

How To Dry Clothes

By ELEANOR ROSS

There's quite an art to clothes drying. The laundered items into the dryer or throwing them over the line. For one thing, many an hour's "touching up" can be saved if pieces are properly hung, and if use is made of handy equipment.

A plastic laundry bag and a clothes pin bag that hook onto the line and slide along as needed, speed up the job.

Adjustable Carts

Adjustable carts that can be lowered to receive pieces from the washing machine, then raised for

Insulin Offers Hope

used. Since some persons are allergic to these proteins, lente insulin gives promise of being allergy free.

It's important that diabetics don't get too much insulin. It's just as bad if the insulin in your blood is too great in proportion to the sugar as it is if it is too little. In fact, this is likely to produce symptoms even more quickly than you would expect.

There are many symptoms which might indicate that you have too much insulin in your blood.

You might feel very nervous, perspire around the neck and lips, feel weak and have poor muscle control, be extremely hungry, have headaches before eating, feel pressure around your chest or have double or blurred vision.

Giddy Sensation

Sometimes this produces a feeling of drunkenness in which you say and do things you ordinarily wouldn't. Sometimes, you lose consciousness. But luckily, these attacks are seldom fatal.

Fortunately, too, the care for these attacks is quick and simple. Eat or drink something sweet if you feel a reaction approaching. Take lumps of sugar, candy or a sweet fruit. If you're receiving protamine zinc insulin, you should also eat something containing starch such as soda crackers, for instance.

In case you're unconscious, an injection of sugar by a doctor will bring you around.

For just such emergencies, you should always carry a couple of cubes of sugar and a card stating that you are a diabetic. Then if you have an attack, passersby will either know how to aid you or will summon a doctor who can.

QUESTION AND ANSWER

M. H. Z.: Is it likely that one who has phlebitis later will develop some form of heart disease?

Answer: Phlebitis has nothing to do with heart ailments. The occurrence of phlebitis would not make it more likely that a person would develop heart disturbance.

easy reaching when laundry is taken off the line, are a useful investment. These carts have retracting wheels to allow for easy transport down the stairs.

Another idea is to set up a wooden sawhorse permanently behind your clothesline, and set the laundry basket on that. No stooping, more speed!

If you hang small pieces together, and then put them all in a pillow slip when you take them off the line, there'll be no missing socks or scarves or hankies to search for when you're ready to iron or put things away.

Hang sheets and towels with care, and you can skip the ironing entirely. Fold sheets from hem to hem, right side out, and hang them lengthwise with hemmed edges about a foot over the line. Pin them in several places so they'll dry nice and straight.

Heavy towels should be hung with a good portion over the line so they won't stretch.

When drying bedspreads, hang them over two parallel lines about a foot apart to avoid that deep center crease. Candlewick or chenille looks much richer if you shake it several times while it is drying and then brush it with a whisk broom, a clean one, after it is spread on the bed.

Baste to a Sheet

Baste crochet or knit spreads to a sheet before washing, then let them dry flat to their original shape.

CRISPY CHEESE PUFFS

1-2 c. butter 1 egg separated
1-4 lb. grated cheese
1-2 tsp. dry mustard
1-2 tsp. paprika
1-4 c. bran 1-2 tsp. salt
24 1-2" cubes of fresh bread (cut from unsliced loaf) Cream butter, add egg yolk and mix well. Add cheese, seasonings and bran; mix thoroughly. Add stiffly beaten egg whites and blend well. Spread mixture on five sides of bread cubes. Arrange on baking sheet. Bake in a moderate oven (350 deg.) 12 to 15 min. Yield: 24 puffs.

INSPIRATION FOR SLIMMING

Inspiration For Slimming

By Ida Jean Kain

DESIRE IS THE KEYNOTE IN WEIGHT CONTROL

Regardless of how many more pounds you need to reduce in order to be healthy normal weight, never for a moment doubt that you can do it. The science of nutrition has taken the guess work out of reducing and makes keeping slim a pleasure. With nutrition know-how, you can suit your tastes, temperament and way of life on regulated calories.

Once the excess pounds are lost, the good news is that you can keep beautifully slim while eating at least a third more calories. Since our Choice Diet pattern includes the protective foods in essential amounts, it is wise to make this pattern the backbone of your future menus. When you can increase calories, add a favorite food at each meal or have larger servings of some favorites already included.

You'll be surprised and pleased at how easy it is to maintain normal weight with this way of eating. Skeptical? You wouldn't be if you could read the convincing letters from reducers who have learned to eat to control their weight. Their only regret is that they did not catch on years sooner.

And here's a promise: on this Choice plan of eating, you add many years to the best years and increase your chances of longevity. Now that you are alert to the rewards that come from the right choice of food, it seems sheer folly to slip back into the old food habits that piled on unwanted pounds.

If you gain weight fairly easily, keep your daily meals high in protein and low in fat. Remember: Protein foods build slimmness; fats boost calories. Have only one starchy food with a meal—bread, potato or other starch. On the dessert score, sell yourself on the idea of being content with a modest serving. Eat slowly . . . savor your meal.

Since you choose to have a good figure together with the joys that go with healthy normal weight,

calorie curbing is no hardship. Nothing is a hardship when it helps you accomplish what you desire. We always come back to desire . . . that's the keynote for slimming down and keeping slim.

Choice Diet Tomorrow's Menu
Breakfast — 200 to 275 Cal.
Citrus Fruit Juice — 5 oz.

Choice of:
1 or 2 Eggs — Thin Slice Toast
Butter 1-2 pat
Or Shredded Wheat Biscuit
Whole Milk 1-2 cup, Sugar 1 tsp.
Coffee

Luncheon — 350 Cal.
Choice of:
Tomato Soup, made with
3-4 cup Skim Milk
Or Glass Skim Milk or Buttermilk

Open Face Sandwich: Choice of.
Filling:
Hard cooked egg
Cheese — 2 slices



Lean Meat 2 slices
Thin slice bread
Thin spread mayonnaise
Lettuce

Dessert: Canned Peach or Pear — (half)

Late Day Energy Pick-up:
Skim Milk or Buttermilk — 80 Cal.

Dinner — 400 Cal.
Protein Choice:
200 to 250
Broiled White Fish, lemon
Or Broiled Steak with mushrooms 4" x 1" thick
Or 1 lb. Lobster with (btp. melted butter

Choose One 20 Calorie Count Veg.
3-4 cup
Cauliflower, beet greens, broccol

Choose One: Cole Slaw, Mixed Green Salad or Sliced Tomatoes — 25
Dessert: Apricot Whip or any Fresh Fruit — 100
Coffee or Tea
Total Calories for Day — 1030 to 1105
Note: Man's menu may have larger portion of meat.

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THE

PIECE, lb. . . 53c

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