

# Timely Tips for Women

by Doris W. Thomas

### Now's The Time To Freeze Peaches:

Peaches sell themselves through their flavor and beauty, rather than for the vitamins they provide.

When the fresh peach season is over, you can still serve your family peaches that taste almost like fresh fruit from the trees. Freeze some for later use.

Select firm ripe fruit. Hold one to three days after picking to improve the flavor. When peaches are ready to freeze, prepare a sugar syrup (3 cups sugar dissolved in 4 cups water) is too sweet, use 2½ cups sugar and 4 cups water. For a better quality frozen product, add ½ teaspoon ascorbic acid (1,000 milligrams) to each quart of syrup. Be sure syrup is cool before using. Ascorbic acid will definitely keep your peaches from turning dark.

Working quickly, peel the peaches using a stainless steel knif. Slice or quarter them directly into syrup in freezing containers. Syrup should cover the fruit, Seal, label, and freeze immediately.

Certain peach varieties give a better frozen product than others. New varieties recommended for freezing include Sun High, M. A. Blake, Red Skin, and Laring.

### American-Made Madras Fabrics Are Washable:

When buying madras fabric, know whether you are buying genuine madras, produced in India, or madras made in the United States.

India-produced madras fabrics are dyed with fugitive dyes. The colors bleed freely during washing and tend to blend with each other. This is often considered an advantage because the result is a striking muted effect.

The mass-produced American madras fabrics are dyed with colorfast dyes and are unlikely to fade even after a long series of washings. However, most of the brightly colored madras fabrics have a little excess dye on the surface that may bleed during the first few washings. Wash garments of American-made madras separately at first, putting them through several sudsings, and following each sudsing with thorough rinsing. Once the excess dye is removed, garments may be safely laundered with other colored ones.

### Know Life Insurance Needs of Family:

Deciding how much life

insurance protection to buy is important for any family. This decision is sometimes based on the amount of money the family would need should the breadwinner die. Another possible basis for the decision is the probable income of the breadwinner during his lifetime.

If a family uses its future needs as a basis, it would be well to list these probable needs. Short range expenses include funeral costs, medical and hospital costs not covered by insurance, amount owed on mortgage or installment payments, cost of settling the estate, and possible job training to prepare the widow to earn an income.

Possible long term expenses include a reasonable income for the widow or other dependents who may not be able to enter the labor force. Subtract other savings, investments, or benefits available to the family from the basic amount needed. The remaining cost of family needs would ideally be covered by life insurance.

A second approach to planning an adequate life insurance program is to figure the breadwinner's probable income if he were to live his normal life expectancy. His dollar worth is his future earnings minus the amount that would go for taxes and living expenses for himself. If this line of reasoning is followed, the dollar worth of the worker is the ideal amount of life insurance protection for his dependents.

Income and the family's willingness to sacrifice present spending for future security also affect the decision on how much life insurance is needed.

# Bird Watcher Guide

**Bushy-Tailed Weaver**  
A very gregarious species, the Bushy-Tailed Weaver can



be observed in large numbers on crowded flyways during holidays and weekends. He is known for his rapid flight, and gets his name from his habit of weaving in and out through flocks of slower birds, causing a great deal of disturbance. He is very contemptuous of other birds with one exception—the Blue Coated Copper.

Moral: One showoff can spoil everybody's fun.

### Two-Headed Love Bird

The name given to this bird is misleading. It is not one bird with two heads, but is two birds that fly so close



together that it looks like one. This is thought to be part of the mating ritual of the species, although this would appear to be more practical when perched. Other birds, when sighting the Two-Headed Love Bird will avoid it if possible, as its flight behavior is similar to that of the Aimless Wonder.

Moral: There's a time and place for everything. If pecks must be exchanged, a recreation area is safer (for others, anyhow) than an open, crowded highway.

# There's A Secret In Batting Power



Pete Ward, in his third year at third base for the Chicago White Sox, shares a pre-game peanut butter energy boost with a friend, Tom Welch, 9, of Evanston, Ill.

In the double-header with Kansas City that followed, Ward hit a homer, two doubles and a single to knock in four runs and lead the White Sox to a twin victory.

Manager Al Lopez says, "He keeps getting better every day, both at the plate and in the field. The sky seems to be the limit with him. Before he's through he may become one of the great ones."

On his way up to the White Sox, Ward played in the California State League, the Three-I League, the South Atlantic League, the Texas League and the Triple-A International League.

# The Worry Clinic

by Dr. Geo. W. Crane

Little Matthew shocked his father but all parents should follow Judy's methods and offer their youngsters mental calisthenics long before they enter kindergarten. Start with Bible stories. And if you think the Bible is dull reading, just answer the questions below!

CASE S-484: Matthew, aged 4, is one of our grandsons. His mother is our daughter Judy, who reads Bible stories to her four youngsters and also the neighborhood kiddies.

During the warm weather, she has a regular mid-afternoon story session on their back lawn.

And this is superb exercise for the minds of youngsters!

All too many American parents overly stress medical health, including vitamins, polio shots and orange juice; then relatively ignore the spiritual health of their youngsters.

Your child can have a brilliant I.Q.; yet become functionally feeble-minded by lack of proper mental exercise in childhood!

Dr. Robert H. Gault, one of our leading American psychologists, used to call this "feeble-mindedness by deprivation."

And he referred not to a shortage of food or minerals and vitamins but to deficiency

in mental and spiritual calisthenics!

At the dinner table Judy mentioned something about drunkards in the Bible.

"Now wait a minute," her husband protested, "I never heard of anybody in the Bible ever being drunk!"

"Yes, they were," pertly spoke up 4-year-old Matthew. "Don't you remember Noah and Nabal?"

His daddy was stunned. To have such a Bible scholar at his table at the tender age of only 4 years, was a disappointment. (Turn to page 8)

When in need of printing remember The Bulletin.

# TIPS FOR TOURISTS

How to Treat Feet

If you're bound for far-off places, the home folks may wish they were in your shoes. But how will you like being in your shoes — after days or weeks of trotting around to see the sights?

Protect your "basic transportation" — by heeding these foot-saving pointers from experienced tourists:

1. Take only shoes of proven comfort — leave home the new pair that needs "breaking in." You may break first!

2. Take along enough shoes to permit several changes. Don't wear the same pair two days in succession. In hot weather, many people find comfort in changing shoes two or three times a day.

3. Favor leather shoes over synthetic materials. Leather has pores which "breathe" and let moisture evaporate — important in guarding against athlete's foot.

4. Be sure socks and stockings as well as shoes fit properly — tight hose not only cramps the feet, but interferes with ventilation. If your feet perspire excessively, you may

be helped by wearing cotton socks.



5. If you suffer from athlete's foot, see your doctor before you leave. He can prescribe a new fungicide, Tinactin, found to cure 75-80% of clinically tested cases. Taken along and used at the first flare-up of athlete's foot, Tinactin can help make your trip more pleasant.

6. At day's end, soak tired tootsies in a warm foot bath. But don't forget to dry feet thoroughly!

7. Limber tired feet by wiggling your toes. Each night, try this 5-minute exercise: sit in a chair with shoes off, extend legs, move feet up and down as far as they'll go.

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in the mirror. Then ask if the person you see is completely satisfied with the amount of money being saved for future security. Be honest! If the answer is "No" then it's time to open a savings account in our bank.

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