



As a mature woman you must have your hair expertly styled by a skilled hairdresser if you want to be assured a youthful, attractive appearance. And the hairdresser should be allowed a free hand. Don't get into the habit of insisting upon a certain hair cut and set year after year. Just as your make-up and wardrobe requirements change, so do your hair styling needs. Too many women think because they have passed the 40-year mark that they must have their hair set around their faces (insert). Instead of softening and beautifying, this type of styling casts shadows and accentuates downward lines. How much lovelier you would look with your hair swept up and away from the temples and forehead (left). The entire effect is one of smoothness and grace (right).

Today's Women

By DOROTHY ROE
AP Women's Editor

Want to serve something different at your next party? What about she-fish soup, bear feet, lingcod (fish) ice cream?

The ingredients may be a little difficult to find since they include a great deal of blubber and seal oil but you may be sure the meal will be sensational.

Elsa Shannon is planning to invite her friends to such a repast when she and her husband Jack get back from their current trip to Newfoundland, Labrador, Greenland and Iceland, where they are singing for American soldiers with a USO-camp show unit.

Elsa and Jack recently made an extensive tour of U. S. Army bases in Alaska and the Aleutians and brought back with them the only Eskimo cook book ever printed. It was prepared by students of the Shishmaref Day School, Shishmaref, Alaska, with the help and encouragement of their teacher, Isabelle B. Bingham.

Elsa, who was raised in Little Rock, Ark., says she thinks such dishes as coquig blubbers and torced liver with salmonberries should add an interesting note to her repertoire of Southern cooking. Says she:

"Right now we like Southern fried chicken better than anything, but travel does broaden one's tastes. Who knows? Blubber ice cream may be delicious."

Here is the recipe for lingcod Eskimo ice cream.

"First cook and boil the lingcod fish with water in the pot and no salt. Remove all the bones from the fish and break the fish into small pieces. Dry the pieces for a while and mix these with Eskimo ice cream. Add seal oil once in a while and as much water as you need."

The Eskimo ice cream is made thus:

"Grate reindeer tallow into small pieces. Add seal oil slowly while beating with hand. After some seal oil has been used, then add a little water while whipping. Continue adding seal oil and water until white and fluffy. Any berries can be added to it."

A special delicacy described in the Eskimo cook book is soured seal liver. This obviously is an acquired taste, like ripe olives, as is made plain by Agnes Kiyutelluk, the girl student who submitted the recipe.

"Soured seal liver is made in

the summer time. Place liver in enamel pot or dish and cover with blubber. Put in warm place for a few days until sour. Most of the boys and girls don't like it, except the grown-ups and old people. I don't like it either."

Eskimo desserts include such things as dried salmon eggs and blackberries with seal oil, torced liver with salmonberries and willow meat with aunar and seal oil.

FRUIT SALAD

Canned cling peach slices may be used on so many occasions they have practically become a staple household item, and one that fits into modest budgets, too. This time of year we like to combine the peach slices with unpeeled cubed apple, crisp halved lettuce grapes. Arrange the fruit on tokay-garnished salad plates. Thin mayonnaise with some of the peach syrup and a bit of sour cream, and you have one of the very best fruit salads.

TAKE IT EASY

Take fruit cake baking the easy way and do it in two days. Prepare your pans, fruits and nuts one day and make your batter and bake the cakes the next.

What's she got that I haven't?

Why does a "housewife and mother" feel inferior to career women? In the new October Ladies' Home Journal a beloved and popular doctor names the 4 sources of the homemaker's inferiority complex. Get your copy and read why being a good mother is the most demanding, most talented, and most rewarding career in the world, according to Dr. Benjamin Spock!

QUICKIE
A quick dessert trick for a children's party. Place canned cling peach halves, cup side up, on a baking tray. Fill each peach half with a marshmallow and place under broiler until marshmallow melts. Serve at once.

PEPPER-UPPER
Ripe olives are one of the few fruits whose excellent flavor comes from oil—olive oil. Ripe olives average 19 percent fruit oil which is about the same percent of fat found in light cream or cocoa. The fruit oil in ripe olives is in an emulsified form and therefore is easily digested and used by the human body. It is readily converted into food energy, enabling us to carry on the many jobs that each day brings.



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Recipes

THIS IS GOOD

Before chilling winter winds destroy your prize mint bed, serve "Minted Raisins" with your next meat loaf, hamburger or stew and see what an air they give to the meal. Here's how: Combine 1 cup of seedless raisins, 1 cup water, 2 tablespoons chopped fresh mint leaves, cover and simmer 10 minutes. Remove from heat, keep covered, cool and serve.

SWELL
Lemon gelatin dissolved in 2 cups hot apricot whole fruit nectar with 1 teaspoon grated lemon rind added for zip, makes a perfect base for a fruit cocktail salad. When the gelatin has cooled to room temperature stir in 2 cups drained canned fruit cocktail. Chill in individual molds.

SLIMMING DIET
While it's true the best kind of protein for muscle and tissue growth and maintenance comes from animal sources such as meat, cheese and milk, there are important second-choice proteins, too. These come from nuts, vegetables and a few fruits. Besides enjoying almonds for their delicious taste alone, it's comforting to know that

they average 21.66 percent protein.

HOT BREW
It's hard to find a hot beverage suitable to serve at teen-agers evening parties come cold weather.

The youngsters in our house take a can of apricot whole fruit nectar, a few sticks of cinnamon, a few grains of salt, 1/4 cup orange mar-

malade, heat to boiling and simmer gently for a few minutes. Just before serving the steaming hot refreshment they put about a teaspoon of butter into their small mugs and pour the hot "brew" over it. The resulting product is pronounced "wonderful!"

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Complete this sentence in 25 additional words or less: "My favorite Sperry or Martha Meade Recipe is _____ because _____"



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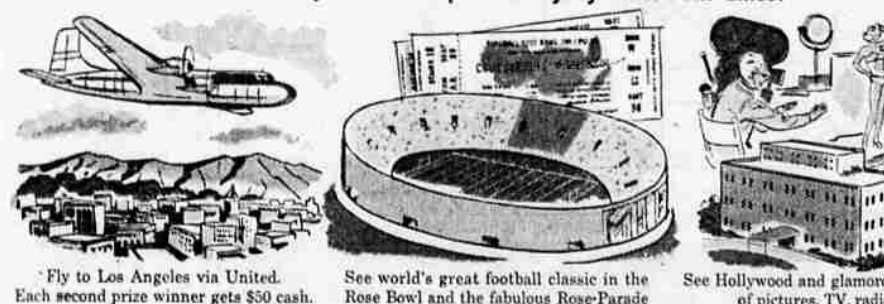
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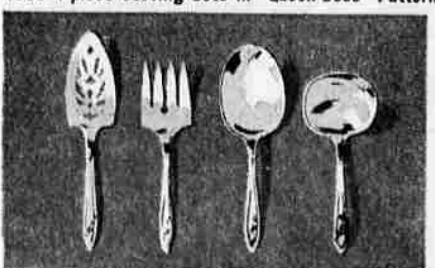
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EASY CONTEST RULES!

1. Not including name of recipe, complete this statement in 25 additional words or less: "My favorite Sperry or Martha Meade Recipe is _____ because _____." Use entry blank or plain paper—writing on one side of paper only. Add your name and address legibly.
2. Submit as many entries as you wish, but with each entry enclose box top from any size Sperry package, or the big red name "Sperry" from any size sack. Each entry must be your own original work and be submitted under your own name. Only one prize to a contestant.
3. Mail entries to: Sperry's 100th Anniversary Contest, Oakland 6, California. All entries must be postmarked on or before midnight, November 5, 1952, and received not later than November 10, 1952. Each entry must bear adequate postage.
4. Entries will be judged by The Reuben H. Donnelley Corporation on the basis of interest, originality and aptness of thought. Judges' de-

cisions final. Duplicate prizes in case of ties. All entries and ideas therein become the property of General Mills, Inc. No entries can be acknowledged or returned.
5. Winners will be notified by mail within six weeks after contest closes. A list of winners will be sent upon receipt of self-addressed, stamped envelope.
6. Contest open to any person residing in the states of Washington, Oregon, Idaho, California, Nevada, Utah, Arizona, Wyoming, Colorado, Nebraska or Hawaii—excepting employees of General Mills, Inc., its advertising agencies, its judging organization and their immediate families.
7. Contest subject to Federal and State regulations. Your entry in this contest is express acceptance of these rules.

OFFICIAL ENTRY BLANK

Not including name of recipe, complete in 25 additional words or less: "My favorite Sperry or Martha Meade Recipe is _____"

because _____

name of recipe _____

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Keep Your Lawn Green For Another Two Months



Sprinkle it regularly...

Lawns and gardens will remain green and colorful far into the fall if you give them plenty of water now. Even though the weather is cooler the ground soon gets dry unless you continue sprinkling. Keeping your lawn and garden well watered into the early fall is also a protection against winter damage to shrubs and plants and will make them hardier and more attractive next spring. Insure the investment you have in your lawn and garden by maintaining a healthy, steady growth during the fall season.

Oregon Water Corporation

Note... Irrigation rates will apply until your meter is read in October.