

Woman's Home Journal ^{OCT}

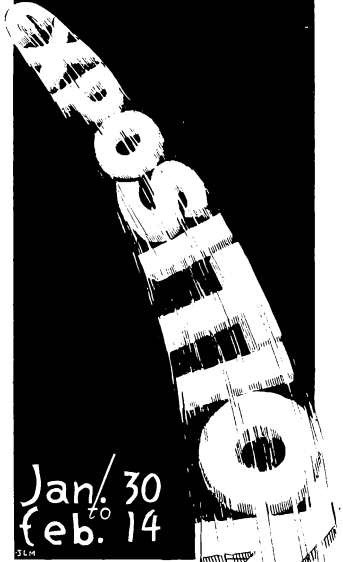
OFFICIAL PUBLICATION OF THE NATIONAL FEDERATION OF WOMEN'S CLUBS OF THE PHILIPPINES



20 Centavos

December, 1936

PHILIPPINE



Jan. 30
Feb. 14
1937

1937

1937

**PHILIPPINE
EXPOSITION**

January 30 to February 14

An Exponent of the
Country's Progress in

**COMMERCE
AGRICULTURE
INDUSTRY**

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Hemp—Hall of Coconut—Hall of Tobac-
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Hall of New Industry

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1937 PHILIPPINE EXPOSITION

Woman's Home Journal

MINERVA P. GUTSAYKO
Editor

OFFICIAL PUBLICATION OF THE NATIONAL FEDERATION
OF WOMEN'S CLUBS OF THE PHILIPPINES

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Exposition Notes

Plans for the commercial and industrial fair which will be held in connection with the 1937 Philippine Exposition from January 30 to February 14 are progressing rapidly, according to reports made at a luncheon at Exposition headquarters by the men who are directly responsible for the success of the fair. The luncheon was given by Arsenio N. Luz, director general, to the directors of the various bureaus under the department of agriculture and commerce and the members of the committee in charge of the commercial and industrial phase of the Exposition.

Under-Secretary Jose Camus, of the department of agriculture and commerce, reported that the plans of his committee call for one of the biggest expositions seen in recent years. Director Hilario Silayan, of the bureau of plant industry, described the details of the exposition plans including the arrangements of the various "halls" which will house the exhibits of the main industries of the Philippines. He said that the exhibits will show the production of the raw materials used in the various industries as well as the process of manufacturing the finished products.

Director Quince Abadilla of the bureau of mines gave a brief resume of the exhibits which will be shown in the Hall of Mines. Mariano Garchitorena, chief of the fiber inspection service, described the way the Hall of the Hemp Industry will look when completed, the exhibits including samples of the various fibers, the products of the various industries using fiber as a basic material, and charts showing where Philippine hemp and its products go after being exported.

Thos. J. Wolff, chairman of the executive committee of the Philippine Exposition, suggested that the exhibits include a miniature plan for flood control, with a view to educating the public on flood control methods. He referred to the recent Cagayan Valley flood which left 80,000 persons homeless and caused untold deaths and damage to buildings and crops and added that such calamities as this demand that the government take steps to control methods would be valuable in educating the public on the necessity and wisdom of such enterprises.

A discussion of plans to insure a most successful exposition followed. Among the steps decided upon to improve conditions on the grounds and insure the comfort of the thousands who will view the Exposition was the improvement of drainage facilities against any danger of heavy rains flooding the exposition grounds.

THE progress made by the Philippines in the field of manufacturing, commerce and industry

OUR CANDIDATES

The following have been elected as candidates of the WOMAN'S HOME JOURNAL for the title of "Miss Philippines" and Queen of the 1937 Philippine Exposition:

1. MISS LOURDES ALUNAN, daughter of Mr. and Mrs. Rafael Alunan. She is very prominent in Manila's social circles and is vice-president of the exclusive Kahirup Club.
2. MISS PILAR CAMPOS, daughter of Pedro L. Campos, president of the Bank of the Philippine Islands. She is at present a student in the college of law of the University of Sto. Tomas.
3. MISS ESTER TORRE MELLIZA, daughter of Serapion Torre, famed vernacular poet. Miss Torre Melliza is a student in Chemical Engineering, Mapua Institute of Technology. She was born in



MISS LOURDES ALUNAN
One of our candidates.

Molo, Iloilo, eighteen years ago.

will be the theme stressed by the bureau of commerce in its participation in the 1937 Philippine Exposition which will take place from January 30 to February 14. Pro-

ducts of Philippine manufacturing firms from all over the Islands will be exhibited and sold at the Bureau's pavilion.

A new note in the bureau's ex-

hibits will be the spacious show windows which will be built along the entire frontage of the pavilion. The display in these show windows will portray the outstanding manufactures of the country and will give visitors at the Exposition a bird's-eye view of the possibilities and new developments in the industries of the Philippines. The exhibits will be arranged by departments so as to facilitate the sale to customers and make the arrangement more in consonance with the artistic theme of the pavilion.

The exhibits will be designed to encourage manufacturers to improve products by showing them the necessity of making quality goods for the market here and abroad. A sales campaign will be undertaken, based on the high quality and workmanship of the articles exhibited. Descriptive literature will be distributed and radio programs advertising consignors and their products will be broadcast nightly.

Pamphlets, folders and leaflets enumerating the services undertaken by the bureau of commerce and showing how the public may make use of such services will be distributed.

A brief outline of the plans for the participation of the United States Army in the 1937 Philippine Exposition indicates that the main features will differ materially from those shown in past carnivals, it was learned at Exposition Headquarters yesterday.

One radical departure from the Army's participation plans in the past is the elimination of the fixed exhibits of the various branches of the service. In lieu of the fixed exhibits, troop participation will be increased. Troop, "F", 26th Cavalry, from Fort Stotsenburg, reinforced by selected American personnel, who have had rodeo and circus experience will put on a nightly Wild West Show and Rodeo at popular prices.

In addition it is planned to stage an episode from the Crusades, depicting an attack on a Saracen stronghold by the Crusaders. Other military features will be exhibitions by companies of the 45th and 57th Infantry from Fort William McKinley and especial demonstrations by the 31st Infantry.

Receipts from the Army show at the Exposition will accrue to the Army Relief Society.

Exposition officials also announced yesterday that two more provinces have been added to the list of those which have decided to participate in the 1937 Exposition. To date twelve provinces have already definitely decided to take part. They are as follows: Bontoc, Davao, Capiz, Romblon, La Union, Aneña, City of Baguio, Rizal, Iloilo, Cotabato, Ilocos Sur and Laguna.

CHRISTMAS THOUGHT

"I WOULD be the first to protest if we gave no gifts at Christmas. But let us be lavish only with the children, always remembering that a child is apt to find his favorite toy in some little device from the corner store, rather than the elaborate fire-engine or the mechanical doll that talks and walks. Let us be generous with those who have little rather than those who have much. Also let us remember that a personal Christmas message to some friend may mean more in ultimate values than anything else.

"I love a Christmas tree, but I'd advise against worrying about how many packages we can pile beneath its branches and to think of the star that shines upon its tip and of what it means—the star that shone over Bethlehem and over a Baby lying in a manger.

"After all, a pot of gay Christmas bloom for some lonely old lady or a box of candy and a toy for some forgotten child may make the Christmas star twinkle ever so much more brightly than our most magnificent gesture in some other direction."
—Oscar Graeve.

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DEAR FRIENDS,

I cannot let Christmas pass without greeting you and wishing for you the fullest happiness that the season can bring. I hope that the New Year will find you richer in your family life and with greater strength to cope with the problems that Time will bring in its wake.

The spirit of giving still remains the guiding ideal of the Christmas season. Thoughtful remembrance still implies Christmas in its truest sense. This year, let us have these ideals with us, and in fulfilling them, it will bless us to remember those who are in direst need of our thoughtfulness: the poor and the needy and those who are ailing. In every community, there are children to whom Christmas is just a term. There are poor folk to whom this blessed occasion is a source of sorrow and bitterness. Let us make Christmas real to them. With kindly thoughts and material donations, we can impart joy and cheer to those who most need them. And in doing these simple duties, we enter completely into the spirit of Christmas and do our bit in keeping it the most beautiful tradition that Christianity has bequeathed to us.

At no time of the year is there more urgent need for peace and good will among men than during the Christmas season. Even warring nations, torn and bleeding from the cruelty of men, pause in their ambitious struggle for power to remember the glorious event of Christ's nativity. We in the Philippines, who are in better conditions, should express our thankfulness through mutual helpfulness and good will towards one another. There is a gift which truly blesses both those who give and those who receive—and this is service.

Sincerely yours,

Pilar H. Lim

With Us...

Christmas is at hand, and gift giving is in order. With due thoughtfulness, we shall distribute gifts to relatives and friends and send messages of cheer and good will to whom-ever will appreciate such. Even our enemies will share in the mellowing glow of peace which Christmas sheds yearly upon the universe.

What shall we give ourselves and Filipino womanhood in general?

Someone suggests that we give ourselves the invaluable gift of full citizenship. What, indeed, could be a better gift for ourselves this Christmas? Full citizenship, with all the joys and the tribulations that must accompany it, comprise a gift which we, in our mature readiness, truly deserve. Let us cast aside old-fashioned prejudices and inhibitions and gladly welcome it. Willingly and competently, let us meet whatever demands progress makes upon us and step into our rightful place in the world today. This Christmas, let us give ourselves the assurance of a future success and strengthen our determination to overcome the menace of the plebiscite in 1937. Let us close our doors to doubts and fears, the better to feel the rich warmth of hope and the beauty of courage. Full-heartedly, let us enter into the spirit of giving and bless ourselves and our daughters' daughters with the gift that counts—complete citizenship.

* * *

With the convention over, one thing stands boldly in our recollection. This is the social work method as a vote-getter for the plebiscite. We cannot think of a more effective way of insuring our success on April 30, 1937. Through this method, the one campaigning goes through a house-to-house survey which will reveal to her not only the attitudes of the women in her community about suffrage but the social problems as well. By seeking to relieve these problems, she intensifies the service objective of our struggle for suffrage and encourages a more permanent belief in the blessings that a successful plebiscite will bring.

* * *

This year's celebration of Girls' Week was notable in that for the first time the young girls were given an entire project to accomplish. If the girls were not very successful, the fault is not theirs but in the novelty of the responsibility. One thing, however, was certain. Our young girls of today must develop a more intelligent sense of leadership and cooperation. The past Girls' Week gave them valuable training in standing alone. They trusted solely to their native resourcefulness for the success of an undertaking. It also revealed the need for further training in the handling of responsibility. The young girls are the recipients of whatever success our present fight for political emancipation may bear, and we appeal to them to rise above the weaknesses of their youth and to lend whatever support they can for the achievement of a significant end. They can prove that the principles of Girls' Week are not entirely lost in them after the week is over but remain as the foundation for a more vital participation in national affairs.

* * *

The year's campaign against tuberculosis reminds us once again that the white plague is one of our greatest enemies. It sneaks into the security of our homes, undermining the health and happiness of those who are dear to us. Fighting this dread enemy is a big order, for in one annual swoop it can fell 33,000. There are 2,000,000 people in this country who suffer its prolonged torture. But tuberculosis is not invincible. With the united efforts of the health officials and the rest of the intelligent population, this country can defeat it. Let us do our share in this mighty battle. With a little amount of money and plenty of willing aid, we can subdue the white monster and reduce its yearly toll of lives. Buy Anti-Tuberculosis Christmas Seals, one of which is reproduced on our cover this month.



A Christmas Prayer

By James Hilton

Let us pray to God, the Unconquerable Spirit in Man.

Help us to rebuild the world for more splendid lives than ours; add wisdom to the ardor of the young, and loving kindness to the musings of the old; make our eyes aware of things that are too gentle to proclaim themselves; give us emotion far beyond the fret of nerves; free us from fear of our own brothers, and from the triple curse of greed, intolerance and vainglory.

Lift the dark cloud of war from our future, and grant comfort to all quite kindly folk who carry peace in their hearts amidst the stress of conflict; strengthen them also to endure what may befall.

Bring down the tyrant, befriend the victims of injustice and equate the rewards of labor nearer to the needs of men; and accustom us to work, not for the snatched profit, but for the common good and for the planned destiny of mankind...

Give patience to those who wait restlessly for this, and hope to those who have ceased to believe that it will come; and fill our hearts with faith in a Kingdom of Heaven which our children's children may someday find on earth.

Motherhood Is No Longer A Gamble

Says

Dr. Pedro T.
Lantini



On this anniversary of the most glorious motherhood in the history of mankind, a famous doctor sends in a message of hope and issues a challenge to the feminine world.

MOTHERHOOD is no longer a gamble. In the old days, a woman who bore a child ran the risk of certain danger. Ignorance and carelessness were against her, and maternity was just a step into the grave. But civilization has changed all this. Today, modern science has made maternity safe. The bearing of children has become a natural function that can be performed without danger of death or of lengthy illness. Even the poorest mother can step into a puericulture center or a hospital for proper treatment and advice, and the well-to-do mother gives birth to a child in comparative comfort.

Something, however, which is more potent than ignorance is combatting maternity. This is the destruction of the *will* to have children. A greater danger than the individual death of mothers is working to destroy the race, to cause the death of future humanity that must go on with the work of building up a nation. In our country, this danger is being introduced, and we cannot afford to welcome it within our doors. It must sneak like an unbidden guest into the consciousness of the modern woman

and thrive on the selfishness that can be found therein. Economic poverty, danger of death, the improvement of racial standards are among the set phrases with which this selfishness is fed by propagandists. With hardly a second thought, therefore, modern mothers are conspiring to end birth, and subsequently, to end progress and strength in the nation.

Maternity, of course, must contain some elements of danger. As a famous scientist has declared, it is for this reason that maternity has always been held in such respect by humanity. But since the

time of Pasteur, the danger of infection has been greatly diminished. The Paris Conference on puerperal infection has revealed that with modern scientific methods, maternal mortality has been reduced from a total of 28% to 1.5% per thousand. Dr. Lee of Chicago considers maternal mortality in Western countries about 5% per thousand; 6.4% per thousand in the United States; a third less in England; half as much in Holland, Denmark, Japan, Italy, Switzerland and New Zealand. It will probably be reduced in the future to about 1% per thousand. (Guch-

teneere, pp. 125-130, London, Shed & Ward, year 1933)

Contrary to common belief, maternity generally enhances, instead of diminishing a woman's health. Propagandists and modernists who seek to frighten the women by asserting that there is a higher rate of mortality among mothers of large families give forth statistics that are not entirely free from error. Very often, no account has been taken of poverty, ignorance, lack of care, and other factors present in the surroundings of large families and these are the potent factors that influence the mortality rate of mothers and children.

The researches of Bell, Jones, and Catell in a genealogical study of population in 1918 carried out in places where causes of error are eliminated, have shown that if there is any connection between longevity and the number of children brought into the world, this relation is, if anything, contrary to what is commonly supposed. In Catell's study on the families of American university graduates, it was shown that 45 mothers who had only one child lived on an average of 68 years, while 43 mothers

"Everything in woman is an enigma, and everything in her is explained by the one word *maternity*."—NIETZSCHE

* * *

"It has needed all the deviations of a civilization which is largely artificial and all the propaganda of those who are the enemies of the child for this elemental idea to be lost sight of by many modern women."

* * *

"Maternity is a normal physiological function of woman and the natural end of her sexual cycle; it is necessary to her health and well-being."

* * *

"Woman is organized for the purpose of maternity; sterility or insufficient reproductive activity upsets her whole metabolism . . . maternity is the complete fulfillment of woman, and she must be granted the time of her fulfillment. Maternity cures most of her functional troubles, but for a woman to be fertile, she must not have waited too long not only for the effects of the time, but for the more instant effects of voluntary sterility."

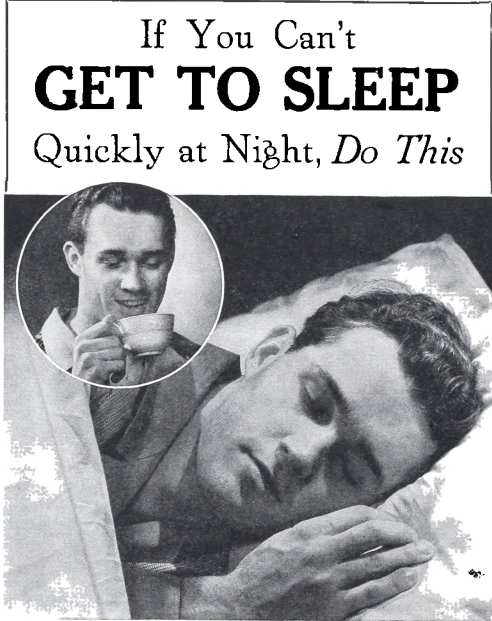
Dr. D. Petit-Dutaillis

who had nine or ten children lived on an average of 78 years. Powys' statistics which include various classes show that mothers of fairly large families lived longer on the whole than those who had smaller families. (Guchte-neere, pp. 125-130, London, Shed & Ward, year 1933)

The Commonwealth is coming to the aid of the mothers. Economic depression, which is at the bottom of the majority of the suffering in large families, is being alleviated. It is not the number of children which should be reduced. Our country has resources enough to give life to an unlimited number of Filipinos. It is the social ills—the slums, inadequate living conditions, ignorance and indifference to health—these are the real evils, which should be destroyed, and our government is fast realizing this. Social justice which has to do with the improvements of the social of the masses, the creation of new industries, the introduction of measures fostering education and health facilities must tend to improve and encourage family life even among the poorest of this country. The sanitary measures instituted by the Commonwealth are already saving many lives, and

social improvement, although gradual, is sure to come.

With such interest in public welfare, the government has issued a challenge to the womanhood of the Philippines to do their share in building the nation's popularity. This is their chance to prove themselves and to pass successfully the test of courage and self-abnegation which a progressive Republic must put upon them. The health centers, the dispensers of social justice and public sentiment should come to their aid in the performance of the most glorious task of which womanhood is capable. It is the sacred duty of the women of the present and of the future to rise above the propagandist scare and selfish reasons and to enrich their country with the most precious inheritance of humanity. On this anniversary of the most glorious motherhood in all the history of mankind, I say to the women of the Commonwealth, Come forward and meet your test with courage, for motherhood is no longer a gamble! We cannot be gods and destroy the future of newborn humanity, but we can keep the miracle of birth going on in this earth with patience, and courage, and a little sacrifice.



If You Can't
GET TO SLEEP
Quickly at Night, Do This

Try This Natural, Drugless Aid That Now Helps So Many "Poor Sleepers" Get To Sleep . . . And Gives Them New Energy Next Day

SLEEPLESS nights! What penalties they impose! How they sap your strength—unstraining your nerves—and handicap you socially and commercially!

But now there is a simple way to foster sound sleep *quickly*, as soon as you go to bed. A way that helps thousands of "poor sleepers" get to sleep without tossing and turning each night—and brings new energy next day.

One of its most unusual features is the fact that it is not a medicine in any sense of the word. It is as free of drugs as the bread you eat or the milk you drink. Thus it fosters *natural* sleep.

What It Is

It is a delicious pure food-drink called Ovaltine—first created in Switzerland and now made in the U.S.A. Originally it was designed as a strengthening food for convalescents, the aged, and for nervous, underweight children. Then physicians observed that, when it was taken as a hot drink at bedtime, it also acted as an effective aid to sound and restful sleep. . . . This is how its results are explained:—**First:**—As a hot bedtime drink, Ovaltine tends to draw excess blood

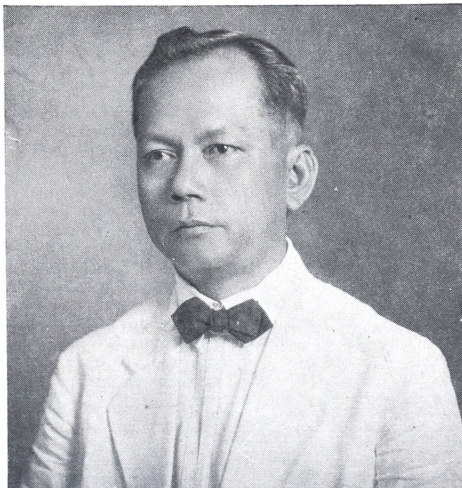
away from the brain. Thus mental calm is invited—the mind is "conditioned" for sleep.

Second:—Ovaltine, on account of its ease of digestion, gives the stomach a light digestive task to perform. Thus helping to do away with that hollow, restless feeling that keeps so many people awake.

Third:—It has also been observed that Ovaltine not only helps to bring sound sleep quickly but, in many cases, helps to improve the *quality* of sleep. That is why so many users report they awaken in the morning so greatly refreshed—looking and feeling like different people as the result of the sound and restful sleep they've had.

Try It Tonight

Get a tin of Ovaltine without delay. Mix 3 to 4 teaspoonfuls with a cup of hot milk and drink it just before getting into bed. See if you don't fall asleep more easily and naturally than you have, perhaps, in weeks and months. . . . In the morning, take stock. See if you don't feel much fresher than usual—and possess more nerve power and energy, too. Thousands of delighted users have had this experience with Ovaltine—and it may achieve a similar result for you. Get a tin from your nearest dealer now. **T**



DR. PEDRO T. LANTING

"Was It For This Your Mother Sweated In The Cold?"

DO YOUR CHRISTMAS SHOPPING EARLY! AVOID THE RUSH! TIES-10% DISCOUNT! ½ OFF ON ALL BRASS GOODS! RIBBON REMNANTS! BARGAINS!

Stand on any corner in the shopping district and watch the crowd pass to and fro. The moods of the Christmas shopper are varied. From them try to glean what is meant by "CHRISTMAS SPIRIT!"

One mother, her children now grown, was heard to remark, "I hate Christmas, it wears you out, empties your purse, and makes hypocrites of your neighbors." Another remarked—"Christmas! Its a lot of rot and nonsense. If I had my way I'd abolish it altogether."

Christmas, as it has come to be with women like these and many many others, and Christmas as we are passing it on to little children in selfishly heaping them with toys and treats and the constant cry of "what do you want Santa Claus to bring you," or "what are you going to get this Christmas?" is far removed in spirit and practice from that first Christmas morn, not so many centuries ago, when in a rough hewn manger cradle a gentle mother laid her first born son and pondered on that prophetic vision of one who was to save the people from their sins.

Today hate and greed, suspicion and prejudice, cruelty and waste, selfishness and blasphemous living are still rampant and the Skeptic shouts, and the Cynic wails—"Where now, is this Prince of Peace, and the goodwill among men! Mute, He lies within His vaulted grave".

"The stone the angel rolled away with tears

As Suggested by the Poem—"To Jesus on His Birthday"—By Edna St. Vincent Millay.

By

DOREEN B. GAMBOA



Is back up on your mouth these thousand years."

This is indeed a strange heritage for a Christian people to leave their children. But as surely as we have allowed Christmas to become commercialized in our hearts and homes, just as surely will we destroy for ourselves and our children the spirit of that Christmas when the Star guided even the wisest to that lowly birth place of Jesus.

"Let us go, even now, unto Bethlehem and see this thing which has come to pass, which the Lord hath made known unto us", for we cannot give to our children that which we ourselves do not have.

If the Christmas message is to be kept alive in the homes of the nations, we must tell it. What do your children know of Christmas? Tell them again that beautiful story of the Christ Child, how His coming was herald-

ed to the rich and poor alike and how the message was always the same, one of Peace and Goodwill. Tell them again of why that Christ-child was born, of what he lived and died for. Sing for them again the carols of the Christmas Season and while the emotional effectiveness of the Story and Song is present, help them to interpret it in action. Only as the child gains a real experience with the spirit of Christmas will he be able to understand it. *The real spirit can be expressed only in terms of giving oneself.* It is not hard for a child to understand this in practice.

Let the child earn the gifts he will give. Let him plan for them and choose them; let him make them. Spend less time in shopping and more time with your child in preparation for Christmas. Help them to remember not only their own family and friends but the children of the needy whose Christmas will be especially meagre this year. At the close of this article is a suggestive list for the sorts of things children can make for family and friends and children outside their own circle.

Then let the children take part in the home preparation, let them trim the tree, put up a green wreath or arrange the basket of poinsettias, let them help in the cleaning and baking—not as a duty to be tolerated, but as part of the joyous anticipation in the celebration of Christmas as the birthday of Jesus, a contribution to family and community happiness.

Lastly, help your children to receive gifts graciously. Not the gift alone but the giver is to be appreciated. "The intent of the giver above the value of the gift becomes natural to the child who is learning to understand the act of giving." No gift is ugly, or unworthy, no matter how clumsily fashioned, if the intent is to please and gladden the heart of another. Its the value of the gift in terms of energy and effort, not in pesos, that the child needs to

(Continued on page 51)

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A Story for Christmas

By

MANUEL E. ARGUILLA



NOON of December 24th. The sun shone down brightly upon the city. Hurrying crowds laden with packages filled the sidewalks. Shining beautiful cars glided slowly up and down the avenues, their squat black shadows creeping faithfully under them. All day the stores would be open and last minute shoppers will rush to and fro till evening.

At the corner of Escolta and David at the foot of the cream-coloured wall of Heacock's, sat three children. The wall does not jut out into the sidewalk, and as the children crouched against it, they were protected from the feet of heedless pedestrians. Hardly anyone noticed these three. And the few who did glanced quickly away. They were not a pleasing sight. The smallest of the three was a girl, barely four years old. Her thin body was covered with a cotton dress cut out of flour sacking, the trade mark of the flour still showing in blue letters. She was very dirty. Her little face held no expression; it had not been washed for days and the eyes were bleary. Her hair fell down to her shoulders uncombed, dusty, brown and dry.

The two other children were boys of perhaps seven and eight, thin as their sister and quite as dirty. They had on nothing but cotton shirts that reached to their hips. They squatted there against the wall, their emaciated legs, naked and bony before them. They did nothing but sit, their hands limp on the pavement beside them. They did not even look at the passersby. They merely sat there and the sight of them was not pleasing.

Twelve o'clock. The ice plant whistle blew over the city piercingly. The church bells rang and pealed. Auto-

mobile horns added their strident honking to the general clamor. At that moment, the eldest of the three children rose quickly to his feet. He aroused the other two, pushing the head of the little girl, and nudging with his knee the shoulder of the younger boy. Now they were all on their feet, the little girl rubbing her eyes with her dirty little knuckles. The eldest boy held her shoulder and pulled her to his side. He motioned to the younger boy to follow. The three crossed Calle David and on the other side a young man was waiting for them.

He was not a very tall young man and his broad shoulders made him look shorter than he really was. He had a lean, sensitive face with small, deep-set eyes under well-shaped eyebrows. A

smile, half-mocking, half-tender parted his finely-cut lips as he waited for the children to reach his side. Twice he had passed by the trio seated against the wall, each time regarding them intently, walking slowly. At the second time he had crossed Calle David and on reaching the other side, he had suddenly turned around and whistled to the eldest boy. There was something furtive in his efforts to attract the attention of the boy for the young man could not help feeling sheepish about the whole business. He knew that he was being very foolish. And he had almost given up trying to arouse them from their stupor when the eldest saw him, and got up. Now they were all three coming to him. He had half

a mind to stride on ahead and let them follow after him as best they could. But he waited until they were by his side and then without thought, he bent down and lifted the little girl in his arms. How she smelled! But the young man carried her up the Escolta, across Plaza Santa Cruz and into a Chinese eating place where the four of them occupied one table.

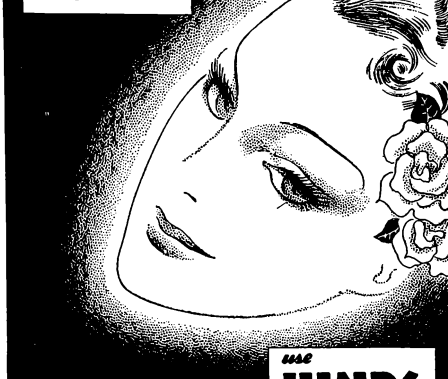
"What do you want to eat?" he asked, in English, not knowing how to speak in Tagalog very well, and then realizing how senseless it was of him to talk to them in English, he tried haltingly to ask them in Tagalog what they wanted to eat.

The children turned to him their expressionless faces. Not a word escaped their lips, but each had clutched in a grimy fist the fork and spoon that the Chinese waiter had placed before them. The young man decided to take matters into his own hands. And he ordered *lechon guisado, mami, pata jamon, canaron rebosado, and gulay*. All very simple dishes but greatly filling. He tried to eat, but could not. So he got up and went over to the fruit stand and bought a dozen apples and a kilo of grapes. When he returned to their table, the children grabbed the spoons and forks they had laid down, but he told them to go ahead and use their fingers. They were soon through. They had eaten everything in sight. Now he gave each an apple and a handful of grapes. Then carrying the little girl again, he brought them to Rizal Avenue.

He bought each a dress and a pair of rubber shoes. The boys chose sailor suits with caps to match. The little girl had a red sweater and a pair of overalls. All this time they had not said a word. They merely pointed at the things they wanted. He took them behind the counter and with the aid of the salesboy, whom he found out was an Ilocano like him, he dressed the three children in their newly bought fineries. They emerged from behind the counter with not a word spoken. They looked up at him and their faces were

(Continued on page 50)

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Filipino Christmas Abroad

By L. V. REYES



The Isip family photographed one Christmas day in New York.

this tree in the center of the living room, then we have great fun trimming it in readiness for the Eve. Before midnight of December 24th, the tree is complete in all its glory. We postpone the main celebration, however, till Christmas Day, when the children could most enjoy it. On this day, I give a party for Linda. I invite the children of my friends and ask them to take part in the party which would start at three o'clock. Towards three, there-

fore, these children and their mothers come in, and little hosts and guests have some games and things to eat. At six o'clock, we turn off all the lights in the house. This gives the Christmas tree a chance to shine beautifully in the semi-darkness, and gives a feeling of solemnity and beauty to the occasion. Santa Claus (played by my uncle usually) then comes in with a big bag of toys. He distributes these to the awed children and wishes everyone

a merry Christmas. When all the gifts have been distributed, we turn on all the lights and unwrap packages. This puts everyone in a more jolly mood, for Christmas is made real for the children when they see the material manifestations of it."

Miss Filomena Alonso, of the Young Women's Christian Association, knows a different American Christmas from the delightful one that Mrs. Isip has described.

(Continued on page 47)

CHRISTMAS is Christmas everywhere. The feeling of joy and beauty which is essentially of the Christmas season, pervades the Christian universe with impartial glow, enriching both the palm hut of the Orient and the snow-covered homes of the Occident. But the trappings of Christmas are different, and a Filipino transplanted from the native hearth to a foreign fireplace may well wonder at the difference which land and sea and weather could make on the celebration of Christmas.

"In New York—and in the whole of the United States," Mrs. Josefina Madamba Isip, Filipino resident of New York, discussed Christmas as she knew it abroad, "the Christmas Tree is an essential part in all Christmas celebrations. Without a tree glistening with tinsel and bells and flickering with a multitude of colored lights, Christmas in America is inconceivable."

Mrs. Isip is the wife of the famous commercial artist, Manuel Rey Isip, here on a vacation, and ever since the birth of her daughter, Linda, the celebration of Christmas has been one of great importance to her. She went on to describe her own special Christmas celebration abroad:

"Before Christmas Eve, we get a tall tree. We mount



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The Hole In The Stocking

By

CHRISTOPHER MORLEY

WELL, then," said the Christmas fairies, making up their lists, "What would you give an author who is writing a book?"

"The gift of Solitude," said one; "That among the humorous multitudes of men he may pass unknown and unsuspected even by his friends who shall never guess the loving judgments of his heart. The man who is unknown can never be interrupted, except occasionally by his better demon."

"You are too cryptic," cried a volatile fairy, tossing her tiny package into the stocking. "I give him the gift of Folly: that he may always be-

have worse than himself and himself an ass. He must know himself incapable of dealing with this shrewd perplexing world; outwitted on every hand, always in the wrong; this will give him those midnight sweats and horrors that are such good laxatives; it will give him humility and, an adoration for those greater than himself, so that he fall on his knees where no one sees him but never in public. Yes, I give him the golden seed of Folly and pray he may be wise enough to cher-

ish it."

"It is a fairy's duty to be cryptic," suggested a third. "I give him the gift of Grace: that, being (as you have made him) a fool, he may yet mock fools without unbearable offense, showing by the tone of his mockery that he includes himself in the discipline. Without Grace he is nought but a clown driving his pate on stone walls; he must have the gift of elusive words that change color while you look at them; he must walk a mile for a chameleon."

"The gift of Disregard," announced a stern looking fairy whose coat was buttoned up to his chin. "He must learn to pay no attention to what anyone says, not to be abashed by praise nor puffed up by the attack; these are the great faults of authors. Certainly he must never subscribe to a clipping bureau."

"The gift of Patience," said another, putting in a queer-shaped parcel. "It looks a good deal like lazyness, and will often be so considered. But it means that he must let his work take its own time, never be hurried by landlords or editors, be not too depressed if it does not seem to spread and sparkle on the page as it should, be content to let it ferment and work inwardly until the time has come. This is a sharp-edged gift and will not always be relished by our friend."

"You are too darned solemn," interrupted a young fairy with an Eton cut and so debonaire a mien that even among fairies she was held

to be a bit irresponsible. "For goodness' sake, give the poor fish something he can cash in on; give him Mirth; the kind of laughter that started a star so distant that it hasn't reached us yet; let him be inventive in laughter as scientists are in physics; golly, there must be all sorts of undiscovered merriment; I think its terrible to be still laughing at the same jokes that Chaucer started; give him the gift of The Absurd."

"Cash in on?" exclaimed a disillusioned-looking sprite. "Child, what makes you to think that a new kind of Mirth would be profitable? Give him Self-Forgetfulness, that he may enjoy the world with reverence and peace, and blot out for a while from his busy mind that hellish awareness of himself. Let him have room in his heart to pity others and lie hidden in a dream."

They fell to wrangling as to which of their various gifts would be most valuable to their beneficiary.

"These are all very intangible presents," said one. "I'd give him a sagacious publisher and leave the rest to luck, mice and oblivion."

"Besides," remarked an observant fairy, "there's a big hole in the toe of his stocking, most of these little packages of ours will slip right throughout it."

"Wed'd better mend it," said a domestic-minded fairy, getting out her sewing bag.

"Yes, it ought to be mended, that's his particular weakness, his—"

"Gracious!" said Santa, coming down the chimney with a crash. "Don't mend that! If it weren't for that the poor devil would never write at all."

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THE orphans, the sick and the aged, the poor, the unemployed, the prisoners, and other unfortunate people in Manila have no cause to complain that they are forgotten during the Christmas holidays. Organizations as well as individuals vie with each other in seeing to it that these people receive their share, even a little of it only, of the Christmas cheer which pervades the atmosphere at this time of the year.

At the head of individuals who play Santa Claus to the under-privileged in Manila are President and Mrs. Quezon who have continued the charming tradition started by former Governor-General Murphy and his sister, Mrs. Marguerite M. Teahan, of entertaining the children in the different orphanages in Manila and in Welfareville on the grounds of Malacañang Palace. The children receive toys and bags of "eats" and are entertained with a musical program and a movie. A huge Christmas tree, with lights and all, is also put up on one of the lawns for their pleasure.

Last year, Mayor and Mrs. Posadas also distributed gifts to some of Manila's poor families. Mr. Rafael G. Mallouch, a business man, entertained twenty-five (25) destitute families in his home.

Mr. Roberto S. Teodoro last year undertook the task of asking for donations for gifts from various firms, associations and individuals in the city, for about 500 poor children in Santa Ana, a district in Manila. President Quezon commended Mr. Teodoro's civic spirit and initiative and advised other districts to follow the example of Santa Ana.

The organization which



Mayor Posadas distributing gifts among a few of Manila's poor children last Christmas.

plays the Santa Claus to perhaps the greatest number of poor people is the Associated Charities. Last year, the Associated Charities distributed cash and clothing

among five hundred (500) needy families in Manila. These gifts came from various sources, mostly from business firms. The D-M-H-M newspapers each year conduct

a campaign for funds among their readers for Manila's 100 neediest families and the money collected is turned over to the Associated Charities which undertake the task of distributing it.

The Manila Rotary Club distributed last year baskets of food, each basket containing groceries and foodstuff costing about five pesos, among poor families of Manila through the Associated Charities.

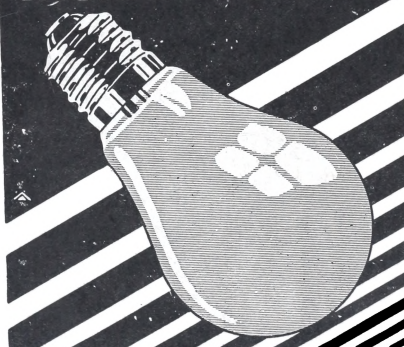
Every year, the different puericulture centers in Manila distribute gifts in the form of necessities like blankets and clothing among the poor families who attend the clinics.

How about the sick, those who are confined at the Santol T. B. Sanatorium, at the Philippine General Hospital, at San Lazaro, and other hospitals? The officials in these institutions also see to it that the patients there do not miss Christmas. Gifts are distributed among the patients and an entertainment is given for those who can attend. At the Philippine General Hospital, a X'mas tree is put up, with toys and candies, for the children of the patients of the free wards.

The prisoners in Bilibid and in the Correctional Insti-

(Continued on page 50)

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Tolerance: A Virtue Even In Etiquette

By
FRANCISCO R. FERNANDO

THOSE that are good manners at the court are as ridiculous in the country as the behavior of the country is most mockable at the court."

Each stratum of society has its own social ways. The result is confusion. Each generation has its own social ways. The result is more confusion. In stepping from one stratum of society to another one cannot at once discard the accepted ways of doing things of his particular society for the accepted ways of doing the same things of the society to which he has moved. It takes a man of President Manuel L. Quezon's caliber and adaptability not to appear "ridiculous in the country or mockable at the court".

Ninety-nine per-cent of society folks who go the country appear ridiculously artificial. On the other hand, country swains and lasses stepping occasionally or even permanently with the "upper-ups" never lose their "boorish rudeness".

A city lady, after spending a week-end in the country, told us: "The folks down there are like monkeys on trees: they stare at you with open mouths, poke fingers at your face, and talk and giggle among themselves about us very loudly." One of her male companions nearly had a fist fight with one of "the boors".

On the other hand, perhaps the country folks who saw the complaining city lady and her companions, were equally so positive about distressing items in the city lady's dress, gait, manners, and speech. Of course, we are more apt to sympathize with the visitors. Just the same, it would have been for the good of all, if the visitors to Rome adapted the ways of the Romans!

Dr. Paz Mendoza-Guazon sees in the greeting, *Saan ka paroon?* (Where are you

going?) and *Saan ka nangganing?* (Where have you been?) traces of the nomadic habit of our ancestors, "who as you all know, came from the south—the Malay settlements and Java". Frankly, we are not so historically minded as the doctor. We fancy that those greetings have no other background except the fact that in the country—where the greeting is current—there is no other greeting more handy or appropriate. Country folks have nothing in mind except *where are you going or where have you been!* One knows one another's personal and other affairs so well, that the greeting *How do you do?* is absurd.

Circumstances, therefore, might be responsible for the brazen etiquette of the country "where one need to shout in order to get heard".

It is very regrettable that we do not have an etiquette here that is universally recognized. Our etiquette, like our dialects, are understandable to one another. Each particular region has its own code of manners.

The conflict, though, is not that of one region against that of another. In spite of dissimilarities, there are many accepted ways for all places.

The conflict is more between the older and the younger generations. The older generation is more inclined to hold fast to Latin, while the younger generation is stubbornly for the Anglo-Saxon.

Etiquette between men and women of the old school has more or less been constructed on the broad assumption that well-bred people should not mingle freely among themselves, that is, men and women together. Nunnery and spinsterhood being highly valued, the more a woman ap-

proaches the looks and the shyness of a nun, the better bred is she.

Spanish etiquette requires repression of language, of feeling, and of emotion, particularly on the part of the woman. Anglo-Saxon etiquette is franker in all ways.

On more occasions than one, we are sure, each of us feel perplexed as to how we are going to behave. Once, on crossing the end of Rizal Avenue, a young man held the arm of his girl companion. The girl disentangled herself. "Excuse me," the perspiring young man said. "I didn't know that your etiquette is Spanish and not Anglo-Saxon", he added with better grace.

We, ourselves, remember the number of times we feel piqued for being at a loss as to which etiquette to use, the Spanish or the Anglo-Saxon. There is, to begin our catalogue of woes, the many times when we want to greet elderly home town folks, former teachers and professors, and one-time girl classmates yet have to refrain because to them belong the privilege of recognition. Nine cases out of ten, they seemly hold to the Spanish etiquette—they insist that I should recognize them first.

"According to the English-American etiquette, no man is supposed to be the first in intimating a recognition and to talk to a lady to whom he has not yet been introduced. This Anglo-American custom was so funny to some Latin people that it had been the subject of a caricature in which a lady in a railroad car was depicted in flames and a gentleman by her side as saying: 'I could help her, but I have not been introduced to her!'"

Maybe, when it comes to etiquette, most of us younger

folks have been born too early. The young women, particularly, how often do they fall victims to the calumny of their elders for being so outspoken with their men friends simply because they decide to accept school-taught American etiquette instead of home-taught Spanish etiquette..

To be sure, there is in American etiquette much that is too brazen when judged by Spanish norms. Consider, for instance, the entertainment to which a young man is entitled to receive when visiting. We remember the painful chiding a lady cousin received from her mother of the old school for welcoming rather too frankly an altogether desirable bachelor friend.

Staunch supporters of Spanish etiquette maintain that for the warm, romantic Philippine climate, American etiquette cannot be implanted without dangers. They hold that American norms of conduct, particularly those that deal with the relations between the young man and the young woman, are not only too intimate for the rather romance-too-inviting tropical days and nights but are also so when we consider the average Filipino's temperament: dreamy, sentimental, impulsive.

Dating, a vogue, of American youths is not so much a vogue here. Even ardent supporters of American etiquette—many of them—admit that "dating" as practised in America is a little going too far.

Perhaps, a compromise between the old and the new schools of conduct is best. Perhaps, too, a recognition that rules of conduct are not hard and fast nor cut and dried would save many a well meaning soul from discomfort or from embarrassment. Tolerance, ever an un-failing index of good breeding, is required even in etiquette!

I've Got To Have A Merry Christmas!

By CORNELIA RAMIREZ

WHEN I was a child I loved Christmas with a love clinging around memories of apples and oranges and nuts and candy and posetas from generous relatives, and chicken and ham and excellent cheese, and pan americano and hot dogs, and crisp new dresses, and tight, new shoes, and music and lights and indigestion. I loved Christmas.

No longer does Christmas hold for me its former magic. I am not a child anymore but a woman and married. And the uncles who gave me pesetas ask me now for pesos.



There are many persons I want to give presents to, but I do not have the means. It is well to talk of celebrating Christmas with the spirit but not everyone can think himself into happiness. After all most of us are at heart children still and a tangible gift no matter how trivial expresses to us more simply and directly than introspection, the spirit of the season.

Happy those who receive but happier those who give. Least happy those who want to give and cannot. It is not true what they say in books. That with a thin purse and a stout heart one could give much. I love my husband and cannot bear to think of giving him nothing but a Christmas kiss. I love my mother and the idea of sending her that nothing more substantial than a gay little Christmas card makes me laugh. What would a simple, unschooled woman like her do with a square piece of cardboard?

There is my Tata Eliang who has asked for a pair of shoes "number five, even if only the cheap kind." I'd like to give it to him as it is the first thing he has ever asked of me. One time I was to him a child-niece for whom he bought ice-cream cones. Now I am a responsible woman on my first Christmas since my marriage.

My husband's little brother in the provinces—he wants shoes too, everyone seems to need shoes. He wrote: Dier Sister, please to buy for me shoes and cap. The school is asking also 2. Give me and I will pea. I send here the measure. You brother, Gualberto.

The "measure" he refers to is a cut out paper sole of his right foot.

I have a brother who is a pre-law student. I want to give him at least a shirt. And Loleng, my school chum who never forgets my birthdays—I must send her a card at least. A and Mrs. Ramos through whom my husband got his job, I should send her a card too, or some presentable gift. And that reminds me: we have plenty of friends to whom we feel we must send cards at least. But even cards and stamps cost a few pesos altogether. What's the use?

Here I am, December chilling my feet, with four pesos on hand and wanting a peso more to pay for my husband's wrist watch; the laundry coming on Saturday, the light bill due to be paid next week to say nothing of the water bill coming at the end of the month.

It is depressing. But I wonder. If I stop giving the laundry out next week—I think I'll learn to wash yet, put off the payment on that watch for the next month, pawn those earrings grandmother gave me for a wedding present, why I believe we could have a merry Christmas after all. I'm going to

have a fierce time of it afterwards, but I don't care. I'm glad to have a Merry Christmas!

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The Black Rose

By

FREDERICK HAZLITT BRENNAN

AT that moment Tick Kong appeared at the doorway to announce dinner for the third time. Brother Cheng rose and bowed to the boy. "Tick Kong will show you to the table. Doctor Grisdon and I will join you shortly."

Bart nodded. "You'll help me, Brother Cheng," he said confidently.

After the door closed on Bart, I protested. "The boy is chasing a phantom. Either this girl will laugh at him or he will be disillusioned after five minutes' talk."

Brother Cheng shook his head. "I have no worry as to that. They will take fire together."

"But there is some hitch that even you acknowledge. Right?"

"The girl is guarded by a dragon."

"A dragon?"

"Her cousin, the Señor Felipe Mendez. He also would forget his sundial scars and step back thirty years."

"Mendez? The fellow who drives about in that two-wheeled carriage? Black Vandyke?"

"You know him."

"Why, he's all of forty-five!"

"A proud man, doctor, and in his way, a good one. He has managed the Estrada affairs honestly, Padre Nolas tells me, and has appointed himself guardian of Señorita Mercedes."

"You think he'd make it hot for our young friend, eh?"

Brother Cheng nodded. "He has the traditions. Padre Nolas told me, if I remember correctly, that Señor Mendez has frightened away several young suitors by mentioning a duel."

I got to my feet. "Well, that settles it," I said. "I'm going to cable Bart's daddy to order him back to the States!"

"A most unwise procedure, if I may be so bold," murmured Brother Cheng.

I stared at him. "Surely, you are not taking sides with Bart?"

The story told by Dr. Oliver Grisdon involves young Bart Nelson, a young adventurer who came upon romantic adventure in the Philippines. Shortly after Bart's arrival in Manila, he took a journey northward. On his way, he came upon a tall wall where unusual-looking black roses clambered. The roses, he found out, were guarded and cherished by a beautiful girl who at the instant of sight stole his heart. He asked Dr. Grisdon to help him find the girl, and the doctor took him to Brother Cheng, scholar and fount of experience. Brother Cheng related to Bart the strange story of the girl of the black roses. It appeared that the girl, Señorita Mercedes Estrada, was the offspring of a Spanish ancestor who had locked his doors to civilization when American victory changed the course of life in the Philippine Islands. The girl, therefore, was literally kept under lock and key and withdrawn from modern life.

This story merely served to enhance the girl's charm for young Bart, and at the close of the second installment we find him pleading for aid in wooing the girl.

"He is a pleasure, that young man. He is a witness to the imperishable: that chivalry which so many of your American men believe has passed entirely from the world. Forgive me, doctor! I am but a faint and faulty echo of the Great One. His Whispering Children still rove this earth and stir with their

breath the white fire in young hearts. And must I quench this flame, this precious thing?"

I was thinking of Jim Nelson in Fall River. "It means trouble, Brother Cheng. There is some other way we can help Bart," I said.

"Heh! There is no other peace for that young soul."

Brother Cheng reached out a hand and his fingers tapped a silver gong. "I shall feed the white fire, my friend. Come, let us dine."

* * *

Bart and I stood in the great hall of the Estrada house, waiting for Señorita Mercedes to receive us. The fierce white sunshine of Luzon, streaming through a cathedral-like window beside the stone staircase, could not quite dispel the gloom. The walls, hung with shawls and prayer rugs like battle flags, were a dead mission white, after the old fashion.

Bart, the young fool, smiled reassuringly. "Aunt Nina takes siesta at this hour," he whispered. "and she's so deaf she won't hear us talking. It's all right."

It was not all right. For two weeks and five days Bart, with the connivance of Brother Cheng and Padre Nolas, had been pressuring his courtship of this Estrada girl. He was desperately in love with her and she, so Brother Cheng informed me, was about to succumb to the same madness. I had cabled Bart's father, who had cabled Bart strict orders to return to the States. But Bart had laughed at our fears.

"Why couldn't we talk with Señorita Mercedes in the garden?" I said.

"It's not the custom. Visitors are received in the little parlor. We should be there now."

"You go in there," I muttered crustily. "I stay right here."

"Sh-sh-sh!"

I looked up. Through an arch at the turn of the staircase, I saw a girl in a sea-blue dress coming down the stairs.

"Miss Mercedes," Bart said, and stumbled forward across a rug.

"Good afternoon, Mr. Bart," the girl said.

In a twinkling I realized why Bart or any other man might want her. She was not

(Continued on page 58)

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THE Philippine Constitution upholds the eternal principle of Democracy—the government of the people, by the people and for the people. However, in truth and in fact, our government is only half democratic—a government of men, by men, and for men and women. While in true democracies, like Great Britain and the United States, both men and women can vote, in the Philippines only the men can exercise the right of suffrage. Only the men, the favored citizens, can vote and the women are deprived of the right of suffrage. Unless the women in the Philippines are given the right to vote and be voted on, democracy in these fair Isles will remain a misnomer. It should be the

Woman's Reason

By

ATTY. ALEJANDRA ANTONIO



common concern, therefore, of every Filipino to emancipate the women.

Fortunately for the Filipino women, Article V of our constitution provides that women suffrage may be granted if and when three hundred thousand women, duly qualified, would have voted in its favor in a plebiscite to be held within two years after the inauguration of the Commonwealth. In other words, the granting of woman suffrage in the Philippines has been placed completely in the hands of the Filipino women. We Filipino women have accepted the challenge. Are we willing to cast our lot with the men in running the government of the Commonwealth and of the future Philippine Republic? Shall we falter in our solemn duty to work for our own political emancipation? Do we not look with envy at our sisters in China who have just recently been emancipated?

The only answer to these questions is: We, the Filipino women, are for suffrage. We will vote, more than three hundred thousand strong in favor of this much coveted right. In this coming plebiscite, we are afforded a great opportunity to show to the whole world our real stand on suffrage. If we do not now live up to the Constitutional quota, if we fail to convince the world of our united strength, we would have lost forever this one great chance to avail ourselves of the right to decide our own destiny. Well may the coming generation point to us with an accusing finger for having failed to do that which we should have done.

I am confident, however, that this will not happen. With the leadership of the

educated women in the Philippines and with the cooperation of the broad-minded men, I am sure that all the qualified Filipino women will go to the polls to vote in favor of woman suffrage in the Philippines.

Let us all hope for a bright future, but in so hoping, let us not stop in our campaign to achieve the goal of making the Philippines a really democratic country run not only by men but also by women. When this happen, what

Lincoln defined as the government of the people, by the people and for the people would be established in this country. Those of us who understand the significance of such an achievement should work to enlighten those who are either indifferent to, or ignorant of the value of woman suffrage.

In this momentous ordeal, let us not forget the fact that any accomplishment is incomplete without the participation of women. Women of the Philippines, the time has come for us to show the world that we are ready to help the men to push the wheel of progress. This we can do only by having the right of suffrage. The coming plebiscite affirmatively, triumphantly for the greater glory of Filipino womanhood and of this, our country.

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WAY back in the late nineties, Nellie Bly, the first to make America conscious of the woman reporter with her stunts, proved that one could make a trip around the world in what was then considered the shortest time: seventy-two days, six hours, and eleven minutes. Her feat was recently duplicated by the flying reporters who made a stop in Manila (one of them being a young woman, Miss Dorothy Kilgallen) and shortened her record to about one tenth of the time. To make such a trip around the world is easy nowadays with all the modern means of transportation at the disposal of the travelers—ocean and air liners, fast automobiles and trains, clippers—, but it costs a lot of money.

We had with us recently a woman reporter in the person of Miss Gwyn Dew, who is proving that she can go around the world with only a typewriter and about fifty dollars in cash. If sounds impossible, but she confessed while she was in Manila that not only were her fifty dollars intact but that they had surprisingly increased.

There is no end to the Americans' resourcefulness or ingenuity when it comes to getting what they want. This applies equally to both men and women, old and young. Miss Dew wanted to see the world, like many others bitten by the Adventure bug, but she did not have money. Did this stump her? Not at all. She decided to make her trip pay for her instead of her paying for the trip, or, to put it in another way, to make her ability to write pay for her trip. Fortunately for her, the Detroit News, for whose women's section she was writing articles on subjects of interest to women—

fashions, food, gardening, interior decoration, etc., and other newspapers approved of her plans and promised to accept the stories she would write during her trip.

She left New York last February 10, with only fifty dollars in cash in her pocket-book, and proceeded to New Orleans and then to Texas to see and write about the Centennial Exposition there. She nearly missed her train to California, and in the hurry,

lost all the money, except forty cents, that she had. Luckily for her, she recovered her money later.

Then she went to Hollywood (as what woman would not?) and interviewed movie stars, wrote about their homes and their hobbies, and went on location with the company of "Under Two Flags," starring Claudette Colbert, Ronald Colman, and Victor MacLaglen. Miss Colbert is "regular," she said,



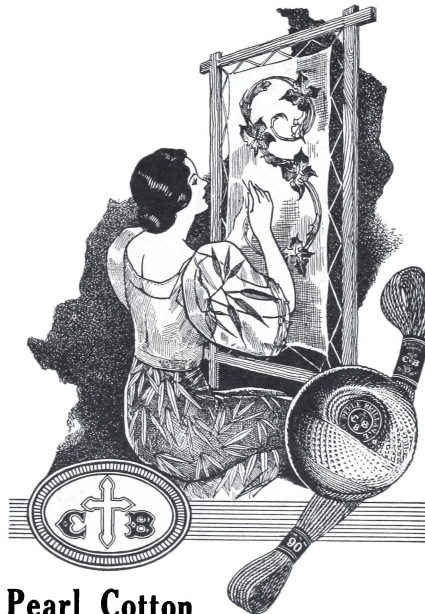
Miss Gwyn Dew

and Ronald Colman is just as handsome in real life as you see him on the silver screen.

From Hollywood, she proceeded to San Francisco, where she took a boat for Honolulu. She stayed in Honolulu for two months. Then she went to Tokyo, where she remained for more than two months. While in China, she had the distinction of interviewing the infrequently-interviewed and inaccessible first lady of China, Madame Chiang Kai Shek, who was then resting in her summer home in Kuleng. It was while going to this place that Miss Dew met what she considered her most thrilling adventure. It had been raining for days and she was told that the roads were dangerous if not impassable but she decided to go to Kuleng just the same. She hired one of those sedan chairs carried by two coolies and went down (or was it up she could not recall) a narrow path cut in the steep cliffs. The coolies had to walk slowly and very carefully but they made the trip in a shorter time than usual. She shuddered while just telling of this trip, for one false step of one of the coolies and into the precipice she and they would have fallen.

From Shanghai, she took a boat to Hongkong, and from

(Continued on page 52)



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Reviews

HAVE YOU SEEN:

Romeo and Juliet, the most famous love story of the ages, starring Norma Shearer and Leslie Howard. The lines of Shakespeare resound from the screen from the lips of a sterling cast including John Barrymore, Basil Rathbone and Edna May Oliver. The loves and hates of the Montagues and the Capulets make an absorbing movie play, embellished by truly magnificent settings that recall the grandeur of the past. Norma Shearer imbues her most important role to date with rare charm and glamour, and Leslie Howard makes an appealing Romeo. *Romeo and Juliet* is a picture of real magnificence and a local fan who was present at the preview called it the "only perfect picture he has seen." (Ideal)

The White Angel which reviews the life of one of the most remarkable women of all time, Florence Nightingale, with Kay Francis in the leading role. The beginning and the highlights of a career devoted to the relief of mankind make up a moving screen story reverently told. The settings for the story were conscientiously finished to give as honest a replica of the world of the Lady with the Lamp as is possible today. Kay Francis is breath-takingly lovely in this, her most ambitious role to date, and Ian Hunter gives able support. (State)

Valiant Is the Word for Carrie, starring Gladys George, is the story of a reformed prostitute who made health and happiness possible for two homeless youngsters. Two remarkable children, Jackie Moran and Charlene Wyatt, are responsible for most of the tearful and the happy moments in the picture. John Howard and Arline Judge are also in the cast.

The Petrified Forest which offers a novel theme involving a man disillusioned with life and a young girl eager to savor it. These two meet in an outlandish spot out West. The sacrifice of one so the other may gain her wish climaxes a story presented with intelligence and charm by its performers. Leslie Howard, who starred in the stage hit of the same play, adds another crown to his success in this movie. With

him is Bette Davis, Academy Award winner and heroine of "Of Human Bondage." (Capitol)

The Gorgeous Hussy, termed Joan Crawford's most ambitious picture to date. The story concerns itself with life in Washington, D.C., during the presidency of Andrew Jackson. Joan Crawford as Peggy O'Neale, a sort of power behind the throne, is supported by a sterling group of

leading men, among them Lionel Barrymore, Robert Taylor, Melvyn Douglas, Franchot Tone and James Stewart.

HAVE YOU READ:

Dr. Victor Heiser's "An American Doctor's Odyssey"? Get the book and find something about the health fight waged in the Philippines before you were born. Dr. Heiser, in precise language and a matter-of-fact portrayal, conjures up pictures of past times with an almost disturbing vividness. One can imagine the Philippines bound by traditions and ignorance, being forcibly ignored towards the road to health by a crusader whose persistence and courage were stronger than those possessed by most men. The tragedy of epidemics, the little subtleties which people prejudiced against science employ to avoid what mean "risk" for them, the failures and the successes that must accompany all worth while attempts are described with lucid sympathy by one who has met with them.

Another doctor who was with us much later than Dr. Heiser, Dr. Rebecca Parish, has written a book about places and peoples, but this gives portraits of them without attempting to delve deep into their health psychology. The book, "Orient Seas and Lands Afar", is essentially a travel book, revealing picturesque peoples in their different settings with an accuracy born of sympathetic observation. Dr. Parish has visited China, Japan and Arabia and all the other Oriental countries of importance, sometimes staying to lecture and heal, but more often just taking in the life of the place and incorporating this into her fund of experiences. Dr. Parish is well beloved here and best remembered by those who have come in contact with her generous spirit and sympathy for people.



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From Aparri To Jolo

Desde esta semana he comenzado la campaña referente a nuestro plebiscito por medio de conferencias en los barrios de este Municipio, repartiendo a la Junta Directiva de los sucursales de Club de Mujeres los ejemplares de propaganda que Vd. me ha enviado, lo cual si Vds. tienen mas esperanzas nos envie para distribuir en todos los barrios de este Municipio.

BERNARDINA R. DE LUSPO
Presidenta, Club de Mujeres
Mambajao, Misamis Oriental

* * *

I am very glad to inform you that we are now having our house to house campaign and survey. I believe that there is no better way to insure the success of the Plebiscite. I know it is a sacrifice to do this, but we do not mind it and its difficulties, specially in going to the barrios for our cause. I believe we would not be successful in our work if we do not sacrifice a little part of our energy and time for the campaign. I divided the members of our club to work in different barrios and I myself go to the far barrios.

BASILIA A. BESAS
Jagna, Bohol

* * *

I am glad to let you know that the Junior and Senior Clubs have began the campaign and we are doing quite well in the work. The campaign has reached the barrios, but it is not yet very intensive. I have asked our Vice-President, Mrs. Maria C. Parco, to lead this campaign, because I have

been advised by our Principal that I must not directly or indirectly campaign for this Plebiscite as it might endanger my present position.

JOSEFINA F. FULGENCIO
Batan, Capiz

* * *

I am in favor of Woman Suffrage. It appears to me that the best way in which I may interest our women is to visit each of our principal barrios and ask the women who are qualified voters to select the campaign leaders. Likewise, I shall tell them the number of votes needed from each barrio.

ELENA I. HUGHES
Pantucan, Davao

* * *

This is to inform you that the women of our town are now fast awakening to the Suffrage Movement largely through the efforts of Miss Gracia Querubin, your provincial representative, and of Miss Julia Guerzon, president of the Junior Woman's Club. The Bachelorettes, another group of the younger women under the presidency and leadership of Miss Ester F. Reyes have also promised and pledged their support to the movement. I have already distributed the materials you sent me. I hope you will send me more, preferably in the dialect.

TEODORICO D. AYSON
Sta. Maria, Ilocos Sur

* * *

This is to inform you that the Woman's Club was preparing to campaign for suffrage when we heard of the civil service rules regarding it. Since the president of the club is a teacher, she had to change all her plans for the campaign. You know, Mrs. Lim, in towns like mine which are far from the city (and there are many of these in the Philippines) female teachers are an intelligent and influential group in their community. If they are prohibited from having any say with regards to woman's suffrage I think much good influence will be withdrawn. It is true that there are other intelligent women in the community, but sometimes their contacts are not as wide as the teachers'. Therefore, I appeal for your help in securing permission from the Bureau of Civil Service to allow female teachers to speak on suffrage and only prohibit them from working for any candidate during the elections.

* * *

I began the work by going to Naguilian where the vice-president, secretary, and treasurer of the Provincial Federation reside. It is very fortunate for us that our Provincial Governor Juan Rivera is a suffragist and on one occasion when I had an interview with him he promised to cooperate with us.

PRESENTACION DUMPIT
Bauang, La Union.

* * *

In connection with the discussion of plans for the national plebiscite on woman suffrage, please permit me to suggest the issuance of special postage stamps for the purpose. I wish to tell you also that I will do my best to influence all the members of the Filipino Editors and Publishers' Union of which I am the founder and president to help you in your campaign for the coming plebiscite.

ADEUDATO J. AGBAYANI
Editor, Ilocos Times

* * *

We are trying our best to carry out this work so that at present we are enjoying our life canvassing from house to house, explaining to the people the importance of this ques-

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tion. We even go out to the remotest barrios of our town, crossing its mountainous and dangerous ways mainly to campaign in order to cover the votes required in the Constitution.

TERESA M. ROSALES
President, Woman's Club
Torrijos, Marinduque

* * *

How many municipalities in Occidental Negros have women's clubs? I am asking because I am interested to have all the women voters vote "yes" at the Plebiscite. If you need my help, I can accompany your representative in organizing the clubs in the towns. I think we have enough time yet to do it. We have to ask, of course, for the help of the provincial and municipal officials.

MRS. E. INVENTOR DALIPE
President, Woman's Club
Kabankalan, Negros Occidental

* * *

As suggested by that office, the Woman's suffrage calendar was translated into the dialect and as soon as I can get enough money copies will be printed for distribution. The expenses for this will be my personal and voluntary contribution. And as to your suggestion for house to house campaign I have just began the same, but let me also suggest that a representative from that office be sent to visit us here.

FELISA G. CORRALES
Mambajao, Oriental Misamis

* * *

All Friday and Saturday last week, we fired our real first shot for suffrage in western Pangasinan—Labrador, Sual, and Botinao. Mrs. Sison was with me and five others. In all towns where I spoke, I was able to get the municipal

presidents not only to promise that they will push the drive, but to pledge publicly that they will exert all their influence to help the women win. In most meetings, there were men who afterwards shouted, "we will send our votes to the polls now that we really know your aims."

MARIA C. MAGSANO
President, Provincial Federation
Dagupan, Pangasinan

* * *

The cause of the Filipino Women is gaining widespread attention among foreign women is shown by these extracts from letters received by the NFWC:

"I am wondering what the women will do now. How will they go about getting the 300,000 votes? Have you an organization ready to take charge of this undertaking? Of course, the Philippines are far away and conditions are different there, but I am so very anxious to be of help to you that I have been thinking of what might be done.

"I make this suggestion, but, of course, you will accept it or not as your judgment indicates. In the great State of New York, where there is the largest population of any state in the United States, where there are many quite large cities outside of the City of New York (the largest in this country), we secured a referendum on woman suffrage. The entire world said that we could never win. There are many foreigners in our population. Every continent and race, every nation and opinion, I think must be represented here.

"We did win, however, and the great thing we did was to address a petition to the voters of New York. This was a petition of women to men and the women spent many months getting women's signatures to it. We secured, in New York State, 101,030,000 names. That petition was then presented to the Governor of the State and to the Mayor of the City of New York.

(Continued on page 37)

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First Love

By LUISA BARRERA

FOR an hour almost my sister had been walking about the room, now glancing at me, now at the clock on my writing-table. She had on her prettiest party dress, a blue something which made her look unnecessarily tender. She seemed very cool and composed, but even from where I was sitting I could see that below all that calm surface she was excited, I might say, painfully excited, for of course my being her senior by five years made it quite "the thing" for me to be

withering about such matters. About show of emotions I mean. Indeed, Father had wondered why I sometimes referred to this piece of loveliness before me as the younger generation in the family, and from the way I said it you'd never dream I saw twenty-one only last May.

The clock chimed the hour of five. My sister had stopped pacing the floor and now appeared to be interested in her legs which, by the way, were doing more than justice to my best pair of hosiery.

She looked up, met my eyes, and flushed. And suddenly I wanted to put my arms about her and tell her gently that if was all right: love could happen. But of course I did nothing of the kind. I merely said, "You are stepping out," and waited.

"Yes—no, I mean a—a man is calling on me this afternoon. You—you don't mind?"

"No. As a matter of fact I think that would be jolly for you."

She made several aimless figures on the floor with her feet. "He is very nice," she said. Her voice was so shy and yet so bursting with suppressed eagerness I felt rather ashamed. Of myself for not evincing more curiosity if not interest.

"That makes it doubly jolly," I said, and went on with my writing.

After some minutes she broke out, "I am going to marry him."

If I was shocked I didn't show it. I said: "Oh, you are, are you?" She was hurt by my apparent indifference. In a fit to make amends I asked, "At your age why should you talk of marriage?" I could have added I didn't believe in it myself, that being, again, quite the thing for us wise people to say; but it seemed I had said enough.

"I love him. I love him with all my heart." Evidently, that was enough reason.

"Maudlin but interesting. I'd advise you to lie down. It will pass."

"Please. Please." She was at my side in no moment at all. "Don't make fun of it.



My sixteen-year-old sister in love for the first time.

I can't bear—it means everything to me."

"Which?" I asked innocently.

"This—this thing in my heart."

The statement coming from any one else would have sounded mawkish. Coming from this sixteen-year-old in love for the first time, however, it seemed quite the right thing to say.

"You are not angry?" she asked timidly.

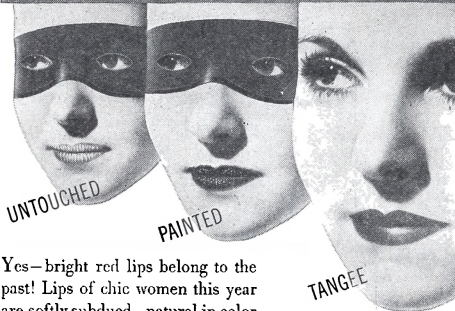
"Why should I be?" I countered back.

"I don't know. Only you have been so uncommunicative. Last night I wanted to talk—"

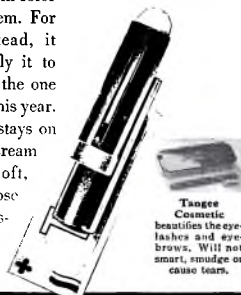
"I know." And indeed I really did. She had wanted to talk to me last night after the party but my clipped remark could hardly have encouraged her to do any con-

(Continued on page 42)

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President Quezon speaking before the delegates to the Sixth Biennial Convention who were entertained by him and Mrs. Quezon at a tea at Malacañang Palace.

The weather and transportation facilities were against Mrs. Clara A. Subio of Baler, Tayabas, but she arrived to participate in the sixth biennial convention. Mrs. Subio's trip, which should have lasted only a day or less, was prolonged to a week, as she had to take a circuitous route through Nueva Ecija due to the rough sea. Ordinarily, launch trip from Baler took a few hours. Time and nature, however, cannot stop a woman determined to travel, and the convention was the richer for one dauntless representative from Pres. Quezon's town.

* * *

Mrs. Bibiana B. Barateta of Tabaco, Albay, perhaps gets the prize as one of the most enthusiastic delegates

this year. This year's convention is the first that Mrs. Bareteta has attended, so she made the most of it by getting acquainted with as many co-delegates as she could. She made up for lost time by asking questions, conversing with every woman she met, and generally enjoying herself. See you again, Mrs. Bareteta!

* * *

Did you know that the Sixth biennial convention was responsible for a sort of jolly family reunion? Mrs. Silveria de Fernandez came all the way from Lilio, Laguna, a Perfecta Fernandez-Kampitan, her daughter, came from Nagcarlan, Laguna; Mrs. Caridad Fernandez-Suarez came over from Zamboanga, and Mrs. Amparo Fernandez-Gonzales one of the convention hostesses, lives here in Manila. And this family of delegates chose the convention time to meet and visit with each other. They must wish there were more conventions to give them all plausible reasons for meeting in Manila.

* * *

Delegates who came from farthest south: Mrs. Felisa G. de Corrales, and Mrs. Bernardina R. Luso. Both came from Mambujao, Oriental Misamis. We hope they have reached home in safety.

* * *

Loyal and lone delegates: Mrs. Eugenio S. Vargas of Virac, Catanduanes, Miss Soledad Sanvictores of Malabalay, Bukidnon; Mrs. Emilia B. de Crisostomo of Indan, Camarines Norte; Miss Feliza Garita of Carayan, Negros Occidental; Mrs. Feliza de Goseco of Guagua, Pam-

Sidelights On The Sixth Biennial Convention

panga; Mrs. Mamerta Mala of Jolo, Sulu. These worthy delegates have pledged to further the campaign for suffrage in their respective places and to head whatever movement may be required.

* * *

Bouquets for Pangasinan which sent in the most delegates to the convention. The province actually sent 58 delegates.

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FORMULA: Boric acid 12.6 grams; Potassium Bicarbonate 5.75 grams; Potassium Borate 2.24 grams; Boric Acid Hydrochloride 0.28 grams; Hydroxyethyl Hydrochloride 0.001 gram; Glycerine 3.2 grams; Menthylolate (Sodium Ethyl Mercaptide) 0.01 gram; Aqua Destillata to 1000 Milliliters.

Club



At the opening of the Sixth Biennial Convention of the NFWC held last month. Archbishop O'Doherty reading his invocation. Mrs. Lim and Vice-President Osmeña, guest of honor.

THE work on literacy and nursery classes is going still stronger in the provinces, or so the Tiwi Woman's Club assures us. In spite of odds, the women of Tiwi, Albay, has been maintaining nursery classes under a private house. Benefits and other such means of raising funds have been resorted to. Result: the club is now ready to start work on literacy. The Federation has already sent in some materials to Tiwi to help them in the good work.

Good luck, Tiwi Woman's Club!

* * *

The women of Tiwi can get an inspiration from the success of the Alitagtag Women's Club. The president of said club, Mrs. Sofia P. Gutierrez, sent in the names of the illiterates who have been made literate through the efforts of the club. The list includes twenty-five literacy graduates of both sexes.

To prove that the club does not intend to rest upon its well earned laurels, it has sent in a request for more materials and diplomas for the volunteer teachers. Gladly, the Federation has complied with the request, and here's hoping we hear from you again, Mrs. Gutierrez.

* * *

Encouraging news was reported from Tayabas by field worker Miss Felicidad Escano. It seems that the men, as well as the women of that province are beginning to rally round to the cause of woman suffrage. One of the town councilors of Atimonan per-

sonally requested two women to talk in behalf of the women at a mass meeting held in the town. In another town, Unisan, where a woman's club meeting was held in the municipal building, men and women attended. Mr. Vicente Tolentino, a citizen, promised unlimited support during the plebiscite campaign. Most of the men present at the meeting were teachers who believed in the right of Filipino women to full citizenship.

Our helpers from the north are vying with those of the south for our attention this month. The Tamurong Woman's Club of Candon, Ilocos Sur, has signified its intention to join the Federation. The club has had a long record of service which entitles it to our notice. It has helped in building the school music stand, concrete school well, Rizal monument in the barrio plaza, and now hopes to help build up success in the coming plebiscite.

We welcome a new member, and may your future be brighter than your past, women of Tamurong.

* * *

Good news this month: Two new federations have been formed in the provinces. We welcome into the flock the Negros Provincial Fed-

eration and the Iloilo Provincial Federation.

The officers of the two federations are the following:

- Iloilo Prov. Federation:
 - Mrs. Rosario Cajili Ledesma—president.
 - Miss Benita Lopez—vice president.
 - Mr. Doloroso—secretary.
 - Mrs. Rosita de Mesa—treasurer.
 - Mrs. Adela Vda. de Mapa—honorary president.
 - Mrs. Leontina Lopez Vito—honorary vice president.

Negros Prov. Federation:

- Mrs. Gorgonia J. Mirasol—president.

- Miss Felisa de Oca—vice president.
- Miss Lourdes Infante—secretary.
- Mrs. Remitio — sub-secretary.
- Mrs. A. Moreno — treasurer.
- Miss Estrella Lacson—sub-treasurer.

Board of Directors:

All puericulture center presidents except 6 who will be appointed by the provincial federation president because these 6 presidents are men.

* * *

P.S. on the literacy drive: The Taytay Woman's Club will inaugurate the Literacy Class with Rev. Jose Gamboa as volunteer teacher.

From literacy to athletics is a big jump, but the club of Taytay made it. It has organized an indoor baseball team with Mrs. Brigida J. Ulang in charge.

The club also submits this jolly news—it has formed a committee on the local plebiscite campaign. Mrs. Guadalupe Gamboa is the chairman, with Misses Anita Mateo, C. Reyes, Mrs. Pilar Sanvictores and Mrs. Teofista Cruz, sub-chairmen. Mrs. F. A. Francisco, the club president, is willing to organize more clubs in the town of Rizal.

TESORO

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News

No woman employed in the government is prohibited from expressing her opinion on woman suffrage, Commissioner of Civil Service Jose Gil said in explaining civil service ruling, which is perplexing many women would-be-voters in the government employ, especially teachers.

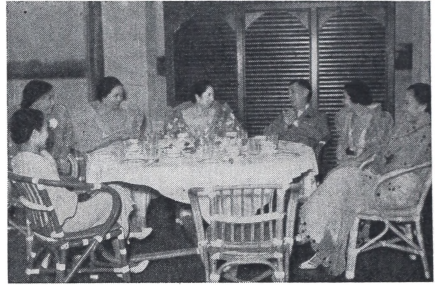
She has a perfect right to be a suffragist but must not electioneer or take part in bringing voters to the polls or write articles for or against woman suffrage.

Women employees can, however, sit on platforms where public meetings are held, march in processions, or subscribe to campaign funds. No charges against women employees will be entertained by the bureau of civil service unless the employees are shown to have electioneered.

THE youth of the land have rallied to the cause of woman suffrage. The first manifestation of such an important move is the organization of the Pro-Suffrage Youth League. The league has a membership numbering almost 5,000 university students and professionals now in Manila. Mr. Perpetuo Ferrer, law student and editor, has been elected president, Miss Evelina Kalaw, vice president, Datu Domo-cao Al. Alonto, second vice president, Miss Daisy Hontiveros, executive secretary, Juan Palacpac, asst. exec. secretary, Cleotilde R. Quirolgico, treasurer, Elvira Lag-

dameo, asst. treasurer. Miss Pilar Ravelo, Hilarion Dugenio and Vicente Barranco are the publicity directors. Director Lope L. Lendio of the National Pioneer Institute is the national campaign manager of the league.

The Pro-Suffrage Youth League is a significant proof of the enthusiasm felt on all sides for the cause of woman suffrage. The league is notable especially because it is composed entirely of young people and headed chiefly by men. It hopes to strengthen outside interest on the plebiscite through a national rally scheduled for December 20, 1936, and through district meetings to be held at dif-



Picture taken at Malacuñang during the tea given by President and Mrs. Quezon in honor of the delegates to the last NFWC biennial convention. From left to right: Minerva P. Gaysayko, Judge Almada Lopez, Mrs. Lim, Mrs. Quezon, Pres. Quezon, Mrs. Escoda and Mrs. Pecson.

ferent places in Manila. It will send delegations throughout the Philippines to campaign for suffrage.

* * *

In Lucena, the capital of the province, Miss Escano was able to interest the municipal president and the municipal doctor in the campaign for suffrage. These important town officials are seriously interested in suffrage and, with the women of the town cooperating, may succeed in convincing the rest of the male population of Lucena that woman suffrage is really advantageous to their wives and daughters.

In Pagbilao, the same interest on the suffrage problem was manifested by the men. At a meeting held by the Woman's Club of Pagbilao, fathers were present to represent the mothers who

were absent for some reason or another. The masculine contingent was unanimously pro-woman suffrage and attended the meeting with continued interest.

* * *

The Binmaley Woman's Club of Pangasinan held a meeting reorganizing the club. In this meeting, Miss Elena Maron was elected president of the club, Mrs. Vicenta Go Sandoval, 1st vice-president, Mrs. Carmen Velasco, second vice-president, Miss Rita Macasieb, secretary, Miss Paz Soriano, sub-secretary, Miss Bonifacia Ferrer, treasurer, Miss Luisa Velasco, sub-treasurer.

At this meeting, several men represented their wives who failed to come and voted approval of every action taken to further the campaign for the success of the woman suffrage plebiscite. At this meeting was presented the report that the municipal council of Binmaley acknowledges full support in whatever undertaking the club must act. One important decision made referred to the publicity campaign for the plebiscite. The use of plays and short skits about suffrage was unanimously believed the most effective way of presenting the cause for suffrage.



Picture taken during one of the sessions of the sixth biennial convention of the NFWC held last month.



The Plebiscite:

A CHALLENGE TO FILIPINO WOMEN

By TEODORICO AYSON



The Peace Mandate ceremony, one of the numbers of the program during International Session which closed the NFWC sixth biennial convention last month. Seven countries were represented in this pageant.

NOW that the Plebiscite Bill has been approved and became a law of the land, the question of Woman Suffrage can not be ignored any further. Once discussed only in undertones in a few clubs and drawing rooms, it has now assumed national importance. It has invaded the halls of the defunct legislature and the National Assembly—it has even been incorporated in the Constitution of the Commonwealth. It is the burning question of the hour. For once and for all time, this question must have to be settled.

The suffrage provision of our Constitution is very explicit. Three hundred thousand women and no less, with the necessary qualifications must have to register affirmative votes on Plebiscite Day in order to secure forever women participation in future elections in this country. Our lawmakers have thrown the gauntlet right into the laps of our women. It is for them now to pick up the challenge and prove to the whole world their true desire to vote.

The question at issue is not whether the Filipino woman has the capacity to vote or not. It is rather a question of quantity. The Filipino woman has long ago proved to the world at large her capacity in every line of human endeavor. If we open the golden pages of our country's checkered history, we will find there, in black and white, vivid proofs of her courage, fortitude, and gallantry. In the bloody battlefields of the Revolution, our mothers have proved beyond the least shadow of reasonable doubt her iron nerve and mettle. Now in these years of peace and progress, the Filipino woman is no less capable. In the fields of science, commerce, education, social welfare, law, in fact in all branches of human

endeavor and learning, she is not far behind her brother in this country or in those of other lands.

It is for this reason that the Filipino woman must have to answer once and for all that she, too, is willing to have the vote and willing to participate actively in the running of the government. Does the Filipino woman really desire to vote? This is the burning question of the hour—this is the challenge flung right into the lap of Filipino womanhood. *It is for you to accept the challenge. What is your answer?*

When the day of the Plebiscite comes, it is highly important, it is the duty of all women of this country to present a united front. In union there is strength. There is a

heap of wisdom in those five words. All women who are qualified to vote must register and vote affirmatively whether they like suffrage or not. Every woman must bear in mind that this is her last chance to decide whether she or her sisters will have the right to vote or not. And above all, she must not forget

that she is not only deciding for herself, but also for a whole race of Filipino women yet unborn. Will you sacrifice the right of suffrage of the future generations of Filipino women just because it happens that you are opposed to woman suffrage for reason of prejudice or sentiment? Beware, lest you commit this great injustice!

It will certainly be a reflection on the brilliant record of Filipino womanhood if, on Plebiscite Day, the required quota will not be obtained. It will certainly be a great surprise if not a great calamity if, the fair sisters of famed Maria Clara, cradled and educated beneath a most altruistic American Democracy, will choose to decline the right of suffrage proffered them. To prevent this disastrous catastrophe, fair Flower of this "Pearl of the Orient Sea". **WAKE UP!** *Your vindication, your salvation, is in your own hands. On Plebiscite Day, you and your mother, your sisters, and all your friends must have to go to the polls and there register your affirmative vote so as to help obtain the required quota of 800000 and secure forever, your right to vote in all future elections in this country, and to participate actively in the running of the government of this Commonwealth as a citizen, and not merely as a persona non grata inhabitant.*

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**MISSING
PAGE/PAGES**



From left to right: chicken morcon, stuffed fish and chicken adobo a la L. C. S. Center: sinigang de carne.

Nepa Christmas Menu

Sinigang de Carne

- Beef meat with white cartilage and fat
- 2 radishes
- 8 big tomatoes
- 2 bunches of pechay
- 2 onions
- A piece of ginger
- 3 green onions
- ¼ kilo of cooked chestnuts

Cut the meat and the vegetables in pieces of regular size. Place the meat in a saucepan with ginger, onions, tomatoes and 1 tablespoon of salt. Blend well and cook until the juices of the vegetables are absorbed by the meat. Cover the meat and vegetables with boiling water and allow the water to boil. Then reduce the heat and add the radishes and the pechay. When these vegetables are cooked, add the chestnuts which have been peeled and blanched. Season with salt and pepper. Serve in a soup tureen.

Stuffed Fish

- 1 large maya-maya fish
- Ginger
- 1/3 cup bread, cut into small cubes and soaked in
- 1/3 cup unsweetened milk
- 2 tablespoons seedless raisin
- 2 tablespoons green peas
- 1 onion, chopped
- 4 tomatoes, chopped
- 2 tablespoons lard
- 2 sections of garlic

Clean the fish, then open the back with a sharp knife.

"Sinigang De Carne"

- Stuffed Fish a la Nepa
- Chicken Morcon, or
- Chicken Adobo a la L.C.S.
- Pepino Salad
- "Bouquet De Ubi"
- Fruits in Season

Chicken Morcon

- 1 big hen
- Pork meat
- 2 cooked potatoes
- 2 hard boiled eggs
- 3 tomatoes
- 3 tablespoons lard
- 2 tablespoons flour
- Garlic
- 1 carrot, boiled
- 1 onion
- Chopped parsley
- Salt and pepper to taste

Prepare the hen as for relleno, removing even the meat from the breast. Chop the meat from the legs with the same amount of pork meat, tomatoes, garlic, onion. Add 1 beaten egg and 2 tablespoon of flour, season with salt and pepper to taste and mix well. Peel and cut the carrot into 4 parts lengthwise and the potatoes into 8 parts. Stuff the chicken with the chopped meat filling and the carrots, potatoes and hard boiled eggs, alternating these ingredients and seeing to it that the last three are well distributed throughout the chicken. Wrap the chicken in a napkin or a piece of clean cloth. Place in a kettle of chicken broth (made by boiling in water the discarded parts and bones of the hen) with a grain of black pepper, a piece of laurel leaf, parsley, carrots, and onions. When the hen is cooked, remove from the broth, unwrap the cloth and bathe the hen with 1 tablespoon toyo and 2 table-spoon lard. Roll in powdered bread crumbs and bake in an oven until evenly brown.

Decoration: Mash 2 kilos

(Continued on page 54)

By

MRS. H. LUSONGHAP

Director, "Lawiat, Cooking School" Paris Cordon Bleu.

Remove the meat without destroying the skin. Fry the meat of the fish with the ginger over a low fire. Remove all the bones from the meat, then chop the meat. Saute the garlic in the lard, then add the onions, tomatoes (the seeds removed), green peas and raisin. Season with salt and pepper. Add the bread cubes and blend well. Stuff the fish with this mixture, being careful not to stuff it too full or too loose. Sew the opening. Sprinkle a little flour all over the fish and

then fry in deep hot fat. When the fish is brown, pour out the remaining fat, add toyo to it and set aside for the sauce. Place the fish in a shallow baking dish and bake in a slow oven.

Decoration

- 1 cup green peas
- 1 large green pepper, chopped
- 1 red pepper, also chopped
- 2 cups ordinary rice
- 1 cup malagkit rice
- 1 dozen large shrimps, cooked
- 1 onion

1 can tomato sauce
2 sections of garlic
Saute the garlic, onions, peppers, and tomato sauce in the lard. Add the washed rice and 2½ cups of water. Cook a low fire, stirring the mixture frequently to prevent burning. When rice is cooked, transfer to a large platter and form into a mound. Place the fish on the top of the rice and decorate with shrimps and green peas.



Mrs. H. LUSONGHAP



Miss McLean, standing, with Max Factor and a client.

Tips on Beauty

From Miss Cecile McLean,
Max Factor Representative

should be beautified. Any feature which is your best should be emphasized or accented. Thus, if your best feature are your eyes, bring out all their beauty by means of correct make-up.

It is the opinion of Miss McLean that of all the features of the face, the eyebrows give the most character or individuality to the face and should be tampered with as little as possible. If they are thick they should be trimmed enough to make them tidy. If they are thin and light, they should be made definite by means of the eyebrow pencil.

According to her observations during her travels in the Far East, the greatest sin that Oriental women commit against beauty is using too much rouge. Another consists of using the wrong shade of powder. Women, she says, whether dark or light complexioned, should not use white powder as it gives them that white-washed appearance.

One mistake that most women make is forgetting to make up or care for their necks and arms and hands. The neck, especially, should be made up like the face so that it would not appear different.

She has also observed that women, especially the girls, whether in China, Japan, or the Philippines, wear their hair in practically the same manner. One's coiffure, Miss McLean pointed out, should suit one's face and individuality as one's make-up should.

If a woman could afford only a few items for her dressing table, Miss McLean suggests these essentials:

1. Powder, rouge and lipstick in harmony with her complexion.
2. Cleansing cream and astringent to keep her skin in good condition. The results

of make-up are doubly attractive if it is applied on a good complexion.

3. Powder foundation to make the make-up cling lastingly and smoothly and Make-Up Blender.

4. Eye make-up, consisting of three essentials, namely, eye shadow, eyelash make-up and eyebrow pencil.

As a parting shot, Miss McLean warned women not to apply their make-up in a haphazard way but according to certain well-defined principles of art and cosmetic science; not to purchase just any shade of powder, lipstick or rouge but that which suits their natural coloring; and finally, not to make their make-up look obvious.

Miss McLean, who is here in Manila on a two month visit, for pleasure and in the interest of the Max Factor products, is a niece of John Ford, director of such successes as *The Informer* (winner of this year's Motion Picture Academy Award) and *Arrow-smith*. She belongs to a family that has always been connected with the motion picture industry. In her younger days, she appeared on the screen in Hollywood. But later, she turned to make-up work and has been connected with the Max Factor studios for twelve years. For several years, she worked in the make-up department at the Fox Studios. Miss McLean is known in Hollywood as one of the best artist of make-up and is at present the manager of a department at the newly opened \$600,000 Max Factor Hollywood Studio with seven girls working under her.



THE allure of Joan Crawford! The glamour of Jean Harlow! The subtle charm of Myrna Loy!

Women the world over have admired, perhaps even sometimes envied, the beauty and charm of moving picture actresses when they appeared on the silver screen. How many women have wished they could look as attractive!

But according to Miss Cecil McLean, personal representative of Max Factor of Hollywood who is now in Manila, any woman can be as attractive as any of the movie stars. The charm these movie stars radiate on the screen may be accounted for, in a large measure, to the proper and efficient application of make-up.

"Every woman or girl can learn to apply her make-up so expertly that, gazing at her, one gains the impression that her face is a perfect one. The screen stars know the secret. For instance: Loretta Young has what we technically classify as a long square face; Myrna Loy has high cheek bones; Sylvia Sidney's face is heart shaped; yet, each of them looks on and off the screen as beautiful as the girl with the "perfect oval face". There are tricks in applying rouge and lipstick which make the shape of the face seems perfect," Miss McLean said.

However, before learning the tricks of applying her make-up correctly, every woman, Miss McLean continued, should know how to select the correct color harmony in her cosmetics. No two faces

in this world are exactly alike in coloring and features; this is the reason why the colors of the cosmetics a woman should use should be those which blend with her natural complexion, or else they will produce an unnatural, grotesque effect for so long a time associated with the word "make-up".

Filipino women may be classified in the brunette class as a rule, although many shades of this coloring from very light to dark may be found among them. After making-up many Filipino women in the Botica Boie for two weeks, Miss McLean has come to the conclusion that carmine rouge, crimson lipstick and olive powder are best suited to the majority of them.

No woman should purchase powder, lipstick or rouge just because she is attracted to the nice shape of the box or to the beautiful color or just because her friend, Maria, also uses the same kind of powder, lipstick, or rouge. Each item in her make-up accessories should be suitable to her complexion alone.

Miss McLean then went on to explain that to them, beauty experts, in Hollywood, make-up serves two purposes: to enhance one's good points and to hide or make less conspicuous whatever defects exist.

Each feature of the face which adds to its beauty should be considered individually and as a part of the harmonious whole. The eyes, the lips, the cheeks, each

FROM APARRI TO JOLO

(Continued from page 21)

"There was a procession for woman suffrage and the petition was carried in a spectacular way in the procession through each one of the assembly districts. In other words, we did everything possible to make the voters know that we had secured this petition from so many women. I am sure we would never have secured the vote in New York had we not had that petition.

"More, the winning of the State of New York, and especially the City of New York, had an enormous influence upon securing the vote in the whole country. Those of us who worked on this petition were convinced that this New York petition really won the vote for the whole country.

"If Mr. Quezon is right that you require 300,000 votes to give you the suffrage, I would suggest that you have such a petition, addressed to the voters in the Philippines, and that you aim to get at least 300,000 signatures. This is a big task and it must be done thoroughly. No one gets a great many signatures to a petition by merely presenting it here and there to individuals. The women should go from house to house, from door to door, and talk with the women, telling them what the movement means. The education is worth a great deal.

"The work of circulating the petition would be done without pay, of course, but the printing of the petitions would cost money and stenographers who keep the petitions in order and make their record may have to be paid. I wonder if you are greatly in need of money for your campaign. We have been suffering from the depression for so long that it is almost impossible to get money here, but I would try to secure something for you (although I could not promise any sum) if you find that that is desirable.

"Please let me know what you think about this petition. Be assured that, having given something more than forty years of everyday work to the great cause of the enfranchisement of women, I am much interested in the outcome of the woman movement in the Philippines.

CARRIE CHAPMAN CATT
President, National American Woman Suffrage Association, 70 East 45th St., N. Y.

* * *

"Women are fighting in your country for equal rights at the ballot boxes, and equal rights under the law. I would like to do for you a series of short, vivid stories of the long and bitter fight that American women waged, and are still waging, for the same rights. These would be very inspirational, as American victories in this field are outstanding.

"When our government was set up, after the victorious revolt against the mother country, women were too busy to see to their rights. They were fighting for their lives in a wilderness, surrounded by hostile Indians, bearing huge families of children, unattended by any doctors, making all their own clothes from the raw materials of the land, conducting all the industries in their own homes.

"Even in Colonial days there were individual women who protested against women being classified with idiots and the insane as far as voting was concerned. But an individual can do nothing. American women had no legal control over their

children, could not own property, if they were married, and could not obtain a divorce, no matter how much they were abused.

"Nothing much was accomplished in this field, until women became determined that the shame of slavery in this country must cease, and that they must have power to vote before they could kill the monster. Women led in the bitter, dangerous fight—They were real heroines, too. The most effective work against slavery was done by a woman, Harriet Beecher Stowe, who wrote a dramatic novel of the horrors of black slavery in Free America. This novel, Uncle Tom's Cabin, has gone roaring down the years as a reproach to our proud boasts of liberty and equality. Then, too, women led in the fight against liquor, and all the while they agitated for the power that was rightfully theirs.

"For years, women struggled to amend our Federal constitution in order to gain the franchise. Despairing of this, they concentrated on various state governments, and were more successful. Many western states became such, with the franchise for women incorporated in their constitutions.

"Finally, in 1919, the Constitution was amended to give women equal rights at the polls. Its a dramatic story of achievement, and should be of much encouragement to women of other lands.

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The Woman's Home Journal, Inc.

P. O. Box 30, Manila

Why Not Cook Some Of The Apples?

FRUITS should be eaten raw so that none of their food values especially the vitamins, are not lost. But sometimes they should also be cooked, just for a change, or to make them more palatable and digestible, as when they are not very sweet and ripe.

Have you ever tried fried apples? They taste very much like fried camotes. Pare, core, slice into thin pieces, and fry like camote. Serve with pork or meat.

If you do not know how to

make apple sauce, the best accompaniment for fried pork chops, here is the recipe:

Apple Sauce

Wash, pare, quarter and core sour, juicy apples. Place them in a porcelain kettle with just enough water to keep them from burning and boil until tender. Add sugar to taste and boil for a few minutes longer. Serve hot or cold.

A few whole cloves or a dash of cinnamon or nutmeg or a little lemon juice or a



few seedless raisin may be cooked with the apples.

Baked Apples

Select sound apples; core them and place from one teaspoon to one tablespoon of sugar in each cavity. Place the apples in a shallow baking dish, add water to cover the bottom of the dish, and

bake in a moderate oven until they are tender.

Baked apples may be varied by filling the centers with brown sugar and raisins, sections of bananas, marshmallow, marmalade or jelly, nuts, candied orange-peel or pineapple, preserved ginger, or left-over fruit juice.

If you do not have an oven, you can prepare the apples in these other ways:

Steamed Apples

Core the apples, fill the cavities with sugar (brown sugar preferred) and put in a saucepan with hot water about an inch deep. Cover and cook slowly, turning the apples over once. This will steam the apples and, if they are red, will preserve the color. These resemble baked apples and the same variations may be used.

Coddled Apples

Wash, peel and quarter medium sized apples. Make a syrup by stirring together 1/3 as much sugar as water and boil for two minutes. Slip the quarters of apples into this boiling syrup and cook them gently until they are transparent. The pieces of apple should keep their shape while they are cooking, so put only a few pieces into the syrup at a time. Carefully remove the pieces of apple when tender and arrange on a dish, pouring the syrup over them. A most attractive dish may be made by cooking red-skinned apples with their skins on. If desired, a few slices of lemon or a tiny stick of cinnamon may be cooked with the apples. Serve either as a dessert or as an accompaniment to duck, goose or pork.

Applets

- 1/2 cup sugar
- 1 cup water
- A few grains of salt
- 6 medium sized apples

Peel, core and cut the apples into eights. Boil in sugar and water and salt until transparent. Drain and lay on oiled paper to dry them. Roll in powdered sugar. Allow to dry for 12 hours. Roll again in sugar and dry.

Apple Butter

Wash and cut apples into
(Continued on page 45)



Tasty, Nourishing Meat— Cooked Ready To Serve

OPEN a tin of Libby's Corned Beef. Slice it—arrange it attractively on a platter—and it is ready for your table. Think of the time saved—the fuel economy! No need to spend long hours in a hot kitchen. A tin of Libby's Corned Beef provides meat in a tempting, appetizing form to provide the rich nourishment your family requires.

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Keep a few tins of Libby's Corned Beef on hand. Serve it often. It makes delicious sandwiches—is especially welcome when made into savory corned beef hash.

Libby's **Cooked Corned Beef**
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How To Cook Ham

NO Christmas dinner in Filipino households seems to be complete unless ham is served as one of the principal dishes. And the salty, smoked Chinese ham is preferred by most persons, perhaps because it is cheaper.

Mrs. Sofia R. de Veyra, one of the authors of **EVERY-DAY COOKERY FOR THE HOME**, from which the following recipe is taken, suggests this method of preparing Chinese ham, which she has found to give the ham a better flavor and texture:

Soak the ham in cold water, to which a little vinegar has been added, for 24 hours. Then scrub vigorously with a small stiff brush, changing the water frequently. Place the ham in a large kettle or can with plenty of cold water. When the water begins to boil, lower the heat and simmer the ham until it is tender. Allow 25 minutes to the pound. Take care not to make the water boil. After the ham is cooked, remove the kettle or can from the fire and allow the ham to cool in the water in which it has cooked. Skin and trim the ham to give it a nice appearance.

This is just a pre-treatment. The ham may be cooked in any desired way, baked, steamed, roasted, or fried.

Steamed Ham With Pineapple

Cover the ham with cold water and bring to the boiling point. Reduce the heat and simmer for 30 minutes. This operation is not necessary if the ham is of mild cure. Drain, skin and score. Stick with whole cloves and place in a waterless cooking pot or a self-basting cooker.

Put 1 cupful of brown sugar over the surface of the ham and add the juice of a No. 2½ can of sliced pineapple (about 1½ cups) and ½ cupful of water. Cover tightly and cook gently until tender, allowing 30 minutes for each pound of meat.

Baked Ham with Peaches

Place a pre-treated ham, if smoked, in a double roaster, add 2 cups of grape juice, the juice of 2 oranges and 1 lemon, 2 cups of water and 3 large apples. Bake for about 4 or 5 hours in a moderate oven, allowing from 20 to 25 minutes per pound, basting frequently. When done, remove the skin, trim and sprinkle with sugar, stick in cloves, tipped with halves of candied cherries, return to the oven and brown. Remove to a plat-

ter and garnish with baked peaches, watercress and radishes cut in fancy shapes. Arrange large canned halves of peaches in a baking dish. Stick a few cloves in each and fill each cavity with ½ teaspoon butter, 2 tablespoons sugar and a few drops of lemon juice. Cover and bake in a slow oven until done and brown.

Baked Ham Supreme

1 10-pound ham
1/3 cup sliced onion

½ cup sliced carrots
½ bay leaf
6 cloves
6 peppercorns
Orange slices
Cranberry molds

Wash ham thoroughly and scrape the skin well. Put in a large kettle with hot water to cover and add the onion, carrots, parsley, bay leaf, cloves and peppercorns. Simmer until tender. Cool in the water. Take from the water

(Continued on page 52)

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Manila

"At Home"

On New Year's Day



Buffet Table Set a la NEPA

ONE of the charming customs abroad which should be encouraged here is that of entertaining friends at a simple "at home" affair on the afternoon of the first day of the new year.

Refreshments need not be elaborate. These may consist chiefly of a beverage, preferably a hot one, and some sandwiches or cookies. Or, you may serve a cold beverage, home-made orangeade or lemonade, for instance, poured out of your best pitcher into tall, thin glasses. Cookies go well with this.

If you want to go "NEPA", we have no objection. In this case, you should serve Filipino "eats", such as bibingka, puto, ginataon, pansit, suman, tamales.

These refreshments are best served buffet style. For the

benefit of those who are not yet acquainted with the increasingly popular buffet service, we have to explain that in this service, all the food and equipment are placed on the table and each guest serves himself or herself and eats standing up or sitting in a chair in the same or in another room but not near the buffet table.

The table in the illustration on this page shows how the various dishes of food, the silverware and the napkins may be arranged on the table. There are no definite rules in setting a table for a buffet service, but the following suggestions may help the novice:

1. Place your table, preferably a long one, wherever you think best. If the room is small, the table is better pushed flat against one wall and the chairs are taken out of the room and put about wherever there is most space to enable your guests to move freely around the table while helping themselves to the refreshments.

2. One difference in the principle of buffet and ordi-

nary table is that in the first, objects of utility are of first importance. Unless there be ample space for both objects of utility and objects solely for ornament, the latter are omitted. Thus, when it comes to choosing between a vase of flowers or a bowl of fruits for the centerpiece, the latter should be preferred if there is no space on the table.

3. One of the advantages of the buffet table is that it can be set with anything you have. Plates need not match each other. But if you have a complete equipment that does match, then that is so much better.

4. In setting the buffet table, the important dishes of food are placed down the length of the table as close to the centerpiece as possible. The two most important items of equipment are placed in

the center of each end—the silverware and the napkins at one end and the water or beverage service at another end, for instance.

5. Perhaps the simplest direction for setting a completely buffet table is that it is exactly like packing a bag, that is, if your method of packing is by putting in each item in order to remember all of the things you need in the process of dressing. In setting a table, then, you mentally help yourself and eat each course. On the rim of every platter there must be a serving fork and spoon and the right plates stacked close by, and a row of the right implements next to each stack of plates.

The table shown in the illustration was covered with Ilocano cloth. The centerpiece is a bowl made from polished



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coconut shell filled with cosmos flowers. The napkins used were also of Ilocano cloth.

RECIPES

Lemonade

6 American lemons
3 cups water
1 to 1½ cups sugar syrup
 Squeeze the juice from the fruits, cut into halves. Mix well with the sugar syrup and water. Serve cold.

Orangeade

4 oranges
1 lemon
1 to 1½ sugar syrup
3 cups water
 Follow directions for lemonade.

Pineapple Orangeade

4 oranges
1 pineapple
4 cups boiling water
Sugar syrup to taste
 Add the juicy parts of the pineapple, shredded, to the orange juice. Pour the boiling water over the fruit and sweeten to taste. Cover and set aside to cool. Strain and serve iced.

Sugar Syrup

Boil 4 cups of sugar and 4 cups of water for ten minutes or until sugar is completely dissolved. Pour into

clean hot jars and seal.

Calamansi Syrup

Calamansi syrup, ready to use, may be made by extracting the juice of about 200 calamansi fruit, adding 7 cups of water and 10 cups of sugar to the juice, and then

boiling the mixture for about ten minutes. Strain into bottles and cork the bottles. Keep in the ice-box, and if this is not available, in a cool place, preferably at the *banquera*. To use, dilute 1 cup of this syrup with 3 cups of water.

Calamansi Punch

½ cup calamansi juice
2½ sugar sirup
2 cups pineapple juice
¾ cup orange juice
 Mix together the lime juice and the syrup, then add the pineapple and the orange juice. Serve in glasses.

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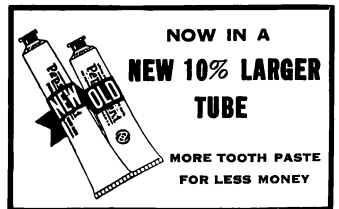
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FIRST LOVE

(Continued from page 22)

fiding. She had gone to bed but not to sleep, for sometime after that I woke up and saw her sitting perilously on the window sill and gazing at the moon. Blest with what I considered an understanding soul I went right to sleep again. "You were," I went on, "looking at the moon last night. May I know why?" It then occurred to me that the question was not exactly the sanest I could ask, but if I found that lacking in sanity in her answer I found even less. She said: "He was looking at it."

"He?"
"Carlos."

"And who might this Carlos be?"

"He's the man I'm going to marry."

"Oh," I murmured, "So it's all settled. All you need now is someone to perform the ceremony. In a year or two I'll be hearing you are a—a grandmother."

She blushed. "There won't be any children at first," she said.

I got up with unnecessary haste. Her matter-of-factness at once embarrassed and frightened me. "Listen, darling," I said, facing her, "do you know what you are talking about?"

"Yes, why?"
"Because I don't. I can

understand baby talk but babies—" The absurd thought that I hadn't perhaps brought her up as well as I had promised Mother I would came to me.

"Can't you, won't you try to understand? I have done nothing wrong. He asked me to marry him and I said I would."

"Oh, good Lord. And when will that be?"

"You are to decide."

"I see. Couldn't you just toss a coin or something—"

"No. We want you to have the say in the matter."

"You do? Well, how nice. I am flattered to death." Our boy just then entered the room with the *Herald*. He

put it on the table and left. I turned to my sister. "Who is Carlos? When did you meet him and how?"

She looked at me wonderingly. "How could you have forgotten so soon? He was introduced to you last night. I met him only last night too."

From sheer relief I dropped down into my chair again. It wasn't, thank heavens, what I was beginning to suspect it might be. "Tell me everything, every little thing. I must know."

She smiled at me. "You are interested. I knew it all the while." She sat on the table. "He danced only with me last night. He asked you for a dance but you said you were tired. He's a journalist and his parents reside in Saryaya or something. Anyway, it's somewhere in Tayabas and there are coconut trees around. Carlos is an only son, very much petted and he doesn't like it so he stays in Manila most of the time." She looked at the clock.

So that was him. I mean I certainly met the fellow last night. It was not hard to place him. He had approached me sometime in the evening and asked, "May I take your sister for a ride?" I had looked at him long, recalled he was the man my sister seemed to find agreeable enough to dance with very often, measured him so to speak, and said, "Why not?" He had smiled. "Sweet of you to trust me, a stranger," he had said. And then I noticed his eyes. They were very handsome, those eyes, and so very grateful I was suddenly twice glad my sister was my sister and not somebody else's.

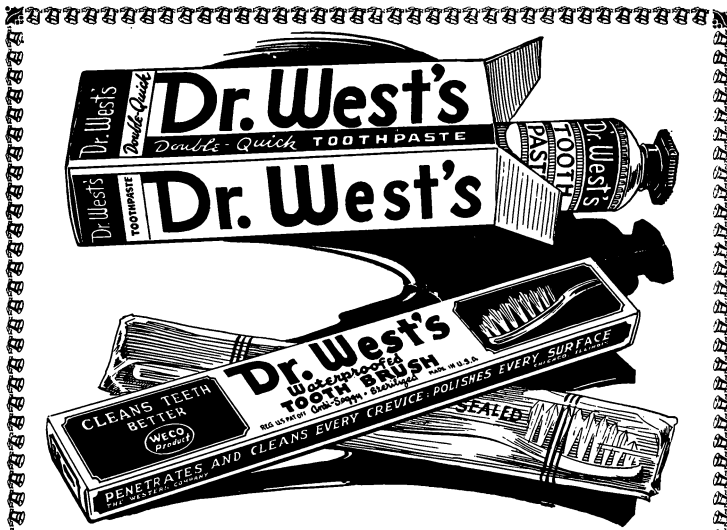
"I have not seen all the eyes in the world," I said. "By the way, I hope the ride last night was enjoyable."

"It was. We went to some place I can't remember what. There were boulders and we sat on one of them."

"The boulevard?"

"Yes, I think so. There was a sea in front. We looked at the sea."

"Only? Nowhere else?"



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"Also at the moon."
 "Oh!"
 "Also at each other."
 "How sweet. I'm sure you must have made a very touching scene. Was there anything else you did?"
 "We talked." She jumped down, flew to the sofa and curled herself in it. "He loves me. He told me so. And I told him I loved him too."

"In the spirit of fun?"
 "In the spirit of fact." She remembered her dress and stood up. "And then he proposed to me. I accepted."

Very simple, don't you think?
 "After that of course you returned to the party." I was expecting most anything now. That, however, didn't help. She was only sixteen. So very young and so very naive. I looked at her. Surely I couldn't have failed her like that! And then I laughed. I had remembered everything but romance. Aside that I knew she was, on the surface anyhow, as tough as I.

"No, we didn't." She was blushing again. "I—nestled in his arms."

"Pleasant occupation. I hope he didn't mind."

"Please don't be sarcastic." She looked at me a little defiantly. "I kissed him too."

"That was thoughtful of you." I discovered myself aching for Mother. If she were alive I'd not feel so responsible. . . And for the second time that day I felt ashamed. It was selfish of me not to want to feel responsible. "You returned to the party after that, didn't you?"

"Yes. And he is coming now. He is coming now. Oh, darling, darling, I'm so happy I could sing. I'm going to sing. No, I'll dance. You sing. Do you think I'll make a good wife?"

"When you get to be forty, why not?"

"Can't I be at sixteen?"
 "Look here, you are not serious about this, are you?"
 "I am. I am serious. I was serious last night. I can't see why I shouldn't be serious now, tomorrow, all

my life. I love him."
 "You don't."
 "I do."
 "As you like. But it won't last."

"It will. I told him that too."

"At sixteen one could be so drenchingly sincere."

"At twenty-one one could be so labouredly skeptical. But it's only a covering. I know you know it will last, so there."

I was getting nowhere. Better to let the thing ride and have it out with Carlos later. I said, "What time is he coming?"

"At six. He's leaving at seven so I could catch up on my beauty sleep. He'll insist

on that, I know he will. Oh, gosh, I know him a lot already. He is so good. Do I look at all right? My hair—"

"No, don't retouch it. You look—well, you know how you look."

"Pretty, yes? I'm glad I am pretty. I never did care a hang before. And I'm glad I am alive. What if I wasn't born at all! Or born too late. Or too soon. Or born somebody else. A boy for instance. Or a cat."

"Or Carlos born a rooster."

She said: "Carlos couldn't have been born anything else but Carlos."

I knew then that her case


was a violent one. No matter. She'd have to wait. Three years at least. Carlos must be around twenty. "How old is your crush?"
 "Twenty-five. He was a born on—"

"Never mind." It was hearing six now.

"I'm so excited," she said. I had gone to the sofa taking along the *Herald* with me. She sat at my feet forgetting her dress. "It's so nice to be in love. Tell me, is it not so? I know you know. Beneath your cold, cynical self you are soft and in love too."

I raised the periodical higher.

"I'm glad you didn't teach
 (Continued on page 49)



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HOME INSTITUTE:

Shall We Give Santa Away?

SANTA Claus has fallen under suspicion. The saint of all the saints and near-saints on the American child's calendar has suddenly been questioned by conscientious modern parents.

"Has the old fellow, after all, been wholly a benefactor of childhood?" they are asking. "Despite his kindly intentions he has broken a good many childish hearts and created a good many disillusioned young cynics. Is it right to pass off even such a jolly old fraud in good earnest upon our children? When they see through the deception, what will happen to their confidence in us and in our truthfulness?"

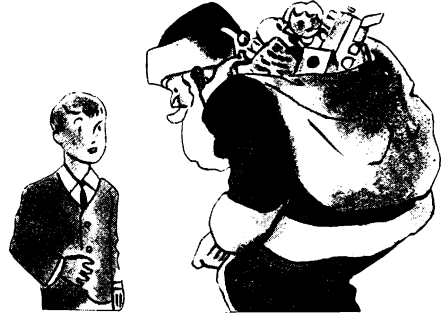
"Can't some one advise us how to manage it so that our children may have all the Santa Claus fun without the disillusion, disappointment and distrust that sometimes follow after?"

Into a clinic of experienced practitioners — several psychiatrists and a famous professor of child education— Santa Claus was summoned.

They have questioned the old rascal up and down and examined his heart and mind and character. And though on some minor points the doctors disagree, they are unanimous in believing that even today he has not outlived his usefulness, but should go on with his work for years to come.

One restriction they do place on him: that from now on he remain clearly an elf—a denizen of the world of fancy who never attempts seriously to cross the borders of our real world.

In other words, these child experts would answer the worried parents: "By all means tell your babies about Santa Claus. Read them the Santa Claus poems and sto-



ries. Sing them the Santa Claus songs. Let them hang up their stockings and even go to sleep half imagining reindeer hoofs upon the roof. But do it all whimsically, exactly as you tell them about Goldilocks and Cinderella, and Peter Rabbit and Mickey Mouse. Children will enjoy him all the more if they soon begin to suspect the make-believe and share it along with you.

"When the transition comes, as it will very early—perhaps at about four years old, if you are careful to do your part—always meet the child's new intelligence squarely. If he asks, 'Is there really a Santa Claus?' be ready to say: 'Why, no, of course not. You and I both know that he is only a story-book man, made up to please very little children.'

"Then if you have treated the matter lightly and quizzically from the beginning, there will be no rude shock, but only an expansive delight on the child's part at coming fully in on the secret."

But our experts warn parents against using the Santa Claus story as a dishonest way around difficulties. Dr. Patty Smith Hill says: "We cannot be too careful not to teach children things that have to be unlearned afterward. If we can be perfectly honest with children their problems and ours will be easier."

Meanwhile no one would take away from children any of their belief and joy in the spirit of Santa Claus—in the kindness and good will, in the fun of giving and the happy suspense of the wishing and receiving.

* * *

BE ARTICULATE

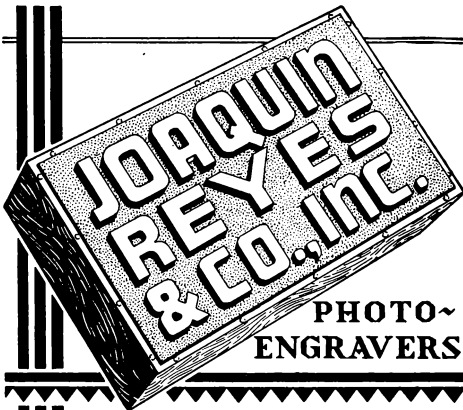
MOST of us are not very articulate, even with those with whom we live and whom we love. We do not speak of and show the affection that we bear for them. The feeling is there; it is simply that we are rather a shy people or we just don't know how to express ourselves or haven't been trained to give outward manifestations of love and affection.

Christmas and New Year offer excellent opportunities for us to express ourselves. But even then, some people rely on the stereotype greetings on Christmas cards, on gifts, to speak for them. We complain that Christmas is becoming more and more a very expensive festivity because of the gifts that we have to buy for our relatives and friends and even acquaintances. If we stop to consider, many of the people to whom we send Christmas cards, to whom we give gifts, would be content with mere verbal greetings, accompanied with warm handclasps or with kisses and embraces.

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Many of us think that just because they are members of our family, parents, brothers and sisters do not deserve a greeting each from us. Of course they know that we wish them a merry Christmas this year and the years to come, but what harm is there in putting this wish into words?

It is the custom abroad, so we have read, for people in a gathering to join hands when the twelfth hour strikes on New Year's Eve and greet each other with "Happy New Year to you!"

Children should be taught at an early age how to express themselves so that they would never be at a loss as to what to say on every occasion. More important still, they should be encouraged to show their affection for their parents and for each other.

certain twelve-year olds may still cling to their dolls.

All children like to play with toys at all ages and with these the modern world keeps them well provided.

For the toddler, there are endless varieties of peg boards, form boards, fuzzy animals and rolling toys.

Indispensable for the preschool child are balls and kiddy-cars of the common or garden variety. But equally indispensable are blocks. There are now many varieties on the market, made in many shapes and sizes, in color or unpainted, available in graded units to suit the age of the child.

After blocks, dolls are perhaps the most universal playthings. For the youngest, rag dolls are best adapted to the rough treatment they are likely to get—limp but sturdy

to bed and slept on with impunity. Then as the children grow older, they want to do for dolly the things that grown-ups do for baby. A fascinating outfit for the would-be mother consists of a nurse's apron and cap, toy thermometer, stethoscope, and bandage. Another consists of all the paraphernalia for bathing dolly.

Toy trains, cars and boats are perennial, but this year's output are streamlined.

As boys grow into their teens—too old for toys—they begin to have hobbies. There is an outfit for each interest, in chemistry, in painting, in photography, etc.

Here is a word of warning: After giving toys to your children, allow them to use them, to play with them. Toys are not meant to be displayed in an

WHY NOT COOK . . .

(Continued from page 38)

quarters, without paring or coring. Place in a preserving kettle with just enough water to cover. Cook over a low fire until tender. Press through a coarse sieve. Measure the strained pulp and to every cup, add 1/2 cup sugar and the grated rind of 1/3 lemon. Cook slowly until thick and of spreading consistency. If spiced apple butter is preferred, add ground cloves and cinnamon to taste before the desired consistency is reached.

Did you know that apples may be used in making fritters just like bananas or camote? Here is the recipe:

Apple Fritters

- 1 cup milk (1/2 cup evaporated milk plus 1/2 cup water)
- 2 eggs
- 1 teaspoon sugar

More

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HEALTH PAGE

Psychiatry And Mental Hygiene

By Dr. Cesarea Goduco
Psychiatrist Insular Psychopathic Hospital

PSYCHIATRY is a special branch of medicine. It is the science of behavior of people. It is that branch of medicine which deals with nervous and mental disorders. It analyzes problems of friction, discontent and unrest. It is especially interested in problems of delinquency by analysing the driving forces beneath the behavior of the delinquent, and in salvaging the individual.

The general field of psychiatry is the treatment of individuals who are not suffering from marked mental disorder and who are not sick either, but who wish to understand themselves.

additional self-knowledge might correct distorted attitudes and remove unnecessary inhibitions.

The latest development in psychiatry, like other branches of medicine, emphasizes prevention. Nervous and mental disorders, especially disorders which bring individuals to physicians for various forms of invalidism as nervous indigestion, palpitation, exhaustion, etc., can be prevented. They are disorders which may express themselves in various anti-social acts which produce eccentric, inhibited or dis-

mands to those of the group, to control the facile development of phantasies and to face openly and intelligently the inevitable conflicts which every individual meets.

Nervous and mental disorders may be attributed to the influence of the home, the school, the economic and social environment. Admitting that all men are not born equal, that each one starts off with his own individual biological endowment, yet it is a fact that the later balance of the individual is determined by the moulding influences to which he is exposed and by the severity of the tests

help parents meet the problems of their children in the nursery and even in the school period. The psychiatrist is also needed not only for insane or delinquent who are in the Psychopathic Hospital and the Bureau of Prisons, but for people in our midst whom I referred to before as individuals suffering from mild but disturbing disorders.

A word about the psychiatrist may be illuminating. To be able to handle these cases of mental disorders, the psychiatrist knows the mechanisms of human nature, by which it maintains its equilibrium and responds to the stresses of the environment. He has preliminary knowl-

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FILIPINO CHRISTMAS

(Continued from page 11)

"I spent my American Christmas very quietly," she told us. "Early in the evening of the 24th, we had a celebration in the International House in New York. All of us students formed in groups representing our different nations. Each group was assigned a door through which it would enter the hall. We then lined up, and holding lighted candles, marched to the fireplace. There we seated ourselves, and took part in a program of story-telling, singing and reciting of poems about Christmas. This cele-



bration made us feel that we belonged somewhere — that all of us people away from home belonged together in sympathetic sisterhood."

This was before midnight. Afterwards, Miss Alonso went to St. Patrick's Cathedral with some friends to listen to the midnight mass. From there, she took supper in the home of her friends, Mr. and Mrs. Seril, and rounded up her Christmas celebration with thoughts of home.

"I was terribly homesick," she confessed, "although the cards and the gifts which came from the Philippines helped to dispel this feeling somewhat. In spite of the charm of Christmas in America, my mind and heart were somewhere else."

In retrospect, Miss Alonso thought of Christmas abroad as pictures made real, paintings glorified in books and magazines and which, for one season, took on life for her.

We cross another sea and go farther into the Occident heading straight into now war-torn Spain. Dr. Norberta Lapus, who spent two Christmases in Madrid, remembers the celebrations there as simple affairs, not there as simple affairs, not unlike those in the Philippines.

"In Madrid," Dr. Lapus tells us, "there is the *misa de gallo* and the midnight mass — important features also of

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7. Occ. Negros and Oriental Negros
8. Occ. Misamis, Or. Misamis, Agusan, Bukidnon, Lanao and Surigao.
9. Cotabato, Davao, Zamboanga and Sulu
10. Albay, Sorsogon, Cam. Norte C a m. Sur and Masbate.
11. Cavite, Bulacan, Rizal, Manila, Laguna.
12. Batangas, Tayabas, Mindoor and Marinduque
13. Tarlac, Nueva Ecija and Pampanga
14. Zambales and Bataan.

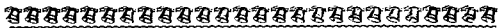
the Christmas season here. I did not attend these, however. I spent my holidays in the residence of a friend. On Christmas Eve, she gave a party, and this helped me from getting homesick."

Dr. Lapus spent one Christmas season in Geneva, Switzerland. She stayed in a hotel run by an American lady. On Christmas Eve, the hostess organized a get-together party for all the residents in the hotel. There was a fine American dinner, a short program and a ball afterwards.

"We all crowded around the fireplace, for it was bitterly cold," reminisced Dr. Lapus. "Those who could dance left the fire once in a while, but those who didn't (like me) kept close to the warmth."

In the morning, several of the hotel party went out to ski, but Dr. Lapus did not enter into such strenuous spirit and was content to take a walk in the snowy mountains of Switzerland.

Christmas is Christmas everywhere—in winter-ridden Switzerland and sky—scraped New York, in devout Spain and sunny Philippines. The trappings of the season may be different, but the spirit is the same. A Filipino Christmas abroad can readily testify to this.



MANILA



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What Gift To Give?

IF I had a thousand pesos or more to spend for Christmas gifts for the persons on my list this year, my shopping would be very easy as I know exactly what to buy and where to buy them.

First, I would take all the kids at home—younger brothers and sisters, nephews and nieces—and *ahijados* of "toy-age", to one of the stores specializing on toys and turn them loose there, with the admonition that each choose the toy he or she wants most. In addition, I would buy for them

enough candies and cookies to make them quite sick.

For Father who likes to read at the breakfast table and smoke while he reads in the evening: a newspaper rack (P5); a box of good cigars (from P4.50 up); a dressing gown or a lounging robe (from P5 up); a good floor lamp; or an ash tray on a stand.

For Mother, who is always catching a cold: a shawl with wool threads woven into it; a dozen real linen handkerchiefs; a bottle of first class

Cologne water; or a porcelain powder box.

For my young man: a cigarette case with a cover that rolls; a silver buckle with his monogram; a bill fold with zipper closing; a tie rack capable of holding six dozen neckties; a charm for the chain of his watch (if he uses this kind of a watch); a chain and ring for his keys in sterling silver; a pair of military brushes with silver backs; or a box containing a wooden bowl with shaving soap (enough to last him for six

months, we were told), talcum powder and after-shaving lotion, from a London manufacturer.

For my frivolous younger sister: half a dozen No-Run panties; a dozen of those amusing linen printed handkerchiefs now featured in a department store downtown; an enameled vanity case or a patented one which does not spill its powder; an atomizer with a cover that prevents the evaporation of the perfume; a pair of slacks with beret and blouse to match; a cluster of real-looking grapes or flowers for her dress; or a box of three bottles of nail polish, each in a different color.

For each of my brothers who are now in college: a dozen assorted polo shirts (of which they seem never to have enough); a fountain pen and pencil set; a watch to be worn like a fob or on his lapel; a leather jacket as soft as silk; a silver frame for the picture of his current girl friend; or a camera.

For my eldest married sister who has stopped caring how she looks: a manicure set; a large bottle of hand lotion; a box of three cakes of very expensive, fine soap; a box of exquisite powder, not in white; three pairs of the sheerest stockings of a well-known manufacturer; a handbag of real leather (colored); or a set consisting of comb, brush and hand mirror for her dressing table.

For my sister who loves to cook: a set of glass cooking utensils in a well-known brand; a double boiler with a cover of heavy chromium; a cake plate and spoon in fine china; a large wooden salad bowl with fork and spoon to match; vinegar and oil bottles in green glass with silver ornaments; a coffee-maker in glass; a rack for toasted bread; or a self-basting roaster.

For my sister-in-law who loves her home: a set of Cannon towels; a very modern table clock with dots instead of numbers on its face; a pair



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Campbell's SOUPS

of classic lamps for her dressing table; fruit bowl and candle holders for her sideboard; a hostess tray; a smoking set in chromium (the ash trays may also be used as coasters); a glass or porcelain flower bowl; or one of those breath-takingly lovely (and expensive, I suppose) porcelain figurines, so realistically colored and molded you can expect a bee to alight on a rose, for instance.

For my sister Erlinda who always likes to dress up: a fancy bracelet; costume jewelry; a monogram pin made of wood; three different kinds of leather belts; half a dozen nosegays in different colors; belt and buttons that match; a pair of doggie pins; or a huge dress clip made of glass or wood.

For my "he-man" brother: a pipe rack; a tobacco seal-skin pouch; a humidior; paraphernalia for cleaning his pipes; several brands of pipe tobacco for him to try; leather band for his wrist-watch.

For my brothr-in-law who has no vice: a thermos jug with glass and tray to match for his bedside table; a pair of book-ends; or one of the most talked about books, The Last Puritan of Santayana, for instance, or the thick Anthony Adverse, as a joke.

For my cousin Pacita who always looks at the labels of things: a set from any of these famous houses: Coty, Primrose, Yardley, Max Factor, Elizabeth Arden, Cutex and Houbigant.

For my friends, well, I would buy the same things I mentioned above for members of my family. Any of them has tastes like those of one of my relatives.

Not having a thousand pesos to spend, I guess I will just buy the usual gifts: not very expensive, not original, but will be better than none. Handkerchiefs (three or six in a box), stockings (a pair for each), neckties for the boys, toys from the Japanese store....

FIRST LOVE

(Continued from page 43)
me to be cold," she went on softly. "I don't want to be cold to him ever. I'm so thankful to the Lord I can feel. So thankful I can love. Oh, gosh, what if I wasn't capable of loving! What if on seeing him I felt nothing.—But I did, oh, I did! I felt it then as I do now. And there's no need to hide the fact. I want everyone to know. The whole world... I'm so happy. It's like an ache, this happiness—"

For perhaps the twentieth time I went over the head-

line. I was a reading. It couldn't register in my head somehow. My thoughts were only of her. Sixteen and in love. Only a child. She still had to grow up and learn many things.

She was silent. Probably had already withdrawn into her own world.

And then she was saying: "Shop at Aguinaldo's. School opening sale. I must go there and buy socks, handbags, school dresses. It's so exciting to shop, isn't it?"

I put the daily down, my lips ready to smile knowingly. But they never did. The

tortured look in her eyes stunned me. Her face was expressionless and so very still. Her whole body was still.

"What is it?" I said. "What—" I turned the papers. My eyes fell on the Aguinaldo advertisement and then on a picture above it—the picture of Carlos. Journalist dies in automobile crash, the Herald read.

With greater, more careful, interest she went on, "Tomorrow, yes, tomorrow I shall start shopping. You will too, won't you?..."



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Name (Mr.) (Mrs.) (Miss)

25% Down Payment

Address (Print name here)



A STORY FOR . . .

(Continued from page 10)

expressionless.

He held the little girl in his arms.

"What is your name?" he asked.

She looked at him in silence. He felt so discouraged he did not even ask the two boys.

They went out of the store and entered another. Here they bought toys. Trumpets and pistols for the boys and a small parasol, a fat doll and a bag of assorted toys for the little girl. The afternoon was half gone when they emerged into the street. He laid down the little girl and stretched his arms behind him.

"Where do you live?" he asked the eldest boy, won-



dering, when the boy did not answer, whether his Tagalog was wrong or the boy was dumb.

"Where are your parents?" he tried next. All three looked at him with expressionless faces. They did not even shake their heads.

"Do you want to see a movie?"

No answer.

He took them to Palace Theatre. It was an evening when they came out. They went to another Chinese eating place and ate. Inside the

theatre they had eaten all the fruits he had bought, but they finished everything he ordered just the same. He was able to eat a little himself.

They walked down Escolta, the little girl in his arms. He was getting used to her smell by this time. All at once the boys started blowing their trumpets. He was almost startled, but he looked down at them and felt very glad. He hoped they would speak, but they went on blowing their trumpets.

They crossed Jones bridge and walked down to Intramuros. The little girl was drowsing on his shoulder. He showed the boys how to load their pistols with the powder caps and soon they were shooting at each other. Not a word had been spoken by either one.

He took them with him inside Sto. Domingo church. The boys sat beside him quietly. The little girl slept under his arm. They sat there and waited for the midnight mass. It was a long time waiting and the boys soon fell asleep, the two of them leaning against him on one side. During the mass, he sat there and wondered what he would do when it would be finished. It was over at last, and the young man waited until all the people near him had gone. Then he rose to his feet, being careful not to waken the three sleeping children. A white-and-red-garmented *saeristan* was going about at the altar putting out the candles. The church had grown dim. The young man straightened his tie. Then he turned his back on the three children, and forgetting to make the sign of the cross he strode out into the early dawn.

This is a true story. Years ago I once saw three such little children on Escolta on December 24th. Since then I have thought about them often. . . . What a pity I had no money on that day!



THEY ARE NOT . . .

(Continued from page 13)

tution for women are also remembered on Christmas day. The day is visiting day and their relatives and friends go to see them and take foods and gifts with them. The officials plan an elaborate program of entertainment for the inmates, with the inmates participating in most numbers. Usually a movie is shown in the evening. Then too the menus for breakfast, lunch and dinner are especial. Organizations, business firms, and individuals send gifts to be distributed among the prisoners. Tobacco, we learned, is the most popular among men, while "eats" is among women.

Even policemen, bootblacks, newsboys, postmen, garbage collectors, street sweepers, are not forgotten. Traffic policemen, especially receive plenty of gifts from motorists. A publishing house has for years taken care of the traffic-policemen's Christmas fund by conducting a campaign among its readers. The Y.M.C.A. entertains the city's bootblacks and newsboys. When postmen, garbage collectors, street sweepers are forgotten, they usually ask.

There are always people in every community who because of circumstances cannot celebrate Christmas as they would wish. Not only orphans, the poor and the unemployed, but also those who cannot be with their respective families. There are teachers, for instance, who come from other provinces and cannot go home during the holidays. They should be remembered too.

A family in our home town has made it a practice to invite every year teachers from other towns or provinces to be their guests on Christmas day. Another family in another town give a luncheon for all the beggars on this day.

Perhaps right next door to you lives a family who cannot afford to celebrate Christmas. Why not invite them to your home and share with them whatever you may have in the house on this day?

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Department of Commerce and Communications
BUREAU OF POSTS

MANILA
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(Required By Act 2580)

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HOW TO COOK HAM

(Continued from page 39)

and remove the skin. Rub brown sugar into the fat. Score the fat in squares with a sharp knife and decorate with cloves. Bake for about 1 hour in a moderate oven. Garnish by placing oranges—with the rinds on—around the ham on the platter, and on each slice of orange place a small mold of cranberry jelly (canned). Decorate the top of the ham with cranberries.

Sliced Ham With Raisin Sauce

Take a slice of ham, about an inch and a half thick, leaving a good bit of the fat on. Put in a covered dish or casserole, then add to it the sauce made this way:

Steam $\frac{1}{2}$ cup of raisins in 1 cup of water until they are plump. Add $\frac{1}{2}$ cup brown sugar and 2 or 3 slices of orange. Cover the casserole and simmer slowly over a slow fire until the ham is very tender. This will take about 2 hours. Turn the ham once in a while and add a little water and orange juice, half and half, occasionally.

The secret is to cook the ham until it is very tender. Slow cooking will do the trick. Keep the casserole covered. Serve with sweet potatoes or serve with pineapple fritters and any vegetable you like. Baked or roasted potatoes go first rate with ham.

Ham in Tomato Cups

Mix together 2 cupfuls of diced cooked ham, or 1 cupful of ham and 1 cupful of chicken or veal, $\frac{1}{2}$ cupful of diced celery, $\frac{1}{4}$ cupful of chopped stuffed olive, 1 tablespoon of chopped green pepper, and $\frac{1}{4}$ cupful of diced pickles. Add $\frac{1}{2}$ cupful of

mayonnaise to moisten, and serve in tomato cups on a bed of lettuce. This recipe will serve 6 persons generously.

Sugared Ham

Clean ham and soak in cold water for 24 hours. Remove the skin and pinch all around with a fine skewer. Cover with clean water to which 1 cup of cooking wine and 2 bay leaves have been added. Bring the water to the boiling point and let the ham simmer in it for $2\frac{1}{2}$ hours. Remove the ham from the pan, dry it with a clean towel, trim nicely. Pour over the surface of the ham, $\frac{3}{4}$ cup of cooking wine and sprinkle liberally with brown sugar. Place directly over the gas flame until it is evenly browned.—Mrs. Sofia R. de Veyra.

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AROUND THE WORLD...

(Continued from page 18)

there, another boat for Manila. She was in Manila for about seven weeks and during this time she accomplished the following: interviewed the difficult-to-see Dayang Dayang Piandao; visited a rope and a cigar factory; attended the reception and ball given at the Manila Hotel by the members of the National Assembly in honor of President Quezon and saw the stately *rigodon* being danced and the *metzisa* dress in all its glory; went up to Baguio and saw the Igorrots and a gold mine; visited the Calamba Sugar Estate. She also interviewed the flying reporters and the first passengers in the Philippine Clipper.

Asked for her observations during her travels, she said

that she found people doing practically the same things the world over. The women, for instance, whether Chinese, Japanese, or Filipino, are as interested in fashions, movies, dancing, parties, as the American women. The houses in which they live, the foods that they eat, the clothes that they wear, may be different, but fundamentally all women are sisters under the skin.

She was glad to hear of the NEPA movement. They have the same kind of movement in Japan and in China, she said. She hoped the Filipino women would continue to wear their native costumes, even at formal affairs only. She confessed that she was not very enthusiastic over our fight for suffrage and said that if she were a Filipino woman she would be content with her lot. She was told that Filipino women, even without the ballot can and do exert a great deal of influence outside of their respective homes. She thought this should be enough.

The reader may wonder how Miss Dew managed to have her traveling expenses paid with her fifty dollars. It was simple: All her tickets were bought from only one steamship company, so she could stop in any place for any length of time and take any of the boats of the company to another port. She wrote her stories and forwarded them to the newspapers in the United States and then waited for her checks. When she got one or all of them she moved on to another place in her itinerary.

Miss Dew typifies the modern American girl—independent, able to take care of herself, and not afraid of hardships and any emergency that may arise. She fell ill in Shanghai, but she did not bother her newly made friends. She went to a hospital to recover, then proceeded on her journey. She had this, however, to say: Wherever she happened to stop, her compatriots as well as the natives made her stay pleasant. And for this, she is grateful.

ㄨㄨ

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1240

As Nourishing As Steaks And Eggs

These are days of economy! Housewives are interested in getting the most out of their money. And yet, they know that their families must be supplied with good, nourishing foods.

In this respect it is interesting to study the findings of scientists. Measured by the caloric standard in proportion to price, ordinary bread if it is made with quality ingredients such as high grade flour and yeast, is the greatest of all foods. It contains proteins which are the tissue builders, an abundance of carbohydrates and a portion of fat which produces energy and heat.

Scientists and dieticians have measured the energy-giving value of virtually all kinds of foods by the caloric standard. By simply comparing costs with the caloric

value of foods, the housewife can furnish the family with necessary food energy at a minimum cost.

The entire scheme is to buy by caloric measurement. In other word, buying by the hundred calories. A few common foods and their respective energy-giving values per pound are:

Bread	1128	calories
Beefsteak	623	"
Eggs (1 lb.)	739	"
Potatoes	369	"

Comparing the caloric content with the price proves beyond a doubt the economy of yeast made bread.

Now, how many calories do we need each day? That varies according to age and occupation. The average workman, experts say, requires between 3,000 and 4,000

calories per day. They further state that about 3,500 is a good average for the workingman who uses considerable physical energy.

Professional men, clerks and persons engaged in light occupation, when furnished with 3,000 calories per day, should have an abundance of energy. The average housewife is well nourished if she gets 3,000 calories a day.

Of course, no one desires to confine all their eating to bread. That would be monotonous. But, three or four extra slices of bread per day would go a long ways toward balancing the diet of the average person.

Thus, bread offers the economical housewife a splendid opportunity to serve a low priced, highly nutritious food. Naturally, the better the loaf, the greater the wholesomeness. Housewives should be sure that the bread they buy is carefully made with quality ingredients, such as high grade flour and

yeast. The latter is especially important as bread made without yeast is not as digestible and thus the body loses much of the benefits that this valuable food should supply.

Chicken Fricassee with

- 1 5-lb. fowl
- 1 1/2 quarts boiling water
- 1 onion, sliced
- 2 teaspoons salt
- 6 tablespoons flour
- 1/2 cup cold water

Sweet Potato Biscuits

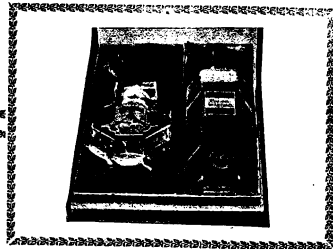
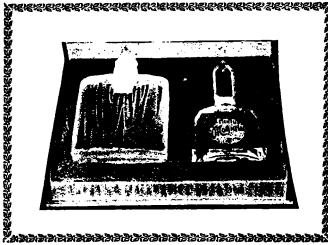
Cook fowl whole in boiling water with sliced onion until tender. Add salt when half done. Take fowl from broth, remove skin and take out bones, leaving chicken in fairly large pieces. Thicken gravy (there should be about 1 quart) with flour rubbed to a smooth paste with cold water. Bring to a boil; add chicken meat. Serve with Sweet Po-

(Continued on page 57)

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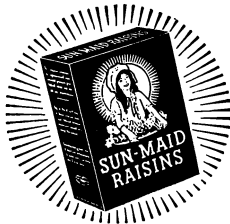
A Holiday Sweet to Please the Children

HOW the little folks enjoy the delicious flavor of Sun-Maid Seedless Raisins! At Christmas time—or at any time of the year—these tasty morsels of sun-dried grapes are always welcome. They are healthful, too,—full of rich fruit sugar—nourishing—have a mildly tonic effect that is beneficial. You can let boys and girls eat as many Sun-Maid Raisins as they wish. This delightful fruit is never harmful.

Use Sun-Maid in Christmas Cakes, Candies and Dulces

SUN-MAID Raisins are especially favored during holiday time in the preparation of fruit cakes, homemade candies, cookies and other sweets. The delicate fruit flavor of Sun-Maids adds greatly to the richness and goodness of your Christmas dainties.

Be sure to get Sun-Maid Raisins—in the package with the distinctive “Sun-Maid” trade-mark.



Sold by all grocers

Buy the small packets for eating—the 15-oz. package for cooking and household use.

NEPA CHRISTMAS MENU

(Continued from page 35)

of boiled and peeled potatoes, add $\frac{1}{2}$ pound of butter and salt and pepper to taste. Form the mashed potatoes into a rectangle on a large platter. Cut the chicken into slices and place on top of the mashed potatoes. Decorate with parsley and green onions.

Adobo de Pollo

Prepare a young chicken in this manner: Clean it very well and cut the legs and the wings at the joints; cut the breast into four pieces. Leave the wings whole. Submerge the pieces of chicken in vinegar with 4 sections of garlic, mashed, 1 laurel leaf and a few grains of black pepper.

Grate the meat of one coconut and extract the milk without adding water. Set this aside.

Boil the chicken in the vinegar and spices where it has been submerged. Add 2 tablespoons powdered red pepper. Cook over a low fire until tender and the vinegar has evaporated. Toast with a little lard until brown, then add the coconut milk. When the coconut milk boils, remove the chicken from the fire. Serve with Pepino Salad.

Prepare two young, fresh pepinos in this way: Peel and cut into thin slices crosswise. Remove the seeds and extract all the juice by pressing between the hands. Blanch in hot water 6 large tomatoes and remove the skin; cut into slices and remove the seeds. Marinate the pepino and the tomatoes in vinegar with parsley and salt and pepper to taste. Before serving, drain off the vinegar.

Place the adobo lengthwise in the center of a platter. Place the pepino and the tomatoes at the sides, alternating with each other. Decorate with parsley.

Bouquet de Ubi

Boil the ubi, peel, and pass through a shredder. Measure. To every cup of ubi, add $\frac{3}{4}$ cup sugar. $\frac{1}{4}$ cup thick coconut milk. Mix well and pass through a wire strainer. Cook over a low fire, stirring constantly to avoid burning. Remove from the fire when

“WAS IT FOR THIS . . .”

(Continued from page 8)

appreciate; the worth of the gift is to be valued in goodwill, and kindly feeling, not in lustre and elegance.

Share with your children what you know of the beauty and significance of Christmas and if perchance you have forgotten what Christmas means follow the Star again to Bethlehem and share your journey with your children. In turn, help your children to share the spirit of this day in gladsome giving with those who in their turn can share it also with others and in such a way will we greet each other with, “A Merry Christmas, friend, neighbor, stranger. Peace be with you and your household and goodwill among the nations”

Suggestive List of Gifts Which Children Can Make

- Scrap books with picture cut outs.
- Home made Christmas cards, with water color pictures on Manila paper.
- Handkerchiefs, pin cushions, oilcloth doilies.
- Decorated match boxes.
- Stocking dolls.
- Doll clothes, cloth and crepe paper dresses.
- Fruit and candy jars filled with homemade jellies and candies.
- Flowers, Poinsettia wreaths, popcorn decorations.
- Baskets filled attractively with homemade candies, popcorn balls and fruit.

These can be made by little children, the older children can make their own lists and will be able to use their school seat work activities as basic ideas for Christmas gifts.

thick enough to be formed into any shape.

Beat together lightly 5 eggs and 2 tablespoons of sugar. Make tortillas by dropping 1 tablespoon of the egg and sugar mixture at a time into a hot carajay with a little lard.

Form small balls of ubi and place 1 ball in the center of each tortilla to stimulate a flower. Arrange on a platter to form a bouquet.

PSYCHIATRY AND...

(Continued from page 46) stable, simple, the father of nine children, a farmer, came to the hospital with pains through the chest and arms, not dependent on exertion. He had spent several weeks in bed at his physician's order. Physical examination showed him to be essentially normal. Investigation revealed that the pains were sharp, were brought on always by worry, and subsided when he was distracted from his worry. They developed in a setting of mounting financial burden of several years' duration, reaching the climax with the destruction of his last crops by flood, the death of his livestock by disease, and virtual starvation facing the family. In this situation he became worried and depressed, slowed up, became sleepless, lost weight, and then suddenly developed the pains, which were the first warning that he could understand that things were not going well with him.

With supportive treatment, stressing his physical integrity and a working out of his immediate problem through relief, he gradually regained his emotional poise and habitual optimism, and the pains disappeared.

Such a case represents a distinct episode in a stable individual, characterized by melancholy, worry and apprehension, insomnia, weight loss, slowing of the bodily functions, in general, with physical complaints reactive to heavy strains. Such a stable person is likely to be impressed by physical complaints as real, whereas the other features are disregarded, or interpreted as cowardice.

Case II. A stable, intelligent young woman for five years has been complaining of fatigue and pains throughout her body. She has been the object of much fruitless medical manipulation, each year seeking a new cure and keeping the family finances demoralized. Physical examination showed her to be completely normal.

Briefly, the patient's troubles began when her husband, a traveling salesman,

decided to quit traveling. The husband had frequent outbursts of uncontrolled temper. As long as he was traveling the wife had escaped this unpleasantness to a great extent, and she fed her fancy with the picture of the ideal she held for him. Now she was at grips with the realities of the situation. Even

short respites with visits to relatives were not possible because of her husband's demand that she always be at home when he was there, and he was always there. He was willing to spend all his money on medical treatment for her, but so far was unwilling to make any effort to change his own ways or to let her

have her own recreations.

In this case is seen the development of physical complaints as a substitutive reaction for chronic disappointment and strain. This is the sort of reaction which tends to become fixed through habit formation and demands vigorous personality and situational adjustment.

5 Round Trip Tours, Scholarship, Cash and Other Prizes For You in This Ad Appeal Contest Based on Advertisements Found in The Philippine Women's Magazine!

In the December issue of the Philippine Women's Magazine which will be out on December 15, the advertisements listed below will appear. The contestants will simply match the right appeal with the right advertisement, by writing the number of the appeal listed on the right on the blank before the proper advertisement on the left:

Part I

Advertisements in the December issue of the Philippine Women's Magazine

Appeal

- Manila Steamship Co.
Compania Maritima
Botica Boie
Inacec
Hancock's
Manila Gas Corp. (Electrolux)
Sun Mail Seedless Raisins
Tuason y Sampredo
Woman's Home Journal
Bear Brand Milk
Bazar Siglo XX
Estrella del Norte (Cyma Watches)
General Printing Press
Filipinas Dressmaking Establishment
Maison Alex Weil
Ortigas, Madrigal & Co. (Mandalayong Estate)
P. V. Lopez Beauty Parlor
Puyat & Sons
Albina's Ladies Wear
Aurelia's
Associated Publishers
Collegiate Traveling Store
Kahirup Beauty Parlor
Katialis
Free Press Photo Engraving
King Hiap Hing
Lyric Studio
Manila Button Factory
Penetro
Rialto Studio
Standard Bindery
A. P. Reyes (Opticians)
Juanita Mina Roa
Fotomil
Woodbury's Facial Soap
1. Fear of colds
2. Convenience for women
3. Literary
4. Natural flavor
5. Reliability
6. Novelty
7. Speedy travel
8. Health
9. Service
10. Gift suggestion
11. Economy
12. Vanity (Pride of ownership)
13. Companionship
14. Building instinct
15. Reliability
16. Originality in apparel
17. Vanity
18. Feminine fashion
19. Service
20. Fear of skin diseases
21. Building instinct
22. Beauty (Personal appearance)
23. Security
24. Convenient travel
25. Economy
26. Health
27. Building instinct
28. Elizabel service
29. Educational
30. Feminine fashion
31. Convenience
32. Student bargain
33. Gift suggestion
34. Service
35. Reliability

PRIZES

5 ROUND TRIP TICKETS to Iloilo, Cebu, Zamboanga and Davao Free on comfortable and fast inter-island steamers and \$20.00 as prize money for each winner, will be awarded to the five contestants to submit the first five correct solutions according to the original answer sealed and kept by the Board of Judges. One semester free SCHOLARSHIP at the Philippine Women's University will be offered by the Philippine Women's Magazine which will be added to the prize of the owner of the FIRST correct solution accepted, and which may be used by the winner or her authorized representative, during the summer session, 1937, or the first semester of the school-year 1937-1938. Other valuable PRIZES OF MERCHANDISE will be given as consolation prizes.

RULES GOVERNING THIS CONTEST

This contest is open to everybody both regular subscribers and non-subscribers, except employees of the Philippine Women's Magazine or members of their families. To enter the advertisement in the Magazine, single copies may be sent by mail to any address upon receipt of twenty centavos for each copy. Each contestant must be a resident of the Philippines. New subscriptions and renewals sent in after November 1, 1936 may be used for this contest. One year's subscription is good for two solutions. The three-year subscription at the economy price of \$9.50 is good for six solutions. Solutions may be written on this advertisement, in type-written form, or in legible handwriting. The second part of this contest will be based on advertisements found in the January, 1937 issue of the Philippine Women's Magazine, and will again be published not only in the Magazine but in this paper, Jan. 9. Provincial entries will be dated according to their postmarks. The Board of judges will be composed of prominent and competent men and women in the advertising and educational fields. Their decision will be final. The names of the winners will be published in the February issue of the Philippine Women's Magazine.

All solutions for PART ONE must be sent to Philippine Women's Magazine, c/o Philippine Women's University, Manila.

GRACIOUS LIVING

Are You A Fork Shifter?

THE holiday season calls for many dinner parties to which you may be invited. Should the dinners be a little bit formal, are you so sure of your table manners, are you so familiar with the uses of all the silverware at your place, that you can use them correctly?

One of the problems which trouble many people, even veteran party-goers, at a dinner party is whether to shift or not the fork from the left to the right hand.

Frequently, there is a difference of opinion as to which of two long-established methods is the correct one. Often there is something to say on both sides, but inevitably the convenient way is the more widely accepted. The difference between the American and the Continental (European) methods of handling a knife and fork is an example of this.

Americans usually handle a knife and fork in this manner: A piece of meat is cut with the knife held in the right hand, and the fork, tines down, in the left. Then the knife is laid on the plate and the fork is shifted to the right hand. The third motion consists of carrying the piece of meat to the mouth with the fork, tines up, in the right hand.

Continental do it this way: The meat is cut in the same manner, with the knife in the right hand, and the fork, tines down, in the left. No shift is made; the piece of meat is pierced with the fork, tines remaining down, and carried to the mouth, with the fork still in the left hand.

Both methods are correct, but with the second method several awkward and unnecessary motions are avoided, and the whole action is made more simple. Many Americans who have learned the European way find it so much more convenient, and they are training their children to eat in this manner.

The Fork

The wrong fork bugaboo is dispensed immediately if you follow the simple rule of starting with the utensil farthest

from your plate and working toward the plate.

Hostesses arrange their silver to correspond with the sequence of the courses. Knowing their world so well, they realize that the moments a guest spends searching for an appropriate silverpiece may be more felicitously devoted to conversation and to general participation in the hospitality.

If you encounter one of those recalcitrant ladies who arrange their silver according to what they think is artistic, sometimes adding a few extra, useless pieces just for looks, you'll have to bungle along as best you can. Don't worry; everyone else at the table will be so busy figuring out his own collection of silverware that no one will have time to notice it, if you make a mistake.

And what of it, anyway, if you do pick the wrong implement? Doubtless the one beside it will be approximately as useful for the next course, and if it isn't, a servant will quickly supply you with another.

The fork is held in the left hand, with the handle secure in the center of the palm. The first finger points down the handle. Thumb and forefinger are closed firmly around the handle.

Tines down is the correct position when the fork is held in the left hand for cutting meat, or for transferring the meat to the mouth.

Tines up is the position in which it should be held in the right hand for eating eggs, vegetables, and other soft foods.

Don't use your fork as if it were a shovel. Don't pile

more food on it than you can take conveniently in your mouth at one time. Do not pick with it. And do not wave it about as you talk.

Fingers or fork? is a question that is easily answered by the rule that moist, greasy, or sticky foods are eaten with a fork, when they are not eaten with a spoon. Dry foods can be taken in the fingers. Among these are olives, celery, cookies, cakes without icing.

Relishes

Olives are held in the fingers and nibbled, and the pit is placed on your bread and butter plate. Neither green nor ripe olives are put into the mouth whole, and the pit taken out when the meat is consumed. Cupping the hand to receive the olive pit is affected, awkward, and unnecessarily conspicuous. Never spear olives with a fork.

Radishes and celery are eaten in the fingers.

The Knife

The knife is held in the right hand in the same manner that the fork is held in the left. The index finger points down the back of the handle and does not touch the blade.

Don't cut up all the meat on your plate into small pieces before beginning to eat. Eat each portion as you cut it off.

Constant use of one's knife and fork suggests that one's mind is too much occupied with food, and not enough with being sociable. So we should lay the knife and fork down occasionally, while we join in the conversation.

Once in use, the handles of the knife and fork must not touch the table again; they should rest on the plate. This is a sensible rule because these utensils, propped on the edge of the plate, are apt to be knocked off by accident; besides, a drop of gravy may run down the handle, making it unpleasant to use again and threatening the cleanliness of the table cloth.

When you pass your plate for a second helping, it is best

CHRISTMAS THOUGHT

"I AM thinking of you today, because it is Christmas, and I wish you happiness. And tomorrow, because it will be the day after Christmas, I shall still wish you happiness; and so on, clear through the year. I may not be able to tell you about it every day, because I may be far away; or because both of us may be very busy; or perhaps because I cannot even afford to pay the postage on so many letters, or find the time to write them. But that makes no difference. The thought and the wish will be here just the same. In my work and in my business of life, I mean to try not to be unfair to you or injure you in any way. In my pleasure, if we can be together, I would like to share the fun with you. Whatever joy or success comes to you will make me glad. Without pretense, and in plain words, good-will to you is what I mean, in the Spirit of Christmas."—Henry van Dyke.

GALISATUM
LUNAS GALIS

For effective results against skin diseases such as Prickly-heat, Itch, Ringworm, Chafing, Pimples, Mange, Hongkong foot, Eczema, Dandruff.

BOTICA DE STA. CRUZ
Dr. CARLOS JAARLING
P440

Manila

Price 20

500 mg. (one ounce 240 Gr.) Sulphur 120 Gr. Menthol 15 Gr., Resorcinol 100 mg., Acid Salicylic 500 mg. (one ounce 240 Gr.) Sulphur 120 Gr. Menthol 15 Gr. Resorcinol 100 mg. Acid Salicylic 500 mg.

to place the knife and fork snugly together side by side on the plate so that they will not be knocked off in transit. To lay them on the table cloth would be most untidy, and to hold them suspended in the air is ridiculously awkward.

When you have finished the course, place your knife and fork together on the plate, parallel to each other, the handles turned slightly to the right. Since the knife has been held in the right hand, it is natural and convenient to place it on the right of the fork, with the cutting edge turned toward the fork; the tines of the fork are turned up. Arranged this way, there is slight opportunity for accident when the plate is removed from the table.

Desserts

Substantial desserts, particularly those with a syrup or juice are eaten with both fork and a spoon. Fruit compotes, strawberries, meringue, short-cakes, are among the desserts

A Homeless Spirit

By PEDRO PADILLA

I was born in mountain fastnesses to keep company with their sombre solitude. But soon I knew the meaning of stagnancy, and so escaped from this graveyard home.

I descended upon the valley of a thousand noises to pick out a place among men. Here everything moves fast in the sun; even faces grow old in their youths.

Soon I discovered the rumbling of civilization, and felt grim discordance within men's hearts. I felt the harshness of their methods and the oppression of greed and ill-will.

Thus why I turned back to my mountain fastnesses and their silences, to their primitive folk and uncultured ways, that I might bask anew in calm contentment.

But alas! The old place is no more: wilderness has become cultivated gardens; trees have been felled down; and rocks, blown to million fragments.

Imposing homes now stand where my people have pitched their tents. The rivers, once clear and crystalline, are now dark with the wastes of civilization.

So now I am a homeless spirit.

eaten in this manner. You will find the double silver service especially convenient in removing the stones from stewed fruits, such as prunes and peaches.

Fruits should not be eaten carelessly and untidily in the

fingers, with the juice falling where it may.

Fruits with stones, like apples, should be eaten with a knife and fork. Implant the fork in the side of the fruit and use the knife to peel the skin, starting from the top

and working toward the center of the plate. Cut it in quarters and remove the core before cutting off a mouthful which you eat with the fork.

Oranges, if they are cut in halves, are eaten with an orange spoon. If they are served in slices, they are eaten with a small knife and fork.

AS NOURISHING . . .

(Continued from page 3)

tato Biscuits laid on top of gravy. Serves 6.

Sweet Potato Biscuits

- 3/4 cup mashed sweet
- 2/3 cup milk
- 4 tablespoons melted butter
- 1 1/4 cup flour
- 4 teaspoons Royal Baking Powder*
- 1 tablespoon sugar
- 1/2 teaspoon salt

Mix mashed sweet potato, milk and melted butter. Add remaining ingredients, sifted all together, to make soft dough. Turn out on floured board and toss lightly until outside looks smooth. Roll out 1/2 inch thick; cut with floured biscuit cutter. Place on greased pan. Bake in hot oven at 450° F. about 15 minutes.

Contentment



Wise feeding means more than a healthy baby. It means a happy Mother, and a joyous home-coming for Father after his day's work. That is why so many Mothers feed Baby on "LACTOGEN."

"LACTOGEN" is a carefully balanced whole-milk food, full of the nourishment of rich cow's-milk, and adapted for Baby's delicate digestion.

For Contentment
feed baby on—



"LACTOGEN"
THE NATURAL MILK FOOD

SAVE THE COUPONS FOR
SPLENDID GIFTS

THE BLACK ROSE

(Continued from page 16)

merely a pretty girl of medium height, with black hair and brown eyes and a slow smile. She moved against the whiteness of the wall as if she had stepped gravely from some scene remote in time, out of that sweeter, simpler day which to each man is different, and by each man is remembered wistfully.

The naively formal erectness of her figure brought an instant recognition; her hair piled high about a Spanish comb of dull ebony, the ringless little hand clutching a fold of her full skirt, her historic blush itself all formed a pattern which a man in his secret heart holds dear. I thought of my medical-stu-

dent days in Charlottesville, Virginia, and a girl named Alice.

"Miss Estrada, allow me to present Doctor Grisdon."

She extended her hand and I, who damn old kissers of hands as asinine poseurs, bowed and kissed hers.

"You are very welcome, doctor." The words were spoken carefully and with a faint accent.

Young Bart was staring at her like a man living his great dream. "Do you blame me now, doc?"

"No."

"Isn't she the most beautiful girl in this world?"

"Mr. Bart, please—"

"Forgive me, but I do mean it."

Her very blush was nostalgic as she turned to me and said: "I tell him it is such a large world and he is so young."

"There isn't any world beyond your sight," Bart said.

There was a brief interlude while she scolded him and he apologized and they gossiped about the luncheon they had had together the day before—all in a mood of reserve on her part and deference on his. It seemed a little uncanny to me, watching them: the girl in her quaint frock and Bart wearing the clothes of any modern young American visitor to Manila. Señorita Mercedes belonged to another time and a different manner and an older code. . .

"Shall we go to the terrace, doctor?"

"Eh? Oh, yes, of course. An old dog likes the sun."

Bart grinned happily at me. "You must show Doctor Grisdon your laboratory. She has done marvelous things with flowers, doc. She's grown a new rose-window orchid. And she's bred a guava that has a flavor like nectar!"

The girl colored in abject embarrassment. "He is overpraising me, doctor. I am only an amateur. Is that the word? Padre Nolas is responsible for all my small successes."

"You see? Back home a girl who did such things would have stringy hair and a sticky ego."

"Please, Mr. Bart. I beg

of you. . ."

She led us onto the terrace. Its red flagstones were mossy and cracked. We seated ourselves on wrought-iron chairs.

Bart pointed out the greenhouse laboratory, an improvisation from a stone stable. But Señorita Estrada changed the subject to Brother Cheng.

"It was good of him to call," she said. "He has left his smile in our house. It was a great gift to hear him talk."

Bart looked at her reverently and said: "Doc, Miss Estrada wants to visit Manila. Tell her how horrible that would be."

I hesitated.

"You see?" said Miss Estrada. "Doctor Grisdon does not think as you do."

"Manila would sicken you," Bart said.

"But I should like to go to a dance. And—perhaps see the cinema!" Her voice was graspy with excitement.

Bart looked grim. "There is your promise, remember."

"I promised no one. It is only that Aunt Nina and Cousin Felipe oppose my wish."

Bart appealed to me. "She must never leave this place. Never. Am I right?"

"What does Brother Cheng think?"

Señorita Mercedes broke in, eagerly: "He favors my desire. He says I have not lived in this world. Not yet. You see? And—" The majordomo appeared. "Yes, Ramón?"

"Senator Mendez. He is here."

The girl, her face tightening into a mask, said rapidly in Spanish: "I cannot see him now, Ramón. Tell him—no, wait, I'll speak to him." Then, in English: "Please excuse me."

We were scarcely to our feet when Senator Mendez appeared on the terrace. "Good afternoon, cousin," he said.

"Oh—h-how do you do, Cousin Felipe?"

I watched Mendez's sad black eyes take note of Bart and me as he advanced, bowed and kissed Mercedes' hand.

"Doctor Grisdon; Mr. Nelson; allow me to present my cousin, Senator Mendez."

Mendez bowed stiffly. His lean narrow face, exaggerated almost to caricature by a pointed beard, belonged in a portrait.

"How do you do?" I said. "Glad to know you, Senator," Bart said, and blundered—he offered his hand. The gesture Mendez ignored; he had turned back to Mercedes. His attitude was eloquent of an emotion almost historic nowadays—the poignant pain of unrequited love, nursed, brooded upon, cherished.

"How could you, Mercedes?" he said, in a precise Castilian. "Aunt Nina wrote me, but I would not believe it! Surely these men are here without an invitation?"

"They are my guests, Cousin Felipe."

MENDEZ again addressed the girl in Spanish. "I must insist that they leave. Get rid of them, I beg of you."

I looked ostentatiously at my watch. "We really ought to be getting back to town, Miss Mercedes," I said. "I've just recalled an appointment at the hospital."

Senator Mendez, realizing for the first time that I knew Spanish, flushed. "Doctor, a word with you? You will excuse us, cousin? Thank you." I followed him into the house, while behind us I heard Bart questioning Mercedes. Mendez led me into the reception parlor and came to the point at once.

"Allow me to apologize. I have been very rude. But we are of the Estradas and it is not allowed for Señorita Mercedes to receive guests. It is a family matter, Señor. Do you understand?"

It was not my quarrel. I had opposed Bart's adventure. The dark, fanatic eyes that were fixed on my face warned me that Senator Mendez meant trouble. And yet I found myself disposed to argue.

"Miss Estrada is of legal age, and this young man should be acceptable in any circle. I will vouch for him."

A polite shrug. "Forgive me. I do not make myself clear. Señorita Mercedes has no knowledge of the world. She is to be protected. I have

TATTOO YOUR LIPS

with this new, more indelible lip colour that isn't pasty and that actually softens lips!



Here's the very spirit of South Sea adventure... **TATTOO** for your lips instead of pasty lipstick. You put it on... let it set... then, wipe it off... leaving nothing on your lips but **COLOUR**. No pastiness at all. And the shades! Five of them; each with a thrilling South Sea note, ready to add to your lips all the emotion of a Hawaiian moon. And instead of drying your lips **TATTOO** actually softens them; simply won't let them chap. Try all five shades at the **Tattoo Colour Selector**... in your favorite store.

CORAL... EXOTIC... NATURAL... PASTEL... HAWAIIAN
Send **P. 25** for introductory size, stating shade desired, to sole Philippine Agents: **Condiment Mfg. Co., 121 Rosario, Manila.**

TATTOO

South Sea Colour for Lips

that honor."

He bowed, and on the wall above his head were a cuirass and the crossed spears of some conquistador. I looked at him and realized that talk between us would be quite useless. He was of the Estradas. His olive-brown, humorless face was preoccupied with unhappy love and honor assailed.

He waited politely for me to speak, but I could think of nothing to say. The ludicrous pause was broken by the entrance of Señorita Mercedes.

"I am sorry you must return to Manila so soon, Doctor Grisdon," she said. "Mr. Bart is waiting for you in the car."

"I'm sorry too," I said. "And I also, doctor."

The girl ignored her cousin. Angerspots showed in her cheeks, and her eyes were black. I thanked her for the visit and we exchanged strained pleasantries to the door. Senator Mendez waited in the hall until the door was closed.

Bart, looking very sore, was slumped in the front seat of my car.

"Well," I said, "it appears we have been given the bum's rush."

"That crazy fellow! If I could have got Mercedes out of the way I'd have slapped him over!"

"Yes — and been challenged to a duel."

"It's time someone put him in his place. He thinks he owns the ranch."

I started the car down the red clay road. "He's her cousin, Bart."

"Second cousin. That doesn't give him the right to boss her. We'll show him!"

"Of course you'll hoot at me—but my advice is to back out of this. Mendez told me he intends to protect Mercedes. And that means protection against any fancied slight or affront to her honor, with Mendez to be judge and jury."

"Don't worry, doc."

Out of the corner of my eye I saw that he was grinning impishly. "I am worried, son," I said. "I know Mendez. He follows the highfalutin code of the Dons. And he has no sense of hu-

mor."

"Yes? I'll bet he laughs himself sick when he hears that Mercedes has been to a dance in Manila!"

"You're joking."

"Am I? Tomorrow night, at the Manila Hotel. I'm counting on you to chaperon us, doc!"

I WASTED twenty minutes trying to argue this out. Going to a dance in Manila was Mercedes' dream of the fairy ball, Bart said. He had opposed it until Senator Mendez horned in. Mercedes, angered by her cousin's interference, had renewed her entreaties. She was on the side of rebellion.

"Mendez will look upon it

as a deadly insult," I said.

"Let him."

"What if he demands a duel?"

"He wouldn't be that foolish."

"Remember who he is and who she is. They are living in the Middle Ages. If he challenges you, she would expect you to fight."

"I'll fight him, then. With swords, pistols, machetes, machine guns — anything! I'd fight seven Mendezes in a row for her, if she expected it of me. I know what I'm doing, too. I looked for this; I dreamed of it; I wanted it — I still want it. I love it! And love her, doc. In a way you wouldn't believe. Sorry!"

We did not speak on the rest of the trip back to Manila. I let him out on the Luneta to walk to the Manila Hotel; and then I went to see Brother Cheng.

Brother Cheng was taking his afternoon bath. I found him seated in the huge oaken tub in the center of a bare loft room at the rear of the restaurant. Tick Kong, wearing a rubber apron, was scrubbing Brother Cheng's back with a long-handled brush of hog bristles. My friend, a towel draped around his middle, was dictating a letter to Rabbi Hiersholm. The rabbi, a fugitive from Russia, attached himself to

(Continued on next page)

SAN MAURICIO-PITISAN MINING CO.

(Under Process of Incorporation)

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CORRECTIONS

The title of the article on new coiffures on page 30 should read: **New Heads For You And Me.**

The first paragraph of same article should read: "This New Year, let us give ourselves new heads—therefore new faces. There may be nothing wrong with the old ones, but anyway, let's look different just for a change. —"

* * *

The members of the NFWC board of directors whose names appear on page 23 are the new ones. There are nine members in the present board of directors, five of whom were re-elected, as were also all the officers, in the last election held during the Sixth Biennial Convention.

THE BLACK ROSE

(Continued from page 59)

Brother Cheng's household many years ago. He acts as a sort of secretary-amanuensis—a timid little man with dyed whiskers; hair in ringlets and a velvet skullcap on his head.

"Doctor Grisdon, my friend, only one hot bucket today. Tick Kong will swear it!"

I ignored this standing joke between us. Ordinarily, I would have felt the water and accused Brother Cheng of fudging on his cold bath. But I was in no mood for jokes.

"For the first time I have caught you in a bad error of judgment, Brother Cheng," I said. "You've got Bart into serious trouble!"

Brother Cheng was unperturbed. He said: "Rabbi, you know my heart in that matter. Finish the letter in your most excellent style." Rabbi Hiersholm bowed and went through the doorway. Then, to Tick Kong: "Enough. Heh! You have skinned me alive. Open the window and permit all my friends to come in."

"They will dirty the water, Revered One."

"Heh! Have I not dirtied it first?"

Tick Kong, sighing, opened

the latticed teakwood screen. Rikki, the pet lemur, and Sarah, the one-legged parakeet, followed by a half-dozen sparrows came in to play about the tub.

"Heh! So Bart is in trouble?"

Nettled, I described in blunt terms the scene at the Estradas' and its sequel.

"The boy is right and you are overfearful, my friend. Bart has made his choice. He is no longer with us, but has stepped into the sundial's shadow. He embraces an almost forgotten hour when love was worth many a shining hazard.

What right have you or I to say it is not so? Heh! He has looked at Señorita Mercedes with wiser eyes than yours."

I sniffed, remembering that I should have to face Bart's father if anything happened to him. "Senator Mendez does not look at it so philosophically. If Bart takes her to a dance, Cousin Felipe will react as any hidalgo of the old régime."

"Good!"

"A duel? Good?"

"Is it not of a pattern? Noble thoughts and violent action, my friend. Was that not chivalry? And how may our young man dedicate himself to the one without facing the reality of the other?"

"THE true Christmas bill-of-fare can't be bought, cooked or photographed. It is made of the most precious elements we know in this queer twisted world of ours, and they don't take kindly to statistics.

"It should have content, laughter, surprises, hospitality, faith and courage in its composition, and every course should be seasoned high with love. Gather these things about your Christmas table and nothing else will be important. Try to manage without them, and silver candlesticks and maids in gray moire, caviar and terrapin, pleasants' breasts under glass, asparagus from Florida and ices from the caterer won't make a feast."—Mrs. Kathleen Norris.



Hand Embroidered Table Cloth For Your Tea-Table

Materials required:

- 7 Skeins ANCHOR Stranded Cotton F. 606 (Dark Periwinkle).
- 6 Skeins ANCHOR Stranded Cotton F.404 (Light Periwinkle).
- 4 Skeins ANCHOR Stranded Cotton F.550 (Pale Puce).
- 3 Skeins ANCHOR Stranded Cotton F.605 (Periwinkle), F. 552 (Puce).
- ¼ yards (1m 14cms) biscuit coloured linen 45" (1m 14cms) wide.
- Milward's 'Gold Seal' Crewel Needle No. 6.
- Transfer No. P.703-D. 245. (3 strands of cotton used throughout).

Join the transfer sections to form a square and iron on to material.

Stitches used in the embroidery are satin, stem, blanket and heringbone. Follow diagram for placing of stitches and colours.

To work centre of flower motif, first work a row of blanket stitch on either side of scallop with light periwinkle, another row is then worked with light puce on top of lower blanket stitch edge. This is

clearly shown in diagram 2.

To finish cloth, turn in a hem on wrong side and slip stitch to outside row of stem stitch.

Materials required in ANCHOR Pearl Cotton No. 8.

- 2 Balls (10 gram) F.606 (Dark Periwinkle).
- 1 Ball (10 gram) each F.604 (Light Periwinkle), F. 605 (Periwinkle), F. 550 (Pale Puce), F.552 (Puce).

Materials required in CLARK'S Filosheen.

- 4 Balls (28 yds.) each F.483 (for Dark Periwinkle), F.482 (for Light Periwinkle).
- 3 Balls (28 yds.) F.694 (Pale Puce).
- 2 Balls (28 yds.) each F.762 (for Periwinkle), F.584 (Puce).

Materials required in COATS' Chain Silk Finish No. 8.

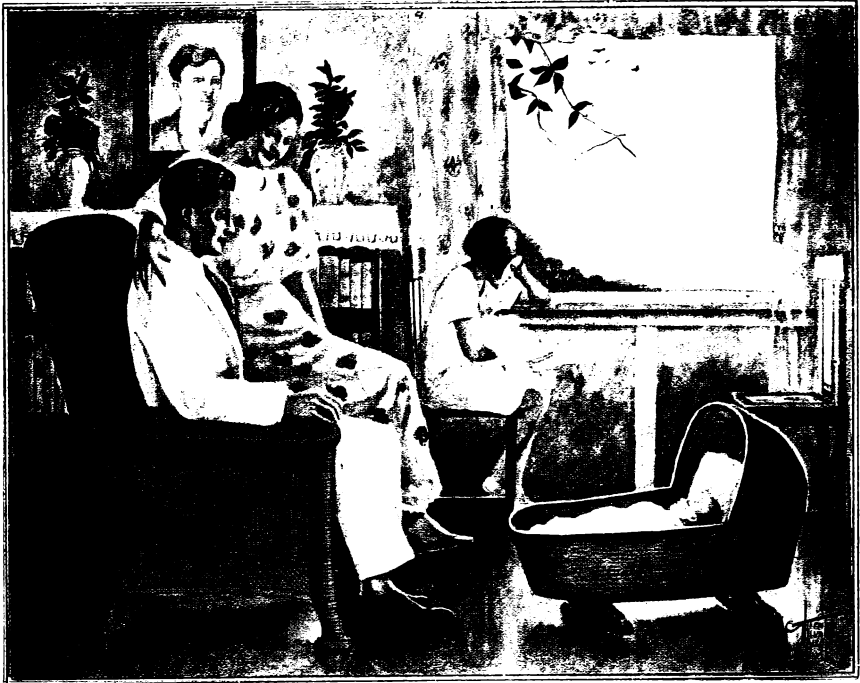
- 2 Balls (10 gram) F.484 (for Dark Periwinkle).
- 1 Ball (10 gram) each F.761 (for Light Periwinkle), F.483 (for Periwinkle), F.661 (Pale Puce), F.662 (Puce).

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