

Advice on Your HEALTH

By HERMAN N. BUNDESEN, M.D. One of the most important achievements of modern medicine is re-discovery of the patient.

Look Your Best

By Colette

If you want to change sameness of sheath dress—



DO expand with stole, paneled sash, or overskirt. DON'T fail to offset the uniformity of tubular sheath dress.

Your Marriage

By SAMUEL G. and ESTHER E. KLING

TIPS ON HOW TO GET ALONG WITH EACH OTHER'S IN-LAWS

Q. What makes for a good in-law relationship? A. A study made by Peggy Marcus of Cornell University and reported in the Journal of Home Economics...

1. Approval of couple's marriage by parents. When the couple had such approval from the very beginning, there was invariably a good adjustment.

2. Meeting the prospective partner's family before marriage. Significantly, those couples made a good adjustment when they met their in-laws before marriage.

3. Parental compatibility. Helping influence a good adjustment between in-laws was the friendliness of parental families toward each other when they met.

4. A separate household for each couple and their children, free from the presence of other relatives.

5. Happy marriage of the parents and of the couple. Where the parents were happily married, they were less dependent on the young married couple, while the couple brought up in such an atmosphere usually reflected a high degree of emotional maturity.

6. Marriage between persons of the same religion. This was one of the most significant factors contributing to good in-law relationship.

7. Wife's education for marriage. Where the wife had taken a mar-

Understanding CHILDREN

By ANGELO PATRI

Our grandmothers began toilet training of little children as soon as they could sit on a stool. Often they overdid the matter and were disagreeably surprised when the trained child reverted to his infantile habits and the training had to be done all over again.

Today we are taught to go slowly about this, introducing the idea gradually, never punishing but always suggesting the right way. Sit on the toilet chair, so, the mother and she will help you. Patient teaching, no hurry about it, and the child usually accepts the idea and holds it so that soon after his second year he is completely toilet trained.

There is no use in asking the child why. He does not know. If the cause is mental, a thought, he is not aware of having pushed it below his conscious mind.

10. Noon. Johnny Olsen show. E. C. Hill. News. E. C. Hill. News. E. C. Hill. News.

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ON TELEVISION TODAY

Table listing television programs for today, including time slots (9:30, 10 A.M., 10:30, 10:45, 11 A.M., 11:30, 12 Noon, 12:15, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00, 3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30, 7:45, 8:00, 8:15, 8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:00, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30, 11:45, 12:00, 12:15, 12:30, 12:45) and program titles.

Cooking's Fun!

By CECILY BROWNSTONE. WEEKDAY LUNCH. Cream of Tomato Soup—Celery Seed Oat. Baked Apples—Beverage. Celery Seed Oat Bread. Ingredients: 1-2 cups rolled oats, 1 cup sifted all-purpose flour, 3 teaspoons baking powder, 3/4 teaspoon salt, 1 teaspoon celery seed, 2 tablespoons fat, 3 tablespoons sugar, 1 egg, 1 cup milk.

Method: Spread 2-3 cup rolled oats out on a board and roll very fine with a rolling pin. Sift together flour, baking powder and salt; add all the rolled oats and the celery seed. Cream fat; add sugar and cream until fluffy. Add egg and beat thoroughly. Add milk and dry ingredients all at once and stir only enough to moisten dry ingredients. Turn into well-greased loaf pan, 9 x 5 x 3 inches. Bake in a moderate (350F. to 375F.) oven about 40 minutes or until done.

OLD 'CURE'

Holding fish and frogs' heads in the mouths of children suffering from whooping cough is an old 'cure' still practiced among some of the peasantry of western Ireland. The world's largest piano accordion, a German product, has a range of 1328 notes.

TODAY'S RADIO PROGRAM

Table listing radio programs for today, including time slots (6 A.M., 6:30, 7 A.M., 7:30, 8 A.M., 8:15, 8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:00, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30, 11:45, 12:00, 12:15, 12:30, 12:45, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00, 3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30, 7:45, 8:00, 8:15, 8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:00, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30, 11:45, 12:00, 12:15, 12:30, 12:45, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00, 3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30, 7:45, 8:00, 8:15, 8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:00, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30, 11:45, 12:00, 12:15, 12:30, 12:45, 1:00, 1:15, 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00, 3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, 7:30, 7:45, 8:00, 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