way that a kind Providence, after hundred of thousands of years of experimentation, has discovered is the best way for the erect human being to stand and to walk.—The Parents' Magazine.

Odd Beauty Standard

Despite the 20-year prohibition, women still bind their feet in many parts of China. In Hwaking, foot-bound women and girls are far more numerous than those with normal feet. The bride's beauty on her wedding day is not her face or her figure, but the beauty of her feet.

Keep a Good Laxative always in your home

Among the necessities of home is a good, reliable laxative. Don't be without one! Do your best to prevent constipation. Don't neglect it when you feel any of its disagreeable symptoms coming on. . . . "We have used **Black-Draught** for 21 years and have found it a very useful medicine that every family ought to have in their home," writes Mrs. Perry Hicks, of Belton, Texas. "I take **Black-Draught** for biliousness, constipation and other ills where a good laxative or purgative is needed. I have always found **Black-Draught** gives good results."

BLACK-DRAUGHT

Watch Your Kidneys!

Be Sure They Properly Cleanse the Blood
YOUR kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as nature intended—fail to remove impurities that poison the system when retained. Then you may suffer nagging backache, dizziness, scanty or too frequent urination, getting up at night, swollen limbs; feel nervous, miserable—all upset.

Don't delay! Use **Doan's Pills**. Doan's are especially for poorly functioning kidneys. They are recommended by grateful users of the country over. Get them from any druggist.

DOAN'S PILLS

ANTS DIE

Sprinkle Ant Food along window sills, doors and openings through which ants come and go. Guaranteed to rid quickly. Used in a million homes. Inexpensive. At your druggist's.

PETERMAN'S ANT FOOD

Cuticura

Talcum Powder
Comforts + Refreshes
Pure, medicated and mildly antiseptic, it cools and soothes the skin, protecting against chafing and irritation. It absorbs perspiration and imparts a delicate fragrance. Ideal for every member of the family.

A Sure Index of Value

... is knowledge of a manufacturer's name and what it stands for. It is the most certain method, except that of actual use, for judging the value of any manufactured goods. Here is the only guarantee against carelessness workmanship or use of shoddy materials.

Buy ADVERTISED GOODS

SEEN and HEARD around the National Capital

By CARTER FIELD

Washington. — Growing conviction here that Herbert Hoover is really an active candidate for the Republican nomination against President Roosevelt next year is the biggest comfort the New Dealers get out of the Supreme court decision. It is the silver lining to the constitutional cloud that put the New Deal in the shadow.

That the Republicans would actually nominate Hoover is too much, friends of President Roosevelt say privately, to hope for. But the mere candidacy of Mr. Hoover at the convention would produce a feeling of bitterness comparable to that which distressed the Democrats after Madison Square Garden. It would lack the religious element, and even the prohibition element, but it would be pretty bad, they think, and with fair logic.

All this is based, of course, on two factors, either of which may change. One is that at present it appears likely the issue of the next campaign will be rugged individualism versus government control of wages, hours and trade practices, and planned economy to prevent overproduction, etc. Or, as the New Dealers prefer to state it, the New Deal versus the old law of tooth and claw.

The ideal candidate of the Republicans on such an issue would have been Calvin Coolidge. But Coolidge is dead. Mr. Hoover's views as to government, business, and every point involved fit him ideally, almost, for the leadership of the opposition to Roosevelt. Also, as the last Republican President, he is the titular leader of his party.

But when that has been said for Hoover, everything has been said, in the opinion of the New Dealers. His weakness, as they see it, is that he is branded in the eyes of the country not only as a failure, but as unlucky. And the last is almost worse than the first.

It pleases the Roosevelt supporters to recall that it was during Hoover's administration that the public lost so much money and that so many lost their jobs. They point to the succession of events that led deeper into the depression and call them a succession of Hoover mistakes.

Material Scarce

Students of mass psychology insist that once the public mind is frozen about a man it is next to impossible to thaw that conviction out. It just sticks there. For example, William Jennings Bryan. The truth is he had a fairly good chance of being elected President the first time he ran. Only the most adroitly managed campaign in history, plus an enormous campaign fund, plus intelligent and ruthless co-operation with Republicans by employers of labor, defeated him.

Yet for some curious reason Bryan was stamped as a failure in the sight of the country. His campaigns after that time were just jokes. As one of the Tammany orators said at Baltimore, in 1912, "For God's sake, Mr. Bryan, get out of the way and give the Democrats a chance."

The other factor that seems to point to Mr. Hoover is the scarcity of other available Republicans. One thinks quickly of Representative—former Senator—Wadsworth, of New York. But the forces opposed to him for one reason or another are still very strong in New York state. Notably the old woman suffrage crowd, and the more rabid of the prohibitionists. So that many experts doubt if he could carry his own state—a situation which has nothing to do whatever with present issues.

A canvass of all the talked about Republicans shows none with any real strength, all of which contributes to the theory that Hoover can bring about his renomination if he wants it.

Watch Business

Business is to have a ten-months' trial period of rugged individualism. Meanwhile it will be checked by an army of investigators—the survivors of NRA employees. Under the directing and highly suspicious eye of President Roosevelt, fact finding as to chiselers, overworked and underpaid labor, and kindred evils will proceed.

Then will come the decision. If the experiment succeeds—if business does not oppress employees, if prosperity goes forward, if the country seems to like operating without NRA codes—the whole New Deal program for government direction of business in the interest of the public at large, planned economy and all the rest of it will go out the window.

If the experiment fails—and Mr. Roosevelt believes it will fail—there will be, right on the eve of the Presidential election, a New Deal program to supplant the law of the tooth and claw.

The probability is that it will take the form of a proposed constitutional amendment, one which would give the federal government control over hours and wages, also trade practices—on the theory that what happens in Bangor affects the children's school lunches in San Diego.

Menace of Strikes

Meanwhile, with the Wagner labor disputes bill pushed through congress—not until after the Supreme court decision did the President announce his approval of this measure—industry will find itself, as it sees the situation, with the most provocative status for strikes for many a year. Warning that "no false hopes"

should be entertained by the country as to working conditions is a significant guide to the President's attitude. He wants the investigations of the corps of NRA employees reinforced by an army of self-appointed scrutineers. He is preparing the public mind for a change in the Constitution to give the federal government the powers necessary to make effective his New Deal policies: higher wages, shorter hours, no big profits, all aimed not only at better living standards for the lower strata but at increased buying power; and planned economy under government control aimed at preventing overproduction.

Roosevelt's understatement of the probable effects of requiring former code conditions on the part of all having government contracts had two objectives—one to provide a constant contrast between what the codes would do if they were in legal effect, the other to prevent these same "false hopes."

Experts believe 1 per cent—the figure used by the President as the dollar volume of government contracts to total production—far understates the actual effect on employees. Amendments are being drafted to the bill to provide that no one can get a government contract who buys any of the materials used from a concern not complying with former code standards.

Incidentally the government will be in a stronger position in enforcing these "code" requirements from government contractors than was NRA even at the height of its power. For this time there will be law behind them, so that the comptroller general will not be able—lawyers agree—to overrule contracts on the ground that the specifications were not broad enough, or that the contract was not awarded to the lowest bidder. As in the automobile cases.

Dill Comments

That President Roosevelt missed the boat as far as accomplishing his New Deal reforms, when he did not press for a constitutional amendment in the spring of 1933, is the interesting comment on the present case of Dill in Washington by Ex-Senator Dill, of Washington.

Regarded as an advanced if not extreme radical, Dill, who was one of the outstanding "For Roosevelt Before Chicago" leaders, voted against NRA when it passed the senate. Later he began to have misgivings as to whether he had made a mistake, because he saw a number of advantages which grew out of it. But, he contends, it should have been allowed to die some time back, having served its purpose.

Now, the former senator declares, if a constitutional amendment were to be submitted granting the federal government the power to regulate minimum wages, maximum hours, and fair trade practices sought under the code system, he would take the stump against ratification of such an amendment.

All of which is significant in connection with a former dispatch in which opposition to such a constitutional change in Massachusetts, Maine, Vermont, New Jersey, Maryland, Delaware, Virginia and Georgia was outlined.

The truth is it is very difficult to pass any constitutional amendment over which there is a real, nationwide battle. Most people do not consider this coldly, because several constitutional amendments have been passed in the last few years without too much trouble.

Amendment Fights

But let's take a look at those fights. For instance, the first battle to put over the Eighteenth amendment. That should have been a real war. But it wasn't. The fact is that the wets regarded the whole thing as a joke until enough states had ratified to make any remaining fight futile. Even then the stupid wets did not fight. They began assuming that the Supreme court would knock it out! Which sounds crazy now, but anyone in contact with the developments at that time, either in New York or Washington, will remember its accuracy.

Then the repeal of the Eighteenth amendment. Every thinking politician concedes that a real fight made by the dries might have held 13 states against it, despite the then popularity of repeal, and the influence of President Roosevelt at the height of his power. This may be disputed, but the fact that outside the two Carolinas no real fight was made to stop repeal cannot be.

The woman suffrage amendment is often mentioned. True, there was some very sharp opposition to it. But this opposition came from a very small minority, and most people who actually did not like the idea contented themselves with private conversation. There was very little violent opposition, even from the minority opposed. Whereas the militant minority in favor was aggressive and persistent.

On the other hand, the issue that would be raised by an attempt to change the Constitution so as to give the federal government the powers President Roosevelt would like—the powers that the nine jurists on the Supreme court held it lacked at present—would provoke a bitter battle in every state in the Union. No state would ratify virtually by default, as Maryland did the Eighteenth amendment, though actually it was so strongly opposed to prohibition that it would never pass a state enforcement law!

Roosevelt counts very heavily on the nation-wide organization, with units in every country, which Jim Farley has built. But the tremendous response to Senator Borah's radio talk a few nights ago shows that no fight to enlarge federal powers at this time would be a push-over!

Suitable Menus for Light Dinner

Will Appeal to Those Not Desirous of Adding to Weight.

"Could you please give me some suggestions on light dinner menus? My daughter has lost weight but is gaining again. She goes to business, has a light lunch and is quite hungry at night. As she does not want to gain any more, I am at a loss to know what to cook. Do you think that you could help me out?"

The dietary expert to whom this appeal was directed gives the following advice:

It is perfectly possible to have attractive light dinners. Every once in a while someone whom I have asked for dinner begs me to provide few "calories." Perhaps you will be interested in a few menus of this type which I have served recently.

I began one meal with cantaloupe as the first course. Next came a broiled chicken, broiled tomatoes with minced onion and string beans dressed with just enough cream to moisten and flavor them. Dessert was merely cheese and crackers and coffee.

Another meal of the same type began with tomato juice cocktail. The next course was lamb chops. Baked onions and cauliflower with brown butter were the vegetables. The meal ended with a salad made of grapefruit and persimmons with a french dressing.

Another light dinner might begin with hot clam juice. For the main course veal steak with a touch of garlic, creamed mushrooms and spinach might be served. I suggest sliced oranges and grapefruit for dessert.

Here is just one more menu, which begins with vegetable soup and has broiled steak and sliced raw tomatoes and onions as a main course. For dessert, coffee jelly garnished with a dash of whipped cream will do very nicely.

Veal With Bacon.

2 strips bacon
3 onions sliced or 2 cloves garlic
2 pounds veal steak
Flour
Salt and pepper
1 cup water
1 tablespoon vinegar

Cut bacon in small pieces, put in frying pan with sliced onions or garlic and cook over low heat until onions or garlic are light brown.

Dredge veal with flour and season with salt and pepper. Push onions or garlic and bacon to the side of the frying pan and brown meat on all sides. Spread onions and bacon on top of meat, add water and let simmer one hour. Add vinegar and continue to cook covered for thirty minutes more.

Coffee Jelly.

2 tablespoons granulated gelatin
½ cup cold water
3 cups clear strong coffee
¾ cup sugar
Soak the gelatin in the cold water five minutes and dissolve in the hot coffee. Add sugar and turn into a mold. Chill. Serve with whipped cream.

Grapefruit and Persimmon Salad.

Peel persimmons and lay on a bed of lettuce. Arrange sections of grapefruit around the persimmons. Serve with french dressing.

© Bell Syndicate.—WNU Service.

Steam Engine Made by Watt Is Still Running

More than 150 years ago James Watt built a steam engine for a plant at Broseley, in Shropshire. It must have been about 1775.

Watt has been dead for many years, but the engine is still working, probably the oldest operating steam engine in the world, says a London correspondent of the Detroit News.

The engine was originally used to sink the shaft of what are known as "The Deep Pits" at Broseley, and it has driven the pit cage ever since. Apart from the fact that it was

made at the Broseley foundry, no one knows much about the engine. But it is known that the stationary engines designed by James Watt were being made at Broseley years before the first locomotive was built and this is believed to be the last working survivor of these engines.

Every part of it is cast iron; cast and smelted from iron ore that was mined in the locality. There was a rust-resisting quality about the Broseley iron made about that time. The iron has never been sheltered, but is as good as when first cast.

Only one of the original parts of the machine has ever been replaced, the piston, a year or two ago.

For 50 years the engine was operated by one man. Now it is in charge of his son.

No Pagan Gods

Five thousand people climbed to the top of Punchbowl, an extinct crater overlooking Honolulu, for the Easter Sunrise service. Christianity first came to this community in 1820, from New England.



NEUTRALIZE Mouth Acids

—by chewing one or more Milnesia Wafers

You can obtain a full size 20c package of Milnesia Wafers containing twelve full adult doses by furnishing us with the name of your local druggist if he does not happen to carry Milnesia Wafers in stock, by enclosing 10c in coin or postage stamps. Address SELECT PRODUCTS, INC. 4402 23rd St., Long Island City, N. Y.

My Name is _____
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My Druggist's Name is _____
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Town & State _____



WITH AUNT LUCY'S BLESSING!

IT WAS NICE TO MEET YOU, MRS. KINGSTON! YOU KNOW, I THINK YOUR NEPHEW IS A VERY NICE BOY!

I SUPPOSE HE'S TOLD YOU I'M RICH, SO YOU THINK HE'S QUITE A CATCH!

GOOD! IF SHE REALLY LOVES HIM THAT REMARK WILL HURT!

SHE PUT ME THROUGH COLLEGE AND LAW SCHOOL, HONEY, AND HANDLING HER AFFAIRS IS THE BIGGEST JOB I HAVE.

WELL—THEN WE'D BETTER GIVE IT ALL UP, JACK! I LOVE YOU ... BUT YOUR AUNT — WE COULD NEVER BE HAPPY!

POOR AUNT LUCY, SHE DOESN'T MEAN TO BE CROSS, BUT HER HEADACHES AND INDIGESTION MAKE HER SO IRRITABLE!

PROMISE ME YOU'LL TELL HER WHAT I TOLD YOU, DEAR... IT REALLY MAY BE COFFEE-NERVES!

MARY'S MOTHER HAD YOUR TROUBLE ONCE! SHE CUT OUT COFFEE AND TRIED POSTUM. THE CHANGE WORKED WONDERS! WON'T YOU TRY IT, AUNT LUCY?

OH, MERCY! I WILL... IF YOU'LL JUST STOP RAWING ABOUT MARY!

CURSES! I KNEW THAT GIRL MARY WAS UP TO NO GOOD! NOW I'LL HAVE TO DUCK!

"I DIDN'T suppose coffee could harm anyone... except, of course, children!"

"Oh, yes... many adults, too, find that the caffeine in coffee can upset nerves, cause indigestion, or prevent sound sleep!"

If you suspect that coffee disagrees with you... try Postum for 30 days. Postum contains no caffeine. It's simply whole wheat and bran, roasted and slightly sweetened. It's easy to make... and costs less than half a cent a cup. It's delicious, too... and may prove a real help. A product of General Foods.

FREE! Let us send you your first week's supply of Postum free! Simply mail the coupon.

GENERAL FOODS, Battle Creek, Mich. U. S. P. 8-20-35
Send me, without obligation, a week's supply of Postum.

Name _____
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Fill in completely—print name and address
This offer expires December 31, 1935

30 DAYS LATER