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Dizzy Dialogues

Joe Prep—Waiter, gimme a pork chop with French fried potatoes, and be sure to have the chop lean.
Waiter—Yessir. Which way, sir?

Household Hints

By BETTY WELLS

"WHAT'S a person to do about a brick mantel I'd like to know," writes Mrs. L. D. K. "No use to tell me it's out of style. I know that. But is there any hope, short of spending a lot more money than I have to spend. The room is about as dowdy as the mantel, I might as well confess. Cream walls, Oriental scatter rugs, a taupe mohair three piece set, two wing chairs in faded linen, ivory scrim curtains, lamps that are the worse for wear, a lot of knickknacks that ought to be discarded.

"I simply don't know where to start. But I do want to do something and would be very grateful if you would give me a plan that I



What's a Person to Do About a Brick Mantel?

could follow. We have to use our old furniture and I'll have to make the new slip covers or curtains myself. We can have the walls repapered and the woodwork painted. And I'd like to get new accessories but hate to buy at random."

There are lots of things to do about that mantel. The easiest and cheapest is to paint it the color of the woodwork. Since the room is sunny you could use light gray for walls and woodwork.

We'd have the sofa in a fine deep red with a pair of round cushions in a gray textural fabric. The two wing chairs might be pleasant in red with a deep rope fringe of gray around the bottom (this fringe could go on the sofa too). One of the other chairs we'd like in dull gold, and one in a gray herringbone slip cover. Accessories we'd like in brass. And they'd be best in large dominant sizes. The curtains we'd have in white made very full and to fall softly to the floor. A valance of several rows of the gray fringe could be added. Over the mantel have something bold and compelling. A large dramatic picture . . . a mirror with a wide gold frame . . . or fine gold brackets to hold pots of abundant trailing ivy. Avoid in this room a lot of little things as they will be too distracting.

© By Betty Wells.—WNU Service.

Synthetic Jewels Can Be Worn Without Detection

"Fissure lines" are present in all rubies and always run straight. The lines are curved in synthetic rubies. That is the only difference between a real and an imitation stone, according to a writer in London Answers Magazine.

Faked emeralds are perhaps the most brilliant example of the synthetic jeweler's art. A piece of colored crystal is carefully overlaid with a layer of genuine emerald, by means of fusing.

If a jeweler lays this dud stone under the "refractometer," which measures the angles of light reflected from its facets, the "emerald" will pass his test. The stone must be removed from its setting before it is possible to discover the fake.

The cultured pearl would easily deceive but not so the expert; he would look for the small blister that always appears in them. When strung, a hole is bored through the blister. Even then, however, its presence can be discerned by the trained eye.

Generally speaking, it is the cutting and setting of synthetic gems that give them away. A lady who is prepared to pay for expert workmanship in this respect can wear synthetic jewelry without much fear of its being detected.

WHAT to EAT and WHY

C. Houston Goudiss Describes the Place of Fats in the Diet

Nationally Known Food Authority Compares the Different Cooking Fats and Shortenings

By C. HOUSTON GOUDISS

6 East 39th St., New York City.

THERE are, perhaps, more false notions concerning fats than any other class of foods.

Some homemakers, considering them as "fattening" only, try to eliminate them entirely from the diet. Others have the impression that foods containing fat are difficult to digest, and for this reason deprive their families of many delicious and healthful foods. Both points of view arise from ignorance of dietary facts.

Fats Are Necessary to Health

Fats have a number of important functions to perform. They are a concentrated fuel food, having more than twice the energy value of an equal weight of protein or carbohydrate.

One-half ounce of fat, that is, one tablespoon, yields 100 calories, and were he able to eat it, a man could obtain an entire day's fuel from three-fourths of a pound of fat. It is interesting to note that it would require nearly eight pounds of cooked rice to give the same number of calories.

In Oriental countries, where large populations live in great poverty, fat is usually scarce and it is necessary to consume huge quantities of food in order to meet the daily fuel requirements. As a result, most of the people develop distended abdomens.

Children Must Have Fat

Because fat is such a compact food, nutritionists agree that for growing boys and girls, and men engaged in strenuous physical exercise, fat is almost essential, if they are to get enough total calories.

There is also experimental evidence that at least a small amount of one or more of the unsaturated fatty acids must be supplied by the food if normal nutrition is to be maintained. And two competent investigators found, experimentally, that the presence of fat in the diet tends to conserve vitamin B in the body.

Some fats, especially those from

animal sources, are rich in vitamins A and D, and fats made from vegetable oils may contain vitamin E.

Fat and Hunger

Perhaps the greatest service performed by fat is its ability to give "staying power" to the diet—to satisfy hunger. In this respect, it directly affects the disposition and may influence the ability to enjoy life.

The shortage of fats in European countries during the World war graphically demonstrated how a deficiency of this class of foods can destroy the morale of entire nations.

With supplies cut off or very greatly curtailed, the warring countries found it necessary to ration fats closely. As a result, their people were always hungry and dissatisfied, even when their actual needs were satisfied. In this connection, it is interesting to note that a slice of bread and butter or margarine will delay the onset of hunger longer than a slice of bread and jam, even though the number of calories may be the same.

Different Fats Compared

As sources of energy, the different food fats are very similar. Thus, the homemaker's choice may be determined by preference, convenience, economy, and the use to which the product is to be put.

The various forms of edible fats and oils are derived from both animal and vegetable sources. They include butter, margarine, lard, compounds, which are a mixture of animal fats and vegetable oils, hydrogenated fats, and the liquid vegetable oils.

Butter and margarine are used chiefly as a spread, and it is interesting to note that the annual per capita consumption of margarine is steadily increasing, as homemakers have discovered that the use of this less expensive product releases more money for milk, fruits and vegetables. Margarine is interchangeable with butter for dressing vegetables and in doughs containing spices, fruits and chocolate. Its shortening power and keeping qualities are similar to those of butter.

Lards, compounds and other shortening fats are useful not only as a means of increasing palatability and food value, but to add flakiness to baked foods and to produce a crisp coating which seals in the minerals and vitamins of fried foods.

Lard is used chiefly as a shortening for pastry, and a good grade will be found to be white and free from objectionable odors. The highest grade, called leaf lard, is produced from the leaves of fat in the sides of the hog.

When made by a reputable manufacturer, the compounds prepared especially for cake making, for shortening pastry and for deep-frying, are wholesome, highly nutritious and give most satis-

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factory results. They are a most economical form of shortening.

Digestibility of Fats

Because of their ability to retard digestion somewhat and thus give satiety value to a meal, the impression has grown up that fats are "difficult" to digest. This results from confusing the length of time required for digestion and the completeness with which a food is digested.

When "digestibility" is regarded in the popular sense of the ease, comfort and speed with which the digestive organs carry on their work, it is conceded that fats in general retard the secretion of the gastric juice and thus cause food to remain longer in the stomach.

On the other hand, most fats have such a high coefficient of digestibility, that under normal conditions only about one-twentieth of the fat eaten escapes digestion. Experiments indicate, for example, that the coefficient of digestibility of oleomargarine is 97.55 per cent.

It is sometimes erroneously stated that pastry is indigestible. This statement is without foundation, provided the pastry is made from a high grade shortening and is properly baked. Similarly, fried foods come in for a great deal of criticism that should not be charged to the use of fat, but to incorrect methods of cooking. If food is properly cooked in fat that has a high smoking point, there will be no opportunity for decomposition products to develop.

How Much Fat?

Nutritionists have ample evidence that health is best served when 30 to 35 per cent of the total energy value foods is provided in the form of fat. This will include the fat of meat and the fat used in cooking the many delicious fried and baked foods which make eating a pleasure.

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