

Keep Cool!—and How to Do It

A Few Simple Routines Make Summer Pleasant

By LOUISE BARGELT

MIND THE HEAT? Here are some summer-sense tips for scorching days and blistering nights. Simple and inexpensive ways.

To keep cool you must fight off both the heat which your body is constantly producing and the heat of the air around you.

The first rule to follow is to keep a wholesome respect for that fine heat control apparatus which Dame Nature has given us. Pay attention to what you eat and drink and wear—and how you act and even how you think. Also give your room or your apartment or your house a few first aids to keep out the sun and to keep the air stirring.

Do what work you have to do, but don't get excited about it. Don't get excited about anything! Don't worry or fret or get into hot arguments when the weather is hot. You are more keyed up than usual when the temperature is high, trying to hold on to your pep and muster up the needed energy to go on with your daily tasks. Your nerves are apt to be jumpier than usual, so treat them kindly. Sidestep subjects that lead to bickering, for bickering does make you hot.

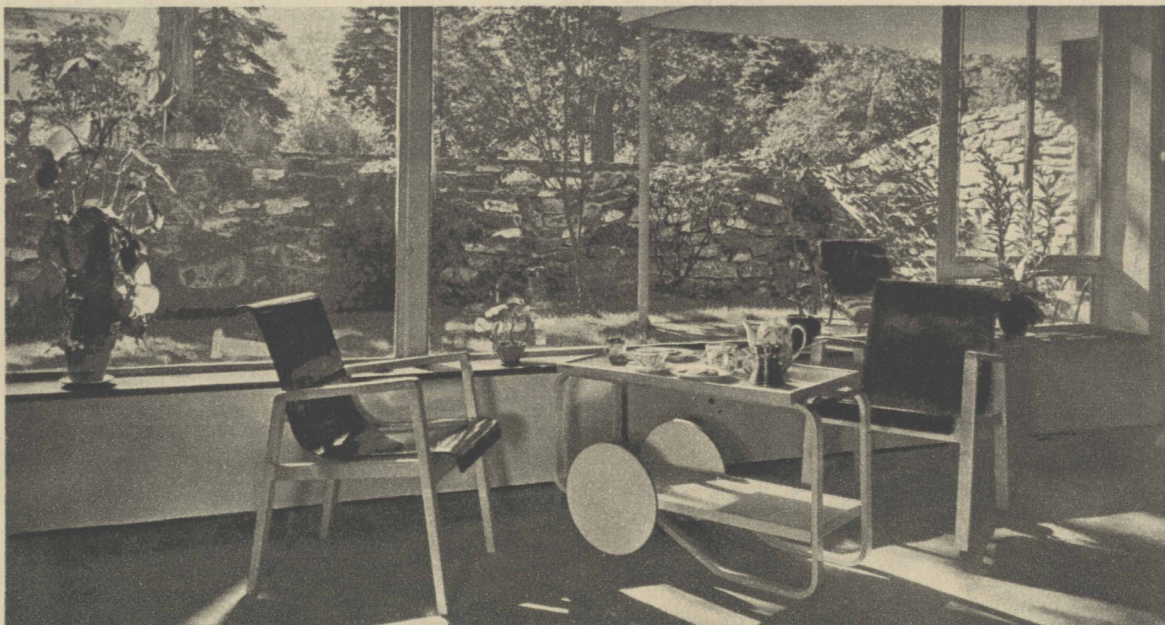
When it comes to what to wear when the temperature soars and soars, there are experts who can tell you the heat-resisting powers of every color under the sun. The coolest, most heat-resist-

ing color is white. Next come khaki, light blue, gray, yellow, brown, and dark blue. Black may be snappy, but when the temperature gets to over 90 degrees hunt up some light clothes till the weather cools. Black absorbs the sun's rays—and how!



Sensible eating is a good way to keep cool.

Porous materials speed up evaporation, and loose-fitting, heat-deflecting garments keep off the sun, which the exposed skin will absorb greedily if it gets a chance. And if you are at all sensitive to heat, don't dis-



There are many ways a home can be kept cool without great expense.

card your hat too rashly. It may save you from a sunstroke. If you want to toss aside anything, put away your tight belts and garters for a cooler spell.

See that you have some provision in your bathroom for a shower or spray, for tub bathing and shower bathing are body coolers.

Don't go too far to the left on that much-discussed topic of the eatless system. You will likely starve along for a couple of days, thinking you are keeping yourself much cooler, and then the third day overeat and feel the heat worse than ever. Just keep to the lighter foods, eating less of starches and sweets and heavy meats.

Cultivate the habit of moder-

ation in hot weather. It is always a worth-while habit, but in summer it is doubly so! Drink plenty of cool water and cool, heat-resisting drinks. (Some people insist, and have insisted the world over for years, that there is nothing more cooling than hot drinks in hot weather. In India Britishers claim that there's nothing better than hot tea to draw blood from the surface of the skin.)

Don't forget, either, that you should do your sun-tanning in the late afternoon or the early morning, when the sun's rays are on a slant and can't beat down on you so directly. If you are blond don't be too disappointed if you find it hard to acquire the tone of an Indian god or goddess. You may not have as much melanin in your

skin as a brunette. (And if you have too much you'll freckle!)

There is no reason now—excepting from the viewpoint of the budget—why every one can't have June weather in his house or apartment all summer long. Highly perfected individual units and systems for air cooling and dehumidification and washing and circulation are with us. But if we aren't in a position to afford these units right now, here are a few methods to make our indoors cooler—simple methods, but they'll help.

Look first to your window glass, which lets in all the heat it can get (unless, of course, it is one of the new insulating types). So close your windows early in the day and draw the shades and keep your Venetian blinds or shutters closed. Keep them closed as much as you can and then fling them wide open as the sun goes down.

Check up and discover how much radiant heat awnings will eliminate. They cut it off sharply. Venetian blinds are helpful in softening the sun's glare and will deflect its rays.

Don't forget the boon that electric fans prove when the temperature leaves us gasping. They are potent aids in increasing the evaporation of body moisture. Don't overlook the comfort a small exhaust fan in the kitchen will be when it keeps the air stirring.

If you live in a house of your own, consider attic ventilation, night cooling via the attic fan route. You can also make your home much less open to the blistering heat by insulating your walls and roof and attic floor.

Wherever you may insulate your house you'll find this insulation a barrier to outdoor heat. Then later, when you want to install complete summer air conditioning, and winter air conditioning, too, you'll find you have taken one worth-while step toward an air-conditioned home.

As for mechanical units, ventilating and refrigerating units and systems, these are an entire subject in themselves. There are a number of fine methods for summer cooling. You can cool one room or two, or your entire house.

There are ventilating units you can install in a window and pull in that cooler night air of outdoors. Or you can put an electric fan in a window and let it draw in outside air and put it into motion.



(Posed by Susan Hayward.)

Get your sun bathing in the early or late hours when the rays are slanting.

Easy as Pineapple Pie



This pineapple pie is made from canned crushed fruit, flavored with lemon.



"Hot dogs" can look as pretty as this when they're stuffed with mashed potatoes or cheese and baked in the oven.

By MARY MEADE

PINEAPPLE pie, with or without meringue or whipped cream to dress it up, wins the hearts and appetites of all who look upon it. There must be half a dozen good variations of pineapple pie—sometimes it's baked in a double crust with a creamlike filling, sometimes it's made with pineapple juice and gelatin into a fluffy chiffon affair, and other times it appears single-crust and open-faced, as does this concoction of crushed pineapple.

To make it, get out an eight-inch pie pan and line it with pastry. Then follow this recipe:

PINEAPPLE PIE (Eight inches)

- 1 eight-inch unbaked pastry shell
- ½ cup sugar
- 2 tablespoons cornstarch
- ¼ teaspoon salt
- 1 No. 2 can crushed pineapple
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon rind

Mix together sugar, cornstarch, and salt. Pour pineapple from can into pastry shell. Spread evenly and sprinkle with sugar mixture, then lemon juice and rind. Bake in hot oven, 450 degrees, for 20 minutes. Reduce heat to 375 degrees and continue baking 20 minutes longer. Garnish with whipped cream just before serving if desired, or cover with meringue and return to oven to brown.

The other food photograph

(Continued from page nine.) army that stood off its enemies in the World war was built.

In a short time France had a large body of well trained soldiers. There was, however, no immediate opportunity to restore prestige on the continent. Germany was still too strong to be antagonized. Easily the French turned to new colonial adventures and made huge additions of lands beyond the seas.

Tunisia came first. In 1881 France advanced the claim that Tunisians were raiding her Algerian borders. The French columns moved and conquered. The bey of Tunis was compelled to sign a treaty that made his country a protectorate of France.

It has since held that status. Only recently steps were taken to make Tunis a colony. Italy, only a hundred miles away from this north African state, has never approved. She has been

France's World Empire

particularly annoyed by the French dictum that the children born in Tunis of Italian parents are French citizens.

With little delay the French went on absorbing lands. Much blood, much treasure was expended in overcoming and making protectorates of Tonkin and Annam in 1884. They rounded off French Indo-China, which with its 20,000,000 inhabitants still bows to the French will.

In the decade before 1900 France completed the subjugation of western Africa and of her present Congo holdings. Madagascar was made into a colony. The oceanic isles, including beautiful Tahiti and New Caledonia, had long since been pacified.

Most of the acquisitions were made without serious opposition

on the part of European powers. This was not true of Morocco. About 1904 France, Spain, and Great Britain were all laying claim to parts of its mountainous terrain. The British suddenly renounced their demands in favor of France. The entente cordiale, the British-French alliance that still exists, was born. Then Germany stuck in a claim. Kaiser Wilhelm swaggered. He said the rival demands should be laid before a European conference. This was done, but the French position was upheld in general and the Germans had no satisfaction.

In 1911 the "Agadir incident" almost tipped the scales in favor of war. Germany sent a warship to a Moroccan port, officially to protect her nationals. There was more than a suspicion

that the real object was to compel the start of a war.

England, however, made it plain that she stood firmly with France, and the kaiser backed down, possibly because German war preparations were not sufficiently advanced for a struggle with two such redoubtable opponents. The war was delayed three years. France kept nearly all of Morocco, a troublesome territory that has produced a sizable war or two since 1919.

French territorial expansion was virtually completed by the Versailles peace treaty. The lost provinces of Alsace and Lorraine were given back. Syria was handed over as a league of nations mandate. So were the former German possessions, Togoland and the Cameroons in Africa.

The map shows what France has. History teaches that she will keep all of it if she can.

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