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H O M E .

Journal

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June 30, 1947



Bride Emily Campos-Lockhart

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THIS' FORTNIGHT'S ISSUE

•
By PACIENCIA TORRE-GUZMAN

THE June Bride on our cover is Emily Campos of the well-known Campos family of Manila. The lucky fellow is H. L. Lockhart who has now sailed off with his prize acquisition to his homeland. If you are a society-page addict you must have seen the picture of the couple and if you think you never saw a finer pair you have no quarrel with a lot of readers we know. You must have also made a mental note of the bridal gown very unique with its front plenum flaring out like a huge lily petal. The cover portrait is by Bob's.

HAVE you read the Woman's Home Journal issue before this? June 15. We took leave to ask because down here at the editorial rooms momentous things have happened — all on account of that blessed issue. People have been dropping in to let off steam, re Exhibit "A". Author Melchor P. Aquino has taken to cover for the nonce, in the interest of the Evening News which is not quite ready to go fishing for another city editor should something happen to M. P. A. You see, he has been hurtled at with neat little grenades for his "unselfish views" in behalf of the women. It is a great comfort to know of men like Struthers Burt who recently wrote: "When I hear a man say they like and admire women, my respect for him increases. I say to myself 'this fellow has learned something.'" Wouldn't the politicians like to learn something? (Continued on page 34)

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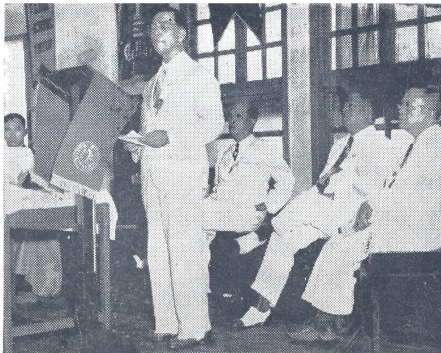
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(USIS)	

IT IS a generally admitted fact that the home plays a vital role in the development of character. One writer speaks of the home as the "chief school of all virtues." Another, F. E. Bolton claims that the home is "the most potent factor in determining character."

The explanation for this fact is of course quite obvious. It is in the home where the foundations of one's moral being are laid. Here, the child is exposed to influences, sustained and pervasive, at a time when he is most impressionable. What he acquires during this stage in the way of traits of character and personality are likely to remain within throughout life. In the words of Bolton, "the kinds of honesty, chivalry, altruism which one possesses are largely the ones gained by the home fireside. The religious beliefs, ideals, attitudes, and largely the religious practices which we cling to through life are the ones gained at mother's 'knee.'" The home is, as it were, a workshop



Dr. Gabriel R. Mañalac of the national council on education, is shown delivering a speech before the Philippine Association of Colleges and Universities which opened its first educational conference at the Arellano Hall of the Far Eastern University. Others appearing in the picture are (from left to right) Bishop Mariano Muñaga of Lingayen, who pronounced "the invocation, Dr. Leoncio B. Monzon, acting president of the FEU, Mayor Valeriano Fugoso, and Director Jose Hernandez of the Jose Rizal College.

part of a program of character and civic training in the home involves the improvement along certain lines of the parents themselves. First of all, the parents must show decisive improvement in good manners and right conduct. Moreover, it is essential that they acquire knowledge of child psychology to enable them to solve properly with understanding and sympathy the many problems affecting their children which constantly arise at home. Apart from this, parents need to know the fundamental laws of learning which govern all habit formation and learning processes. Lastly, it is essential that parents understand and appreciate the influence of home life and home surroundings upon the life of the child.

Perhaps, it is too much to expect, that our homes should come up to these conditions. The task of improving the character of parents and broadening their knowledge as a means of insuring wholesome and desirable up-

HOME, School of Virtue

where the child's personality takes definite and more or less permanent form.

The home bears much of the responsibility for the social behavior of its members. Home environment is generally reflected in the way an individual acts in the community. One American writer after making a study of honest and dishonest children, remarked: "The homes from which the worst offenders came might be characterized as exhibiting bad parental example, parental discord, bad discipline, unsocial attitudes toward children, impoverishment and changing economic or social situation." The homes from which the most honest children came revealed the opposite of these conditions.

It may be interesting to know, in the light of these facts, the home backgrounds of those of our youth who have been involved in juvenile delinquency. I am not sure whether a thorough study has been made of this phase of the problem of juvenile delinquency here. Such a study, I dare say, may reveal many things about the home life of our juvenile delinquents which would substantiate the claim that unwholesome home

By LUZ ALZONA-ZAFRA

UNDER PROPER DIRECTION AND WITH THE HELP OF OTHER INSTITUTIONS, THE AVERAGE FILIPINO HOME, WITH THE OPPORTUNITIES AND MATERIALS IT POSSESSES, CAN CONTRIBUTE SUBSTANTIALLY TO THE BUILDING UP OF A GREAT NATION

conditions are a potent factor in the driving of many young people to acts of delinquency and criminality.

It goes without saying that the primary thing to have in any plan for character and civic education is a wholesome home environment. We must have in our homes those conditions of family life which are highly conducive to the development in our youth of good manners and right conduct. We know what these conditions are. Foremost and basic among them is the presence of good and loving parents, who know what constitutes good character and who are themselves models of virtue. For it is axiomatic that if we wish our children to be honest, orderly, cooperative, punctual, courteous, tolerant, appreciative and generous in spirit, we must be these things ourselves. For the power of suggestion and imitation with chil-

dren is well nigh irresistible. As Germane and Germane have well stated, "From the beginning of life, the child is copying the sights and sounds about him. Rudeness begets rudeness, deceit begets deceit just as surely as gentleness begets gentleness and truthfulness begets truthfulness." Moreover, it is a fundamental condition that parents should know how to deal with problems and situations in the home in a manner most conducive to the formation of good character in their children. It is because, in the nature of their position, parents are their children's first teachers and as such should know not only how to deal with children but also how to create in the home desirable situations and settings in which to foster the formation of good habits.

It follows from what has just been stated that an important

bringing of their children is indeed a complicated and quite difficult undertaking. For it involves instructions on a large scale of adults not only in moral and religious philosophy but also in child psychology and in principles of education. Considering the fact that facilities for this kind of adult training are very inadequate, and the further fact that adults generally find it hard to learn new things and to break away from established habits and ideals, such a task really presents a problem of great magnitude. Such a task, however, is not an impossible one. Agencies and organizations exist which can contribute something to its accomplishment — church, parent-teacher associations, adult education classes, community assemblies, religious, social, business and fraternal organizations, etc.

Parent-teacher association can be made useful centers for the moral and cultural improvement of parents. In their meetings with teachers, parents can get valuable instruction and training from competent and qualified persons on things that are of vital interest to them as parents. Matters

(Continued on page 29)

The Filipino Woman Lawyer

By CECILIA MUÑOZ PALMA

Local Portia Answers The Tirade "HANGGANG BAR LAMANG" With Disarming Candor

A blind-folded woman with scales on one hand and a sword on the other has been since time immemorial and still is the symbol of Justice in a world of Man. Who conceived this BEAUTIFUL idea and how it was conceived, no one knows. But the fact is that no symbol could be more significant and more understanding, relentless in avenging a wrong that has been done but equally eager to liberate the innocent so that it be not said that an innocent man was made the victim of justice and the law. Woman, therefore, is akin to the interests of justice and it is but natural that she pursue the path that leads to the altar of law, justice and equity. Hence, it is not extraordinary for a woman to take up the career of law and be invested with authority and be given the noble task to defend rights, redress wrongs, champion the oppressed, and protect the ignorant, in short, to impart the blessings of law to her fellowman.

In the Philippines, the first Filipino woman to pioneer in the field of law and to open to the Filipino women the doors to the beauty and mystery of this noble career was Maria Francisco Villarasan in 1913. Since her time more and more women became interested in the study of law so that at the present time we have actually registered in the Roll of

Lawyers of our Supreme Court 291 women attorneys. Of this number 3 have topped the first place in the bar examinations with admirable ratings. And there is still an increasing interest in the profession of law among our younger women who are eager to pursue higher education and intellectual attainment. But now we come face to face with the question: Is the Filipino woman a success in the law career? If by success we mean, if we the woman lawyers earn thousands of pesos as attorney's fees from rich clients and big interests in the business world, then we are not a success for I know of no woman lawyer who has accumulated wealth from the practice of her profession.

If by success we mean, if we women lawyers occupy high responsible positions in the government, either in the executive, legislative or judicial branch, then we are total sad failures because no woman lawyer heads any Bureau much less any Department of the Executive, because no

woman lawyer graces with her presence the halls of our legislative body, because the highest position in the judiciary achieved by the Filipino woman lawyer is the Judgeship of the Municipal Court of Manila.

If by success we mean, if we women lawyers have made a name for ourselves in the legal world through years of practice before our courts, then we are a sore disappointment because there are only a few of us who have struggled and are still struggling to make a name in the practice of the law profession. But before you smile, my dear male colleagues, and say "I told you so, these women lawyers are no good", examine first the root, the cause of all these failures and when you have done that you don't be able to smile and you would rather say "These women lawyers are admirable taking into consideration that they have held their ground, achieved their present achievements in spite of the handicaps and obstructions that have been thrown in their

path by no other than their male colleagues in the profession and by their own Government."

For, if we are failures, in that we do not hold responsible positions in the Government particularly in the Judiciary, the blame lies on the men at the head of our Government who years ago could have singled out women lawyers of brilliant scholastic records, and there were not a few, and guided and trained them for a judicial career. The jurists of today started from humble beginnings; but they achieved their present greatness through hard work, study, possessing a natural brilliant mind, but above all through the faith that was reposed on them by the Government and the consequent golden opportunities that were laid on their path. A woman of intellect can stand side by side with a man of equal intelligence; but if the chance to grow, to develop, and to expand that intellect is given only to the man, then the poor woman however brilliant she may be will naturally fade out of the picture and her brilliance will be nipped in the bud before we as even given a tiny chance to grow.

It is true that two or three of our women lawyers have been appointed Justices of the Peace, but to what places have they been appointed? To places where

(Continued on page 17)



Three-fourths of the ladies in this group are lawyers. Do they look like failures? The photograph was taken at the house of Facita de los Reyes on the occasion of the investiture of the lady salon Remedios Ozamis-Portich.

THE BEGGAR

By ELEUTERIO L. ABUEG

MORNINGS, on my way to work, I saw him, sitting on the sidewalk, his hand outstretched in a monotonous—rather awkward way. Maybe it was on account of his age that he could not reach out his hand the way other beggars could. It was a wrinkled hand, stiff and expressionless, like a dead man's. It was an old man's hand—worn and tired—and the very sight of it would suggest a stark resignation to a life that he in his state was living.

There was nothing solicitous about him as he sat there quietly, his frail body leaning against the stone wall, his head bent and his eyes downcast. His left hand hugged a large straw bag inside which was a long cane, towering halfway above his head. I like to think of the simple dignity and abandon that he suggested. Incidentally enough, it was the kind generally uncommon among beggars.

Ask yourself, your friend or neighbor what a beggar ought to be if he is to become successful in his trade. More or less, the answer would be that he must be able to put up some kind of show in order to attract people. There was a mendicant I knew with a bad limb who walked with a rather funny drag. The day he came, Jack, my pet dog, happened to be on the loose. Jack went after him, whereupon the poor fellow ran so fast like a normal being. All the while, we were laughing out loud, and the beggar did not bother to come back anymore, obviously for fear that we were going to call him phony. I am no beggar, but I know it is the way a beggar holds out his hand,—how he looks, what he says and how he says them and how he puts on some little acts intended to arouse sympathy and pity—that bring in the alms. I said trade because be-

garing also requires skill and technique, like for instance, architecture, engineering and medicine.

The first time I saw this beggar and noted his simple dignity and seeming indifference, I thought of my friend Pete.

"Beggars are also people," I told Pete once and I meant very well by that.

We were in a restaurant when a beggar interrupted our coffee-drinking session. Pete angrily motioned her away with a violent wave of his arm, and the poor creature, an old woman of about fifty, all but dashed out of the place on all fours. She held a



His head was bent, his eyes down cast . . .

The Poet To His Daughter

What can the poet say to this small face
That looks up through the twilight at his own
And reaches with its dark eyes to erase
All he has ever thought or been or known?
What can he answer to her dreams, that speak
The timid, hopeful questions of the young:
Why am I here, so little and so meek?
Why have I freckles and a wiggly tongue?
Why do I laugh when we are having fun?
Why do you hug and kiss me when I cry?
Why do I rock my dolly in the sun
And look up quickly when a boy goes by?

What can I say to keep her unafraid,
Whom God and the girl I love and I have made?

THOMAS SUGRUE

trembling hand over her face as if to protect it from an impending blow. Then she quietly slipped out of our sight.

"These beggars are a pest," Pete said, his brow forming into a frown.

"I guess, that's cruel of you, Pete," I said solemnly.

"That's what you think," he said, his voice reproachful. "Just wait till you encounter one butting into your private moments, shoving his dirty hand under your nose!"

I got Pete's point and the contrast occurred to me.

He was about sixty years old, more or less. His hair was ash-gray. He looked well-groomed and neat in spite of his rags and the beard, which obviously had not been shaved for days, but which in its uniform growth, looked trimmed, anyhow. He did not seem to want to say a word at all. Once I saw him open his mouth in a whisper, but the words were outdone by the noise of passing vehicles and the hubbub of the city street. He never seemed to want to look at people passing by, but once I saw him cast his eyes at a young man. I was following close behind. For a long moment his gaze followed the passing figure. Then I met his eyes. They were sad, black eyes—round and beautiful—which gave his hard, weather-beaten face a soft lustre.

I dropped on his palm a fifty-centavo piece—an extravagant departure from the five-centavo fare I had been recording him most of the time. His face lit up with gratitude, and his lips trembled

as they formed the words, "Thank you, son. God bless you." I nodded in acknowledgement.

Since then, I had seen and met a lot of him. Late afternoons, coming from work after a busy day, we took the same bus home. He told me his name was Alejandro Lontok—Andoy for short. I called him Lolo. He never asked my name. He called me Hijo in a tone so sincere and affectionate that anybody within hearing distance would think I was really his son. I liked the way he called me Hijo, and I did not mind being mistaken for his son.

He lived somewhere on the Pasay-Manila border. I specifically never knew where. Every time we parted, he would whisper, "Take care of yourself, Hijo." Then he would follow the little street which he said, led to his shack. Now and then, until I turned to the next corner, he would look back and wave.

Once I asked him why he had to go very far out of his place to beg. Pasay is nearer than Ilihalgo, I said, and the former is as good a place to beg as any in Manila or thereabouts.

"I have a reason for choosing that place," he said seriously. "My son used to work in that printing press across the street, you know." His eyebrows were lifted in a questioning gesture as if to ask if I knew the place. I remembered that small printing shop and I nodded.

"I know someday Jose will come back to work there." He added that it was the only way that he could see his son again. Their

house was destroyed by fire and Jose did not know where he lived now.

"Where is Jose?" I asked with no little anxiety.

"He joined a merchant ship two years ago," he said faintly. From inside his bag, he took out a photograph and handed it to me. "That's him," he said, beaming proudly.

I looked intently at the frail-looking, curly-haired young man in the picture. I felt a lump in my throat. "I think I had met him before," I said, trying to sound casual.

The old man's face brightened. "He was with a friend, when he left—a neighbor of ours, but the friend returned two days after and told me that Jose was already enroute to America as a merchant marine."

Now there was a hurt look in his eyes. "Of course, I was glad when I learned that he had gone to America. He had always dreamt of going there someday." Then he sighed heavily. "But one thing I regret very much is that he did not even bid me goodbye," he added, his voice sounding like he was going to cry.

"I'm sure I had seen your son somewhere," I said. "If he has a scar on the right cheek... and a gold tooth—"

"That's right," he cut in. "That is my son, Jose..."

That's right. He was the curly-haired chap, sick-looking, tired and ready to give up. He kept opening his mouth now, and then in a vain attempt to speak, but he could not say a word. He shook his head and with some effort, he blurted. "It is no use, Sancho. I can't go any further."

"But you must try, Joe," said the husky fellow. "It's no time to give up now." He looked at me searchingly and I nodded.

There were three of us, lying flat on our bellies under the abandoned Jap army truck. I had join-

ed the two at the last minute, at a time when I, myself, was ready to face whatever outcome there was. It was the time in one's life when you just don't care what comes. You know something is going to happen any minute and you just want it to happen right away and get the whole thing over with.

The husky fellow had a big kitchen knife in his pocket. "It's going to be fifty-fifty," he said gritting his teeth.

"Either I get one of them or they get me."

Some ten meters ahead of us was a stone wall. "We'll make it... we'll make it," the husky fellow said.

"I'll try..." the curly-haired chap said faintly.

My ear was pinned to the ground for any approaching foot steps. There was silence all around, save for the dull and distant noise of shelling somewhere in the north. Suddenly, from somewhere behind came shrieks of women and children. A big masculine voice cried, "Run... run..." And there was a mad rush toward the stone wall.

I heard a frantic voice calling close behind, "Come on, Joe... come on..."

There was no time to waste. Everyone for his own self was the rule.

"Poor Joe..." the husky fellow said, as he drove into the dug-out. We were both badly shaken and panting for breath.

"Poor Joe..." I said, handing the picture to the old man. He looked me over critically, but I evaded his eyes.

"Did you apply for merchant marine, too?" the old man asked, his voice ringing with expectation.

"No," I said, "I did not apply for merchant marine," my voice sounding uncontrollably sad and weary.

COLGATE'S SURE DOES A JOB OF CLEANING AND PUSHING TEETH

COLGATE
RIBBON DENTAL CREAM

IT CLEANS YOUR BRUSH WHILE IT CLEANS YOUR TEETH

(No. 1111-111)

Our Mediocre Movies

By WILFRIDO MARIA GUERRERO

IT IS extremely sad that our local movies are so mediocre.

Though we can proudly boast that many of our movie actors and actresses, if properly coached and directed, can compare with the majority of Hollywood stars, and though most of our movie studios and companies possess the latest Hollywood cameras and sound equipment, we haven't produced yet, let's be frank about it, a movie good enough to command the attention and the respect of the outside world.

In fact, we haven't made a movie that will interest the average high school student in Manila.

So far, in the over twenty years that the local movie industry started, we have made only extremely bad, bad, and mediocre movies.

And I don't mean such dull Hollywood products like *None but the Lonely Heart* (written and directed by Clifford Odets, one of America's best known playwrights), or *Enchanted Cottage*, or *The Red House*. No, I mean something simple and human and interesting like *The Green Years*, or even like *Monogram's Suspense*.

Somebody will of course tell me that some of our movie products have been shown, with good financial returns, in the outside world—some countries in the Far East anyhow, including Hollywood which got interested in *Zamboanga*.

Zamboanga, they tell me, was shown in several parts of the United States.

Was the American reception to *Zamboanga* very warm and enthusiastic? I don't know. Unless somebody corrects me, I don't remember seeing raving press notices of it in Hollywood magazines, or any American magazine for that matter.

The main fault with *Zamboanga*, and this is the fault of all Filipino pictures, is its mediocre screenplay.

A picture is only as good as its screenplay. Like its theatrical counterpart, "The play's the thing," so the same axiom holds true for movies: "The screenplay is the thing."

Even all the Hollywood male and female stars cannot make a bad screenplay come to life on the screen. Least of all in the box-office.

Filipino plots, so far, have been either the trivial, transparent plot of rich-boy-marries-rich-girl, or vice versa, without any original variations or twists; or blatant imitations from Hollywood pictures or successful Broadway stage plays.

This deplorable Filipino habit of lack of originality, of imitating and copying from foreign sources—an aftermath of three hundred years of Spanish, American, and

ament. Why can't our screen writers display a little more originality? Why can't they portray human beings in human situations, depicting in thought, word, and feeling, the psychology of our people?

While in form and content the screenplay differs, in some respects, from a stage play, the difference, however, isn't very far nor wide. But in the majority of cases, a person who writes a good

some of our movie producers, are very true. Our stories are positively silly and childish. We know it ourselves, but we can't do anything about it, because producers just buy stories from old-fashioned writers."

Our movie actors, unlike Hollywood's, can't afford to choose their stories. But when they themselves admit that the stories they appear in are nonsensical and unnatural, then producers and directors should stop pretending to be blind, and wake up!

Some of our movie directors, who are more intelligent and educated than the rest, could, if they had the courage, the patience, and the integrity, produce some pictures that would interest the average Filipino high school student



A typical scene in a local movie. In this LVN's "IKAW AY AKIN," Rebecca Gonzales, Jaime de la Rosa, Binbo Danao and Banahaw Sevilla are definitely at ease.

Japanese domination—may be forgiven in the ignorant script writers whose readings, I'm sure, are confined to certain foreign authors and novelists very few read now, except out of curiosity.

But when our so-called intelligent writers, in making movie scripts, also borrow, beg, or steal from foreign sources, then the fault is even greater.

While it is true that there are only about 30 situations from which a writer can conceive a plot, it is also true that all art is an experience seen through a temper-

screenplay must per se also know how to write a good stage play. For the rules, in both forms, are the same.

Exposition, smooth and natural continuity of situation and action, characterization, dialogue, the crucial point, the climax, etc.—all equally true both in playwrighting and in screenwriting.

I've talked with many movie actors and stars, all players who are earnest and sincere in their art, who tell me frankly, "Freddie, your criticisms of our local movies, while they have enraged

who, after all, when you add them together, make quite a big number in our country. But these directors haven't done anything to prove that their education, training, and reading weren't wasted.

In a Filipino movie made in English, shown recently, there was a souvenir program in which was the biographical sketch of its director. The last line said: "To those who understand his art, Director So-and-So is a genius."

My gawd, one doesn't talk about being a genius. One proves it.

(Continued on page 29)

A Moro Folktales

RAJAH SULAYMAN was only a small boy when his father the Sultan of Agama-Niog, died. Rajah Sulayman went to live with Sultan Sambandar, his father's brother. There he grew up with his cousin, a boy who differed from him greatly in his ways. Rajah Sulayman won the love of all the children in the neighborhood, but his cousin was liked by none. Sultan Sambandar and his wife saw the difference between their son and their nephew. They feared that when the boys grew up, Rajah Sulayman would be chosen sultan by the people instead of their less popular son. So they decided to take the life of their nephew.

Fortunately, a wise old woman, Ina-a-Kabaiian, one of Rajah Sulayman's faithful slaves, divined the plot and forewarned her young master. Upon her advice, Rajah Sulayman returned to his late father's home in secrecy. There he gathered the wise men of his sultanate and desired them to rule his people wisely and well.

Suddenly, even while he was talking to the old men, his cousin arrived. He ran to Rajah Sulayman, embraced him and said, "Why did you leave without telling me?"

"I am sorry for leaving you as I did, cousin," said Rajah Sulayman. "But if I told you of my plans, I knew you would come with me. Then you would cause your parents much grief, for their love for you is great."

Rajah Sulayman's cousin saw the chiefs gathered in the palace and inquired what was the occasion for the gathering.

"They merely came to report to me about their respective districts," said Rajah Sulayman.

But the other saw the men getting a boat ready at the beach and he asked his cousin why he was hiding this sea voyage from him. Rajah Sulayman told him that he was going out to seek his fortune, and his cousin begged so hard to go with him that finally Rajah Sulayman relented and said:

"Go and get your men and your boat. We shall start when the sun is directly overhead."

The cousin went home in all

haste and readied his boat and his men. But no sooner had he left than Rajah Sulayman set sail. "His parents will hate me all the more if I allow their son to come with me," he told his men.

Against his father's wishes, the other sailed to Agama-Niog only to find that Rajah Sulayman had left. At once he set out after his cousin. There was a hot pursuit and finally he overtook Rajah Sulayman. He embraced his cousin and said, "Why did you deceive me?"

"Between deceiving you and displeasing your parents, cousin," replied Rajah Sulayman, "I could not choose the latter."

The two boats sailed together for many days, and then their



Rajah Sulayman and The Tarabusao

By MAXIMO RAMOS

provisions were used up. Rajah Sulayman ordered one of his men to climb to the top of the mast to look for smoke. "For where there is smoke," he said, "there is fire. And where there is fire, there is food."

The man climbed, and saw a column of smoke rising from the sea.

Rajah Sulayman, when he was told about the smoke, ordered the men to steer the boat towards the place; and when they reached the spot, everybody was amazed to

find an abyss in the water. Rajah Sulayman gathered all the rope they could find. He joined these end to end, tied one end to his waist, and told his men to let him down into the abyss.

His cousin said, "Allow me to go down instead of you."

"No, my cousin," said Rajah Sulayman. "For if you perish, your parents will break their hearts. I have neither mother nor father to mourn for me in case

(Continued on page 26)

Wedgwood Vases, Stuffed Coyotes—Who Says You
Can't Eat Them, If You'll Swallow Your Pride As
An Appetizer?

I HAD just finished setting Johnny Smith's arm, sent him on his way, and was cleaning my fingernails with a pocket knife, when Judith, my wife, came into the office.

Judith had never before come downtown without cleaning up, but this morning she still wore a house dress.

"What the heck is the matter with you?" I asked, closing up the knife.

"Sam," she exclaimed, "I want \$100."

"So do I," I came back, grinning.

"Sam, I'm serious," she said, as she sat down. "Those Wedgwood vases! The girls have decided to sell them. They've given me first chance!"

When anyone in Redwater referred to "the girls" they meant the Porter sisters. Though Abby, Jean and Sue would never see 60 again.

Their home stood on a little knoll at the end of Pine Street. That twenty-room house was the reflection of two clashing personalities, for amongst his wife's Chippendale, Newton Porter, in his day, had interspersed every type of stuffed fauna that ever inhabited the plains.

Throughout Newton's lifetime his wife had fought like a wildcat to keep the animals out, without success, but after his death she had forbidden a thing to be touched, and even went so far as to state in her will that none of the trophies of her husband should be disposed of. So the girls lived on, battling it out with the moths in the large house at the end of Pine Street.

"Well?" Judith demanded.

"So you want a hundred dollars for buy some of the Porter junk," I said.

"It isn't junk," Judith retorted. "Those vases are valuable. Bessie, Nan and Ruth would give their eye-teeth for them."

"That should be a fair exchange," I stated blandly.

Judith passed her hand over her dark hair. Her grey eyes had a tragic look. "Really," she sighed, "if anyone else gets those vases, I'll simply die!"

This dumbness on my part was giving me a chance to think and

I was thinking the girls were harder up than anyone dreamed or they wouldn't be peddling any of their possessions.

I turned the pocket knife around in my palm, feeling a sort of deep resentment inside.

The last few months Judith and her friends had been clamoring a lot about the Porter antiques. It irked me to think of Judith, Nan and the rest of them picking the bones of the Porter menage.

"I don't ask for anything very

At one time their father's outfit had been the biggest spread in Redwater County; his money, Redwater itself. The girls were proud, and it didn't seem possible that the Porter money had run out. I felt maybe I was getting worked up over nothing.

However, I dropped into the



A Fresh Horse

By RACHEL ANN FISH

often," Judith said. "I know a hundred dollars sounds like a lot for a pair of vases. But they are Wedgwood. They would look simply heavenly on the mantel in our living room."

I put the knife on the end of my finger and balanced it there.

"Put that knife away!" Judith exclaimed. "Will you give me the money?"

The telephone rang then, and I turned to answer it. The Jensons were about to have their fifth child.

"I must go on a confinement to the Jensons," I said. "We'll discuss this later."

I let Judith off at our house on the way to the Jensons'.

"If you'd collect for the other four Jensons," was her parting thrust. "You might not have to hike twice about a hundred dollars."

I chuckled as I drove off. That was Judith for you. Before sundown she would be at the Jensons' with a cartload of stuff.

As I brought a nine-pound boy into the Jensons' poor but clean home, I kept thinking about the girls.



Redwater National Bank. Hugh Fountain was president, and I went to his office.

"Hugh," I said. "I want to know within reason how much the girls have in the bank."

Hugh looked up. "What's the matter, Doc?"

"I asked first," I reminded him. "The Porters haven't any money in this bank since the old lady pulled out. Money doesn't last forever. Trips around the world every year can be expensive." He leaned back in his chair. "What's up?" he asked. "You never poke your nose into people's business without reason. Give!"

"I'm just curious. It's nothing do

really."

I was nearly to the door when Hugh said, "As hellish as the old lady treated me, if the girls need anything, count me in."

As I closed the door to Hugh's office, I couldn't help recalling when Newton Porter sat there. A huge man he was, who didn't always keep his banking in confidential channels. Not that he blabbed, but when old Newton got mad or excited, he shouted. I remembered once long ago when I'd gone in to do some banking, I'd heard him yell, "Done for, man? What you talking about? No cowman's done for, so long as he can get a fresh horse!"

I started back to my office. At the corner instead of going on down to my office, I turned and went across the street to the Star Market and Grocery. I cornered George Easter, the owner.

"George," I asked, "do the girls still trade with you?"

"I've been worried for two months," he replied. "They paid their bill up two months ago and they haven't been in the store since. Reckon I could have made them mad?"

"They are pretty touchy," I hedged.

George looked up at me.

"You're an awful liar, Doc," he said, "and so am I. You're thinking the same thing I am. All the money the Porters have spent with me over the years! Why, I'd gladly carry them as long as they live. But Doc, they're proud! Send them a grubstake and they'd slam the door in your face. I've been lying awake nights trying to figure an angle."

I'll try to figure the angle," I told him. "You just keep this on the qt."

"You bet," George agreed. "I'd do anything for the girls. Their



daddy lent me the money to start up in business."

Well, that settled it, I thought. They didn't even have money to buy groceries. How like them to have paid their bill! I drove slowly up Pine Street toward the Porter house.

For Redwater to lose that house and the Porter girls would be like losing the courthouse or the first settler's cabin. The Porter money had made Redwater what it was. Now, I wondered, how could Redwater help out?

I got out of the car and looked up at the old house. Back in the days before primary elections, more than one man had gone himself elected governor at those meetings among the stuffed elk and deer.

I squared my shoulders and marched up the walk. I went across the wide veranda and rang the round bell. The frosted pane in the front door depicted a deer drinking from a woodland brook and this pictorial accomplishment was surrounded by a setting of small squares of stained glass. I couldn't resist peeking through a pane of red glass at the buck mountain sheep that faced you as you came in the hall.

I was still engaged in this childish pastime when Miss Sue opened the door.

"Oh, come in, Dr. Evans," she said. "You've come about the vases."

Sue was the youngest of the sisters. She was the smallest of the girls. She ushered me between two antelope in the large drawing room and raised the blind.

I couldn't help thinking what a wonder this house would be to tourists. They would eat it up. But for tourists to have entered this holy of holies would have turned Mrs. Porter over in her grave.

"There are the vases," Sue said. "The ones on the mantel. They belonged to Lady Canfield. She gave them to Mamma when we were in England in 1901. They are said to have been made in 1765."

"I shouldn't think you'd want to sell them," I said.

"Mrs. Evans has always admired them so much," Miss Sue said in an offhand manner, "and with so much stuff we'll never miss them. Come into Mamma's sitting room. The girls are around there."

The girls always said "Mamma's this" and "Mamma's that" as if Mrs. Porter still lived there with them. The sitting room was pleasant. You could tell this was

where they spent most of their leisure time. It was sunny and fairly well cleared of wild life. Miss Abby and Miss Jean greeted me and passed the time of day.

I sat down, and I couldn't find my tongue. Now that I was here I began to feel like seven kinds of fool. I was afraid I could never say what I'd come to say. I felt there was nothing to do but pay for the vases and leave as soon as possible.

They were three sweet women, really. I couldn't hurt them, no matter how good my intentions. A shame there wasn't more of old Newton in them, I thought.

I glanced at the portrait of their mother that hung over the sitting room fireplace. The way those eyes stared down at me gave me the creeps. I had a feeling that though she had been dead for over ten years she was still there in the room, ruling the house and the people in it, telling me to mind my own business.

I took out my checkbook and fountain pen.

"A hundred dollars?" I asked. It was then I had my first inkling of the strain they were under. There was something about the look on Miss Jean's face, the way Miss Abby's hand trembled, that made me see beneath their outward calm.

"Miss Abby," I said, "I have known you for a long time as your doctor and as your friend. I have an idea why you are selling those vases. Believe me, I have no desire

to meddle in your personal affairs, but if there is any advice or help I might give you, I'd be glad to."

A silence met my words. "I'm afraid I'm doing this badly," I apologized, "but I want to help."

Miss Abby stirred uneasily in her chair. Miss Sue cleared her throat. The little French clock on the mantel ticked away the seconds as I waited for Miss Abby's answer. She looked down, then up at the picture of her mother.

"Dr. Evans," she said in a cold voice, "I'm afraid you have jumped at some rather strange conclusions. I told my sisters we were making a mistake in offering the vases to Mrs. Evans. I'm sorry, Dr. Evans, but the vases are no longer for sale."

My ears were burning. I put my checkbook away, but when I got to my feet, I, too, looked at the picture of Mrs. Newton Porter.

"False pride," I said, "can become a disease just like a cancer and I wouldn't be surprised if it's killed more people. With all due respect to your mother don't forget you had a father. A father I once heard say, 'No cowman's done for, so long as he can get a fresh horse.' I wouldn't be surprised if what you girls need now is a fresh horse."

My ears still burning, I left the room. When I went home a little before noon, Judith started in about the vases, and I had to tell her what had happened.

"Sam Evans!" she cried. "When will you stop trying, single-hand-

ed, to remedy the ills of the world? Don't you ever give anyone else credit for having some sense? Of course the girls are hard up. We've been working for months to give them a way out. We've been talking their things up all over the country until they would have brought fearful prices. Now you've spoiled everything. They won't sell a thing."

"Well, what difference did it make, then, who bought the vases?" I exploded.

"Sam, you're impossible," Judith came back. "I'd have died if the girls had offered those vases to anyone but me. I've always wanted them."

"I give up. I don't get it," I cried.

But, my temper cooled down, I felt pretty low. I could see where I had gummed the works. The girls could have worked on the stuff they had from now until they were well past a hundred and never made a dent in it. I had snatched a fair secondhand business right from under their noses.

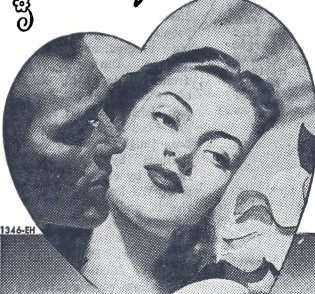
I drove down to the river and sat for awhile watching the water tumbling over the rocky bed. I figured that the Redwater River must have been flowing like that when Newton Porter first came up the Texas trail. I could see old Newton seated in the Elks Club telling of how he got his start.

"All a fellow needed in those days," he'd say, "was a long rope and a red-hot branding iron."

(Continued on page 28)



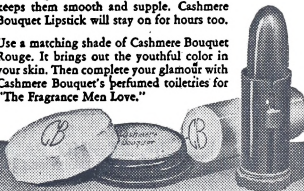
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The Filipinos Are NOT Yet Nutrition-Minded

TO BRING up to public notice the importance of nutrition in the creation of a strong and healthy citizenry at the same time that the child feeding program of the Philippine War Relief (US) got under way, Town Hall Philippines held a meeting last June 11 on the different phases of correct nutrition under the joint sponsorship of the Philippine Association of Nutrition whose president is Dr. Francisco Santos of the College of Agriculture of U. P. and the Association of Home Economics Clubs headed by Helen Benitez.

All the speakers at that meeting, Dr. Regino Padua, undersecretary of the department of health and public welfare, Dr. Juan Salcedo, Jr., of the U. S. Public Health Service, and Dr. Isabela Concepcion, lecturer on nutrition in the college of medicine, Santo Tomas University, agreed that the mass of Filipino people is not nutrition-conscious and therefore need education on this subject.

The Philippine committee on food and agriculture, at its last meeting, decided to recommend to President Roxas the creation of a National Council of Nutrition whose functions will consist of planning, coordinating and directing all nutrition work that is being undertaken now by the different units of the government in order to make the nutrition campaign in the Philippines more effective.

The rehabilitation of 12,000 undernourished Filipino babies and as many nursing mothers was started early this month with the distribution of strained baby foods, milk and tikitiki. The program, undertaken with the cooperation of the bureau of health, the U. S. Public Health Service in the P. I., the PRRA and social welfare agencies all over the country, calls for a 6-month intensive scientific feeding through the 125 puericulture centers throughout the Philippines.

PWR (U.S.) Manager McCall has asked all provincial and municipal officials, local women's clubs and social and relief agencies all over the country to contribute their utmost in assisting the success of this experiment in which the American government and people are profoundly interested.

This feeding program was made possible following the allocation to the Philippines at the close of last year of the amount of P600,000 representing the country's share of the Emergency Food Collection made in the U.S. in behalf of starving peoples all over the world. The money was turned over to the UNRRA in Washington, which upon representations by the Philippine government, diverted the amount into the purchase of 700 tons of strained baby foods, milk and tikitiki. The PWR (U.S.) whose Philippine headquarters is in San Lazaro hospital, is a private relief organization duly incorporated in the US and sponsored by leading Americans intimately associated and deeply interested in Philippine affairs. Chairman of the Washington board of directors is Justice Frank Murphy, while Mission Manager James McCall is a veteran bureau of education official and American oldtimer in the Philippines.

NUTRITION:

A Public Health Problem

By Dr. REGINO PADUA

Under Secretary, Dept. of Health, and Public Welfare

HEALTH is maintained chiefly only physical hardship but also by adequate nutrition. Per-disease processes. If deficient nutrients who are not properly nourished become weak to resist diseases but also other ailments usually strong physically and mentally as a result of lowered constitutionally to withstand not tally, then a serious public health



Dr. Regino Padua.

problem is created.

In our country, this lack of proper nutrition among the masses is gauged by the existence of beriberi in great proportion. Beriberi is a nutritional deficiency disease common among us, acquired thru the 'protracted consumption of polished rice or foods deficient in vitamin B factor. It used to be and still is the 2nd disease that kills a great many people every year, the first being tuberculosis and the third, malaria. During 10 years, i.e. from 1931 to 1940, an average of 18,140 persons died yearly from beriberi 14,077 among babies and 4,063 among adults. We have been taught that we can avoid beriberi by eating unpolished rice or by eating a well-balanced diet. We know what unpolished rice is, and we also know what a balanced diet consists of. School children are made familiar with these facts. Still the enormous mortality from beriberi is high.

Conscious of this pressing public health problem, the Bureau of Health in 1934 created a Section of Nutrition, the function of which was to prepare information for the field personnel to lecture to mothers and children in their house-to-house visit or in

public meetings. This activity was interrupted by the war. During the Japanese occupation, the activities of this Section became obviously inhibited and, with the scarcity of foods at that time, many had suffered avitaminosis and a consideration number died from starvation. After the liberation, the Section of Nutrition resumed its activities, but due to lack of appropriation, it could not progress very far. So the problem still exists.

The masses are not nutrition-minded. They have not yet come to appreciate the value of a balanced diet and are unconcerned of the evil effects of deficient nutrition. Moreover, they may not have the means with which to buy the foods they need, both in quantity and in quality. So that the problem is not entirely a public health one; it is not entirely educational; it also has an economic aspect. It would be impractical, if not impossible, for the State to supply the whole country with the proper foods. It would not be enough for the health and educational workers to teach the masses what to eat in order to avoid beriberi. It is necessary to provide the people with work from which they may earn a decent livelihood. This phase will undoubtedly be solved by the industrialization program of His Excellency, the President. In the meantime, the solution seems to be to encourage the people to increase food production consisting not only in raising vegetables but also owning poultry farms or the like, so as to supplement the dietary deficiency.

The present nutrition program of the Bureau of Health which is being carried on by its Division of Child and Maternal Health consists of the following:

- (a) Establishment of twenty (20) mobile units for the purpose of educating the public on proper educational requirements and distribution of such needed food and vitamin materials for that part of the population that require them most;

(Continued on page 26)

FAULTY FOOD HABITS OF THE FILIPINOS AND HOW TO CORRECT THEM

By ISABELO CONCEPCION, U.S.

Prof. of Nutrition, Faculty of Medicine, U.S.T.

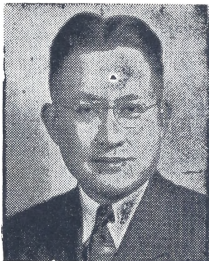
THE eating habits of people are for the most part traditional. There is always a set of comprehensible causes, among which are not only the mistaken notion about correct diets but also such factors, as storage, cooking facilities, income levels, etc. When we say an individual has "good food habits" we mean that he habitually consumes food in conformity with the standards of eating to which we subscribe. This standard is the outcome of several factors, such as, traditional usage, current and past nutritional knowledge, and differences be-

is found principally in those regions where people eat mostly white polished rice and very little of the so-called "protective food." In 1940, our mortality rate of beriberi was as follows: 14,227 infants died of infantile beriberi and 4,318 adults died of the same disease. This is the number three death-killing disease in this country. The eradication of beriberi among the Philippine Scouts by replacing white polished rice with undermilled rice plus beans and sweet potatoes is a striking illustration of the relation of beriberi to white polished rice. As long as white rice is supplemented by other foods rich in vitamin B complex such as green leafy vegetables, fruits and beans—its danger to health is minimized, but the trouble is that our masses do not take sufficient amounts of them with their rice.

The second faulty habit of our people is the consumption of small amounts of vegetables and fruits despite the fact that this is a tropical country where vegetables and fruits abound. With reference to the eating of vegetables I wish to invite your attention also to the faulty habit of many of our people to throw the leaves which are the most nourishing part of the plant and eat only the stem. This is illustrated in the case of "kangkong" and "kintsay."

The third point I wish to comment on is our faulty methods of cooking our food especially rice and vegetables. It has been shown by experiments that washing of rice several times before cooking and throwing away the washing leads to great losses of vitamins and minerals. Partially polished rice loses 20 per cent more thiamine than brown rice as a result of washing (Miller). If 25 per cent to 30 per cent of the thiamine is lost in milling and 20 per cent, the remainder, is lost in cooking, a total loss, therefore of about half the original thiamine content results. Partially polished rice is definitely to be preferred to white polished rice which is almost if not completely devoid of thiamine after thorough washing and cooking because partially polished rice even after being washed and cooked will still furnish about 50 to 60 per cent of its thiamine content.

The latest advances in the science of nutrition has demonstrat-



Dr. Juan Salcedo, Jr.

BERIBERI And Enriched Rice

By Dr. Juan Salcedo, Jr.
Of the U.S. Public Health Service

BERIBERI is a disease which is responsible, for claiming the lives of many Filipinos more than any other disease except tuberculosis and malaria. In the five-year period from 1936 to 1940, the reported deaths from adult and infantile beriberi amounted to about

100,000 people which is roughly twice the number of casualties sustained by the Philippine Army in the Battle of Bataan against the enemy and in the fight against hunger and disease in the concentration camp in Capas, Tarlac. Statistics from the Bureau of Health show that beriberi today is still the number three cause of death and illness in the Philippines. More people died from beriberi in 1946 than in 1940. What is the solution to this health problem of not only our people but of all rice-eating peoples in the world?

Beriberi is not a contagious disease and it is an easily preventable illness. It is now established that beriberi is produced by a deficiency of thiamin, otherwise known as Bitamin B1 in the diet. Among rice-eating populations, thiamine deficiency appears rapidly if the diet is made to consist mainly of white rice without adequate quantities of pork, beef, beans, vegetables and eggs. Vitamin B1 is present in brown rice or in undermilled white rice. Highly milled rice or white rice is practically devoid of Vitamin B1. Up to 80 per cent of this vitamin is removed during the process of milling brown rice to white
(Continued on page 26)



Dr. Isabelo Concepcion.

tween one school of nutritional thought and another, and so on.

The first and most important faulty habit of the Filipinos especially those belonging in the low income group is the eating of too much polished rice in their meals and very little of the so-called "protective foods". Studies on the food consumption habits of the Filipinos showed that rice constitutes from 85% to 90% of the total calories consumed daily. This corresponds to about 400 to 450 gm. a day. It has been estimated that 300 gm. of rice will be sufficient provided other foods such as fish, meat, vegetables and fruits are taken with the rice.

Beriberi is caused by a marked deficiency of thiamine or vitamin B1 in the diet. Up to 80% of this vitamin is removed during the process of milling "palay" to white polished rice. This disease

ed that the loss of water soluble vitamins and essential minerals in vegetables depends upon the manner of cooking. Oser et al have shown that when potatoes, peas, carrots and broccoli were subjected to two methods of cooking: (a) a "new improved method" with minimum quantities of water in a tightly covered pan, steaming until the vegetables were cooked, and (b) an "old fashioned" method in which large quantities of water were used, and the vegetables were boiled in a loosely covered pan and simmered until cooked permitting free escape of steam, they observed that in the "old fashioned" method the average loss of vitamins was 31 per cent while in the "new improved" method was only 10 per cent. The average losses of minerals in either case was 12 per cent and 5 per cent respectively. The important lesson taught in this experiment is that heat, water, and air are vitamin enemies and that we can minimize the loss of vitamins and minerals by using little or no water, not to boil violently, to cook in covered utensils and not to stir the vegetables while they are cooking.

It has been said with reason that man's worse enemy is man

himself, his nature, his habits, his beliefs and practices. For some psychological reason he may not yield readily to changes especially to food. Indeed, he may even revolt to the foods that science has demonstrated as necessary for good health. Our people seems to prefer to have beriberi rather than eat brown rice or unpolished rice. Is not that a paradox in this age of science? If only food habits could be changed readily and all the newer knowledge of nutrition could be applied, the health of the nation would be easily improved.

In conclusion, permit me to state that faulty food habits of Filipinos are great obstacles in the paths towards an optimum diet. Since established habits of eating are hard to change, more emphasis should be placed on desirable traits in the early impressionable years. The stress on proper feeding of infants and children should be given more emphasis.

It will soon be paying dividends in better eating habits in the younger generation. Education of the mothers as well as of the children in the schools are very essential in this respect if we want to correct these defects I have enumerated.

IN WHAT WAY CAN WOMEN HELP 'PULL' PRICES DOWN?

By NIEVES BAENS del ROSARIO

Chief, Woman's Compensation Division, Department of Labor

HIGH prices is also a labor problem according to Dorothy Douglas of Smith College, who said, in her contribution to the Encyclopedia of Social Science, that when the cost of living is high "the social classes are upset, commercial groups thrive, while creditors, salaried persons and wage earners, suffer." As in every democratic government, our Administration is worried about the present state of thing inasmuch as its principal concern is to give happiness to the greatest number of its population. When we speak of prices, we have in mind cost of prime commodities, foodstuffs, clothing, fuel, light, water and shelter.

High prices of commodities and vital necessities of life was a necessary evil since the Elizabethan times and the wars of Napoleon and, in our own day, it is an aftermath of the first and second world wars. Government institutions have been employing various methods to fight the evil by state intervention in controlling prices, establishing cooperative buying, encouraging domestic production, discouraging advertisements, minimizing middlemen, reducing house rents and adjusting wages.

Our government is exhausting all means to bring down prices thanks to the able leadership of our President, the greatest economist in the Philippines today. Although the cruel effects of high cost of living cannot be curbed *en toto*, we should be grateful to the Administration for its far-sightedness in tiding us over the crisis to better days. We note decline in prices due to oversupply. No longer do we see people lining up in neighborhood associations to get their rice rations. Everywhere we see apples or mangoes in the mouth of the most humble citizen, and the balut, our country's delicacy, is well within the reach of many. The sight of rags is conspicuous for its absence. Goods, overflowing in the

country, find their way in the sidewalks and main thoroughfares of the City.

It is my personal opinion that, with the efforts our government is exerting and by the natural law of economics, cost of living will return by itself to normalcy. There is little left for women to do in pulling down prices. We can wage a campaign against much business advertisement in the air and in the papers because it swells production costs, aside from its hurting effects to our aesthetic sense. We should help in reducing house rents by setting an example if we are homeowners. We should take a deep interest in discouraging a luxurious life of endless parties, beautiful clothes and expensive gems. Women should help in fostering food production campaigns by cultivating home gardens. Prices can also be pulled down by sending back to the institutions have been employing provinces people who have no homes and visible means of support in the City.

The writers of the Elizabethan period found their themes on the great price revolution of the Sixteenth Century. Perhaps our women writers can also do much for the country if they write on the subject. England tried all means to put down prices. Finally, she adopted the most popular remedy of adjusting wages to the price of corn. The adjustment was left to the justices of the peace because they were more flexible than parliament. This was truly in line with Ricardo's theory that "the natural price of labor is the price of food." Likewise, in the Philippines, the cost of rice should be the basis of wages, because it is the staple food of the Philippines.

In 1941 when price was selling at P0.30 to P0.34 a ganta, a carpenter was receiving an average of P2.75 daily; in 1946, with his wage of P6.37 a day he bought rice at P2.00 or more a ganta. In other words, a carpenter with

a family of four or five members in 1941 paid one-ninth of his wages for rice, whereas in 1946 he paid one-third of his salary for the cereal.

Some circles may claim that an increase in salaries will mean an other increase in the cost of production. Then, why not decrease the high salaries of the management? The sacrifice of a few will redound to the benefit of many. Ultimately, increase in salaries will result in more efficiency, more production, more consumption; and more profits.

If we look ahead, our next worry would be the eventuality of another war, a labor war. Labor must be appeased within reason. As long as labor is discontented, strikes are bound to happen. It is not true that labor unrest is due to outside influences for, in most cases, it is the empty stomach which dictates. Even before the war, when the cost of living was low, the chief cause of strikes and lockouts was due to

kill capial by destroying its incentive of profit.

There is no need for us to stretch our necks longer for our backyard is already full of problems. The social problems of our nation are, and should be, in the hands of women. We are well known for talking much, why then can we not create a strong public opinion in favor of the forgotten men and women? It is a challenge to all of us to work for a women's and children's bureau, to protect the welfare of our woman and child wage earners, and to see to it that they find lucrative employment elsewhere than in immoral places. In all the states of the American Union, we find women's bureaus and children's bureaus. In 3,313 factories and establishments inspected in 1946 by the Department of Labor, 12,684 were women and 377, minors. There is, however, no labor union of women registered in said office. In the same way that we fight



Mrs. Nieves Baens del Rosario was one of the speakers at the 40th Town Hall Philippines meeting when the high cost of living was discussed.

economic necessities. In 1937, 34 out of 57 strikes were for increase in wages; in 1937, 91 out of a total of 125; and in 1939, 111 out of 222; in 1940, 42 out of 158; in 1941, 8 out of 67 (the majority of strikes in that year was due to demands for overtime work) in 1945, after liberation, 44 out of 45; and, in 1946, 66 out of 69. As long as others live in comfort while the rest of the people sweat all day, there will be strikes. This constitutional prerogative of the laborer should not be wrested from him as it is equivalent to disarming a soldier. But labor should be cautious before using its last weapon. It should be reasonable and must be considerate so that rehabilitation will not be retarded and it should not

for our conjugal rights, let us be sympathetic to our less fortunate sisters who have no paraphernalia. While we government employees enjoy maternity leave with pay (thanks to our active prexy Mrs. Mendez and our legislators), let us, by legislation, help our child-bearing mothers in factories enjoy the same privilege. It is always a source of satisfaction to know that women play an important part in lifting the morals of the nation, in preserving religion as the basis of the home structure, in protecting the rights and alleviating the plight of the weak and the downtrodden, and in maintaining peace in the family units which form the nation.

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What Is TUBERCULOSIS?

By **Dr. SOLEDAD ARCIAGA-FLORENDO**

(Education and Information Section, Philippine Tuberculosis Society)

TUBERCULOSIS is a disease caused by the Tubercle bacilli. These germs were discovered by Robert Koch, a German scientist in 1882. The disease is also commonly called Consumption because those sick with TB lose weight, strength, and color, and gradually waste away.

Tuberculosis is a catching disease. It is caused by a very small germ. People who have the disease cough up and spit out these germs. If the germs get into the nose or mouth of a healthy person, he, too, may get the disease. The germs may be spread from one person to another in several ways, as shown in the accompanying isotype diagram. Outside the human body, these TB germs live and multiply. In the shade, TB germs stay alive at least 6 days. In cool, dark, moist places, TB germs may live for as long as 6 months. Sunlight, out of doors, kills TB germs in about 6 hours. Fire also kills TB germs. Boiling in water for 10 minutes, also kills TB germs. Boiled eggs hatch no chicks. Boiled germs hatch no TB. Disinfectants also kill TB germs, but they often ruin infected articles long before they kill the germs on them.

Knowing how TB germs live, multiply, and travel from one person to another, it is easy to understand why the spread of TB can be stopped only if the sick person observes the following rules:

- 1 Do not kiss.
- 2 Do not cough or sneeze without using a handkerchief. It is more practical to use a tissue handkerchief (Kleenex) which can be burned when soiled.
- 3 Do not sleep with anyone in the same bed.
- 4 Do not spit on the ground. If you must spit, do so in

a cuspidor with disinfectant or in a tissue paper which can be burned.

5. Do not use other people's things.
6. Do not let other people use your things.

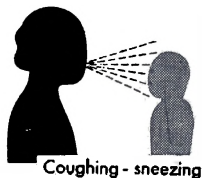
7 Wash your hands often with soap and water.

A strict observance of the above rules is easy if one has the will power. Protect those you love and your community from TB and you help build a strong and healthy Philippines.

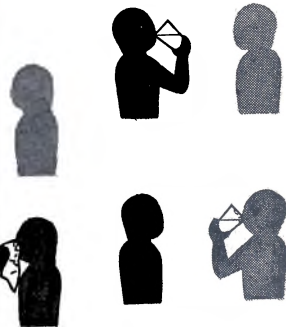
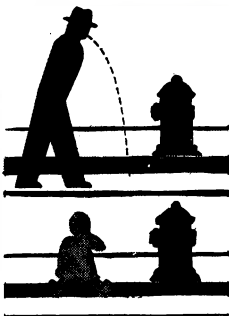
NOTE:
The next article will be: "TB Germs Inside the Human Body." The author will explain what happens to the germs inside the human body and how the early warning signs and symptoms of tuberculosis may be detected.

Tuberculosis Germs Are Passed From Person To Person In Many Ways:

By Direct Contact



By Indirect Contact



Anything which touches the lips of a person who has Tuberculosis may cause the germs of another person.

U. S. Handicraft

Thrives On Postwar Travel

IN the land of mass production, handicraft is experiencing a billion dollar postwar revival. Up and down the United States, along highways on the Atlantic and Pacific shore, in the middle-western flatland, in Montana woods, and on the edge of the western desert land, a sight familiar in prewar days has reappeared: a canvas or board-covered roadside stand, the trading post of the motor age. On its rough wooden counters there are on display the products of the nation-wide business, patronized by millions but little spoken of in the reports of economists. Nonetheless, transactions conducted on the roadside and in stores selling home-made wares are expected to reach a new record this year.

With war shortages practically gone, the sale of hand-fashioned articles "Made in U. S. A.," is swelling into the big business class as far as volume is concerned. The United States Department of Commerce estimates that trade in handmade goods will climb by some \$250,000,000 above the prewar average; the round sum of \$1,000,000,000 will flow into the pockets of rural handicraftsmen who are the economic antipodes of big business.

During the war, however, handicrafts suffered just like other business men from shortages of both material and labor. Silversmiths could not get enough silver. Copper went into war plants instead of the home shop. Indian moccasin makers could not get the colorful decorative beads they needed. Hand crafters went into the armed forces, into war plants or farm work. But today, according to a report in the Wall Street Journal, most of the wartime troubles are over. Spinners, weavers, metal workers and wood turners are working full tilt again in thousands of little shops.

These artisans are not manufacturers of mass-produced souvenirs such as picture postcards, cast-metal ornaments or machine-carved novelties. They are painstaking workers who put the skill of their hands and taste which has become a tradition into

their every product. What they turn out varies from region to region as widely as local produce and fruit that often share the roadside counters with carpets or ceramics. In North Carolina, for example, hooked rugs are a local specialty, mostly at home in the state's western regions. There, in four counties, some 3,000 families support themselves entirely or partially from the proceeds of their rug-making proficiency, with earnings running often to more than \$3,000 a year. North Carolina hooked rugs have become so much in vogue that today an estimated four-fifths of such rugs sold in the United States stem from that part of the country. Also from North Carolina come pottery vases and hand-carved animals.

Better known for wood carving, however, are the New England states. In Georgia, painters are tracing designs on luncheon table cloths and breakfast sets. In Florida, artisans are gluing tiny sea shells into brilliantly colored earrings, hair combs, and pins. Missouri's Ozark mountains are the home of cane-woven chair seats and baskets of every size, shape and description; sewing baskets, waste baskets, laundry baskets, bushel baskets and so on.

Roadstands in the southwestern states of Oklahoma, Arizona and New Mexico show the handicraft of Indian tribes and the influence of their native designs. Navajo rugs and blankets, Sequoia and Choctaw table scarfs and rugs are as well known to the transcontinental traveller as bracelets, earrings and necklaces hammered from silver and set with blue turquoise.

A handicraft industry of broad scope is flourishing in California. In Los Angeles, many a Spanish-style house hides a kiln in the backyard where family artisans fire ceramic jewelry, vases and bowls. Hand carvings from redwood and home-made designs of textiles appear as frequently on roadstands as California fruit. In Northwestern Montana, deer hides furnish the raw material for the wide-spread leather goods handicraft industry.

What has given United States handicraft its postwar impetus was not only the passing of raw

material and labor shortages, but tourists traffic was also getting under way. During the summer months some 60,000,000 people will pile into the family car for vacation trips. A good part of their expenditures, according to some estimates about 25 per cent, will be on home-made articles. Small home shops on farms, in villages and in Indian settlements, after a busy winter, again have become part of America's diversified industrial life. (USIS).

NATIVE PRODUCTS GET A BOOST



Denny Sanchez shows off the best of native hand-made products in her travels in the United States.

When Denny Sanchez, daughter of Manila businessman H. R. Sanchez, left with her father for the United States last month, she took with her the best that she could find of our beautiful hand-made products, like hand-embroidered pinna luncheon and cocktail sets, handkerchiefs and blouses; hand-carved wooden table appointments like salad bowls and spoons and forks, serving trays and ash trays; wooden and abaca slippers; buntal hats, anahav fans; burl shopping bags; colorful, hand-woven Ilocano cloth and slummy. Her plan was to show off these products in her travels from San Francisco to New York with the hope of interesting American business firms in them. She was confident that they would find favor among American women of the better class. Her letters to friends in

Manila report that all those who have seen her samples were very enthusiastic about them. She hopes that upon her return six months later she will be able to send some of these products in quantity abroad.

Hand embroidery and carving in the Philippines are essentially home industries. Before the war, there were several factories turning out hand-embroidered nightgowns and baby dresses in a large scale for export abroad, but the finer products for the tourist trade were painstakingly made at home or in small shops that abound in Manila. At present all the hand-embroidered products that you see are made at home.

Mrs Sanchez might be interested to know that Malincang had asked an expert to make a nation-wide survey of the market possibilities of products of Philippine home industries in the United States, with the view of reviving and developing native home industries on a scale never attempted before. In a joint survey report submitted to Malincang, Robert E. Bingham, Detroit products designer, and G. Zanetti, US business executive, recommended the commercial development of 8 home industries in the order of their importance as follows: (1) embroidery; (2) rattan products; (3) abaca rugs; (4) basketweaving; (5) abaca and palm leaf products; (6) woodworking; (7) metal working; and (8) hand-woven textiles.

Mr. Bingham declared that native products have what it takes as far as mass appeal to the Average American consumer is concerned but the exceedingly high prices asked for them now in the local market is beyond the reach of the American consuming public. He said that 4 factors stand in the way of speedy development of native industries—lack of organization; high cost of labor; lack of design directive, essential to enhancing consumer appeal for any commodity; and too many middlemen. He suggested a nationwide training program in native crafts, with a view to harnessing native gifts and talents to the various industries and urged the creation of a vocational arm in the bureau of education to teach schoolchildren the techniques of home crafts and industries.

FASHION TIPS TO TEENAGERS

the soil is so barren, so empty of life that the poor Justice of the Peace has even no opportunity to improve on her knowledge of the law, no occasion to write a worthwhile decision, no chance to fight legal battles that will surely train her for a higher judicial career. It is likewise true that one of our women lawyers in the person of Natividad Almada Lopez is at present Judge of the Municipal Court of Manila. But since when has she been holding that position and still with no promotion in view up to the present time. Is it because the Government has no faith in her ability, in our ability? But is it not a fact that not all those appointed as Judges of Courts of First Instance are men of unquestioned ability and intelligence? Is it then because she is a woman, and has no political influence or prestige that she cannot rise above the position she is at present holding?

At this juncture, I wish to ask our Government to start now to train for the judicial career even a few of our young women lawyers who are equally as brilliant, as intelligent, as earnest, and as hardworking as some of our men so that years hence the Philippine Republic can boast of the presence of women in our higher courts of justice. The same thing should be true in the Executive branch of our Government. There, women lawyers should also be given an opportunity of training themselves towards filling of responsible positions such as Directorships in Bureaus in the future.

It is with pride that I inform you that we have a woman lawyer in the person of Mrs. Nieves Baens del Rosario who is a candidate for the position of Director of the Bureau of Labor. This is a chance where the Government can manifest its faith in the ability and worth of the Filipino woman.

Now, with respect to our failures in the practice of our legal profession, who is to blame for that? Thirty per cent our fault, seventy per cent the fault, of our male colleagues. Why is it so, one may ask.

When a young woman has just taken her oath as a member of



All along, in this magazine at least, we have taken the teenagers for granted in our fashion presentations. We prepared grown-up fashions, expecting the teenagers to derive their own young versions from adult vagaries. Beginning with this issue at least, the teenager daughter of the family will have her corner of fashions chi-chat, tips on updated teenager trends.

YOUR boys' shoes can look more spruce than simply mud-free. Try dyeing the shoe laces in crayola colors—today it's red, tomorrow it's blue... depending on what color of ribbon you wear on your hair.

HOW'S your belt situation? Glum? Try perking up old belts with scrawlings in vari-colored nail polish. Write Latin, write Greek, write "I Love You"... it's the privilege of the young.

RUGGED casualness is a gift teenagers can exploit to alarming heights without dire results. Persuade an affable GI to lend, sell or allow to be filched his battle-scarred army belt. Over your shining new raincoat use this belt in direct contrast, instead of the matching belt that came with the raincoat.

SKIRTS have gone down even for teenagers. And these younglings must be reminded that when skirts



go down, heels go up. It does not necessarily mean teetering about on spikes, but it does mean that the down-to-earth flats are out of the question when one wears long skirts. Not even youth is an excuse.



the Philippine Bar she looks ment or towards an established around for a place where she law firm. This particular young can use the knowledge she has woman wants to try to practice obtained from College. She law to disprove the vulgar saying "Hanggang bar lamang." So

she looks for an opening in a law firm of good reputation and standing and succeeds in getting one. Because she is a novice in the

(Continued on page 23)



LEFT:

The Ortigas "dalaga," daughter of Doña Julia Vda. de Ortigas, looked like this on her wedding day. Hers is the most fetching, most individualistic bridal attire we have seen in a long while. Fine needlepoint lace and frail cobwebby tulle conspired to execute a very inspired creation. The square neckline sweetly framed, three-quarter gloves of self-material, shirred bouffant skirt, and a hemline like a sampaguita path abloom . . . A tiara to match these trimmings holds an illusion tulle veil in place. She carries a will o' wisp bridal bouquet.

ABOVE:

Pacita Razon outdid herself in these three bridal sketches. Left, is a masterpiece of striking simplicity. Heavy crape to achieve that graceful fall, miniature white and silver flowers in delicate hand-painting for the stiff yoke band, a geometric tiara, transparent silk marquisette for long shirred sleeves and yoke, bouquet of white gladiolas . . . these are the details of this simple wedding gown.

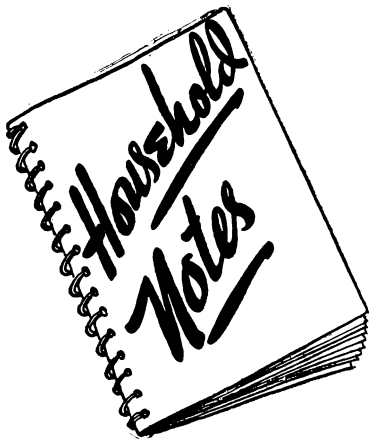
Middle, a bridal gown to match your bouquet has a lily-shaped neckline, arm-tight sleeves that open into lily petals at the wrists, and hand-painted lilies in V-shape across the slim bodice. The lily theme is further carried out for back interest in a cascade of bustles resembling falling lilies. This makes the train for this imposing gown. For bouquet, white calla lilies.

Right, is a version of the Ortigas wedding dress. The deviation occurs on the sleeves which are butterfly-ish to match the bouffant tiers on the skirt and the tiara of crisp lace that stands out like a Spanish comb.

Photograph by Bob's

Sketches by Pacita Razon





Minerals and vitamins may be lost as the result of careless or unintelligent handling during storage, preparation and cookery before foods reach the table. Vitamin B-1 and C are destroyed by heat, oxidation, light and alkalies, and are extremely soluble in water.

Heat affects vitamin B-1 less than it does vitamin C. The longer foods containing these vitamins are exposed to room temperature and the longer the cooking period, the greater is the destruction. Therefore foods should be cooked as quickly as possible. Ordinary cooking temperatures do not affect vitamins A and G.

Cooking water dissolves the minerals and some of the vitamins, which only too often never reach a useful destination but go down the drain with the discarded liquid. Use the liquid in which vegetables have been cooked for soups, sauces and gravies, if it is not to be served with the vegetables.

If the homemaker wishes to gather full money's worth in terms of family health she must watch every step in the handling of food in order to minimize the losses of valuable vitamins and minerals. By following the recommendations listed below she can check most of the common loopholes:

Do place fruits, vegetables, meats and other fresh foods immediately in the refrigerator after purchase, first washing the fruits and vegetables and then placing

them in a covered pan or hydrator. If another cool dark place is available, it may be utilized for some vegetables and fruits, like potatoes and apples, which keep well and are frequently purchased in large quantities.

Do prepare fruit juices and pure, slice, chop or grate raw fruits and vegetables just before they are to be used whenever possible. When it is necessary to prepare them in advance, cover them closely and store them in the refrigerator until serving time. The loss of vitamin C will not be serious unless they are kept standing too long.

Do not let the prepared fruit or vegetable or fruit juice stand uncovered at room temperature for any period of time.

Do cook foods in a closely covered container whenever feasible. Resist the temptation to stir the vegetables while they are cooking, for stirring incorporates air into them and air is one of the enemies of Vitamin C. If the cooked food is to be put through a sieve, cool it first.

Do cook foods, especially vegetables, by methods requiring the shortest cooking time; unnecessarily long cooking not only means loss of nutrients but results in inferior flavor, texture and appearance.

When a dried fruit or vegetable

is soaked before cooking, cook it in the water in which it was soaked.

Do you know that:

The outer, darker-colored leaves of cabbage or lettuce contain more vitamins than the inside, whiter leaves? Do not throw them away unless they are dry and cannot be washed, wilted or badly bruised.

Brown eggs have the same food value as the white ones?

Canned milk is just as good as fresh milk, sometimes even better—more sanitary, more economical, more convenient? The same may be said of canned meats and vegetables.

Fortified margarine has the same food value as fresh butter, and more economical, too?

The less tender cuts of beef or pork have the same food value as the more expensive choice cuts?

a dry skin, a chronic feeling of fatigue. The ability of the body to select substances from the foods we eat to build flesh and blood, bones and teeth, and to regulate the countless processes concerned with respiration, circulation, metabolism and digestion is no less than a miracle.

Food For Energy

Food is needed first of all to provide energy for our daily activities. Whereas a machine may burn gasoline or coal for fuel, the human body burns food and converts it into muscular energy.

The unit used for measuring the amount of energy in food is called the Calorie. All food's furnish calories, but in different amounts. The three chief sources of energy are fats, carbohydrates, and proteins. Foods high in fat, like butter, cream, salad dressings made with oil, contain more calories per

Handling of Food in the Home

They need longer cooking, though, and may prove expensive in the long run, especially if fuel is expensive.

So-called meat sundries, like heart, kidney and sweetbreads, are rich in nutrients? If they are less expensive than regular meat, serve them once or twice a week.

Color is a good guide when choosing vegetables? Green and yellow ones are better than the white. Thus, yellow corn or camote or squash has more food value than white corn, white camote or upo.

The leaves of such vegetables as mustard, kinchay, radish, have more food value than the roots or the stems?

PROTECTIVE FOODS

THE greatest responsibility that falls upon the homemaker is the health of her family. Although she may not have the time nor the inclination to go deeply into the subject she cannot afford to ignore the basic facts of nutrition. It is not necessary to understand all the intricacies of the vitamins and minerals—that is a subject for the specialist—but it is interesting and illuminating to know a little something about the scientific side of nutrition. It will help us to understand the "whys" of poor teeth, a fickle appetite,

unit of weight than do foods which are largely composed of carbohydrates, like sugar, breads, cereals, or proteins, like eggs, cheese, meat.

Food For Growth

Although protein is one of the three sources of energy it functions primarily as a source of body-building material. Children need more protein in proportion to their weight than adults because they are growing rapidly; but adults need protein for the maintenance of body tissues. It is only in cases of pregnancy, lactation and in recovery from wasting diseases that adults need protein for growth.

There are many kinds of protein, some of them far superior to others in nutritive value. Milk, cheese, eggs, meat and fish, each contain protein of the best quality.

Minerals are also needed for growth, but only a few have to be given special attention by the housewife. Calcium and phosphorus are needed in comparatively large amounts because they are necessary to build strong bones and teeth. Iron is needed too by the body but in small amounts.

The best sources of calcium are milk, cheese, carrots, oranges, kale, figs, beans, broccoli and clams. Milk and milk products including cheese are the only re-

liable sources of calcium. While other foods carry some calcium, the amounts are small and the calcium present is not as well assimilated by the body.

Good sources of iron: egg yolks, liver, kidney, heart and lean meat, oysters, shrimp and clams, green leafy vegetables, whole-grain cereals, potatoes, molasses, apricots and prunes.

You have heard so much about the so-called "protective foods." What are they? They are the ones which provide the necessary proteins, vitamins and minerals for the maintenance of good health. For convenience, they are divided into 8 groups, and if the housewife will include something from each group in her daily meal plans, her menus will measure up to good nutrition standards:

Group 1: Milk and cheese.
Group 2: Meat, (beef, veal, lamb, pork, and meat sundries like liver, heart, kidney and sweetbreads); poultry (chicken, turkey, duck, game birds); fish (canned or fresh); dried beans and peas.

This group supplies high-quality protein, iron and Vitamins B-1 and G.

Group 3: Eggs—one a day for each person, if possible; at least 3 or 4 times a week.

Group 4: Butter and fortified margarine; peanut butter.

Group 5: Green, yellow and leafy vegetables — asparagus, string beans, green peppers, okra, beet greens, turnip greens, spinach, cabbage, carrots, yellow corn, sweet potatoes, all raw, salad greens.

Group 6: Citrus fruits (oranges and grapefruit), tomatoes, pineapple, either fresh or canned.

Group 7: All vegetables, including potatoes, except those in Group 5; all fruits except those in Group 6.

Group 8: Bread and cereal, preferably whole grain or made from enriched or fortified flour.

How much to serve of these protective foods? Here are the minimum daily requirements:



BREAD AND CEREALS

Preferably enriched or fortified (or unpolished or hand-pounded rice.)



OTHER VEGETABLES and FRUITS

2 or more servings (each serving 1/2 cup), one of which should be raw

MILK and CHEESE

4 cups of milk for every child below 12 years.
2 cups for every adult.
5 ounces of cheese.



MEAT, POULTRY and FISH or DRIED BEANS and PEAS

1 or more servings a day
Dried beans like mungo may be served occasionally instead of meat or fish.

EGGS

1 each day for every child
3 or 4 times a week for adults.



CITRUS FRUITS, TOMATOES and PINEAPPLE

1 orange, 1/2 grapefruit,
1 large raw tomato or several slices of pineapple.

3/4 cup of orange juice, more of pineapple or tomato juice.

VEGETABLES, green, yellow and leafy
1 or more servings a day

KEEPING UP WITH MEDICINE

AMERICAN MEDICAL ASSOCIATION CENTENNIAL BEGINS

ATLANTIC CITY—The American Medical Association annual convention opened June 9 after pre-convention meetings had disclosed several new medical developments. The convention marks the 100th birthday of the association.

The board of directors of the American Heart Association in a pre-convention meeting unanimously approved the proposed creation of the National Heart Disease Institute within the United States Public Health Service. The Institute would do research on means of combatting or preventing diseases of the heart and circulatory system. Such diseases now constitute the greatest cause of death in the United States. A bill to create the institute will be introduced in Congress by Representative Jacob K. Javits of New York.

Report on Streptomycin

A report on streptomycin was made to the American College of Chest Physicians. Dr. Karl H. Pfuetze of Rochester, New York and Dr. Edwin R. Levene of Chicago told the meeting that streptomycin has "proved itself to be a most valuable adjunct in the treatment of tuberculosis when used in properly selected cases", but emphasized it is not a cure. The report said the drug may arrest certain types of tuberculosis that are resistant to other methods of treatment, but that there is no justification for its use in all cases. Streptomycin was said to be essential in the treatment of tuberculosis, meningitis, tuberculosis of the larynx, trachea and bronchi, draining the sinuses from tuberculosis infection of the bones and glands, and tuberculosis of the intestinal tracts. Caution was recommended in the treatment of pulmonary tuberculosis.

The report pointed out: "It is necessary to select a period in the course of the disease when streptomycin will be most helpful. This is important because the tubercule bacillus becomes resistant to the drug and the treatment may lose its effectiveness after a time."

Report on Allergy Treatment

Dr. Manfred Curry of Chicago announced to the American College of Allergists that after ten years of research he had discovered in the air small quantities of a highly active gas which exerts a "marked influence" on human body functions. Dr. Curry has called the gas "aran" and said it is a rare form of oxygen in which four or five oxygen atoms combine to form an isotope. High concentrations of the gas cause attacks of migraine, asthma, angina pectoris, epilepsy and embolism. He said air that lacks the gas favors the outbreak of infectious diseases such as sinusitis and pneumonia. The concentration of the gas was said to vary considerably depending on wind direction. Dr. Curry's reports are being investigated. If the results are proven, it was said that further development of therapy that controls the amount of "aran" may revolutionize allergy treatment.

Other medical developments reported included:

Treatment of menstrual disturbances in women that prevent pregnancy by small doses of X-rays. Very small doses of X-ray to ovaries and pituitary glands enabled 43 out of 47 women to become pregnant after other methods had failed. Reporting the treatment, Dr. Charles Mazer of Philadelphia said it must be administered with extreme caution and only under the supervision of doctors familiar with radiation procedures. He emphasized the treatment is not a cure-all for female sterility.

A new powder for surgeon's gloves was reported. It is made of corn starch and is absorbed into the body. It cannot cause adhesions.

A new treatment for asthma was described. Injections of alcohol open the circulatory system and relax the patient.

The establishment of bone banks was given as a possibility by Dr. Leonard F. Bush of the New York Orthopedic Hospital. Banks would use bones from persons killed in accidents, preserving them by freezing. (USIS)



BUTTER or FORTIFIED MARGARINE

2 tablespoons a day
Peanut butter may be used instead.

COOKING



To peel tomatoes, which must be served raw, hold it over a flame until the skin wrinkles or drop into boiling water for a moment, then plunge into cold water. The peel will slip off easily.

Sometimes make a salad of tomatoes, native onions and radish, this last one very thinly sliced, salted, then squeezed to remove some of its tanginess. Do include the young leaves of the radish, chopped fine.

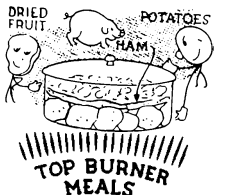
Have you tried broiled tomatoes with fried fish or beefsteak? Cut firm ripe tomatoes into halves crosswise, sprinkle cut surfaces

with sliced hard-boiled eggs or salted duck eggs.

Wash the leaves in several changes of water and place in a skillet with just the water that clings to the leaves or about 1/4 cup of water. Cover and cook until just tender. Or bring a little water to a boil, then drop the vegetables into it, cover and remove from the fire. Set aside to cool, then drain off the water and season the vegetables.

Sweet-Sour Greens

4 cups leafy vegetables (spinach, camote, kangkong, alugabati, lechugas, cabbage)



Always cook some vegetables with the meat, be it of beef or pork. If you have an oven, whole meals may be cooked together in to save fuel, time and energy.

LIVER

Liver is tender when cooked until its juice just coagulates; it hardens when cooked beyond this stage and requires further cooking.

When braising a large piece of liver, soak in cold salted water for half an hour, then peel off the outside membrane. Scald pork or lamb liver before cooking to improve flavor. This is not necessary in the case of beef or calf liver.

To make grinding or chopping easier, drop liver into boiling water, reduce heat and simmer gently for several minutes, then grind or chop.

Broiled Liver

Have liver sliced 1/2 to 3/4 inch thick or cut into 1-inch cubes. Brush with melted butter or lard and broil until the pieces just change color (about 3 minutes on each side).

Sauteed Liver

This is one of the best ways of cooking liver.

Have liver sliced very thin, roll each piece in seasoned flour, then saute in a little fat until browned on each side. Serve at once.

Liver and Bacon en Brochette

Do not be impressed by the French term above—it simply means "skewered."

Have liver cut into 1-inch cubes, 1 onion sliced thinly, and bacon cut into 1-inch lengths. In a pale, first liver, then onion, then bacon, in metal or bamboo skewers and broil over live charcoal until bacon is crisp and liver is browned. Turn to cook uniformly and brush with fat as needed. Season with salt and pepper.

Liver Creole

- 1 lb. liver
- 1/4 cup seasoned flour
- 3 tablespoons fat
- 2-1/2 cups canned or fresh tomatoes
- 2 tablespoons chopped onion
- 2 tablespoons chopped green pepper

EAT MORE OF THESE FOR YOUR HEALTH

TOMATOES

Tomatoes are good sources of Vitamin C which increases the resistance of our body to infection and helps maintain firm gums and sound teeth. Since this vitamin cannot be stored in the body, it must be provided for every day to keep the body healthy, and since cooking partially destroys Vitamin C, it is important to include 2 or more servings of a raw vegetable or fruit which supplies it. Other good sources of Vitamin C are oranges, grapefruit, calamansi, pineapple, raw vegetables, green peppers, asparagus, bananas, cabbage, peas, watermelon. Of all these, tomatoes are the least expensive.

Whenever you serve fried or broiled fish (fresh or salted), shrimps, fried beef or pork (adobo), make it a point to also serve raw tomatoes with it.

with salt and pepper and dot with butter or margarine. Broil over live coals until the top bubbles.

Savory Tomatoes

1/2 cup diced bacon or salted pork

- 1 cup onion, sliced
- 4 cups tomatoes, sliced
- 1 tablespoon cornstarch

Cook bacon slightly; add onion and cook until soft and lightly browned. Add the tomatoes and simmer for about 10 minutes. Stir in the cornstarch dissolved in a little cold water and cook until thickened, stirring occasionally.

Tomato Fritters

Select green or firm ripe tomatoes and slice 1/2 inch thick. Sprinkle with salt and pepper. Dip in beaten egg, then in crumbs. Fry in shallow fat until browned. Serve at once.

GREEN LEAFY VEGETABLES

Green leafy vegetables, especially those with thin leaves, are good sources of Vitamins A and G (riboflavin). Vitamin A has often been spoken as our first line of defense against infection — although it does not prevent colds, it is important in shortening the duration of them; it helps keep the delicate membranes lining the respiratory tract as well as other parts of the body. Vitamin G promotes growth, general good health and vigor, tones up the digestive system and postpones senility. No wonder our vegetable-eating ancestors were still young at the age of 90!

Tender leaves of such common vegetables as camote, kangkong, spinach, alugabati, boiled, make very nice salads, seasoned with calamansi juice and salt and gar-



The housewife is responsible for the good health of her family. The kind of food that her husband and her children eat depends upon her knowledge of what constitute a good diet.

- 8 strips of bacon, diced
- 1 tablespoon sugar
- Salt and pepper to taste
- 3 tablespoons vinegar
- 1 tablespoon water in which greens were boiled

Boil greens until tender. Drain and place in a deep plate. Cook bacon until crisp. Combine dry ingredients and add to the bacon. Add vinegar and water and bring mixture to the boiling point. Pour over the hot cooked greens. Serve at once.

Lettuce and cabbage must be shredded in the above recipe.



SAVE JUICES



TURN TO SIMMER



RICH IN VITAMINS

"Waterless cooking" of vegetables is recognized as one of the best ways of retaining maximum amount of vitamins and minerals, also the natural fresh flavor, color and shape. The rules are few—use only a little water; use a cooking utensil with a tight cover; start cooking on high heat, then reduce heat to simmer when the water boils; do not over cook; serve at once.

COOKING VEGETABLES

Boil green leafy vegetables in just enough water to prevent burning or sticking to the pan.

When making sinigang, whether of beef or fish, drop the kangkong leaves into the boiling liquid, cover, and remove the pot from the fire. And don't use too much water.

Pechay should be cooked until just wilted. Cut off the stems and drop them into the boiling liquid first, then when they are already soft, add the leaves, cover the pot and remove from the fire.

To hasten the cooking process of vegetables, cut them into small pieces and remove the pot from the fire while they are diced or sliced vegetables still retain their colors and their shapes.

Bulangang of string beans, yellow squash, ampalaya, kangkong and eggplants is an excellent dish but too often the vegetables are cooked to a mush until it is impossible to distinguish one from the other. When the vegetables are cooked just until they are tender and still retain their colors, it is a very attractive dish. Add the vegetables separately, first the string beans because they take longer to cook, then the ampalaya, the squash, the kangkong tops and the eggplants. Resist the temptation to stir them, and thus mashing them, while they are cooking, but cover the pot and cook over a low fire, allowing the hot steam to fall over the top layer of vegetables and cook them.

Try cooking shelled peas this way: Cover bottom of a small saucepan with 1/2 inch of water, add the peas and cover with a piece of lettuce or cabbage leaf (or banana leaf), being careful to tuck in the edges of the leaf cover. Adjust tight cover of the saucepan and cook over medium heat for about 15 minutes. Lift cover of pan and see if peas are cooked. Toss peas so that bottom layer will come up. Cover and cook for a few minutes more. Season with salt and butter and serve at once.

Small piece of bay leaf
6 peppercorn
Salt to taste

Coat liver with seasoned flour and brown in the fat until brown. Add the remaining ingredients, cover and simmer until liver is tender and sauce is thick. If de-

THE FILIPINO WOMAN LAWYER

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job, the boss assigns her to do some minor research work and principally notarial work. Months elapse and because the woman lawyer has shown ability, she is promoted and assigned to prepare pleading and even briefs. But then she stops there. The elder lawyers of the firm do not give her a chance to go out of the office and appear in court even if only in minor cases.

Because she is a woman she is made to take care of the office when all the male lawyers are out busy in court, so that she is merely an office keeper, or a librarian, or a researcher, but not generally and actually a lawyer in practice. This is, ladies and gentlemen, the general rule with very few exceptions. It is again, therefore, a case of not being given the proper chance to train one's self in the practice of law. A great majority of our well-known lawyers have come to their present state of experience and enviable reputation after years of apprenticeship in established law firms. If our women lawyers are given only the right apprenticeship by you our elder male colleagues, with your guidance and interest, we can surely develop the art of practice in court as time goes on and the success of the women lawyers then will be an inspiration to the future crop.

But, if by success we mean service to our fellow-man through our profession, defending rights, redressing wrongs, championing the oppressed, protecting the ignorant from the malice and greed of some, in short, if by success we mean if we women lawyers bring the benefits and blessings of the law, nearer to the common masses, then, I, we, can say proudly that we women lawyers are successful beyond measure. We have organized ourselves into one body known as

sired, sliced pork may be added to the liver.

Liver is one of the ingredients in many dishes known to most Filipino cooks—as a sauce to adobo; in menudo; afritada; dinuguan. The point to remember is to serve at least two dishes with liver every week, often when there are children in the family.

the Women Lawyers' Association of the Philippines inspired by three aims: to have an alert and active civic participation with our Government; to be the vanguards of the rights of our women granted by our laws and to initiate movements for the betterment and uplift of the social, economic and political status of the women; and to take up the cause of the defenseless and the oppressed gratuitously.

Yes, it is with distinct pride that we, women attorney's report to this Nation. Convention of Lawyers that in our own Lumbie insignificant way we have opened the doors of equity and justice to our destitute, less-informed fellow-countrymen who, otherwise, due to lack of means would not receive the benefits and enjoy the rights given to them by our laws. I speak of the Free Legal Aid Welfare Division of the Bureau of Public Welfare, our one free legal clinic from which we give free legal counsel and legal services to all indigents, war widows and orphans irrespective of nationality or creed. The Clinic handles civil as well as criminal cases. You may be interested to know that eighty per cent of our civil cases are for abandonment and nonsupport... the usual setup of the man leaving the conjugal dwelling and deserting the wife and his children. In these instances, it is the policy of the Clinic to bring about the reconciliation of the parties, if possible, or otherwise settle the matter amicably between the spouses. It is only when all chances and

hopes for an extrajudicial settlement have been exhausted that a suit in the proper court of law is finally brought.

It is in these domestic controversies, hopelessly disentangled without any hope of recuperating any semblance of domestic bliss or peace that we have come to realize the hardness of our divorce laws, and hence the consequent stand of the Women Lawyers' Association to favor not the liberation but rather the humanization of our present Divorce Law.

We have not only ten but three times that number of woman who in the eyes of the law are still married but in actuality are husbandless, and of... husbands without wives! We have cases after cases of women who could prosecute their mates for concubinage and forever be free of the marriage bond, long discarded and trampled by the errant partner; but who prefer to play the role of the discarded wife rather than see the father of their children behind prison bars! They go to the Clinic seeking for some means by which they can dissolve the marriage ties without such drastic affect, only to be answered that the law as it is, is such and "dura lex sed lex."

A typical example of the criminal cases handled by the Clinic and now pending in court is one for rape in which the victim is a girl of fifteen from Mandaluyong who was forced and abused by four Filipino MPs... another case is one for seduction, in which the aggrieved party is another young thing barely fourteen years and the accused is a traveling showman who is old enough to be her own grandfather. In both cases the Clinic through its attorney in charge acts as a

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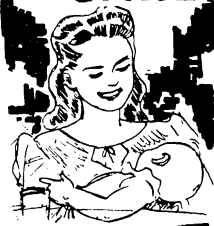
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CHILD CARE



Few children receive the quantity of milk daily that would be best for them. Therefore the extra milk tucked in many foods go a long way toward putting an adequate amount of milk into their diet. Each growing child should have every day the bone, tooth and muscle building materials and vitamins supplied by 4 cups of milk. If he refuses to take this quantity of milk as a beverage, the earnest mother should try to make up the amount in some other ways. One of the ways is in dessert; another is through sauces and creamed soups. Here are a few recipes to help you along.

Orange Blanc Mange

- 1/4 cup cornstarch (plentiful now)
- 1/2 cup sugar
- 1 tall can evaporated milk
- 1 cup orange juice
- 1 teaspoon grated rind

Mix cornstarch, sugar, and a pinch of fine salt. Add the milk slowly, stirring to keep smooth. Cook over boiling water until the mixture begins to thicken, then add the orange juice and rind and continue cooking until thick. Pour into small molds and chill. Serve with orange juice.

Soft Custard

- 2 eggs
- 1/3 cup fine sugar
- 2 cups evaporated milk
- 1 cup boiling water
- 1 teaspoon vanilla

Beat eggs. Add sugar and salt and beat well, then add milk. Stir in the boiling water. Cook over boiling water, stirring frequently, until the mixture coats the spoon (about 5 minutes). Add vanilla flavoring. Allow to cool and serve as a sauce for such fruits as ripe bananas and mangoes or for plain cake.

Chocolate Pudding

- 6 tablespoons cocoa
- 1/2 cup flour
- 3/4 cup sugar
- 1/2 teaspoon fine salt
- 2-1/2 cups boiling water
- 2 cups evaporated milk
- 1 teaspoon vanilla

Mix cocoa, flour, sugar and salt. Add boiling water and stir until smooth. Cook slowly until begins to thicken, then add the milk. Bring slowly to a boil and boil for 3 minutes more, stirring constantly. Add vanilla and chill.

Cream of Tomato Soup

- 1 can tomato soup
- 1 small can evaporated milk

Pour the tomato soup into a saucepan and stir in the milk. Heat slowly until hot enough to serve. Do not boil. Serve at once, with crackers or toasted bread.

Mashed Potatoes

- 6 medium size potatoes
- Salt to taste
- Butter
- 1/2 cup evaporated milk

Peel potatoes and quarter. Cook in small amount of water until tender. While hot, mash with a fork. Add the salt and milk, then butter. Beat until fluffy. Serve at once.

Creamed Eggs

- 6 hard cooked eggs
- 1-1/2 tablespoons butter
- 2 tablespoons flour
- Salt and pepper to taste
- 1 cup boiling water
- 1 cup evaporated milk

Prepare a white sauce by combining flour and butter, then add-



Most boys hate to drink milk. To enable them to get their full quota of at least 4 cups a day, use milk in cooking other foods, or serve it melted or with fruit juice once in a while as a treat.

ing milk and water, and cooking Add milk to cover. When egg over a low heat, stirring all the whites are set, remove pan from time. Peel eggs under running the fire. Serve the eggs with the water, slice and add to hot white milk sauce over them. Season with sauce. Serve on buttered toast. fine salt.

Meat Patties

- 1 pound ground lean beef
 - 1 cup evaporated milk
 - 1-2/3 cups dry bread crumbs
 - 1 egg
 - 2 tablespoons chopped onion
 - 2/3 teaspoon fine salt
 - 2/3 cup water
- Combine ingredients and mold

Scrambled Eggs

- 6 eggs
 - Salt and pepper to taste
 - 1 cup evaporated milk
 - 2 tablespoons butter
- Beat eggs until yolks and whites are mixed. Add seasonings and

Putting MORE MILK In A Child's Diet

milk. Pour into buttered hot frying pan and stir constantly until thickened. Remove pan from the fire. The eggs should be firm but creamy not hard.

Eggs Poached in Milk

Grease frying pan with butter. Drop from two to four eggs into it.

Meat Loaf

- 1 pound ground lean meat
- 1 egg
- 1-1/2 teaspoon salt

into patties. Place in greased pan and bake in a hot oven for 20 minutes, or pan broil for about half an hour, turning each patty once.

CHILDREN SHOULD NOT GO TO SCHOOL BREAKFASTLESS

Many children do not eat enough breakfast to last them till noon. There are many reasons for this—the children get up late and must hurry; they are too excited, especially if they are new in school; they have been used to eating breakfast late; they are in poor health and have no appetite.

What to do? We know many mothers tear their hair in desperation. No amount of urging, or scolding, will make the children eat their breakfast. We offer these suggestions: Take your child to your doctor for a complete physical check up. If he is below par, the doctor will perhaps prescribe some tonic to help him.

Have your supper earlier so that the children can go to bed earlier, then they can be awakened earlier so that they need not hurry through their breakfast. Eating supper earlier may make them hungry for breakfast.

If a child will not eat anything at breakfast, make him take just his milk and wrap up his bread for "baon," to be eaten at recess time. We think this is much better than giving him money, for he might buy just anything, from candy to santol.

Breakfast is a good time to give children all those foods that they must have everyday—milk, egg, orange juice or fruit, butter. A good breakfast should consist of all these items but if the child cannot eat them all, just combine milk and egg and give him his fruit juice at lunch.

Dr. Isabelo Concepcion believes that many children are retarded in school because they do not eat an adequate breakfast. Children of the poor do not eat any breakfast at all.

Even most grown-ups cannot go breakfastless till noon. Can you blame the poor kids for becoming inattentive, quarrelsome, listless, peevish, as the morning progresses? They may even have a headache, if they have not had anything before coming to school.

Most children need a mid-morning snack to keep them going. Dr. Concepcion suggests that the serving of a mid-morning snack, preferably milk or hot soup, be made part of every public school activity in the Philippines. He believes that this is one of the most effective ways of building up the health of our children and of teaching them the value of milk in our daily diet.

THE FILIPINO WOMAN LAWYER

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private prosecutor in close collaboration with the Fiscals' Office.

Aside from these court actions, the FREE LEGAL AID CLINIC also takes an active part in helping the dependents, orphans and widows of war veterans to file their claims and submit the required papers and data to the proper army authorities and government entities. It must be stated here that just after the liberation of Manila and when hundreds of claimants were at the mercy of shyster lawyers and unscrupulous agents, it was to the Legal Aid Clinic that the Philippine Red Cross and the Bureau of Public Welfare turned for free legal assistance to these widows, orphans and dependents of war veterans in the presentation of their claims.

Even in the Offices of the American Consulate General, the Clinic has treaded its path in more than one time. In consonance with the requirements of the said office and upon the proper endorsement of the Philippine Red Cross, the Clinic has prepared and ratified several affidavits of Filipino women married to American soldiers and who seek admission to American soil. All these services given by the Clinic are gratuitous and free.

The FREE LEGAL AID CLINIC is, therefore, the contribution of the women lawyers of the Philippines to a country and a people that is rehabilitating itself from the disastrous effects of war; it is also our contribution towards the maintenance of the high standards and ethics of our profession, and the realization of one of its noble aims—the defense of the cause of the defenseless and the oppressed without regard to personal pecuniary benefit.

In conclusion, in the name of the women lawyers of the Philippines I ask, first, for faith in the

ability and capability of the Filipino Woman lawyer; second, for

a chance and an opportunity for her to train herself for higher public service; and third, for tolerance, understanding and cooperation from her male colleagues in the profession. We hope that one of the effects of this National Convention of lawyers will be the attainment of our goal recognition of our abilities and potentialities as members of the Philippine bar. We hope the day will not be far when it can be said that in the Philippines sex is not a bar nor is it a handicap to intellectual achievements.

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INSIST ON LIBBY'S

- 1/2 cup finely chopped onion
- 1 tall can evaporated milk
- 2 cups bread crumbs

Mix meat, egg, salt, onion, milk and bread crumbs. Turn into a well-greased baking loaf pan and bake for 45 minutes in a moderate oven, or cook over charcoal until the sides of the loaf shrinks from the pan, then brown the top by placing charcoal above, as you do when cooking bibingka.

BERIBERI

(Continued from page 13)

polished rice and the disease is found principally in those regions where people live on diets containing large amounts of polished rice.

There have been several approaches to the solution of the beriberi problem. The first solution is the replacement of white rice with brown rice which was successfully introduced with the Philippine Scouts in 1910. However, there is popular preference for white rice. Besides, white rice has better keeping qualities under tropical conditions of storage and shipment. A second approach is undermilling of rice. This procedure met the same difficulties as the substitution of white rice by brown rice. A third approach is by parboiling in which the rice paddy or palay is soaked in water, then dried to drive the vita-

mins into the grains of rice before milling the rice. However, the product has not proven popularly acceptable where parboiling is not traditional. A modern version of parboiling is known as rice conversion in which parboiling is modernized by the use of machinery and drying in vacuum. A fourth approach is the artificial enrichment of white rice. White rice kernels are impregnated with a concentrated solution of vitamins and minerals selected for the enrichment, followed by a coating of the fortified rice grains with film forming edible substances. This coating protects the vitamins against deterioration and prevents substantial losses of vitamins during the customary washing prior to cooking. This impregnated rice is known as pre-

mix. The premix is then blended with white rice resulting in the final market form of enriched rice. The premix nor the enriched rice differs in appearance from ordinary polished white rice if thiamin, niacin, and iron in the form of pyrophosphate are used for the fortification, whereas addition of riboflavin of course changes the color of the premix sufficiently to make it visible in the blend.

"A fortification of the premix rice with 1 mg. of thiamin and 13 mg. of niacin per gram and the use of 1 part of premix to 200 of white rice yields a final product with the vitamin content of high quality brown rice. Enriched rice prepared on this basis contains 5 mg. thiamin and 65 mg. niacin per kg. (2.27 mg. thiamin, 29.5 mg. niacin per lb.). The cost of the two vitamins, the coating ingredients, the manufacturing of the premix, and the blending for this degree of fortification is estimated not to exceed 0.25 cents per kg. or 0.114 cents per lb. en-

riched rice.

"It has been determined that the premix is homogeneously distributed throughout the finished enriched rice. Usual household washing of enriched rice prior to cooking will not remove more than 3 to 5 per cent of the incorporated vitamins. Flavor and cooking quality are not affected by this fortification procedure."

It is claimed that storage of premix rice for one year at room temperature did not affect the potency of the thiamin and niacin incorporated. During Lend-Lease tests, storage for 3 weeks at 45 degrees centigrade, a loss of 3 per cent of thiamin and no loss of niacin was found.

Enriched rice will soon be introduced in a large scale in Bataan Province after a clinical beriberi survey. It is expected that the results of this nutrition experiment will be so encouraging as to warrant its adoption by the nation as the ultimate measure for the prevention and eradication of beriberi.

NUTRITION

(Continued from page 12)

(b) Provision of 100 distributing centers all over the Philippines for the purpose of handling the P300,000.00 food materials coming from the United States for distribution to groups of indigent mothers and babies who are under-nourished;

(c) The carrying out of an extensive health education campaign in puericulture centers, municipal maternity and charity clinics under Act 704 and charity clinics under the Sweepstakes Fund for the purpose of enlightening the people on proper dietary procedures;

(d) Studies in the field (now being undertaken) for the purpose of determining the effect of milk and other products on the growth and development of school children;

(e) Preparation of posters and pamphlets and other publicity materials to bring home to the people in a graphic and generalized way the advantages of a balanced diet;

(f) The inclusion in the curriculum of nursing schools and schools of midwifery, of a broader and more intensive teaching of dietetics and nutritional subjects;

(g) Cooperating with the Bureau of Education in its campaign of Nutrition among school children through the home and domestic arts projects in public schools; and

(h) Cooperating and experimenting on the nutrition program in connection with the home extension service of the Bureau of Agriculture.

In general, therefore, the solution of the nutrition problem as handled by the Bureau of Health consists mainly in the application in the field of the already known theories of nutrition. In our nutritional publicity, efforts are being exerted to adopt in the dietary of the peasant class common foods containing the proper amount of calories, vitamins, and other nutritional needs for a balanced diet. These are obtained from local food products at prices within the reach of the ordinary heads of families. Practically no research work is done due to lack of nutritional laboratory facilities. We expect that this phase will be covered by the Bureau of Nutrition and Laboratories which is contemplated by the Department of Health and Public Welfare to establish during the coming reorganization of the government.

RAJAH SULAYMAN AND THE TARABUSAO

(Continued from page 9)

I meet bad fortune."

So Rajah Sulayman was lowered into the hole. He went down, and down, and down until he reached the bottom of the pit. There, to his astonishment, he found a beautiful plain. A stream flowed by, and after following it for some time, he came to a large house. Nobody was at the door, and entering, he saw that the hall was inclosed with a curtain.

He drew aside the curtain and found a second curtain. He pushed this aside, too, only to find a third curtain. This continued until Rajah Sulayman had drawn aside seven curtains in all. After the seven curtains came seven layers of mosquito nets. These he hung up one after another, and at last he found a beautifully decorated bed.

On the bed lay nothing but an orange fruit; and being hungry, he took the fruit and opened it. To his surprise, inside the fruit he discovered a sleeping young woman of exceeding beauty. She woke up, jumped out of the peeling, and growing up to the full size of a woman, she smiled at Rajah Sulayman, saying:

"Who is my deliverer, and how did he come here?"

"I am Rajah Sulayman," he replied. "I came here looking for food... But why did you hide

yourself in an orange fruit?"

And the woman told him her "You must know that I am the captive of three giants, known as the Tarabusao. I am Putri (Princess) Rasagadang, daughter of the Sultan of Bandar-Angud. My father's beautiful land enjoyed peace and plenty until one day the Tarabusao came to Bandar-Angud and devoured my father and mother and all their people. Me, however, the Tarabusao made captive and brought here. And the better to keep me in their power, they imprisoned me in an orange fruit. Had you not opened the fruit, I would not have been set free."

Rajah Sulayman wash greatly touched to hear the sad story of Putri Rasagadang and he expressed his sympathy for her. He said he was very happy to have set her free.

After a while Putri Rasagadang brought out food and set it before him. "Eat," said she. "I know you are hungry."

But Rajah Sulayman shook his head. "I shal not eat," said he, "unless you eat with me."

She smiled at this and they began to eat. But just then Rajah Sulayman remembered his companions whom he had left in a state of starvation in the outer

world. He wanted to go and fetch his cousin so that he might partake of the food.

"Please continue eating," he said to the princess and rose. "I shall be gone for just a while."

Putri Rasagadang, however, divined his thoughts, and shaking her head, she said, "Just go on eating. You are famished."

So Rajah Sulayman finished eating with her, after which she said:

"Now, Rajah Sulayman, I entreat you to leave this place at once because I prize your life above all else. My masters are about to return home, and I tremble to think of what they will do to you if they find you in this house."

"I shall not leave this place," replied Rajah Sulayman, shaking his head calmly, "until I have your captors and set you free."

Putri Rasagadang begged him to flee for his life, but Rajah Sulayman was not to be dissuaded. "Whether I slay them or they slay me," he said, "I shall fight the Tarabusao."

Soon, from the distance, Rajah Sulayman heard a strange noise. This was made by the Tarabusao, extremely voracious monsters in the form of men, who uprooted trees as they passed through the forest.

Putri Rasagadang turned to Rajah Sulayman and said, "Lie down on the floor and I shall cover you with a blanket. If the giants discover you, pretend to be asleep."

Rajah Sulayman, quickly thinking out a plan of his own, lay down on the floor. Putri Rasagadang wrapped him up in a blanket and then went to lie down in her bed.

As soon as the Tarabusao entered the house, their keen scent detected the presence of Rajah Sulayman. "There is a man in the house," their leader said.

"There is a man-smell in the house," said the second.

They looked about and found Rajah Sulayman in the blanket where he lay as if asleep. The Tarabusao, very sure of themselves because they were so large and not a single man had yet stood up to fight them, left him there and proceeded to boil water. "We shall cook a live man for dinner," the leader told his companions.

When the water was boiling, their leader said, "Now let us pick him up and throw him into the water."

But the third Tarabusao, wiser than the others, stopped his companions. "My friends," he said,

"do not harm this man, for he has great powers."

"Ha, ha!" laughed the others. "So you are afraid of a sleeping man now, aren't you?"

They picked up the blanket on which Rajah Sulayman lay and proceeded to carry him to the kettle. But when they were only a few steps from the fire, Rajah Sulayman sprang out of the blanket, drew his kris, and before the two Tarabusao would recover from their playfulness, he had slain them.

Then Putri Rasagadang ran out to Rajah Sulayman. She pointed to the wise young Tarabusao, who had sat sadly against the wall. "Please do not kill him. He is a good Tarabusao," she said.

"If you say so, it shall be so," replied Rajah Sulayman. "He looks different from his companions."

"Thank you for sparing my life, good prince," said the young Tarabusao, rising and bowing before Rajah Sulayman. "To pay for your kindness to me, I shall give you all of my property and, since my companions are dead, you may also take their property."

"There is another thing that you must promise," said Rajah Sulayman. "You must from now on stop eating people."

The Tarabusao promised, and so Rajah Sulayman's request, he took his gifts to the bottom of the abyss and tied them to the rope that still hung there. When this was done, Rajah Sulayman, who had followed with Putri Rasagadang, shook the rope and it was pulled up immediately.

Rajah Sulayman's cousin and his men, having pulled up the rope, marveled at the treasures. They lowered the rope once more, wondering what might come up next.

When the loose end of the rope reached the bottom, Rajah Sulayman said to Putri Rasagadang: "You go up now and I shall follow."

But Putri Rasagadang hesitated. "You better go up first. It is not wise that I go ahead of you," she said.

Rajah Sulayman laughed at her fears and said, "You are afraid that the rope might be cut when you have been pulled out? My own cousin is in charge of the rope."

"I see danger," insisted Putri Rasagadang. "You better go ahead of me."

Rajah Sulayman was not, however, willing to leave Putri Rasagadang behind. He tied the end of the rope around her waist, and when he shook the rope, she was

instantly pulled up.

When Rajah Sulayman's cousin beheld Putri Rasagadang, he became blinded with her beauty, and evil took possession of his mind. He knew that Rajah Sulayman had claimed her for his wife, and so, in order that he might have her for himself, he decided to put Rajah Sulayman out of the way. He cut the rope, slew all of Rajah Sulayman's men, and capsize his cousin's boat. Then he and his men sailed home with Putri Rasagadang, and when they got there, they told the people that they had failed to find Rajah Sulayman.

Meanwhile, when the rope drop-

ped loosely at his feet, Rajah Sulayman knew what his cousin had done. He lamented that he had not heeded Putri Rasagadang's warning. Sick at heart, he returned to the house of the Tarabusao and asked him how he could get out of the place.

The young giant pointed to a hill and said: "That was formed by the bones of animals and people we Tarabusao had eaten. Dig into it until you reach another world. I shall start digging for you."

So for seven days the Tarabusao dug the hill. At the end of

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that time he asked Rajah Sulayman to continue digging. The latter dug without stopping for seven weeks and seven days until he found himself in a different world. He was greatly moved to see the mutilated forms of the people he saw in this new place. He inquired of a man he met why some of the people had only half a face, and he was told that in the outer world these people were married and had the unpleasant habit of not sharing their joys with their spouses.

"And why," said Rajah Sulayman, pointing to another group of people, "are their mouths bubbling?"

"In life," was the reply, "they used to speak ill of their neighbors behind their backs while pretending to be good to them in their presence."

"Why are many people clad in leaves?" Rajah Sulayman continued.

"When they were living," his guide told him, "they used to steal plants whose leaves they now cover themselves with."

He found many more men and women with similar afflictions and punishments, and getting weary of them, Rajah Sulayman resumed his journey. He traveled for seven years, seven months, seven weeks, and seven days until finally he reached a wide grassy plain called Kabasaran. Here heavy rain overtook him, and seeing a small house not far off, he sought shelter there. An old man and his wife received him kindly, and while waiting for the rain to stop, he was approached by the woman. "Are you on your way to attend the celebration?" she asked.

"What celebration?" asked Rajah Sulayman.

"The one in Agama-Niog, of course," she said. "Haven't you heard?"

Rajah Sulayman was surprised to hear the name of his own sultanate and eagerly inquired: "Who is the sultan of Agama-Niog?"

"Who might this man be?" the good woman asked her husband.

"He does not even know the name of the sultan of Agama-Niog! Of course it is Sambandar," she continued, turning to Rajah Sulayman.

Upon mention of his uncle's name, Rajah Sulayman knew that he had indeed reached the outer world at last. "Why does Sultan Sambandar celebrate?" he asked, anxious to know the fate of Putri

Rasagadang.

"He will wed his son to the beautiful princess whom he found in the sea," replied the woman.

When he heard this, Rajah Sulayman walked without stopping until, dripping in the rain, he reached the house of one of his chieftains. He entered the house under a disguise and found the owner in mourning clothes with other chieftains.

"Whom do you mourn, my friends?" he asked.

"For our ill-fated sultan, Rajah Sulayman," was the reply.

"Are you sure Rajah Sulayman is dead?" he said.

The chieftains felt insulted by the stranger's question and they approached him menacingly.

But Rajah Sulayman smiled and said, "So you do not believe Rajah Sulayman will return to you?" He took off his disguise and continued: "Look at me. I am Rajah Sulayman."

But because he had been away so long and because his cousin had convinced them that Rajah Sulayman was dead, they refused to believe him now. They drew their weapons and threatened to slay him as an impostor. But he dug into a secret pocket in his trousers and produced the inheritance ring his father had given him at his death-bed; and upon seeing this, the chieftains were convinced and embraced him weeping for joy.

He cautioned them to tell no one that he had come back. He took with him his most trusty warriors and set out for his father's palace. To his relief he found on arriving there that his cousin and the princess were not yet married. During all this time Putri Rasagadang had refused to speak to anyone and she had kept mourning for Rajah Sulayman. And since she would not talk, she could not be married to the sultan's son by the priests.

When she saw Rajah Sulayman enter the palace, she ran to him and wept. At first the sultan and his faithless son were very angry at the stranger, but when Rajah Sulayman showed them his father's signet ring and after he had told his uncle the real story of his adventures, his cousin confessed his betrayal and implored Rajah Sulayman's forgiveness.

This Rajah Sulayman gave, and his uncle conceded the greatness of his nephew. Then Rajah Sulayman and Putri Rasagadang were married and they ruled over the happy people of Agama-Niog long and wisely.—#

BEAUTIES AT THE FLOWER SHOW



ADMIRING A BOUQUET of Tailsman Roses at the International Flower Show, in New York, is pretty Jo-Anne Whitney, who graces the flowers with an added aura of beauty. Bloom and flower experts from distant parts of the world are attending the show, said to be the finest in many years and certainly since the end of the war. (International)

A FRESH HORSE

(Continued from page 11)

However Newton had got his start, it had grown into sections of land, hundreds of head of cattle. Now it was all gone. All that was left of Newton's empire was the house on Pine Street and three old maid daughters too frightened and proud to take back some of the bounty their father had so freely given.

I found an answer to my bitterness in the rushing water. I knew why I didn't want those things leaving the Porter house. I was inwardly fighting the disintegration of something that was old, something of the West that should be preserved for posterity. It made me want to brace my shoulder against time.

I fitted a cigarette into my holder and drove back to town.

I parked in the drive and someone hissed at me from the lilac thicket by the garage. It was Miss Sue.

"Dr. Evans," she said in a low voice. "I want to talk to you alone."

I helped her into the car and closed the door. I noticed she had two wrapped packages in her

hands. "I've come to see you," she said. "I'm sure we can get a small loan from Hugh to get started. And for all the groceries we've gotten from George Carter in our day, I'm sure he'll carry us for a time." I waited for her to go on. "We've decided to turn the house into an Inn," she said.

"An Inn?" I exclaimed.

She looked up at me with a little laugh. "After you left," she went on, "Jean and I pinned Abby down. We hauled all the skeletons out of the closet for a good airing. Our home has quite a historical background and a reputation for hospitality," she continued. "All three of us are good cooks. We plan to make a drive out over west lawn to the main highway. What do you think of the idea?"

"I think it's great," I said. "She thrust the packages into my hands. "We want you and Mrs. Evans to have the vases," she said.

I began to protest.

"Please, Dr. Evans," she insisted. "If you hadn't come to us today, we would have sold everything from under us, too cussed

Besides mediocre stories, our local movies suffer from mediocre photography, mediocre sound, and mediocre cutting.

To save time and money, our producers and directors force the cameraman to use mostly long or medium shots. Why not more close-ups for a change? Subtle shades of feeling and expression are possible only with close-ups.

Our sound could also be improved. Whenever a Filipino picture begins, the orchestral overture breaks through with the deafening impact of a hand-grenade which leaves the movie-goer already in a bad mood to enjoy the rest of the picture.

Effective cutting could also be improved by both director and editor. This bad habit of **overdoing** a situation, a joke, or funny sequence, should be stopped. Cut, cut, and cut mercilessly! Never give the audience too much of anything. By withholding any emotion, sad or funny, you make the audience ask for more and by not getting it their pleasure is increased. This is a mere psychological trick which all earnest and sincere artists know — and practice.

Open City, shown recently, was made in Italy by Italian actors, with inadequate movie equipment. Most of the shots taken were exterior. The interior shots were economically simple.

And yet Open City is in its second year in New York. Its story is terrific, its acting superb, the sound, cutting, and musical back-

proud to come right out in the open and saddle a fresh horse."

She started to get out of the car. Then she added, "Dr. Evans, a most peculiar thing happened this afternoon."

"What was that?"
"Mamma fell from the wall," she said. "It must have been talk of the Inn that did not. The andirons went right through the canvas. I'm afraid the picture can never be restored."

Miss Sue looked at me and I swear I caught a twinkle in her eyes behind the heavy lenses of her glasses.

ground just right.

Why can't we do the same?

Or don't we dare?

If it's money only our producers are after, they should have sense enough to know by now that you can't take it with you!

like individual differences, the role of heredity and environment in character development, the fundamental drives and urges in children and their natural expressions, native and acquired traits and their educational implications and many other points in the field of child psychology may be taken up for the benefit of those who have not had training and instruction in these matters. Likewise, the parents may learn in parent-teacher association meetings, the fundamental laws of learning and their significance. These laws are: (1) the law of readiness or interest; (2) the law of exercise or practice; and (3) the law of effort.

(Continued on page 31)

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'Seems Jo Me

By PIA MANCIA

'Seems to me everywhere one turns one meets up with contradictions. President Truman advocates world peace, and in the same breath waxes eloquent about the necessity of military training for his country's youth. Russia agrees that world peace depends upon her good relations with the United States. Yet, she continues with practices which would inevitably endanger these amicable relations. The United States, in turn, resents Russia's interference in other countries, yet continues to meddle in Chinese affairs.

Here with us the contradictions are flagrant too. President Roxas, for instance, would have more march music, even as he urges his people to work for peace in their country, and speaks of the peace in Asia as an important step for world peace. If we educate our young people—and the old ones too—for peace, why should we stir their hearts with march songs reminiscent of soldiers marching — marching to war?

We women too are guilty of contradictions, 'seems to me. We are loud in our vociferations against lack of principles, against the opportunism rampant everywhere. Yet, in a women's meeting, there was talk of tying up with the political party mostly likely to win. Principles, 'seems to me, did not matter then, until someone asked, "Who could safely predict which was the winning party?" Who would bell the cat?

It will be recalled that one of the charges made by communism against democracy has been the fact that hunger went side by side with plenty—and there was no attempt to make an even distribution of goods because that would keep prices down, and the capitalists did not like that. Does this same contradiction obtain here with us in the case of lumber exportation? 'Seems to me it does. In a country like ours where building materials are badly needed, where we can use all our lumber for construction, there seems to be no rhyme or reason in exporting.

Our lumber is public property. It seems only logical that the people should get first benefit from it. A few people do get the benefit—the exporters—the ones who can afford not to be too richly benefited because they are rich enough as it is.

Perhaps all these confusions and contradictions are a necessa-

ry concomitant of a period of transition which, it is claimed, we are going through. We do not know our minds. Our lone Assembly-woman was guilty of this confused view too—first she was in favor of divorce, then she was no longer in favor of it, and she made public enunciation of these opinions.

Only the other day I was talking with a man very well thought of in the government circles who seems to embody in himself the fine qualities of a high-minded public official. He was thinking of teaching in private institutions. He mentioned one of them—a flagrant example of a "diploma mill," as the President described them—and I called his attention

to the low standards obtaining in that institution, the corrupt officials, the means they use to "get by." Our highly principled government official answered: "What's the difference? I deliver the goods. The standards of their school are their own concern."

All this makes one seriously concerned with what is happening with the mental attitude of our people. What is wrong? We cannot just belly-ache and gripe, gripe and belly-ache. Something must be definitely wrong some place. Could it be lack of integration in education? 'Seems to me if we cannot lay the blame wholly at the door of education, at least partly we may.

Therefore, it will not be amiss

to speak here seriously of ways and means of conditioning the minds and hearts of our youth (and our old people too) to the ways of high-principled living, thinking and feeling,—and of acting in such a manner as to be in consonance with the world ideal of lasting peace.

To attain such an end there is need for an integration of our education. From the first grade in the elementary school to the last year in college this integrated purpose should be the warp and woof. It should be there, patent, unmistakable. For this goal, there should be textbooks written, especially in the grades. The old books are now outmoded, do not express what we wish to in inculcating the one-world idea of peace and understanding. All the artificial examples of living with which our children have been regaled in the past many now be substituted with real ones taken from the real life and experiences around us.

Values must be changed. We have exalted the heroes of war, praised their exploits, sung their glory. The children have been thrilled with example of men and women dying in the battlefield. It is time to exalt now heroes of peace, men and women in turn who made of human life something worthwhile and akin to God.

A woman social worker once asked a group of us, friends of hers, how, with one sweep, the women could eradicate the ills of our country. The answer given, which did not satisfy her, was that, each in himself, everyone of us should so think and live and behave that the unity of us all would speak for true and noble living. The advice was too high-faluting for her. Used to social work, where the workers solve specific problems of want and privation by specific solutions of gifts and donations, she was expecting a similar answer to allay her confusion about today's ills.

Yet, it is not a high-faluting answer at all. It is practical, workable. Nietzsche had said, so wisely: "Let the future and what it holds in the far distance be your guide today and everyday. My advice to you is to love not just your neighbor today, but those who will come after you." If each of us follows this advice how can the Philippines be other than peaceful, how, indeed, can the world be other than integrated?

MUSIC HAS CHARMS FOR VETERANS



IN THE NAVAL HOSPITAL at St. Albans, L. I., New York. Ray Evans, B. M. 2/C1 of Hamilton, O., forgets all about the heavy bandages on his head as he toots a trumpet during a free music lesson sponsored by the Musicians' Emergency Fund. The veterans' music program was established 18 months ago and now has more than 1,000 disabled veteran students, 800 of whom are in the hospital at St. Albans. (International)

fect or satisfaction and annoyance. Familiarity with these laws and their operation enables parents to manage and control situations at home in a manner that will insure the formation of good habits and acquisition of desirable attitudes and ideas for right conduct or the correction and elimination of undesirable traits and tendencies.

As far as the moral improvement of our adult population is concerned, the main responsibility rests with the church and the various agencies she has organized for the better carrying out of her mission. It is not for me in this paper to say what the church should do in this regard or how she should do it. I wish to point out, however, that there are a few things which we should bear in mind in formulating any plan for the improvement of the character and conduct of our adult population.

In the first place we must recognize the fact that religion is a determining factor in the moral life of an individual. For this reason, moral training must give top priority to religion, that is, to the knowledge of God and His Law and of the meaning and purpose of man's existence on this earth. Such knowledge is a matter of great significance to the individual and to the community in which he lives. For one thing, it determines for the individual his way of life, his attitudes, his interests, his sense of values. For another, it makes him a better citizen. Trained to love God for His own sake and to deal justly with his neighbor as he would have his neighbor deal with himself all for the love of God, an individual acquires a sense of responsibility, a respect for authority, and a due regard for the rights and interests of others. These are precisely the real foundations of civic virtue.

Having accepted Christianity as our faith, I take it that we are interested in seeing the ideas and ideals of Christianity serve as the basis and foundation of our social and moral structure. We wish our people to acquire a good knowledge of God and His commandments. We want them to be thoroughly impressed with the truth that God has created them and that the most important thing for them to do in this life is to love, honor and serve Him, their Divine Lord and Master. We wish to see our people become permeated with the spirit of Christian charity, the spirit which

HOME, SCHOOL OF VIRTUE

(Continued from page 29)

leads a man to action impelled primarily by the desire to please God and advance His honor and glory, the spirit which consequently, urges a person to perform his daily tasks conscientiously and to the best of his ability, and to take things calmly when faced by adversity, bearing cheerfully and courageously the trials, hardships and disappointments of life.

These are some of the things we should like our parents to acquire. Then the problem of creating a wholesome home environment which is an important phase of our program of character building would be infinitely simplified.

The average Filipino home like many of its counterparts in other countries is handicapped in its effort to develop desirable character and personality traits in children by its inability to provide wholesome home environment. Many of the conditions that hamper it in its mission arise from the ignorance of parents as to their obligations and responsibilities. Others exist elsewhere in the community and are much beyond the control of the home.

It is a fact, however, that in many of our homes opportunities

and materials exist which can well be taken advantage of and utilized to good purpose. With many a Filipino family, for example, religious devotions and practices are traditional. Grace is said at meals, morning prayers are recited together by parents and children, parents are greeted affectionately and respectfully by their children in the spirit of filial love and piety, etc. These traditions create a wholesome atmosphere in the home. Obviously, we should preserve them, for they not only foster the spirit of reverence, but also tend to strengthen the unity and solidarity of the family. Our parents should be made to understand their value and their influence for good upon themselves and their children.

Opportunities are available also for character and civic training in the many activities, responsibilities and services in the home—cleaning of rooms, fixing of beds, keeping of books and toys in order, looking after younger brothers and sisters, preparing the dining table, washing of dishes, keeping the yard and the home premises clean and tidy. The wise and understanding parent can profita-

bly utilize these activities to develop in his children desirable traits—helpfulness, cooperation, loyalty, industry, sympathy, thoughtfulness, the democratic spirit.

The parents' greatest opportunity, however, is found in his daily contacts and dealings with the members of his family. It is here where he brings his influence to bear profoundly and decisively for good or bad upon his children. As McKnown has well said, "the parent who respects the rights, feelings and property of other members of his family; who is sympathetic, kind, considerate, and interested; who exhibits self-control, patience, fairness, good nature, and tolerance, who evidences genuine delight in his children's accomplishments, assists them in their difficulties, and helps them to capitalize their failures—this parent will win and retain the love and esteem of his children and raise them up to bless his memory and improve the community."

In many other ways, the ordinary Filipino home can be made to become an effective center for character and civic training. To insure the ultimate success of its mission, however, it must have the cooperation of other character building agencies, particularly the school, the church, the govern-

(Continued on page 33)



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President Truman with his mother. (USIS)

A white-haired, indomitable 94-year-old woman is the "First Mother" of the United States today. She is Mrs. Martha Ellen Truman, the mother of the President of the United States. Time has dimmed her eyes, but her mind remains keenly attuned to the present, as well as to the past.

Mrs. Truman always has had absolute faith in the ability of her son to carry the load shifted to his shoulders by the death of President Franklin D. Roosevelt on April 12, 1945. When Harry S. Truman overnight became the Chief Executive of the United States, his mother received the news calmly, with the confident expression, "Harry will get along all right."

Daughter of Pioneer Parents

Martha Ellen Young Truman is of Scottish, Irish and English descent. One of nine children, she was born November 25, 1852, the daughter of pioneer parents who had gone from the still partly wilderness state of Kentucky to the even less settled midwestern state of Missouri. Her parents, Solomon Young and Harriet Louise Gregg Young, had freighted their belongings and traveled by river boat from Shelby County, Kentucky, down the Ohio River, up the Mississippi, then westward up the Missouri to the edge of Kansas, finally establishing themselves at old Westport Landing, Missouri, where the wagon freight routes started out toward the romantic West.

That was in the early 1840's. Solomon Young set up an ox-team wagon freight service from

Westport Landing to Salt Lake City, thence to San Francisco. The venture prospered, and Young saved sufficient money to purchase 5,000 acres (2,000 hectares) in Jackson County, 17 miles (27 kilometers) south of Westport Landing. As his wagon freight business grew, Solomon Young kept investing in land, and soon became a man of recognized means in Missouri.

It was in these western Missouri hills near the Kansas border that Martha Ellen was born and that the Young family, fiercely Democratic in politics and staunch Confederates, (people of the southern states which succeeded from this union) lived through the Civil War days.

While Solomon Young ran his wagon trains often making the long, tortuous journey to Salt Lake City by himself and then on out to San Francisco, Harriet Young looked after the farms and kept affairs in order. It was during one of these lonely sojourns, when Martha Ellen was a slender, dark-haired child of nine that Union (Northern) forces raided the Young farm. Although she was only a child at the time, this incident is still vivid 85 years later, in Martha Ellen Truman's mind.

In 1868 Young purchased 600 acres (240 hectares) of farm land near Grandview, in Jackson County, Missouri. It was while

the family lived there that Martha Ellen met handsome young John Anderson Truman from a nearby farm. Growing up together on the farms, they became neighborhood sweethearts. Martha Ellen lived the typical life of a young southern girl in a well-to-do family, tending flowers, helping some in the farm home (there were servants for the main tasks), riding horses and attending church and social affairs of the pioneer Missouri community. She also played the piano, and liked dancing. She was educated in the Baptist Girls College at Lexington, Kentucky.

Married in 1881

On December 8, 1881, John An-

—"do your best, be loyal to your friends, never forget your enemies." Although usually she ruled her children with kindness, she was a strict disciplinarian, according to Harry Truman. He often said after he grew up, "We were taught that punishment always followed transgression, and my mother saw to it that it did."

In 1891 the Truman family moved on to a larger town—Independence, Missouri, where John Truman could better conduct his business of buying and selling animals. But ten years later, when 17-year-old Harry met financial reverses which swept away their home in Independence,

MRS. MARTHA ELLEN TRUMAN

derson Truman and Martha Ellen Young were married. Two years later they moved to Lamar, Missouri, 125 miles (200 kilometers) southeast of Kansas City, where John Truman established a fairly successful business of buying horses and mules. The Truman mule and horse barn was a sort of gathering place for farm folk who wanted to gossip, talk Democratic politics, or arrange a horse trade, for John Truman was always ready to "swing a deal." It was not a flourishing business, but one that sometimes turned a handsome profit and produced a fair living by Missouri standards, but not a great deal more.

It was there, in a low, white, four-room frame house which still stands, that Harry Truman was born in 1884. The family then moved to a farm at Harrisonville, Missouri, where two years later another son, John Vivian, was born. When Harry was four years old, the Trumans moved into the white, rambling, eight-room two-story farmhouse at Grandview. Here Mary Jane, the youngest and last child of the Trumans (she is five years younger than the President) was born.

Martha Ellen Truman found time to be a good mother during her endless farming tasks. She lived by the Spartan philosophy which she passed on to her sons

There was barely enough money left to purchase a less pretentious dwelling in nearby Kansas City. The family remained in Kansas City for three years, then John Truman traded the home there for an equity in 80 acres (32 hectares) of land near Clinton, Missouri, and went there to farm. In 1906 the Trumans moved back to the farm near Grandview which Harry as a boy had loved so well. The President often has referred to the following decade as the happiest years of his life. But they were not to last for either Martha Ellen Truman or her son—in 1915 John Truman died, and two years later Harry Truman went off to fight in France. He lived on the farm only a short time after that, after he returned from the first World War. But Mrs. Truman remained on the family farm until a few years ago, when she moved into Grandview.

Makes Home in Grandview

She lives today in that village of 800 in an unpretentious five-room modern bungalow a short distance from the main street. With her lives her daughter Mary Jane, who takes care of her. A half mile (0.8 kilometer) outside of town is the old Truman farm.

Mrs. Truman was a surprisingly vigorous woman of 94 (although she had walked with a cane for many years) until she

in February of 1947 and her broke her hip. She remains brisk, sprightly and jolly, and her humor holds—she likes to joke with people. Awake at 6:30 in the morning, she is eager for what the day may bring, and has an outstanding knowledge of current world affairs. No bit of news, particularly matters in which the President has a hand, escapes her.

Follows News Avidly

Newspapers are read to her daily, and she also regularly follows the Congressional Record

(which the President sends her) to learn what all those Senators and Representatives say." She likes to clip items from the newspapers for her memory book, and she also keeps closely posted through radio broadcasts on the news of the world. She hears every speech of the President, and her last act before retiring each night for years has been to tune in on the 9 o'clock news broadcast. Listening to the radio in general is a favorite pastime—"I like newscasts and songs"

cowboy songs and all kinds," she says.

Mrs. Truman declares that she never wished, as most mothers do, that either of her sons might become President of the United States. She says of Harry Truman, "I never even dreamed that some day he might be Vice President of the country. I just raised all my children to know that they must always aim to do the right thing. They may make mistakes, but they'll be honest mistakes, and that's only human." She hadn't wanted Harry Truman

to be Vice President—she thought he could do a better job as a Senator, but she prays every night now that he will be the greatest President in history.

Not Awed by Son's High Estate

The President refers endearingly to Martha Ellen Truman as "Mummy." She is not awed by her son's ascendancy to the White House; she visits regularly to give him a "piece of her mind" just as she did when he was Senator and she once called him to task for not reporting for a roll call. "You be good," she

Medical Notes

PROGRESS MADE IN CANCER DETECTION

HARTFORD, Conn.—The Hartford Courant in a recent editorial commented that there are unmistakable bits of evidence that ultimately there will be greater progress in the control of cancer.

The editorial referred particularly to the report by William L. Laurence in the New York Times of a new test that might make it possible to detect cancer in its early stages. The test involves the injection of fluid from the patient in rats. If cancer is present in the patients, the rats react to the fluid. In 32 tests where the diagnosis was unknown, six tests proved positive while the remainder were negative. Later examination of the patients showed six to have varying types of cancer.

The Courant said that the new test, if corroborated by a later experiment, would place cancer in the same category as tuberculosis as a curable disease, adding: "Certainly it is an end to be fervently wished for, but the small number of cases on which it has been tried does not warrant its unqualified acceptance as yet."

HOSPITAL HOLDS SYMPOSIUM

WASHINGTON—A symposium at an army medical center, Walter Reed Hospital, has produced several interesting medical reports.

Speaking on streptomycin, Major Edwin Pulaski of Texas said the drug effects a rapid and permanent cure for tularaemia and has "proved a life-saver in several mixed infections of the ear, brain and spinal cord" He added some of the most dramatic results with streptomycin have been in meningitis cases. When added to the milk formula for babies, the drug also has been effective

in the control of infantile diarrhea.

In another address, Dr. Alf S. Alving of the University of Chicago reviewed developments in the treatment of malaria. He said the nation's primary malarial problem affects veterans who suffer frequent relapses. An eventual cure can be accomplished by the treatment of individual attacks with quinine and such drugs as atabrine, chloroquine, paldurine and pentaquine.

"MOUSE DAIRY" ESTABLISHED

NEW YORK—A "mouse dairy" has been established by Columbia University in order to continue a phase of cancer research with specific attention on breast cancer.

Of the 3,000 mice in the Columbia laboratory, 680 are females of the White Paris strain which almost invariably have breast cancer. The others are of the black C-57 strain which almost never develops. The young are being fed the milk of white mice mothers. After a year and a half, if the black mice have developed breast cancer, the laboratory will have proved that the chemical isolated by a doctor of Columbia University is that which causes breast cancer in mice.

DIABETES SOCIETY MEETS

NEW YORK—The Lady Society of New York Diabetes Association a society composed entirely of laymen interested in the promotion knowledge of diabetes, recently held its first meeting. The society plans to hold large open meetings at which specialists will take part in question-answer programs. It will also act as a clearinghouse for a new publication of interest for diabetics.

About 39 other similar organizations are being formed in other parts of the United States and Canada, it was also said. (USIS)

HOME, SCHOOL FOR VIRTUE

(Continued from page 31)

ment and above all the community. All of these should cooperate and coordinate their efforts and their activities. Under proper direction and with the help and cooperation of other institutions, the average Filipino home, with the opportunities and materials it

possesses can contribute substantially to the building up of a great nation, a nation of men and women with moral and civic virtues which make for national greatness, and for the peace, welfare and happiness of the Filipino people.

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always admonishes her when he comes to see her, "but he game too."

When Secret Service operatives wanted to wire Mrs. Truman's home against intruders shortly after Truman became President, she would have none of it. She said it wouldn't be neighborly, and neighborliness is important to her.

On Mother's Day in 1945 Mrs. Truman was a guest in the White House—the President had sent his personal plane to Missouri for her. It was a momentous occasion—her first airplane flight, her first visit to the national capital, and the first time to see her son since he had been President. But she remained unimpressed. She endeared herself to the press when President Truman boarded her plane on its arrival and brought his mother to the door of the

plane to pose with him for photographs. "Oh, fiddlesticks!" she said. "If I'd known that I would have come."

Named Outstanding Missouri Mother in 1946

On May 29, 1946, Mrs. Truman was named the Missouri Mother of 1946. She was also nominated for the American Mother of 1946, but the President requested the Golden Rule Foundation, which makes the annual award, not to consider his mother for that honor because of her age. He also asked that the Missouri award be presented quietly and without advance notice to his mother. Successfully recovered from a cold which had prevented the committee from calling on Mother's Day, Mrs. Truman was delighted with the honor but somewhat nettled because the formalities had been skipped.

THIS FORTNIGHT'S ISSUE

(Continued from page 3)

ALSO the circulation department found itself pleasantly annoyed at various times when people would drop in at ungodly hours and demand to buy—not a copy or a dozen or fifty—but hundreds of copies of the magazine. Roque Laudico who is proudly not a staffer of the Woman's Home Journal found himself commandeered one noon time to haul from the bodega some hundred copies to satisfy a customer and deserve a much coveted "thank you" from this woman's magazine.

FURTHERMORE, that June 15 issue caused many a photographic studio to lose business. To friends in the United States who have been asking Helen Benitez for a photograph, Helen sent the Woman's Home Journal instead where she appears on the front cover. Has given that cover portrait a name: "prettier me."

ON the whole, the bulletin on Exhibit "A" (let's get this over with, once and for all) does read quite well. Here it goes:

Soon after the publication of Exhibit "A", separate women's groups urged on the majority party the nomination of Attorney Pacita de los Reyes for senator on the Liberal ticket.

The WILOCI, her principal backer, has since redoubled its efforts to galvanize feminist support for Miss Reyes into action.

Asked to comment on Exhibit "A", two of the most prominent majority party leaders said that, while they believed the qualities of Miss de los Reyes could really help in bringing the government back to the people, they found it impossible to work up sufficient enthusiasm over any woman's entry into the senatorial race. They confessed to certain "misgivings" about women's active participation in politics. As an afterthought, they asked not to be quoted, presumably out of fear of the women's vote.

Cesar Azarcon, who was until lately on the staff of the hard-hitting Philippine Liberty News, said: "The feminist movement is presented forcefully—and for the first time—in its true light, that of being an integral part of an over-all movement for a new order. The exposition in Exhibit 'A' of the plight of the Filipino woman is lucid, timely, and dramatic."

Editor N. V. M. Gonzalez, of the Saturday Evening News Magazine, made some offhand observations on Exhibit "A" which he withdrew "on second thought."

Besides the WILOCI, members of such younger social welfare groups like the VSAC, JLA, and Kayumangki, reacted favorably to the idea of launching the senatorial candidacy of Exhibit "A".

"HOME, School of Virtue" by Luz Alzona-Zafra is a gem. It



FOOD FOR UNDERNOURISHED BABIES.—Above is a typical pile of a considerable windfall of strained baby foods, including milk and tiki-tiki, donated to the Philippines by the emergency food allocation drive in the US for use in the launching of the PWIC-sponsored P600,000 child feeding program which gets underway Monday. Picture was taken inside the San Lazaro hospital compound where the PI mission headquarters of the PWIC (US) is located.

would never have been written, we suspect, if there had been no Educational Convention. That confab brought luminaries, who have been hibernating, to the fore and the words that poured out of their mouths are records for the sages. The country's foremost educators minced no words for the present set-up and defined the function of education in this atomic era. Mrs. Zafra sounds off workable theories which parents would do well to read.

"Our Mediocre Movies" makes Wilfrido Ma. Guerrero a pleasant mouthpiece for many a playwright, movie fan and plain citizen. Mr. Guerrero may sound caustic in parts but one sees he makes sense and has only constructiveness at heart.

ATTORNEY Cecilia Muñoz-Palma is the President of the Philippine Women Lawyers Association. Like the rest of the women lawyers she can not take the vitriolic "Hanggang Bar Lamang" sitting down. Here she takes apart the rare mechanism called woman lawyer and finds to her satisfaction that her male colleagues are greatly to blame for what is called her "failure".

Dr. Florendo dropped in by our desk the other day when she brought in her "home work" for the fortnight. She had very nice words for the magazine—some-

thing we suspected she had been wanting to say all along as we gather from the zealotism and gusto with which she tackles her "assignments" in the interest of health.

OUR fashion double-spread got all twirled up in the machines. It would take a day of highly technical explaining to give you a hint of just what happened. Bride Julita Ortigas, daughter of Doña Julia, member of the Board of Directors of the National Federation of Women's Clubs, should be on the left-hand page and Miss Razon's sketches on the right. But that shouldn't make much difference, the sketches, and photographs are no less beautiful, aren't they?

WE have a fashion column now for teenagers. We are a little proud of the tip finds, though we are no longer a teenager ourselves. The models are; Hollywood movie gals, one is Virginia Huston, she with the embroidereb bodice; the next is a cute get-up (initials for neckline) in "Something For the Boys" soon to be released at the State Theatre; and the last is a sparkling creation reminiscent of our paneleless ternos in an EKO production. The photographs are from Hollywood, but the tips are from yours truly.

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