

WOMAN'S PAGE

Edited By Vivian McCauley

YOUR CHILDREN

I wonder just how much poor health in young and old is due to poor posture. If the truth were known, and the organs of the body could tell a story, it probably would run something like this: "How can we work when we are squeezed to death? Half the time we are some place else and we'd rather work at home. And how could you work if you had someone else leaning against you all the time? Wouldn't you be nervous? Well, we are nervous, too. Give us the room we were intended to have and we'll do our work all right."

That is what happens as a result of bad posture. Every organ, gland, blood-vessel and nerve is out of alignment or squeezed and when they can't work we show a child out in the fresh air for more exercise, or change his diet or give him pills or a tonic and it never enters our heads that the way he stands or sits or even lies is responsible for his indisposition.

By the way, that's a good word. It never occurred to me before that its origin may have had something to do with bad posture. Now I do think that parents are getting very wise about the evils of bad standing. "Stand up straight, Johnny," is getting to be a popular echo in the land. And children themselves are learning a good bit about it too from their physical instructors in school.

But neither parents nor children realize the enormous importance of it all or we should see better results. Posture has come to be not a case of maybe—not "when you think about it," but "must"—and "must" all the time. Now, Get This Straight!

When you tell John to stand straight, what does he do? Pulls his shoulders back till his little wing points meet in the back and as far as it will go. The result is that his spine curves in at the waistline until he looks from the side like a rag-man's horse. His backbone is a perfect "U," his stomach flies out in front and his ribs rise, leaving a beautiful vacuum about his diaphragm that is not only an unnatural pose but difficult to maintain.

I think that is why children slump instantly back into the old slouch again—because they receive no encouragement from nature. For this position is wrong. What is the correct posture? Well, it begins with the pelvic bone, that large piece of structure that holds us together around the end of the spine. It is a large, basin shaped bone that supports all the organs.

Now when Johnny throws his hips out rearward, he is thrusting that big bone back when he should thrust it forward. When this is done the whole body is straightened. The stomach does not go down and forward, but the muscles pull it up where it belongs, the strain on the diaphragm is relaxed and his lungs have more room. His shoulders will not go back, but drop naturally into place. He won't look so ribby.

Now take a side view: he'll be as straight as a jack-knife. Chin up! That's the next order, up all the time. The thyroid gland is in the front part of the throat and no wonder it gets lazy and can't work if his chin is kissing it all the time. His whole general health and vitality depends on that thyroid. When he sits down let him keep the position. It will soon be easy for him. When he lies at night it is better for him to lie flexed a little, on his side, and sometimes on his stomach.

A PENNY SAVED—Worcester, Mass.—John Boyden, now 67, bought a home when he was a lot younger and times were better. He took out a \$1,000 mortgage on it. Came a time when the interest couldn't be met through his earnings. So he went up in the attic and with three men carried down a trunk. It contained exactly 100,000 pennies, and weighed 700 pounds. With his \$1,000 in coppers, John lifted the mortgage.

A sparrow's wings makes thirteen strokes a second while flying.

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Come Into the Kitchen

By ELLA M. LEHR

"Culinary Questionings"

"Oh, dear," set the new little bride to me, as she gingerly scanned the pages of an old cook book inherited from her grandmother. "How do I know how much flour to use 'untill thick? How much water do I add in making pie crust? What'll I do with that chicken fat that mama-in-law bequeathed me? Why are my dumplings like rocks? What shall I make out of this sour milk? Why, why doesn't a blue print and culinary guide book accompany our wedding rings? How do you know?"

"It'll come, my dear, it'll come," I counseled with a grandmother air and voice. "Experience! Here now I'll slip you this which, honest has only been found after many spoiled cakes and more maltreated digestive systems!"

Do you know that—All measurements are level in modern cook books? 3 teaspoons equal 1 tablespoon. 16 table spoons equal 1 cup. 12 tablespoons liquid, equal 1 cup.

2 cups equal 1 pint. 2 pints equal 1 quart. 4 quarts equal 1 gallon. 8 quarts equal 1 peck. Dash, pinch or speck equals 1-14 teaspoon. Size of a nut equals 1 tablespoon.

Size of an egg equals 1/4 cup or 4 tablespoons. 1 tablespoon equals 1 ounce dry or 2 ounces liquid.

Substitutions Baking powder, 1 teaspoon soda and 1/2 teaspoon cream of tartar.

Baking soda—1/4 teaspoon added to 1 cup sour milk is the equivalent of 2 teaspoons baking powder and 1 cup sweet milk.

If your recipe calls for sour milk and you do not have any on hand, 1 tablespoon fresh lemon juice added to 1 cup sweet milk will give the equivalent to sour milk. Chocolate-cocoa, 1 square chocolate equals 1/4 cup ground chocolate.

For substitution of sugar, use 1 cup of honey for 1 cup sugar, and omit 1/4 cup of liquid to be used. About 1/4 teaspoon soda to a cup of honey should be used to neutralize the acid. Honey, equal amounts may be substituted

for molasses, using a bit less soda.

Molasses—Substitute 1/2 cup molasses for 1 cup sugar. Add 1/2 teaspoon soda for each cup molasses, omitting or using only a small amount of baking powder. Butter substitutes—For 1 cup of butter use bacon fat, clarified 1-5 cup; vegetable fats, 1 cup; chicken fat, 2-3 cup; corn oil, etc., 7-8 cup; lard, 1 cup; suet, 1/2 cup.

Cornstarch — 2 tablespoons flour equal 1 tablespoon cornstarch in thickening.

Proportions (Judge new recipes by this table.) Baking powder—2 teaspoons, 1 cup flour. Reduce 1/2 teaspoon for each egg added after the first.

Soda—1/4 teaspoon to 1 cup

sour milk; 1/4 teaspoon to 1 cup molasses. If acidity is very great, add a bit of baking powder. If substituting for soda, use 2 teaspoons baking powder for every 1/4 teaspoon soda.

One egg thickening 1 cup milk—for baked custard. Three tablespoons tapioca thickens 1 cup of water or milk for pudding.

JUST ANOTHER ALIBI

CHICAGO—Here's another hint to housewives, freely given by Jacob Cohen: If your furs need glossing, use gin. That's what Cohen told in court when he was arraigned there on a charge of selling gin. A gallon of it was found in his fur shop, and he said he kept it for fur cleaning purposes. His alibi was no good, however, for he was fined \$100.

"If you married my daughter, it would kill me."

"Can I count on that?"—The Humorist.

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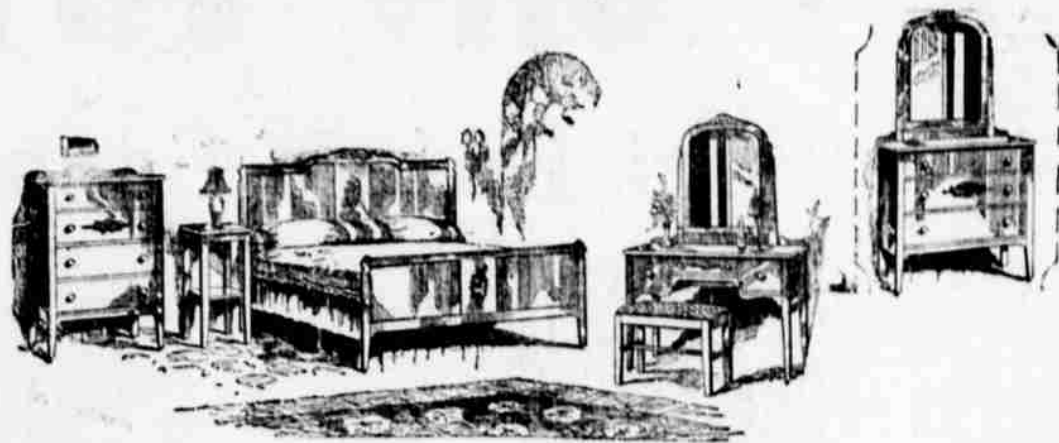
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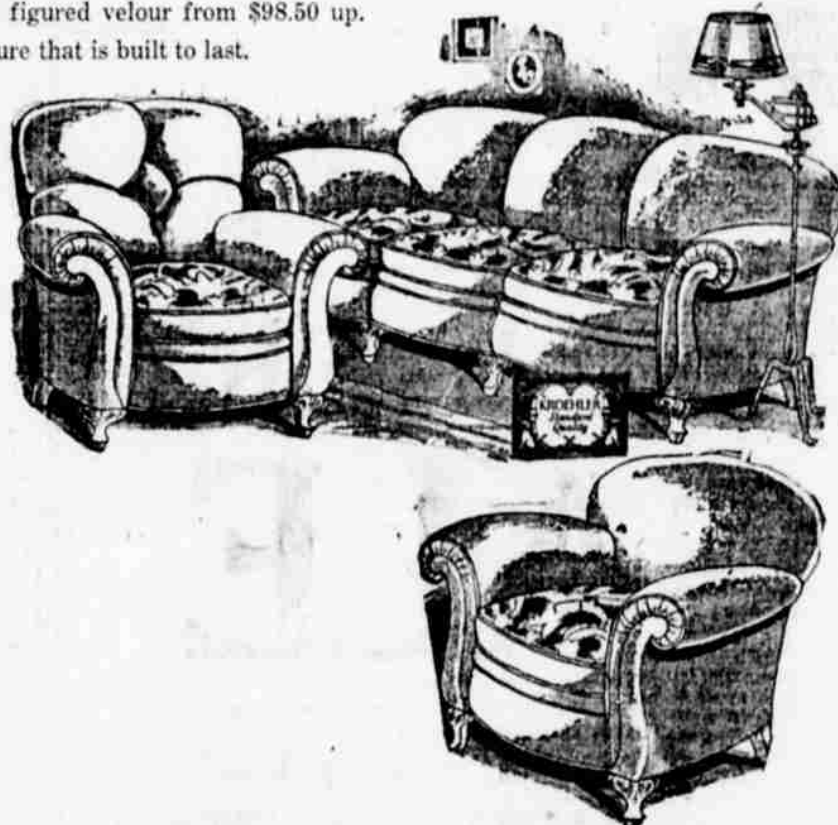
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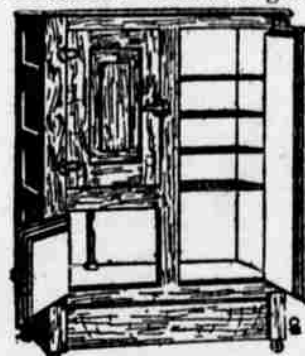


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