

### Foot And Leg Savers

By Ida Jean Kain

Girls who stand on their feet all day have asked for suggestions for the prevention of veins showing through the skin, a condition known as varicose veins. Anyone who has trouble of this kind should consult a physician. Mild cases require no special treatment, and the doctor may approve the wearing of elastic stockings under the regular stockings. These are made of very

the edge of the bath tub and let the water flow at full force, alternating hot and cold. Finish with cold water, then rub the legs briskly with a rough towel. Heels should be straightened regularly. Runover heels toward the weight toward the weakest position of the foot, inward, and this brings on foot troubles. Most girls during the day, and of Stockings must be one-half inch longer than toes when standing, otherwise they restrict and cramp the foot. Short stockings are almost as bad as short shoes. Foot exercises are particularly beneficial if you stand on your feet all day. Any exercises of a toe gripping nature are excellent. Curl the toes under to pick up marbles or jacks, or write with a pencil, or curl up the edges of a rough towel. Another good exercise is to walk a chalk line, barefoot, one foot placed directly ahead of the other, curling toes under, throwing weight to the outer borders.

Feet break down under excess weight, too. It stands to reason that feet constructed to carry you along happily at 130 pounds will protest when forced to bear the weight of 160 pounds without a corresponding increase in supporting strength.

### MORNING SMILE

Young man—Did you know that I had taken up story-writing as a career? Sweet young thing—No. Sold anything yet? Young man—Yes; my watch, my saxophone and my overcoat.

### Household Hint

If a favorite dress has become too short to satisfy up-to-date fashion, add a collar and belt of some contrasting material, and sew a band of this fabric, several inches wide, around the bottom of the skirt. The band should be cut straight for gathered skirts, on the bias for flared skirts.

### Seven Days A Week

MONDAY: After a long session of fighting the flu, I'm back on the job again. Ron, however, isn't so lucky for after having overcome the "battle of the flu", he fell before an onslaught of mumps, and as yet has not recovered sufficiently to return to school. We blessed his love of books these days for many a weary hour was made bearable by reading. No doubt he will just be recovered in time to help amuse Manis and baby Garth! But maybe they will escape. We hope so. Mavis said yesterday "won't it be just too awful if I take the mumps, now that it's like summer outside." We agreed it wouldn't be very nice and mentally added "Let's hope your Mom and Dad doesn't take them either!" Neither one of us have ever had mumps; so we'll be keeping our fingers crossed.

My Baron Solemacher strawberry seed was planted a few weeks ago and already the tiny first leaves are peeking thro the clay. These berries are not as large as ordinary varieties, but they are runnerless and bear abundantly until frost. Plants grow to be about one foot across and are compact and showy.—Begonia seed was planted, too, also Rosa Multiflora—a hedging plant.—Dahlia Seed planted last year grew well and the tiny tubers were lifted in autumn and stored. Yesterday, we found they had wintered nicely and pale pink buds were showing in abundance. I love trying out new varieties of seed, one never knows what surprises are in store for the gardener!

TUESDAY: Quiz Questions have proved so popular that here are a few more for you to ponder over. Answers at the end of the column. 1. A trick among dramatists, is to kill off any character who becomes troublesome. But there is one modern play in which all the characters are dead when the curtain goes up. What is the name of this play? 2. Can you tell me the former occupations of Arnold Cream and Joseph L. Barrow? 3. Name a place we don't usually forget are those consisting of two words that are the same. On this basis see if you can identify the following (a) a city in the state of Washington (b) the heroine of Mikado (c) A terrorist in Africa. 4. In 1871 a newspaperman greeted a missionary in Ujiji, Central Africa. Exactly what did the newspaperman say to the explorer?

WEDNESDAY: Do you know that one ear-ring only dramatizes the new-hair-do — the one that sweeps all your locks to one side. This is a chance to wear all the old ear-rings you have. Do you know that pin curls are not allowed in many public schools in Eastern U. S. A. — and "Squaw Boots" are all the rage for leisure in many dorms across country. These are made of fine "Kid glove leather" — felt or what have you and are real Moccasin — boot style. Some have huge button fasteners, others sport tiny silver or gold bells — that jingle when you walk. I once read an article by a distraught husband who said "They'll be having green and mauve face powder next thing you know". Well I wonder how he feels now for his prediction has come true. It's a finely textured powder in palest green or violet. It is drifted lightly onto the nose and cheek bones after the usual pink-tinted powder; it brings a shimmering luminous glow to the skin say the experts.

THURSDAY: Shortly after the Battle of Britain; when it was apparent that Hitler had abandoned his plans to invade England, a pompous Nazi Admiral went to the Viking Ship Museum in Oslo and was shown about by a reluctant Norwegian attendant. The Nazi scornfully examined the open, high-powered, 30-oared relics of the days when the marauding Norsemen roamed the seas.



### Fashionable Footwear

These stylish sandals are perfect complements for the chic new spring clothes and will make foot prints in the news about shoes. The ones pictured are in a series called "Pompeian" because they were inspired by that ancient Italian city. A screen print on leather, very original idea, decorates the toes and heels with a crisscross design. And the open toe and open heel make for added foot flattery. With the shoes is worn a matching handbag.

matter much. Bake about thirty or thirty five minutes in a moderate oven.

SUNDAY: A soft mist rolls in from the blue waters beyond the hills and clothes the fields with a cool, misty-gray blanket. An orchestra of frogs piped in May and robin sang "Cheer-up, Cheer-up" at all hours of the day. Kon Tiki prowls along the fences, no doubt in search of a fat field mouse, and Rocky and Tekki-baby, the gray and white kitten, engage in a gay Cat-cat, sits on the doorstep and washes her face with a funny gray paw. She looks disdainfully at the antics of the younger cats. No doubt she is saying "It's all very well for them to waste their time playing, but I have a family of four to feed and care for; time is something I just have to budget."

A short item about Time in a magazine not long ago, goes like this: "Of all riches there is no wealth like time and time is the great democracy. King and Command, Capitalist and beggar, persons of every degree have exactly the same number of minutes to the hour, the same number of hours to the day, the same number of days to the week. Nor can we be deprived of the full use of it by any but ourselves. Every morning we are given this bag of gold to spend as we will. If you love life, then you do not squander time. It makes a person stop and think, doesn't it? So now until next week, here's a thought to remember: Philip, King of Macedon, said it. "Oh, how small a portion of earth will hold us when we are dead, who ambitiously seek after the whole world when we are living!"

Answers to Quiz Questions above. No. 1. Sutton Vane's Outward Bound. The characters of this play are souls on their way to Eternity. No. 2. They were prize fighters, better known as Jersey Joe Walcott and Joe Louis. No. 3. (a) Walla Walla; (b) Yum-Yum; (c) Mau Mau. No. 4. The newspaper man Henry M. Stanley, said, "Doctor Livingstone, I presume?"

### Battling British Woman M. P. Not Renominated For Election

LIVERPOOL, (Reuters)—Battling Bessie Braddock, Labor member of Parliament for Liverpool's dockland area, appears to "have had it" politically in this constituency.

After 10 years of rhuarbs and ruckuses, her Labor party constituents decided last week not to nominate her as their candidate in the next general election.

But Bessie, a born fighter—and an honorary member of a London boxing association—gave warning there would be a few more rounds to come. "We're not beaten yet," she said.

Bessie, real name Elizabeth, is a woman of magnificent proportions—her measurements running 50, 40, 50 in that order. She is five feet two and weighs 200 pounds.

### HEART-THROB FOR 1955

When the seamen on the submarine Scythian unanimously decided that they were "tired of all these pictures of silly glamor girls," they wrote Mrs. Braddock: "We would like it very much if you would be our heart-throb for 1955. Please send us a picture, but not a full-size one for this is a small submarine."

She accepted the compliment with her usual good humor and sent seven autographed pictures of herself. For most of her 55 years, Bessie Braddock has been wrapped up heart and soul in Britain's Labor party. In local government and in the House of Commons, she has championed the working class, pleading for anything from better housing to more stylish, inexpensive dresses for working class women with figures like her own—women with "decent-size hips."

### FORTHRIGHT SPEAKER

Bessie has a reputation for being forthright in her speech in a country which is rather proud of its gift of understatement and self-control.

She wound up her first speech on housing in 1945 in the Commons with a blast of wrath. "Throughout the country," she said, "and particularly in industrial areas, our people are living in flea-ridden, bug-ridden, rat-ridden, lousy hell-holes. I will continue to agitate and kick up a row until we get rid of these evils." She has been agitating ever since.

Bessie went to work after finishing grammar school when she was 15, putting seeds into packets. On the first day she went to work, she remembers her mother calling after her "and don't come home until you join the union."

### A DISILLUSIONED COMMUNIST

She joined the union. Later, she joined the Communist party. But that alliance didn't last long. Bessie became disillusioned and didn't like the idea of taking orders from Russia.

NBC SEES TALENT CHICAGO (CP)—The president of the National Broadcasting Corporation says NBC is embarking on a multi-million-dollar hunt for new talent and program development for network television use. Sylvester J. Weaver Jr. announced plans for the project in an address before the Chicago Executive's Club. He said the project will be aimed at uncovering new sources in the fields of writing, comedy, dramatic acting, singing, direction and production.

### DUCKS AND GEESE

Canadian farms reported 452,000 ducks and 337,000 geese at the end of 1954.

or drowning in large amounts of water while cooking, destroys the vitamins.

### Words Of The Wise

Property has its duties as well as its rights.—(T. Drummond).

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### Spring Cleaning

With a Whiskbroom Soiled venetian blind tapes can be cleaned without taking down the blinds by brushing them with a stiff whiskbroom to remove any surface dust, then scrubbing with a brush dipped in thick "dry" soapuds.

For white tapes, a little bleach added to the suds does a good job. Rinse well with a clear sponge or cloth wrung out in clear water.

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**Wife Preservers**

Starch can be scraped from a hot iron by running the iron over a damp, absorbent cloth that has been spread over several layers of paper. If the starch still sticks, try again with a clean piece of soapy cloth. Press over a clean, damp cloth.

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