

End of Charm Story Depends Upon Yourself

By ALICIA HART
Here are the case histories of two who, six weeks ago, suddenly discovered that they were dissatisfied with their looks, their clothes, their social life—in fact, just plain bored with everything. Miss A., always pretty impulsive and inclined toward roaring enthusiasms which cool quickly, got a new permanent wave and four dresses. She went on a rigid diet after, instead of before, she bought the dresses. It didn't matter anyway, because she stayed on the starvation diet only two and a half days and got a severe headache for her trouble. Miss A's permanent was a good one, but she got it from a shop so far from her home and office that she never has been able to get back there for a finger wave. The man she does go to can't seem to figure out what the permanent wave operator had in mind when he gave the haircut and wave. Miss A's hair hasn't looked or felt right since. And it's not the fault of either operator.

The dresses haven't been successful either. Miss A. spent so much on the four of them that she never has been able to afford nice accessories. She wishes that she had bought two with proper accessories instead of four with no accessories. She wishes, too, that she had stayed on the diet, but she remembered the experience so unpleasantly that she hates to try dieting again. In other words, aside from a couple of wishes and some dresses which aren't especially useful, Miss A. is just about where she was six weeks ago.

Success Story
Miss B., however, simply decided to cut out starches and rich pastries and to eat smaller portions of everything at every meal. She has stuck to her resolutions and, after only six weeks, she weighs five pounds less and feels marvelous.

She brushed her hair at night and morning for three weeks, then she got a permanent wave from her regular hairdresser. The wave is a honey and her hair looks lovely. The day the scales showed her to be five pounds lighter, Miss B. got two new dresses and a set of de luxe accessories that goes nicely with both. Miss B. looks smart and feels pretty good about life these days. Her old friends are amazed but very pleased at the change in her. And her brand new beau, having shown her off to all of his friends, now plans to show her off to his family. The girl's getting somewhere.

Runaway May Be Seeking Security

By OLIVE ROBERTS HARTON
Recently we visited some friends who live in the country. Their baby boy is three and a half. He knows no other children and has never known any. He runs off. He got half a mile away to the main highway and was playing in the middle of the road when they found him. He escapes into the enormous orchard.

"I think he is hunting for other children," I told his family. "That's it," cried his mother. "I took him to town the other day and he exclaimed whenever he saw a child, big or little. They seemed to be as much of a curiosity as monkeys or bears."

I could not help exclaiming, "What a pity. There was small Andrew, with his chum the big collie, playing all alone in a world empty of children. He had a million blessings so often denied the city child, but he ran off searching for something he couldn't find."

But I forgot Mary. Mary is his little friend. He made her up. She exists only in his mind but she plays with him, rides in his cart, and listens to his stories. I said to Andrew's mother, "There could be a real Mary," and she said she intended to have another child.

"But you see," I added, "the little fellow is in his fourth year, when he needs other children to help him develop his intense ego."

"Then what would you do?" she asked. MAKE FRIENDS FOR LONELY CHILD
"Give parties for him. Take him to visit. Ask people out to spend the day and bring the children. Start him to kindergarten as soon as you can, although it will be an inconvenience driving so far."

"He needs friends and he will run away until he finds them. That is the psychology of most running-off, anyway, the adventure being on the quest of something lacking or craved."

I think that small Andy's lonely days are over.



Here's a handy secretary for a one-room apartment or for the hostess who likes to have an extra bed for unexpected guests. The bottom section holds a comfortable single bed—30 inches wide and 6 feet long. It was shown for the first time at the Chicago furniture mart.

Sauced Spaghetti Declared Ace One-Dish Summer Meal

By MRS. GAYNOR MADDOX
Spaghetti with sauce gets asked to many hot weather one-dish meals. It produces a well-balanced meal when served with a green salad and fruit. These recipes are from one of the best Italian chefs in the United States.

Spaghetti Sauce (Serves 4 to 6)
One-fourth pound lean beef, ground, 2 large cans tomatoes, 1 handful dried mushrooms, 2 small onions, parsley, sprig of basil, 1 clove garlic, dash of nutmeg, olive oil.
Chop together garlic, parsley, basil and onion, and fry in olive oil until they begin to turn brown. Add tomatoes, salt, pepper and spice and let simmer for about 2 1/2 hours. In a separate pan, brown the meat in a little butter and add to above mixture. After soaking the mushrooms in lukewarm water, chop them fine and cook in olive oil for 5 minutes. Then add to sauce. Continue to cook for another hour. Serve on spaghetti with several pieces of

butter and grated Parmesan cheese.
To cook your spaghetti for these sauces, use 1 gallon of salted water, boiling rapidly, for each pound of spaghetti. Do not dump the spaghetti into the water all at once, but a little at a time, so that the water will not cease boiling. Cook about 15 minutes, and drain at once.
Meatless Sauce for Spaghetti (Serves 4 to 6)
One-fourth pound fresh mushrooms, 2 1/2 ounces butter, 2 ounces pine kernels, 6 salted anchovies, 8 large red tomatoes, 1 onion, 1 teaspoon flour.
Put half the butter in a pan and brown the pine kernels in it. Remove from pan as dry as possible and mash them. Mix with flour. Chop onion fine and brown in the same butter. Remove onion, then add tomatoes cut in pieces (removing seeds). Cook tomatoes, adding salt and pepper, and when done, strain.
Put the strained tomatoes back on fire, adding mushrooms cut

in thin short slices and the pine kernel paste and remaining butter. Boil all for half an hour, adding water to make sauce sufficiently fluid. Then take out some of this sauce and wash the anchovies into it, using a separate saucepan over a fire. Do not boil this mixture. Add this anchovy sauce to the other sauce. Serve with boiled spaghetti and grated cheese.
If those directions seem like quite a lot of trouble, remember that the fine flavor of genuine Italian cooking is not just an accident. It is a matter of skill and patience and long cooking.

MENU
BREAKFAST: Stewed cherries, fried oatmeal, syrup, coffee, milk.
LUNCHEON: Split pea soup, frankfurter rings, hard rolls, fruit cookies, tea, milk.
DINNER: Spaghetti with

sauce, grated cheese, lettuce and watercress salad, fruit bowl, coffee, milk.

EQUIPMENT HELD VITAL FOR FUN ON VACATIONS

Up-to-date beach and water equipment makes vacation days comfortable and lots of fun. Youngsters, of course, get more kick out of huge inflated water animals than anything else, or one of the new boatshaped floats of heavy bright red and blue rubberized fabric to paddle about in shallow water. Beach parasols, as colorful as can be, are "musts." Beach rolls come in many sizes and as many bright colors, some with light rattan headrest frames. If you like to float, you might include a six-foot inflated reclining

pad complete with fat pillow. On the beach, this can be converted into a comfortable chair by simply buckling side straps at top and bottom thus raising the pad to a sitting position.
Although the moon shines entirely by reflected light, it is a poor mirror, for it reflects only about seven per cent of the sunlight that strikes it.

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