

Good Housekeeping

BRUARY
1926

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Jessie Willcox Smith

Beginning a New Novel

By the Author of "THE BEAUTY PRIZE"

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ONLY a woman knows the jealousy a woman feels for the man she loves—the jealousy she feels for even impersonal things that would share his heart with her. Mary Heaton Vorse has written for the March GOOD HOUSEKEEPING a stirring story of a girl who wanted a man's whole heart and his soul as well, and fought to the death with her only rival, a brave sailing-ship, "The Madelaine"

EVERY one who loves children will find a stimulus to endeavor in Judge Henry Neil's stirring indictment of society, called "Whose Children Shall We Starve?" Read it first of all, when you get your March magazine; then turn back to it again when you have finished. And then do something toward keeping little children safe with their mothers—where they belong

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No Pure Food Action-Now

*Dr. Wiley's Letter to the President
is Passed Upon by the Bureau He Indicted*

By Dr. Harvey W. Wiley

IN GOOD HOUSEKEEPING for September, 1925, was published my letter to President Coolidge with regard to certain laxities in the administration of the Pure Food and Drugs Act. I pointed out in that letter that these laxities began almost as soon as the Food Law came into effect, and had since continued to accumulate in number and in importance. Most of these laxities were due, as I pointed out to the President, to a misunderstanding on the part of the Secretary of Agriculture of his functions and duties in connection with the administration of the Law. This letter excited a great deal of attention and has been the subject of frequent comments among the readers of GOOD HOUSEKEEPING. I am sure the housewives of the country will be interested in knowing what has happened to this letter up to the present time.

Mr. Coolidge received my letter on the eve of his departure for his summer vacation. Before he went, however, he instructed his secretary to transmit the letter to the Secretary of Agriculture for advice with regard to the points therein. The Secretary of Agriculture was absent on a long tour to the west, and the letter went into the hands of the Assistant Secretary, Mr. R. W. Dunlap. I do not think it could have fallen into more able hands than his. Mr. Dunlap served four years as Commissioner of Foods in the State of Ohio. It was during this period that the celebrated Denver Convention of 1909 was held in which the officials of the Department of Agriculture, and the Association of Dairy, Food, and Drug Officials of the United States were induced to approve the Remsen Board, by a slender majority, as the competent adviser of the Department of Agriculture on matters connected with food and drug legislation, in plain violation of the law. Mr. Dunlap was one of the members of the Convention at Denver who bitterly fought this resolution and voted against it on the final roll-call. He, therefore, by training and conviction, had the necessary information to handle a case of this kind even better than the present Secretary of Agriculture himself. When it came into his hands he referred it to the officials of the Bureau of Chemistry. These officials prepared an answer to the President's letter, which Assistant-Secretary Dunlap signed and forwarded to the President. A few high-lights of this letter may show how the Bureau of Chemistry is still wedded to the

*Director Good Housekeeping
Bureau of Foods,
Sanitation, and Health*

illegal restrictions which limit its activities.

In replying to the President's letter, Assistant-Secretary Dunlap called attention to the serious accusations made by me in regard to the present condition of affairs in the Bureau of Chemistry. He paid a high compliment to my services in securing the enactment of the Food and Drugs Law, which he called one of the most beneficent pieces of legislature ever passed by Congress. He stated it was not his purpose to hamper the Bureau of Chemistry by any restrictions which would prevent the literal application of the terms of the law to food and drug products brought within the jurisdiction of the act.

I was firmly convinced from this introduction of the answer to the President's letter that I should get at the hands of the Assistant Secretary all I had anticipated from him, both on account of the merit of the case and of his former relations to all these matters in his official capacity as Food and Drugs Commissioner of the State of Ohio.

I was not long, however, in becoming disillusioned. After this preliminary statement, he gave the President a long list of reasons why the Bureau of Chemistry should stand by the paralyzing restrictions to which it had been so long accustomed. He entered also into a learned and extensive discussion of the reasons why the officials of the Bureau were unwilling to undertake the enforcement of the law along the lines which I had pointed out in my letter to the President. He told in a most unsatisfactory way, in my opinion, why nothing had been done to enforce the Court decision against either bleached flour or against coca-cola.

In justice to the Assistant Secretary, I must say that he, having been only a few months in his present position, assigned the preparation of his answer to the President's letter to the competent officials of the Bureau, and all these opinions denying my pleas were prepared by Bureau officials, and the letter was signed by the Assistant Secretary in the line of his duties. He is to be pardoned, of course, for assuming that the officials who had been long in the service would not fail to inform him of any of the conditions which existed in

the Bureau at the present time regarding the strict performance of the Bureau's duties.

In point of fact, however, both the bleached-flour case and the coca-cola case had been settled by decrees of the Federal Courts, and each one had been pronounced to be an adulterated and misbranded article. All the action proper to be taken in the Bureau of Chemistry was the publication of these facts, with a statement that both articles, having been condemned as violating the law, would be denied interstate commerce, or manufacture or sale in the District of Columbia. Such a statement would have put an end, once and for all, to these two offenses, not only against the public, but offenses against the law itself. The failure to do this on the part of the then competent officials of the Bureau of Chemistry has been the cause of all its shortcomings and its condition of "innocuous desuetude" with regard to these matters.

One of the most interesting features of this miscarriage of justice is that the Assistant Secretary was not informed of that part of the Supreme Court decision which defined what was meant by an added substance injurious to health. The light thrown upon the administration of the law by this Supreme Court decision was extremely illuminating. It pointed the way by which conviction could be obtained in cases of small quantities of added injurious substance which it perhaps would have been difficult to prove in any particular case were injurious to health. While I am aware of the fact that the readers of GOOD HOUSEKEEPING do not like to read quotations from legal documents, I think I must acquaint them with this opinion of the highest judicial authority in the country. I beg, therefore, to print the exact language of the Supreme Court on this point.

"The word 'may' is here used in its ordinary and usual signification, there being nothing to show the intention of Congress to affix to it any other meaning. 'It is,' says Webster, 'an auxiliary verb, qualifying the meaning of another verb by expressing ability. . . . contingency or liability, or possibility or probability.' In thus describing the offense Congress doubtless took into consideration that flour may be used in many ways—in bread, cake, gravy, broth, etc. It may be consumed, when prepared as a food, by the strong and the weak, the old (Continued on page 183)
(Dr. Wiley's Question-Box is on page 90)

DR. WILEY'S Question-Box

Questions concerning foods, sanitation, and health will be answered by Dr. Wiley only if a stamped, addressed envelope accompanies your request. No exceptions can be made to this rule. Prescriptive advice can not be given, nor can samples be analyzed. Address Dr. Harvey W. Wiley, Director Good Housekeeping Bureau of Foods, Sanitation, and Health, 506 Mills Building, Washington, D. C.



This woman has a calendar that is crowded with interesting, delightful engagements—
While this one is seldom invited to go out, she is lonely all day long.

Which of these women has learned the secret of Fifteen Minutes a Day?

TWO WOMEN live in neighboring homes. They are of the same age. Their husbands' incomes are about equal. They seem to have the same chance of social success and happiness.

And yet, one of these women is seldom invited to go out. She belongs to no set or club or society. She is lonely all day long. The other woman is always the center of a group of friends. Her calendar is full of engagements. She is sought after as a guest and admired as a hostess.

Make Her Secret Your Own

Her secret is very simple. She has learned how to attract people. She has read many things. Her mind is keen and alert, and people feel instinctively that she is worth knowing.

Any woman who knows something of literature and science, of travel and biography, will find herself becoming more and more attractive.

It is possible to secure, all at once and at very small expense, the few great books that enable anyone to think clearly and talk well. You will understand how this is possible the moment you have read a wonderfully interesting book called "Fifteen Minutes a Day," which gives you the contents, plan and purpose of the most famous library in the world.

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The little book is free. It tells how Dr. Eliot put into his Five-Foot Shelf (sometimes called The Harvard Classics) "the essentials of a liberal education"; and how he has so arranged it with reading courses and notes that even fifteen minutes a day are enough to give you the broad knowledge of life and literature, the cultivated viewpoint that every university strives to give.

Every reader of Good Housekeeping is invited to have a free copy of "Fifteen Minutes a Day." It will be sent by mail postpaid, and does not obligate you in any way. Merely tear off this coupon and mail it now.

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WORLD BOOKS
The publishers cannot undertake to send the booklet to children.

Starches and Sugars Principal Sources of Fat

In the October number of Good Housekeeping you stated that the vegetable oils were fattening only indirectly; that fats and oil in the foods were used chiefly as fuels, being more easily burned than sugar and starch. They thus spared the carbohydrates, which were subsequently converted into the fats and stored. This information is contrary to all my training in food and nutrition. In all my food classes at the State University I have been taught that vegetable oils were 100 percent fat. In our diabetic and obesity diets at the hospital all oils are calculated on the 100 percent basis, and mineral oils are used for mayonnaise.

Miss H. J. H., Mo., Dietitian

If the fat in the human body is analyzed it will be found entirely different from any of the oils and fats that enter into our diet. Therefore, the fat in the human body could not have been derived directly from the oils and fats used. Butter fat is one of the principal fats used by human beings. Nevertheless in the fat deposited in the human body there is no trace of butter fat. Physiologically the fats in our foods are primarily fuels, and the burning of them in the tissues of the body is our chief supply of heat, represented in energy as well as in the temperature of the body. The predominating weight of physiological authority points to sugar and starch as the chief source of fats in the human economy. Mineral oil is totally indigestible. When taken into the stomach, it acts as a lubricant. It may be useful in cases of constipation but otherwise it tends to pass foods through the alimentary canal so rapidly as to interfere with proper digestion and assimilation.

Will Physicians Ever Learn?

There is persistent opposition to Horlick's Malted Milk and Shredded Wheat among physicians and nurses. I have a liking for both these products. I ask your frank opinion of the claim that neither has any nutritive value.

Dr. H. N. D., N. J.

So-called "malted milk," of which Horlick's is a type, is a combination of dried milk powder with red dog flour which has been treated with malt so that the starch thereof has been largely converted into maltose sugar. While red dog flour is considered the lowest grade of flour produced, it contains more vitamins and minerals by far than refined white flour. Dried milk, when properly prepared, has lost very few of its vitamins and practically none of its nutritive value. This combination called "malted milk" has all the nutritive value of milk and red dog flour from which it is prepared. Shredded wheat is a whole-wheat product prepared under ideal conditions and is immensely superior to white flour in nutritive, vitamin, and mineral qualities. I can not understand why doctors or nurses should have this unwarranted prejudice against these foods.

Nature Is So Unscientific, According to Some Folks

Is it a bad practice to mix farinaceous foods with protein; for instance, eating meat with potatoes, or meat or eggs with bread? Does the eating of such a combination produce an acid which is bad for the system?

F. E. B., Minn.

Evidently, according to some professing dietitians of today, the Lord made a fatal mistake in mixing proteins with starch and

DR. WILEY has prepared for distribution an important series of pamphlets, for children, "Artificial Foods for Infants," and "The Feeding of Older Children"; for adults, "Constipation," "Reducing Weight," "Increasing Weight," "Diet in Pregnancy and Lactation," and "Hyperacidity and Fermentation." These pamphlets will be sent for five cents in stamps each and a stamped, addressed envelope. All those interested in health should send a stamped self-addressed envelope for the questionnaire designed for The League for Longer Life. With its aid, your exact physical condition may be determined and improvement made

sugar in foods, as, for instance, in milk and in cereals. But this having been done in natural foods, then I think we poor cooks should be permitted to do the same thing. In point of fact, the best natural foods usually contain all the elements necessary to health. Bread already contains 50 percent or 60 percent of starch, and from 10 percent to 12 percent of protein. The percentage of protein in milk is nearly 50 percent of the amount of carbohydrates. Potatoes also,

when eaten with the skins, as they should be, contain a large percentage of protein already mixed with the starch. I have never noticed any particularly harmful effects from eating whole-ground grains of wheat and whole potatoes. But, according to the authorities you quote they are likely to develop poison. This false teaching of dietetics which apparently is so common now has no foundation whatever of a scientific character, and is contrary to Nature's plan.

Very Little Nutritive Value

Will you kindly tell me the value of broths and meat juices. I have been told that they are merely stimulating and appetizing and contain no nutritive value.

Mrs. W. T. A., Conn.

The information which you have received about meat juices and broths is mainly correct. They do have a slight food value, but they are mostly stimulating and tonic. When used warm, but not too hot, they favor the secretion of the digestive enzymes and thus may prove of some value.

Sand Has Its Uses—But Not In the Human Stomach

I overheard a gentleman say he was helped in the case of a disordered stomach by eating sand. He gave as his authority a professor of some medical college who advised people to eat sand. You have always been very kind to me, and I try never to consult you unless it is something vital. I would so much like to restore my appetite and correct my stomach. If you think sand is a good thing, will you kindly tell me where I can purchase it. I want the finest—that is, sand that would not be harmful to the intestines or any organs in the body. The man who has been eating it for years is robust-looking. He said I could get silver sand at a hardware store. I don't think this is fine enough.

Mrs. H., Pa.

I think if the gentleman whom you quote had in mind the figurative meaning of sand, his approval and use of it would be highly beneficial. In common language, the man who is brave, vigorous, and full of pep is said to have "sand in his craw." However, the human stomach is not suitable for grinding grains. If you still think you should eat sand, if you will apply to the firms selling building material, you can get the price per ton.

Away With Them!

I should like to know if there is any food value in the licorice candy cigarettes and jaw-breakers. Are they good for children?

Mrs. H. M., Iowa

I have only one word to say about the licorice candy cigarettes and jaw-breakers for children. Licorice is a laxative and should not be used as a candy. I do not know anything more harmful to the children than such combinations as these.



Why Quaker Oats breakfasts "stand by" you through the morning

A 10-Second Education in the Scientific Reasons

Do you feel hungry, tired, hours before meals? Don't jump to the conclusion of poor health—much of the time you'll find it's largely brought on by ill-balanced diet.

Thousands have unenergetic mornings for that reason—starting with breakfast, which lacks one or more essential food elements. To feel right, you must have well-balanced, complete food. At most meals you get it. That is, at luncheon and dinner. But the great dietetic mistake is usually made at breakfast—a hurried meal, often badly chosen.

That is why Quaker Oats is so widely urged today. The oat is the best balanced of all cereals grown.

Contains 16% protein, food's great tissue builder; 58% carbohydrate, the great energy element; is well supplied with minerals and vitamins. Supplies, too, the roughage essential to a healthful diet to make laxatives seldom needed. Few foods have its remarkable balance. That is why it stands by you through the morning.

Why deny yourself the natural stimulation of this rich, warm food?

This Quaker on a label means a world's standard in cereal products...a symbol of the finest grains that grow, of the finest milling known.



Quick Quaker cooks in 3 to 5 minutes

The world's fastest and most easily prepared oats breakfast

Put on the scales of scientific analysis, Quick Quaker holds high place as the ideal starter for an active day.

Measured in deliciousness, none compares. The flavor is rich and wonderful, for all that rare Quaker flavor is there; the famous Scotch flavor that comes of large, plump grains milled as only Quaker experts know.

Judged from the standpoint of easy preparation, Quick Quaker is one of the world's fastest breakfasts. Cooks in 3 to 5 minutes, ready before the coffee. *

Why start the day, then, with less nourishing, less delicious foods? Quaker Oats and milk has become the dietetic urge of the world.



THE QUAKER OATS COMPANY



WHEN IT RAINS—IT POURS

A new table salt that gives children *better health*

It prevents goiter
childhood's common ailment
—tastes no different

IF YOU are a mother remember this: Physicians have shown that simple goiter is so common that almost any boy or girl under 18 is likely to develop it—girls especially. In many States from 10% to 30% of children are thus affected.

They have also shown that goiter is the easiest known disease to prevent.

And Morton's Iodized Salt has been accepted as an ideal means of prevention because Nature's iodine has been restored to it.

You simply use it on the table and in cooking as you would any salt—it tastes no different.

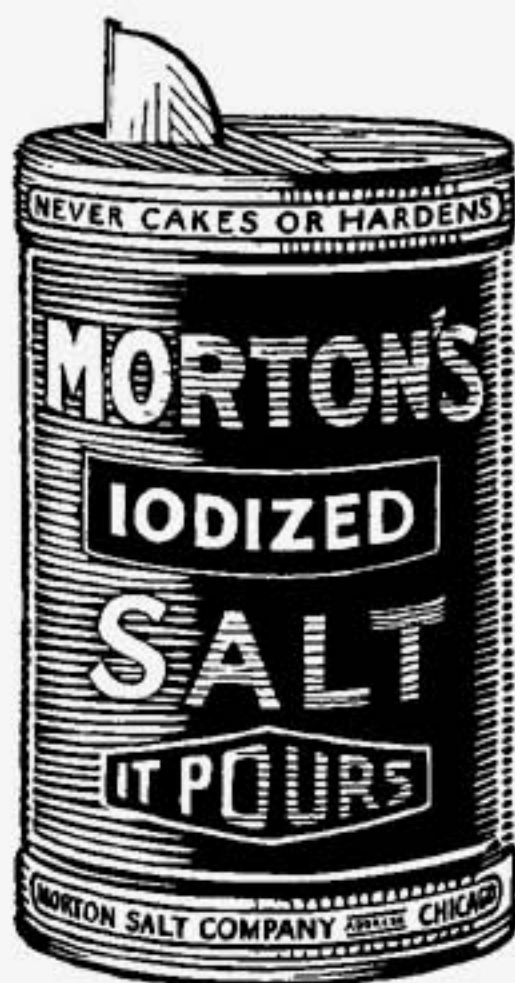
But the small amount of iodine it contains prevents the enlargement of the thyroid gland in the neck.

Everyday foods should supply this iodine. But unfortunately in many communities they do not. Drinking water often fails in the same respect.

So health authorities advise the use of iodized salt to supply the system with the small amount of iodine so necessary to it.

In one section of Switzerland goiter in children has been practically eliminated by the use of iodized salt. Similar results are being achieved all over the United States.

Go to your grocer and ask for Morton's Iodized Salt. A perfect table and cooking salt that is really a more complete food. And like its predecessor—"When it rains—it pours."



MORTON'S SALT

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"WHEN IT RAINS—IT POURS"

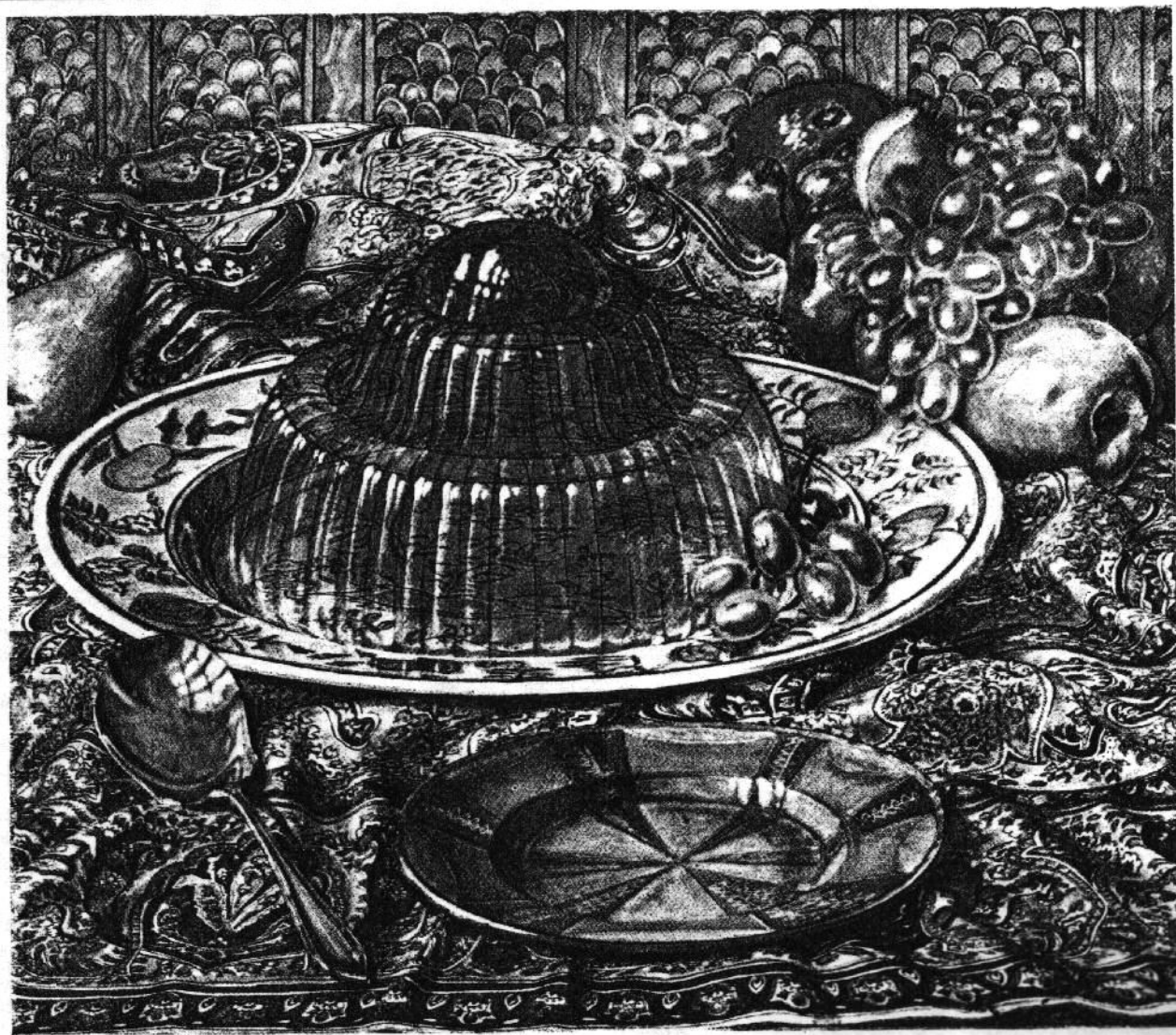
Long before the need for iodized salt became apparent, this product had captured the fancy of millions. It still represents the utmost in flavor, in quality, in economy, in convenience, because, "When it rains—it pours." Families without children use it. Where there are children the iodized is advisable.



★
FOR WOMEN A MOST HELPFUL BOOK *FREE—clip coupon*

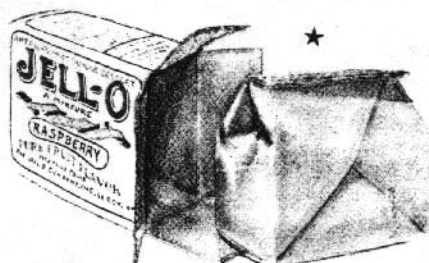
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