

DR. GRULLER, THE PSYCHIATRIST, LISTENS TO HIS PATIENT'S TROUBLES, DAY IN, DAY OUT...



BUT WHO DOES GRULLER SPILL HIS WOES TO? WHY, MIKE THE BARTENDER, OF COURSE, OF COURSE...



New Cookbook To Aid Hostess

New York—Today's hostess too often is the "vanishing American." She says hello to guests and then disappears into the kitchen.

But a new cookbook, by Mary Merrill and Mildred Falk Loew, should help return the absentee hostess back to the living room. "The Weekend Cookbook" (Coward McCann, Inc.) is a year-round guide to entertaining at dinners, brunches, lunches and cocktail parties.

The book is divided into four sections—one for each season. Each section contains a week-end dinner chart with four dinners.

The foods chosen have been planned for seasonal marketing to help the budget. Cooking and storage space also have been considered for the hostess who wants to prepare ahead for the whole weekend. And, most recipes can be prepared ahead of time. The book tells how to do this on a time schedule, and gives step-by-step instructions.

The authors say they know the book works—they've tried it. Both women are so busy that the book developed from necessity. Mary Merrill is a leading costume designer for television, and for Broadway and summer stock theaters.

Mrs. Loew is the mother of two children and has been managing editor of Ellery Queen's Mystery Magazine and associate editor of American Mercury.

Spontaneous Play May Be Transformed Into Dramatic Play

Lubbock, Tex.—The spontaneous play of children can be transformed into dramatic play if simplicity is kept uppermost, Prof. Arne Randall of Texas Tech says.

Randall, head of applied arts department at Tech, said that teachers must realize that it is not essential to have children make professional productions and settings with weeks of preparation.

He pointed out that children of all ages love to "make believe."

"A stick can become a horse or a spear or a warrior. A box with a hole for a child's head will transform a little boy into a knight with a suit of armor. A little girl is a princess when she drapes a discarded curtain



A refreshing outfit in or out of class is the bright plaid gingham suspender skirt with a white man-tailored broadcloth shirt. A double-duty outfit by Lanz.

He explained that under a teacher's direction, spontaneous play can be transformed into dramatic play, with children writing the script, composing the music, assigning the parts, making the costumes and creating the stage setting and scenery.

Randall thinks the techniques are of value to many besides

Homemakers Are Taste and Test Panel for School

By MARY LU McDONALD
United Press Correspondent

Pullman, Wash.—Twelve homemakers have returned to college, and their families are discovering the rewards are well worth the effort.

The homemakers form a unique "taste and test" panel at Washington State College. For the next few months, they will test packaged poultry, preserved peaches, blueberries, various bread recipes and even fried chicken.

Some of the products are brought home so the women can note the reactions of "family tasters." Members work on different types of panels and products and spend about an hour and a half twice a week in the college home economics kitchens.

Homemakers' Standards

Why use homemakers with so many students available? As Mrs. Margaret Hard, chairman of the college home economics department, puts it:

"If we are to improve the quality, we should have the homemakers' standards in mind. After all, they are the final test."

Panelists presently are involved in grading characteristics of chicken fryers and the effects of antibiotic treatments upon the quality of fowl.

"Taste and test panels are con-

public school teachers. Such ideas may be applied by leaders of children's groups, Sunday school teachers, nurses, and of course, mothers on cold or rainy days.

sidered a fairly precise and accurate measuring tool in evaluating food quality, and every effort is expended to make the tests as objective as possible," Mrs. Hard said.

She added that there is a point where a person becomes subject to "taste fatigue" and loses some sensitivity to taste.

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Nutritionist Would Restore Bread, Potatoes to Diets

By GAIL GREENE

United Press Correspondent

Ann Arbor, Mich.—Fat folks out to stop covering at the sight of bread and potatoes.

That's the contention of Adelia M. Beeuwkes, associate professor of public health nutrition at the University of Michigan.

Miss Beeuwkes would like to restore those two "bugaboos" to reducing diets.

She admitted her bread-potato theory may sound like heresy to the calorie-counters who have been scolding both for years.

But she believes "too many sugar-loaded foods are being gobbled up behind the excuse, 'Well, I never eat bread or potatoes.'"

"Better to forego that extra slab of cherry pie or the soft drink you can't get through the day without," she advised.

Many Food Values

"Sugar contains lone-wolf calories," Miss Beeuwkes explained. "They just sit there and do nothing but add pounds."

Potatoes, on the other hand, have a great many food values and "aren't especially fattening when eaten plain," she added.

Miss Beeuwkes, a trim blonde, said she eats potatoes and bread every day but tries not to think of each meal in terms of vitamins.

"A homemaker shouldn't serve food as if it came straight off the pharmacy shelf," she said. "Don't say, 'Now darling, eat this, it contains oodles of riboflavin,' or 'pass me a heaping plate of thiamin.'"

The university nutritionist believes it isn't enough to teach a child to use a fork and spoon. Somewhere in his education, a child should learn what to eat. "I advise nutritionists to go easy on the hot dog, however," she added.

Hot Dog's Friend

In fact, Miss Beeuwkes considers herself "a true friend of the hot dog."

"If you try to take away their hot dogs you get a negative response," she explained. "I suggest a wholesome enriched roll with that hot dog, a glass of milk, some salad and fruit for dessert."

Miss Beeuwkes believes people worry too much about food. "There's no need to bring an

adding machine to the dinner table to count the calories," she said. "What's really needed is exercise."

"Housewives' waistlines are more in danger than ever before because labor-saving homemaking gadgets have deprived them of all the exercise they used to have," she said.

She also suggested husbands and working women park their cars or alight from buses and subways a mile from their office—and walk the rest of the way.

New Method Tested For Cleaning Carpets

Washington—Uncle Sam is helping to solve the problem of cleaning wall-to-wall cotton carpeting.

The Department of Agriculture announced development of a method using a special detergent and machine which are not yet in commercial production but are being tested by commercial firms. It added that if the process does go into commercial use, the popularity of wall to wall cotton carpeting should increase.

The department said the new method, developed by contract research sponsored by USDA, is based on a minimum of wetting and fast drying of the carpet.

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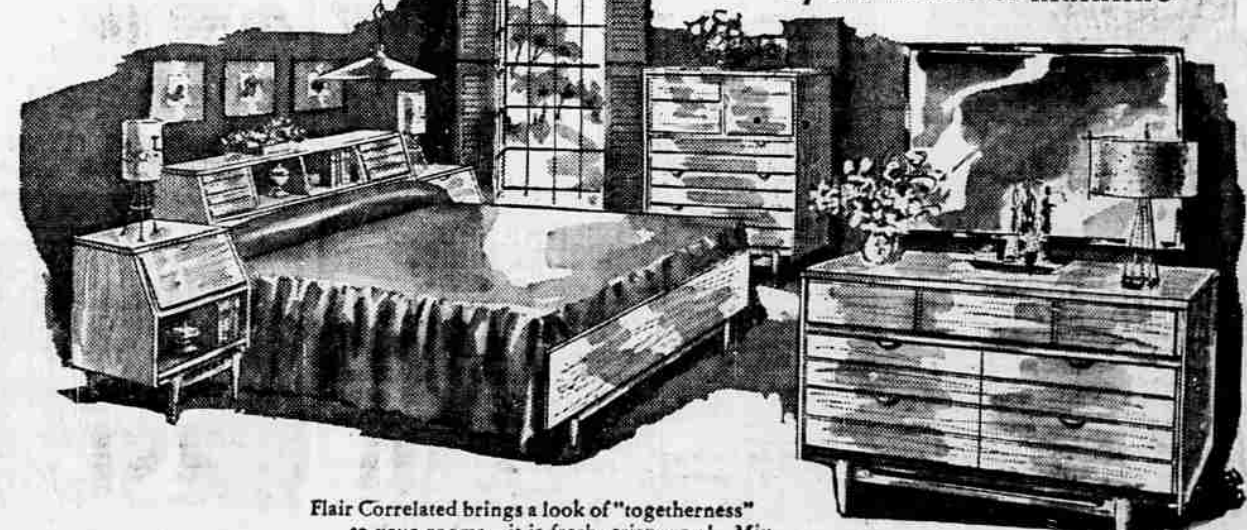
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