

also possible that the writings of some prophets in Judah were not placed on the brass plates during the period under consideration, but of this we have no way of knowing. But after the fall of Samaria, in 721 B. C., it is very probable that most Jewish prophetic writings were engraved on the brass plates, assuming, of course, that Laban's immediate forebears came to Jerusalem as we have already conjectured. It is a fact of considerable importance in biblical studies that the Book of Mormon indicates the presence on the brass plates of more scripture than that contained in our Old and New Testaments put together. (1 Nephi 13:23-26.) Considering the fact that these plates recorded Hebrew scripture written only before the year 600 B. C., we have ample testimony to the loss of much scripture between that date and the present time.

When Lehi had searched the brass plates, he was filled with the Spirit, and began to prophesy to the effect that the day would come when they should be made known unto all kindreds, tongues, and people who were of his seed. (1 Nephi 5:17-18.) Moreover, he prophesied that the brass plates should never perish or be dimmed by time. (1 Nephi 5:19.) We know, therefore, that many unknown or hitherto corrupted texts of Hebrew scripture will be restored to the world in correct form. To those of us who are interested in the study of the Bible, this is a comforting and even a thrilling prospect.

WE BUY A BEACH COTTAGE

By Grace Sagre

You said when all the papers were on file,
That we had made a purchase well worth while.

You did not know that this beach cottage place

Was bought that we might give our souls the space

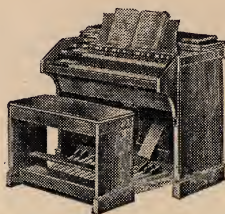
To more than marvel daily at the view.
We bought a strip of sandy shore line—true—

But most of all, we paid for satisfaction
To be a part of the elements' distraction.
We bought a pathway, moonlit, on the sea;

We paid in coin for vast immensity
Of beauty and of solitude and peace;
We owned God's ocean for our hearts' release.

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Self-Punishment

(Continued from page 634)

Vegetable foods do not contain cholesterol.

FATS of any type aid markedly in the intestinal absorption of cholesterol; thus, a low fat diet encourages excretion. In addition, a low fat diet has also been reported to encourage the excretion of bile which is made from cholesterol in the liver.

Major armies of defense, however, are the B-complex vitamins choline and inositol, the essential amino acid, methionine, and possibly a few other substances." These chemicals combine with cholesterol and cause it to be excreted in the kidneys and intestine.

Interestingly enough, our best sources of choline and inositol are whole grain wheat and the leguminous vegetables such as peas and beans.

Dietary deficiency of choline and other such substances is known to result in fatty deposits and accumulation of cholesterol in the liver, a major cause of "hardening" in that organ."

A heart attack may be the first outward evidence of an arteriosclerotic process in a person who has believed himself to be in the pink of condition. Recovery from one such attack puts the patient on notice that his arteries are not as healthy as he had optimistically assumed.

Often it takes a rude awakening to induce us to obey the Word of Wisdom. After a lifetime of ignoring our health in pursuit of pleasure or success, we decide there is nothing to be gained by being "the richest and most well-fed man in the cemetery." We now are open to persuasion on what to eat and what to leave alone, and we are persuaded that the Lord knew what our bodies need when he inspired our Prophet to advise "meat sparingly."

The author bears testimony to the divinity and truthfulness of the Word of Wisdom and believes it is the way to optimal health. Although not necessary for the development of faith in the Word of Wisdom, all reliable scientific data supports it.

Read it, the Lord makes very

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clear his will appertaining to the spiritual and temporal health of his children.

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The World of the Jaredites

(Continued from page 630)

neither the brother of Jared nor his children are ever named. (We are not even told how many sons he had, though Jared's own sons are listed by name.) This once puzzled me, since the brother of Jared is by all odds the most important character in the book. It is, of course, because "he that wrote this" is a direct descendant of Jared (1:2, 32), and not of Jared's brother, and is giving the history of his own line only.

To get involved in Andree's eighty-eight versions of the Flood story, or the sixty-four conflicting accounts of the dispersion listed by von Schwarz, might jeopardize the terseness and brevity that give our little notes their gem-like quality. Let us consign such matters to the decent obscurity of a footnote.* As long as you insist on having the evidence for everything by the way, you cannot object to an occasional reference in small print. The trouble with the Babel story is that we are told so little. A few short enigmatic verses in Genesis are not enough in themselves to justify the dogmatic reconstructions and wild surmises that have raged about the tower. Ether has the support of the latest conclusions, based on Genesis, chapter 10, that when the tower was built, the people had already been "spread abroad in the earth after the deluge" for some time." When our source describes a particular region

(Continued on following page)

*Numbers refer to bibliography at end of article.

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THE WORLD OF THE JAREDITES

(Continued from preceding page)

as "that quarter where there never had man been" (Ether 2:5), the implication is that men had certainly been in other quarters. Moreover, Jared's people were reluctant to leave their homes, and when they were finally "driven out of the land," they took with them flocks, herds, and seeds of every kind, together with the knowledge and skills (they even took books with them) necessary to establish a great civilization—all these things being the necessary products of a long-established and widespread economy. Civilization meets us full-blown, nay, decadent, in the pages of Ether. One looks in vain for any sign of evolution in the Book of Mormon. This is a red rag to the social scientists, I know, but that is only because social scientists don't read the historical documents, which, if they only knew it, are the inexhaustible field notes and lab. notes of the human race. To those whose view of the world comes from questionnaires and textbooks, it seems incredible that the early dynastic civilization of Sumer, for example, should be so far ahead of later cultures that "compared with it everything that comes later seems almost decadent; the handicrafts must have reached an astounding perfection."⁷⁸ It is hard to believe that the great Babylonian civilization throughout the many centuries in which it flourished was merely coasting, sponging off the achievements of a much earlier civilization which by all rights should have been "primitive"; yet that is exactly the picture that Meissner gives us in his great study.⁷⁹ It is against the rules that those artistic attainments for which Egypt is most noted—the matchless portraits, the wonderful stone vessels, the exquisite weaving—should reach their peak at the very dawn of Egyptian history, in the pre-dynastic period, yet such is the case. It is in the earliest dynasties, and not in the later ones, that technical perfection and artistic taste of the Egyptians in jewelry, furniture, ceramics, etc., are most "advanced." Is it not odd that the very earliest piece of literature surviving in the heritage of western literature should also be incomparably the best? That

the first of all novels and dramas should be still the best? Are not the earliest paintings of the human race to this day unexcelled? Please note that we are only able to pass judgment on those things which happen to have survived from those remote ages: We assume that those people were crude and primitive in all other things, until some of those other things turn up and show them to be far ahead of us. We must admit, for example, that the stone chipping of certain paleolithic hunters has never been equaled since their day; it so happens that stone implements are all that have survived from those people—have we any right to deny them perfection in other things? Is there any reason for supposing that their wood or leather work was inferior? Anyone with a modern education will tell you without hesitation that the earliest weaving of our ancestors *must* have been very crude indeed. But when contrary to all expectations, some of that cloth is actually found, the French experts give it careful examination and declare it the equal of the very finest stuff we are capable of producing today.⁸⁰ The only weapons that have survived from prehistoric times are far more suited for their purpose than a modern rifle. The deadliest of all hunting weapons remains to this day the stone-headed (not steel-headed) arrow. In my recent labors on the marked arrows I had occasion to assemble an impressive amount of evidence on this head.⁸¹ Eyre has recently supplied a good deal of evidence to prove that our "primitive" ancestors enjoyed a good deal more security, comfort, and pleasure in life than we do.⁸² Moreover, as an anthropologist you know perfectly well that backward and primitive people may have mental powers equaling or excelling our own—look at Elkin's Australian aborigines or, if they are too far away, I can lead you to some Indians who in some things can make us feel like cretins. If it would not take us too far afield, I could show you that the dogma of the evolutionary advancement of the human race as a whole is nothing but an impressive diploma which the nineteenth century awarded—*summa*

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cum laude—to itself. Modern man is a self-certified genius who, having pinned the blue ribbon on his own lapel, proceeds to hand out all the other awards according as the various candidates are more or less like him.

"Yes," I can hear you say, "but there must have been a long evolution behind all these early achievements." Which is for you to prove, not assume, if you are a scientist. What is certain to date is (a) that their evolutionary background has not been discovered, and (b) that there is no record of subsequent improvement through all these thousands of years. So let the biologists talk of evolution; for the historian it has no meaning.

By now I imagine I have placed you into such a state that you would refuse to read farther even if I had the time to write more. I leave you now with a promise of coming attractions, pending your willingness to carry on the discussion. Be so good as to indicate your reactions to all these words, and I shall conduct myself accordingly.

(To be continued)

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"La finesse des fils est telle qu'avec nos machines les plus récentes, nous ne l'avons guère dépassée." Lacasine, quoted by Moret, *op. cit.* I, 66. The earliest known cloth shows a high degree of perfection. F.-M. Bergounioux and A. Glory, *Les Premiers Hommes* (Paris: Didier, 1945), pp. 319, 346, Pl. xxix.

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"Ed. Eyre (Ed.), *European Civilization* (Oxford: 1934-8), Vol. I, chap. i. "The paleolithic artists," says Moret (*op. cit.* I, 23), "must have lived in a time when they could work with continuity, security, and permanence." We might envy them!

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--- Burl Shepherd, EDITOR ---

Fresh Vegetable Chart (LESSONS IN EATING

for young people away from home)



Waterless cooking method is preferable for all vegetables, except dried peas and beans, but requires heavy pans with tight-fitting lids. Lacking these, use methods shown, endeavoring to have little or no left-over liquids and to use any that do remain.

For steaming vegetables, bring small

amount of water (only enough to prevent sticking and burning) to boil to drive out oxygen before adding vegetable. Then add vegetable—whole, chopped, or shredded—cover, lower heat, and steam until tender.

For other cooking methods see article, "Be a New-fashioned Cook," THE IMPROVEMENT ERA, July 1950.



FRESH VEGETABLES, POTENTIAL FOOD VALUE	COOKING TIME FOR STEAMING (Covered pans)	CARE AND COOKING TO RETAIN FOOD VALUE	HOW TO SELECT
ASPARAGUS Fresh, green asparagus high in vitamins A, B, C, G, (Vitamin A lost in bleaching) Iron, Calcium	About 20 minutes	Keep cool and moist in covered container. Avoid long keeping. Cook on rack with boiling water below, or steam in little water as suggested above	Firm, straight stalks with firm, close buds at tips. Avoid stalks that appear woody or dry
BEANS (dry) Vitamin B ₁ , G Iron Calcium Protein	2-3 hours	Keep in covered jar. Wash and soak overnight; cook in same water. Shimmer gently, using plenty of water as it will cook down	Packaged beans are cleaner than "bulk" but may cost more
BEANS, GREEN (snap and lima) Vitamins A, B ₁ , C Iron, Calcium Protein	20-30 minutes	Wash and scald in colander. Drop immediately into boiling water. Cook and test until tender only, not until soft and mushy. Do not shell limas until cooking time	Pods crisp, well-filled, bright green, free from blemishes. Break to test snap
BEETS Greens contain iron and vitamins A, B ₁ , and C and G Roots contain some calcium, iron, vitamins B ₁ , G	New, whole—30-60 minutes Old—1-2 hours Shredded—20 minutes	Cook whole in large amount of water with roots and part of stem, to retain color. Or shred and steam with very little water. Drop a little vinegar in hard water to prevent discoloring	Young; tops fresh, unwilted. Small, firm, even-sized beets cook more quickly and are more likely to be tender
BROCCOLI Vitamins A, B ₁ , C, G Iron, calcium	10-20 minutes	Wash, peel off tough outer skin, and place in small amount boiling water. Steam gently. Lift out with tongs	Green stalks, tight flowers, fresh-looking leaves
BRUSSELS SPROUTS Vitamins A, B ₁ , C, and G Iron, calcium	10-15 minutes	Trim off dull leaves and plunge into cold salted water 10 minutes before cooking. Steam in small amount boiling water. Avoid warming up	Firm heads with fresh green leaves. Fluffy or yellow leaves are inferior quality
CABBAGE New, green—vitamins A, B ₁ , C and G White cabbage—vitamins C and G, calcium and iron	5-10 minutes	Keep cold, moist, and covered. Steam, in a little water, or cook in milk which can be served with the vegetable. Chopping shortens cooking time	Firm head with healthy, green leaves for best flavor
CARROTS Vitamins A, B ₁ , G Iron Calcium	15-20 minutes	Wash and store in covered container. Slice or shred and cook in a little water. Less food value is lost if skin is "scrubbed" off	Firm, uniform shape, bright color, fresh tops
CAULIFLOWER Vitamins B ₁ , C, G Iron Calcium	20 minutes	Soak upside down in cold salted water 15 minutes before cooking. May be cooked whole in large amount water, or broken up and steamed in small amount of water in less time. Do not cook until mushy	White, firm heads, free from discoloration. Leaves fresh and green. Yellow leaves show age
CELERY, GREEN Vitamins A, C Iron Calcium	10-15 minutes	Clean and wash celery an hour before using. Green celery has greater vitamin values than white. When cooked for soups, etc., use cooking water also	Firm, even stalks, free from bruises. Green celery usually superior in food value

(Concluded on page 678)

SEWING TIPS

By Louise Price Bell

1. When drawing threads from the edge of material to form a fringe, crease the material or run a thread to mark the depth you wish the fringe to be. Slash the material back to this mark every three or four inches. It's easy then to stroke the short ends out with a needle or stiff brush.

2. A nut pick is a handy tool with which to pick out bastings and stitches. The curved, sharp point fits under the stitches easily. Or try using a pair of tweezers. Even the shortest threads come out quickly.

3. When hemming sheets, towels, etc., rub the folded hem with paraffin before stitching. It will stay put without basting.

4. Before hemming the youngster's play dress, sew an inch-tuck with large machine stitches, just below where it will be turned up. This comes on the inside when the hem is finished, and can be let down when needed.

5. If you make your own shoulder pads, place a small amount of your favorite sachet powder in the filling of each pad. It will also make the other clothes in your closet fragrant.

6. When sewing buttons on clothing, try the elasticized thread—the kind used for shirring. This keeps buttons from tearing the material and is particularly good for use on rayon blouses and especially those which button down the back.

7. If you have trouble keeping your pattern pieces together, purchase large Manila mailing envelopes; slit and paste the pattern envelope flat on the mailing one. Then put pattern pieces inside the larger envelope. Any necessary adjustments, suggestions for materials, or special alteration notes, are written on the new envelope.

8. When patching boys' overall legs, put a magazine inside the leg. It helps to keep both patch and garment smooth while you sew.

9. Are your scissors dull? Cut a square of sandpaper into strips. When you're through the scissors will be sharp again.



FRESH VEGETABLE CHART (Concluded from page 676)

FRESH VEGETABLES Potential Food Value	COOKING TIME FOR STEAMING (Covered Pans)	CARE AND COOKING TO RETAIN FOOD VALUE	HOW TO SELECT
CORN Vitamins A, B ₁ , C, G Iron	5 minutes	The sooner corn is cooked after being picked, the more tender and flavorful it is. Immerse in boiling water. May be steamed in little water or cooked waterless, but cooking time is lengthened	Bright green husks and fresh brown silk. Kernels close, firm, and milky
CUCUMBERS Vitamins B ₁ , C, G	5-10 minutes	Keep in chilled place; slice with skin on	Firm and bright green. Round ends less wasteful
GREENS: *SPINACH, KALE, SWISS CHARD, MUSTARD, TUR- NIP GREENS Vitamins A, B ₁ , C, G Some K Iron Mustard and turnip greens also high in calcium	Spinach, mustard or turnip greens 8-10 minutes. Others, 20 minutes	Soak a few minutes in lukewarm water. Drain. Rinse three or four times in cold water to remove sand. Shake leaves well, and drop into very small amount of boiling water. Cook covered	Leaves fresh, crisp, tender
LETTUCE SALAD GREENS Vitamins A, B ₁ , C, G Iron Calcium		Store in cool, dry, air-tight place. To clean, cut out core with sharp knife and let water run into separate leaves. Shake well	Green leaf lettuce has higher vitamin, mineral value than white lettuce
ONIONS Flavor is chief value Vitamins B ₁ , C	Small, 10-15 minutes Large, 30-40 minutes	Store in cool, dry place away from other food. Steam or bake	Small, firm onions usually more economical where only little is used for seasoning. Spanish and Bermuda onions sweet and mild
PARSNIPS Some vitamins B ₁ , C, G Iron, calcium	20-30 minutes	Scrub and cook in small amount water until tender. Slip off skin, cut lengthwise; remove core, if tough	Choose crisp, medium-size parsnips
PEAS, DRY Vitamins B ₁ and G Iron Protein	about 2 hours	Prepare same as dried beans	Packaged peas more sanitary, but "bulk" peas less expensive
PEAS, GREEN Protein, some carbohydrate Vitamins A, B ₁ , C, G Iron	10-25 minutes	Keep in pods in cool place until used. Shell, drop into small amount boiling water and cook until tender <i>only</i>	Pods green, unspotted, velvety, well-filled
PEPPERS (green) Vitamins A and C Iron	Diced, 10 minutes Whole, 20 minutes	Wipe off, store in covered container in ice box. Cook whole, or dice and steam in small amount water, milk, or bacon drippings	Firm skin, bright green color, no blemishes
POTATOES (white) Some vitamins B ₁ , C Iron and calcium	20-30 minutes	Store in cool, dry place. Cook whole or cut in half in small amount water, with peelings on; skins easily removed later	Clean, smooth, firm. Maine and Idaho potatoes for baking (Even size for even cooking)
POTATOES (sweet) Vitamins A, B ₁ , C, G Iron Calcium	20-30 minutes	Store in cool, dark, dry place. Steam in small amount water, or bake	Dark yellow potatoes are moist; light ones dry and mealy. Avoid black spots and wrinkled ends
RICE (brown) Vitamins B ₁ , G Iron	30-40 minutes	Cook in double boiler, or simmer in heavy pan at low heat, with 2 cups water and 1 tsp. salt to 1 cup rice. Do not stir or wash rice after cooking	Sealed boxes most sanitary. Bulk rice cheaper. Brown rice higher in nutritive value than white
SQUASH Cymlich (summer) A, B ₁ , C, G Hubbard (winter) A, B ₁ , C, G Iron, Calcium	10-20 minutes (summer) 20-30 minutes (winter)	Steam or bake. Wash, but do not peel summer squash. Cook in small amount water. Peel winter squash	Fresh firm skin, heavy feeling for summer squash—thick hard rind for winter squash
TOMATOES Vitamins A, B ₁ , C, G Iron Calcium	5-15 minutes	Little vitamin destroyed in canning. Vitamin loss on exposure to heat and air. Cook in little water; be sure to cover	Firm, glossy skin, heavy feeling with thin skin. Let green fruit ripen at room temperature
TURNIPS AND RUTABAGAS Vitamins B ₁ , C, G Calcium	15-20 minutes	Cut in pieces or shred and cook in small amount water. Do not peel, unless peelings tough	Roots smooth, heavy; solid feeling—not hollow; avoid spongy roots

*Spinach, beet greens, Swiss chard, rhubarb, all contain oxalic acid which is generally considered to make their calcium unavailable.

HOMEMAKER'S BOOKBACK

THE NUTRITIONAL IMPROVEMENT OF LIFE

(Henry C. Sherman. Columbia University Press, New York. 1950. 270 pages. \$3.75.)

"A HIGHER order of fitness" is the aim of modern nutrition studies, according to this author and widely known food chemist who has played an important part in the progress of nutrition during the past half century. He has written here a panoramic review of scientific effort in this field from the nineties to the present time; then he has analyzed the meaning of this work as it affects length of life, health, and happiness. "Wisdom lies in nourishing ourselves at least largely on natural foods," he concludes, in emphasizing the danger of tampering too greatly with what nature has provided, considering how little we know about the nature of food and its relation to human health.

The book covers the field briefly but in readable style. It carries a twenty-two page bibliography for those who might be stimulated to further study.

—B. S.

HANDY HINTS

Payment for Handy Hints used will be one dollar upon publication. In the event that two with the same idea are submitted, the one postmarked earlier will receive the dollar. None of the ideas can be returned, but each will receive careful consideration.

Those who have little puffed sleeves to iron will find the task easier if they fold the puffed sleeve so that the cuff is in the armhole, then iron from crease to cuff and from crease to top of sleeve.

Mrs. C. W. J.
Arcadia, Fla.

To clean and wax linoleum floors in one operation, pour a teacupful of liquid wax into the mop water. Clear, warm water should be used.

B. W.
Thermopolis, Wyo.

To make faded shag rugs look like new, select a deeper shade of dye than the color of the rugs, fill the washer with hot water and the same amount of washing powder used for washing; put the dye in the suds, turn for a second to mix well, place rug in washer. This will not only restore a beautiful even color, but will also clean your rug.

B. S.
Salt Lake City

Instead of buying a preparation especially for killing unpleasant odors, pour about four drops oil of peppermint into a bowl and add boiling water to it. It kills odors and freshens the air as well as anything.

Mrs. A. M.
Luther, Mich.
SEPTEMBER 1951

Star-Kist Tuna Wins 3-to-1



Preferred in Thousands of Taste Tests

Actual taste tests were conducted in 24 cities and towns from coast-to-coast. Through the cooperation of church groups and women's clubs, homemakers sampled the 3 nationally advertised leading tuna brands. Food experts then made identical comparisons. Results were audited by independent Certified Public Accountants. In thousands of these unbiased side-by-side taste

tests both homemakers and food experts preferred Star-Kist 3 to 1!



Buy **SOLID PACK** or **CHUNK STYLE** same quality packed two different ways!

wherever
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enjoy

Fritos

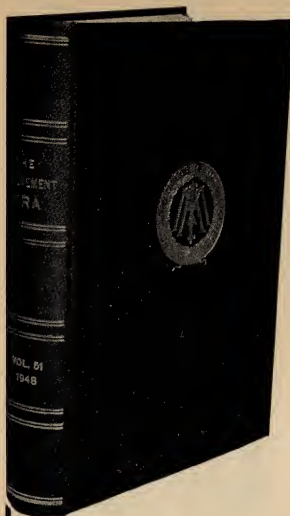
PARTIES ★ PICNICS ★ SNACKS

Fritos—crisp, crunchy Fritos—delicious anytime, anywhere! Enjoy these golden chips of corn at parties, with favorite beverages, at picnics, and with between-meal snacks. Ask for Fritos at food store or eating place. America's favorite corn chips, enjoyed coast to coast!



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NEW USES FOR OLD FELT



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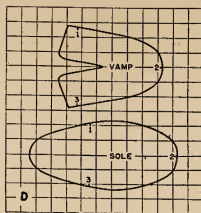
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DESERET NEWS PRESS

6-8 So. Main St.
Salt Lake City

ONE who seeks a creative but inexpensive hobby might well gather up the family felt hats which are discarded annually and try re-making them into such useful items as slippers, belts, calots—or even suspenders.

Easy-to-make scuffs, for instance, can be created from a big felt hat and will give much useful wear. The felt must be pressed flat and cut out by pattern (Fig. 1) into size needed. Then two more soles and vamps may be cut from plaid



gingham or other colorful matching material for lining. The felt and cloth should be quilted together and edges bound with the lining material for reinforcement and trimming. Then the vamps and soles are sewed together by machine just inside the binding.

As far as sewing is concerned, felt can be cut and sewed as easily as cloth, by hand or by machine. Seams need no finishes, for there is no raveling. Wearables, such as bedroom slippers, should be roomy, and may be reinforced with cloth, leather, or another layer of felt. Edges of felt articles may be neatly finished by pinking.

Felts are made of fur, wool, or cotton, but cotton felts are usually not worth re-using. If you've collected a few hats and wish to put them in shape for cutting and sewing into new articles, the following suggestions will be helpful.

Cleaning the felt: Sometimes felt hats can be cleaned and brightened by a good brushing with brush or sandpaper. If faded, they may be turned wrong side out. Dry cleaning fluid will take out grease spots and remove dirt; good quality felt may even be washed in warm soap-suds. Handle gently while cleaning—the felt may pull apart with rough treatment.

You Can Do It!

THIS column for young people, and for any others who wish to take advantage of it, features articles of a "how-to-do-it" nature. Contributions are welcome and will be considered for publication at regular rates.



Fig. 1. Scuffs from an old felt hat. On the pattern, one square equals 1 inch. Draw lines 1" apart on plain wrapping paper and chart pattern as illustrated.

Blocking and Molding: Steam and a hot iron will stretch, shrink, or mold felt. A hat may be flattened by folding it in half, covering with a wet cloth, and pressing with hot iron. When felt is flat, let it dry and brush it. Conversely, it may be rounded, as for the toes of slippers, by running a gathering thread along the edge and gathering in to right size. Then steam-press it over a padded mold (or padded bowl) and the fullness will shrink in.

Long, straight strips of felt for bandings, belts, suspenders, are made by cutting a strip of desired width round and round the hat. Pin the strip straight on the ironing board with inside curve taut. The other will be rippled. Then steam-press, and rippled outer edge will flatten. (See Fig. 2.)



Fig. 2. Cutting long, straight strips of felt for bandings, belts, suspenders.

THE IMPROVEMENT ERA



Fig. 3. Felt calot and suspenders will add new life to an old school outfit.

Novelty felt belts can be made from smaller pieces of felt. One idea is to draw a small leaf design and cut out enough leaves from felt to make the belt. Lap them over each other and sew them to a narrow grosgrain ribbon or strip of matching dress material. Or punch eyelets in the ends of the motifs and thread them onto flat braid or cord. A few stitches on underside will hold motifs in place. Fasten this belt with a strong hook and eye or with ties of braid or cord.

What girl or boy wouldn't like a felt calot? (Fig. 3.) Steam-press felt flat and cut it in sections; punch holes about one-fourth inch from edges and lace sections together with colored felt, leather, tape, or shoestrings. Put a top trimming on it by winding a strip of the lacing round and round, catching it with needle and thread as you wind or roll a small rectangle of felt, stitch it fast, and tack it to top of calot. To hold the cap in shape, sew a strip of grosgrain ribbon around inside edge of the calot.

Gaily-trimmed felt suspenders that will give new life to old school skirts, useful coin purses, handbags, gloves, mittens, and other items that strike the fancy will also provide ways to make new novelties from old felt.

Reference: Subject matter and pictures from "Make-overs from Leather, Fur, and Felt," U.S. Dept. of Agriculture, Misc. Pub. 614, by Clarice L. Scott. 1946.

SEPTEMBER 1951

What you can't say in words...
now comes in a package...

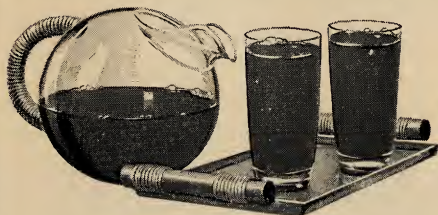
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PINK & GOLD



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CHOCOLATES

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Healthfully refreshing—no sugar is added. When you buy Tea Garden Grape Juice, try Tea Garden Apple Juice, too. Economical! Delicious!

Faye Baldwin's HOUSEHOLD HELPS



Faye Baldwin
Vano Home Adviser

Feel lucky to be alive? Well then, make the most of it! Don't be a housework drudge, when you can use time- and work-savers like Vano Liquid Starch and Powdered Bleach. The smart homemaker cuts corners to win more leisure.

PLAN YOUR WORK AND HAVE MORE LEISURE

Sort clothes before washing; make separate piles of table linens, bed linens, bath towels, wearing apparel, handkerchiefs, stockings, silks and rayons. Hang clothes in the same order. Save time and trouble when you fold and put them away.



HERE'S A TRICKY LITTLE QUICKY

Want to dry your best dress out-of-doors? Use two coat hangers, and reverse one so the hooks form a circle. This way, your dress won't blow off the line!

IS IT TRUE WHAT THEY SAY ABOUT VANO?

I've had many letters asking "is it true that I can mix colorfast washables and whites in the same tub?" If you're using Vano Powdered Bleach, of course the answer is Yes. Just remember the rule: if you can wash it, you can Vano-bleach it. Follow the manufacturer's directions on all things, tho. If a fabric can't stand soap, it won't do any better because you add Vano! Give careful attention to the heavily soiled parts such as collars, cuffs and hems. Use a small stiff brush with heavy suds and Vano Powdered Bleach. Rub briskly before putting these extra-soiled garments in your wash. Rinse your clothes well to remove all soap.



GROWING BABY IVY

The dainty, small-leaf Petite Ivy has taken Western homemakers by storm! The Vano folks offered 3 Petite Ivy Plants for one Vano boxtop or label and 25c—and got thousands of requests. And no wonder! These plants sell for about 35c each! Send any Vano boxtop or label and 25c for your 3 plants to Vano Ivy, Dept. S-1, Los Angeles 54. Ivy is shipped live, ready to plant.



IF YOU'RE NOT USING

Vano

YOU'RE WORKING TOO HARD!

The Richer Life

(Concluded from page 645)

marriage and the rearing of a good Latter-day Saint family and should take those courses in high school and college that will best qualify me as a good homemaker.

I should also strive to learn and understand those things which make life richer and more beautiful.

If the time ever comes when I have to earn a living myself, it is important to receive training for a vocation. Being able to teach school or work in an office may sometime prove very helpful and necessary. Thus, I should plan on going to college, if I can, and graduating. By so doing, I am enlarging my interest and also increasing my ability to do worth-while things. I am better qualifying myself to enter a grownup world and to meet its challenging problems in a self-confident and mature way. It is now my responsibility to choose the best education possible, and thus to make my life happier and more worth while.

As young Latter-day Saint girls, we do have a rich heritage. We've been greatly blessed in being members of the true Church of Jesus Christ. We come from good Latter-day Saint homes where we've been taught what true happiness is and how we can obtain it. It all depends now on the choices we make as to whether we enjoy the happiness that can be ours.

REASSURANCE

By Mabel Law Atkinson

DEATH could not hold your love away from me.

Though it should close and bolt its heavy door.

You would come winging back, joyously

Together—through the years—our hearts would soar.

Beside the moon-lit river, I would hear Your voice in words of love still speaking low;

Each winding country lane would bring you near;

Cicada call; the sunset's flaming glow; Our garden where we dreamed at close of day;

Our path of steppingstones a rainbowed sky;

The little church the killdeer's plaintive lay;

The music of a new-born infant's cry . . . So would you live and be with me each hour.

Upon love's memories, death can wield no power.

Grand way to start the day!



The Signpost

(Continued from page 631)

With the strange intuition of husband and wife, Dave must have sensed something of the conflict in her mind. Standing, waiting for the snack to be wrapped, he offered, "I think I have some idea of what you're driving at besides me being tired. It's not a good example to the kids, sawing stair stringers on Sunday. But I can't see that a couple of hours' work makes much difference."

It wasn't good enough.

She kissed him good-bye, still withdrawn and silent. Afterwards, making the beds and tidying the house, she tried to put her thoughts in better order. Even to herself, she found it strange that something within her suddenly put such importance on Sunday as a day of rest and worship. Only a few years ago she would have thought nothing of sitting at the sewing machine making pajamas for the boys in the peaceful interlude while Dave took his sons to Sunday School. What had happened to make her so conscious of the wisdom of God's law? Nothing miraculous had occurred, no visions, no sudden exalting rebirth of faith.

She had gone to Sunday School with her sisters and grown through childhood in the security and unquestioning acceptance of her religious teaching. Christmas was a wonderful babe in a manger, and God was a great love whose laws we must obey. Spring always came, and twinkling green leaves unfailingly appeared on the trees, and the earth was there for her to live in.

And then there was high school, science, elementary chemistry experiments. There was a war and a strange unwilling questioning within her. With the piercing eyes of youth she began looking again at the things which had been taken for granted. On one hand there was a deep thrill of wonder that a Mighty Hand effortlessly held the terrible and wonderful energies of the world, this earth, and the staggering array of planets in the blue infinity.

And on the other hand were the relentless questionings of a growing intellect—why the obscurities of the Old Testament, why the

(Continued on following page)

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Rexburg, Idaho

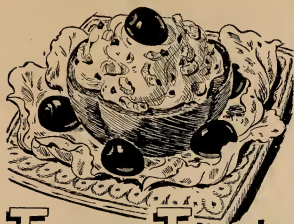
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Classwork September 19 — December 7
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Tomatoes Toreador

—a salad that's as decorative as it is delicious. Brilliant red tomatoes and gleaming black ripe olives give it vivid color. Chopped ripe olives add a subtle new flavor. It's a salad to serve with pride...to be received with pleasure.

TOMATOES TOREADOR

½ cup chopped ripe olives	2 tbsps. chili sauce
1 (7 oz.) can shrimp	1 tsp. lemon juice
2 diced, hard cooked eggs	6 tomatoes
¼ cup diced dill pickle	Crisp salad greens
½ cup diced celery	Ripe olives
½ cup mayonnaise	for garnish

Combine chopped ripe olives, shrimp, eggs, pickle and celery. Blend mayonnaise with chili sauce and lemon juice, and pour over olive mixture. Hollow out tomatoes and fill with mixture. Serve on crisp salad greens and garnish with whole ripe olives. Serves 6.

NOTE: Ripe Olives are now—

- Ready Chopped
- Easy to use
- Economical, too!

Look for chopped ripe olives on your grocer's shelves—in small convenient cans that cost only pennies. Keep them handy on your cupboard shelves. Now that ripe olives come ready chopped, they're so easy to use—in so many ways!



Abacadabra! Presto! Ping! It takes a touch of magic to make a basic recipe your very own "specialty". And if you would be a sorcerer with the saucepan,

here's a suggestion: Use chopped ripe olives generously. Put them into cheese and egg dishes. Try them with seafood, meats and Mexican dishes. Add them to meat loaves and to your sauces. And they're magic morsels mixed with appetizers, too!

For more mealtime magic, send for "Elegant but Easy Recipes with California Ripe Olives". It's brimful of practical ideas. And it's free! Write to Olive Advisory Board, Dept. T-9, 16 Beale Street, San Francisco 5, California.



The Signpost

(Continued from preceding page)

seeming contradictions of Church teachings? With the persistence of the young mind she must not simply accept what had been taught, but search for herself the meanings and reasons of the ageless laws.

For a time she stopped going to Church. In the busy routine of the young woman she found time to read books of value; often there was a sermon in the newspaper; sometimes she met and spoke with a person of great character.

And one day she went to Church again and wept a little because here was everything she had been searching for, after all. It had only taken a little more living. Somewhere in the years of love and work, planning for a family and rearing of her children she had matured sufficiently. There were still stones to add to the mosaic of her faith, but the years would be fruitful. The time might yet come when she could say to David unself-consciously, "Let's keep Sunday as the Sabbath, as it was meant to be."

But as she helped dress the boys for Church she felt ineffectual and weak in her cowardice. What good did it do to thrust sermons down a man's throat if he resented them?

Her mind wandered during the service. Walking home with Harry and Bob, she felt lonely and hungry for her husband's company.

During lunch she tried to focus on his side of the argument. She could not have asked for a better husband—loving, generous, and ambitious to earn the needs of his family. He had stayed at the plant four years when the work was unsuited to his capabilities, simply because that work provided security for his wife and sons until his own plans developed.

Now he grasped the opportunity to embrace those plans, the prospect of a bright and challenging future. There had been delays at the beginning and small legal difficulties; at last he could work at his own competent speed to renovate the shop in preparation for the new beginning. Everything took longer than planned. They could not afford to hire a contractor. There were only the weekends in which to work.



I've got 3 good reasons for buying Nalley's Beef Stew



It's chock full of beef

—lean and tender and chunky; browned and simmered in rich juice, blended with



Fresh garden vegetables

—potatoes, carrots, and onions; crisp, fresh-picked to give



Old fashioned flavor

—to which Nalley's add a special chef-blended gravy to bring you the best Beef Stew you have ever tasted!

QUICK—SIMPLY HEAT AND EAT



Meatiest
Beef Stew
you ever
tasted!

IF IT'S
NALLEY'S
IT'S GOOD

At three o'clock she thought, right after lunch, you promised, didn't you? At four she looked at the clock uneasily. At five she was telephoning the neighbor next door.

"Carl, do you think you could possibly run me down to the shop? There's no answer there, and Dave was due home a couple of hours ago."

As Carl swung his car in front of the house, she hesitated almost unconsciously in the bedroom and drew the flashlight from Dave's sock drawer. If Carl thought the presence of the flashlight in her hand was a little melodramatic, he made no comment. They drove the short distance to the shop.

She had not stopped to consider whether the door might be locked or open. The handle turned easily, but Dave was not in the shop. She called out tensely, "David!"

There was a small sound from the back, followed by Dave's voice. She picked her way over the clutter of lumber to the open stair-well. Her heart hammered in fright as she swept the flashlight through the opening down to the dark cellar floor. Dave was propped uncomfortably against a post, his face a haggard gray-white in the eerie light.

Carl had come in behind her. As they quickly lowered a ladder to the cellar, Dave said softly, "I think I've been lucky." For a moment she wondered if he were delirious, but the next minute he repeated, "I've been lucky. I think I've only sprained my ankle."

She followed Carl down the ladder, her whole body now shaking violently with mingled shock and relief. It was a nine-foot drop to the concrete cellar floor. He could have broken his back or fractured his skull.

He was exhausted from the pain and waiting. His ankle had swollen enormously, and he was shivering with cold, but there did not appear to be any other injury, after all.

Carl suggested a stretcher to lift him from the cellar, but he managed his first joke then. "I'm too cold to wait for a stretcher, boy. My one leg is all right, my spine is fine. You give me a hand up the ladder, Lois can push from behind. I'll make it."

It was an excruciating, agonizing
(Concluded on following page)

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or write to

ALL-O-WHEAT CO.

OGDEN, UTAH

The Signpost

(Concluded from preceding page)
climb, but he made it. At the top he fell into a chair, unable to move farther.

Four hours later Lois was putting the tired boys to bed, telling them how Daddy had been tired and stumbled over the edge of the stairwell while he was starting the new stairs, how they had labored to get him up from the cellar, about the passerby who helped carry him to the car, and then the long waiting at the hospital for the results of the x-rays, the vast tingling relief of good news, and then the final waiting before they could bring a bruised and bandaged Daddy home again.

He was in his own bed now, grateful to be home and grateful for easing of his pain. At last the boys were asleep, and she wearily turned to the bedroom where he lay dozing. She sat beside his bed, and after a time she became aware that he was awake although his eyes remained closed.

The room was quiet and warm and comforting. His eyes opened, and he smiled at her.

"I had a lot of time to think while I was lying down there," he said slowly. "Lois, do you believe in a vengeful God?"

She caught her breath. "No—no, I don't, Dave. To me, God is love."

He nodded as if she had said something very natural. "That's about the way I feel, too. You know, I'll admit that in the first shock of it I remembered what you'd said about not wanting me to work Sunday, and I wondered if I was being struck down in punishment. And then after awhile, when I could tell nothing was broken, I sat there and wondered how in the world I'd escaped breaking my leg or smashing my head on the floor.

"No, honey, I don't believe in punishment like that but, call it superstition if you like, I do believe in signs. I think there's a signpost put out every now and again, and we're meant to read it. As far as I'm concerned, this signpost was as plain as day."

He smiled again, and his tired face was very content. "How about us both taking the boys to Church next Sunday?"

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- SAVES SPACE
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like an accordion



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SEND FOR
**FREE
BOOKLET**

Joseph Fielding Smith

(Concluded from page 627)

is far and affectionately known for the sweetness of her singing.

These are his children, who are pictured on these pages (see pages 624, 625, 626, 627): Mrs. Josephine S. Reinhardt, Mrs. Juliana S. Hart, Mrs. Emily S. Myers, Mrs. Naomi S. Brewster, Mrs. Lois S. Fife, Joseph Fielding Smith, Jr., Mrs. Amelia S. McConkie, Lewis Warren Smith (deceased), George Reynolds Smith, Douglas Allan Smith, and Milton Edmund Smith. President Smith has nineteen grandsons and twenty-one granddaughters. All of his sons have served on missions and all of his married children have been married in the temple. Four of his sons served their country in the armed forces in World War II, in which one of them, Lewis, lost his life on foreign soil. The faithfulness and devotion of this family, and their honest and upright citizenship is a tribute to their father and to the mothers who in faith shared their early teaching and training.

In the Smith home on Douglas Street in Salt Lake City, family and friends alike receive an open-hearted welcome. And it is here that we see Brother Smith as the father and grandfather and husband of many talents and of much devotion—as the father who attends the bedside of the sick, who performs early and late, at all hours, many kindly services, who counsels with his own and others on personal problems, school problems, social problems, spiritual problems.

There are also those who know him as a confiding friend and counselor in his office. There are those who know him as a storyteller of impressive sincerity. (And there are even some who know him as the "baby sitter," which he often has been for his children and his children's children.) There are those who know the quickness of his humor, the tenderness of his heart, the sympathy of his soul.

He loves life, and he has shown by his life that he loves truth, that he loves the Church, and that he loves his Father's children. And he is, in turn, not only admired and respected, but also loved for his sterling qualities of character, and for himself.

SEPTEMBER 1951




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Gartenstr. 7

Dear Editors:

I WAS very much surprised when I found a copy of your magazine in my letterbox the other day. It was a very great pleasure for me to read it, and I did from cover to cover. The name of G. A. Smith was not unknown to me, as once in a while I had a copy of your ERA in my hands.

The best I liked was the creed of G. A. Smith, and I only wish that many people would have that creed of his. Only a thoroughly good heart would have it and live accordingly to it.

Once I lived in the U.S.A. and honestly, it was the best part of my life.

If it is possible for you to send me a copy every now and then, I would appreciate it very much.

Once more many thanks.

Very sincerely,
Heinz Lischke

Chip-Yang-Ni, Korea

Dear Editors:

THROUGH your untiring efforts in making THE IMPROVEMENT ERA one of the great Church magazines, you are extending "the voice of the Church" to those who are thousands of miles away.

I want to congratulate you for the work you are doing in printing THE IMPROVEMENT ERA and sending it to those of us who are so far away. At times it is our only contact with the Church.

Sincerely yours,
Cpl. Therian L. Cook

Sparks, Nevada

Dear Editor:

I RECEIVED your check in payment for my verses "Mountain Aspens." I wish to thank you for the check; also the very nice letter of acceptance which you sent deserves a word of appreciation.

We writers of lyrics like to see our verses published in a magazine such as yours, one that reaches a class of people who enjoy and love beauty and whose eyes are lifted to the good and clean in life. . . .

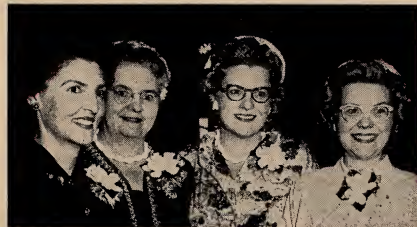
Thanking you again,
Sincerely,
James W. Magee

Idaho Falls, Idaho

Dear Editors:

WE think the ERA is tops. I especially enjoy the poetry section. Every once in a while I find poems of some of the people I have met at writers' conventions, etc. One such was Bess Foster Smith of Weiser, Idaho. She published my first poem in the *Idaho Statesman*, several years ago.

Continued success in your project,
Sincerely,
Afton Dale



Aaronic Priesthood Members and Mia Maids Active in Florida



Aaronic Priesthood members and Mia Maids receive their annual awards at the Rose Ball held at the Wescanett Ward, Jacksonville, Florida. Pictured from left to right are: Elsie Starling, Florida Stake Y. W. M. I. A. president; Nona Copeland, Shirley Copeland, Carolyn Copeland, Mia Maid girls; Agnes Davis, Y. W. M. I. A. teacher; Shirley Griffin and Elda Copeland, Mia Maid girls; Estelle Davis, Y. W. M. I. A. ward president; James N. Copeland, first counselor in the bishopric; Frank Copeland, member of the Aaronic Priesthood; Bishop William F. Boxe; Theodore Brannen, member of the Aaronic Priesthood; and Eugene O. Davis, second counselor in the bishopric.

THE LIGHT TOUCH

A small boy came home from school saying that he had to copy everything from a neighbor because he couldn't see the blackboard.

His mother took him to an eye doctor who made an extensive examination. Finally turning to the mother, the doctor said: "Why, this child's eyes are completely normal." Then turning to the boy, he asked: "Just why can't you see the blackboard?"

"Because the kid that sits in front of me is too tall."

A speaker had warmed up to the subject of conservation. "I don't suppose," he glowered at his audience, "that any of you has ever done a single thing to preserve our timber." "I shot a woodpecker once," came a meek reply from the back of the building.

"Johnny, give me a sentence containing the word 'I,'" said the teacher.

"I is," Johnny began.

"No, no," she cut him short, "it is always, 'I am.'"

"All right," Johnny shrugged his shoulders. "I am the ninth letter of the alphabet."

The government official had advised the farmer to collect his livestock of every description and have them branded. "I suppose that's going to be all right," said the farmer, "but honest, mister, I'm going to have quite a time with those bees."

Four Golden Gleaners In One Family

Mrs. Leland Harris of Lovell, Wyoming, an honorary Golden Gleaner, and her three daughters, all Golden Gleaners, attended the annual Golden Gleaner banquet during June conference. Pictured left, they are Mrs. William Hareling of Lovell; Mrs. Harris; Mrs. Merrill Asay of Lyman, Wyoming; and Mrs. Mel Harris of Salt Lake City.

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easy—anyone can use it

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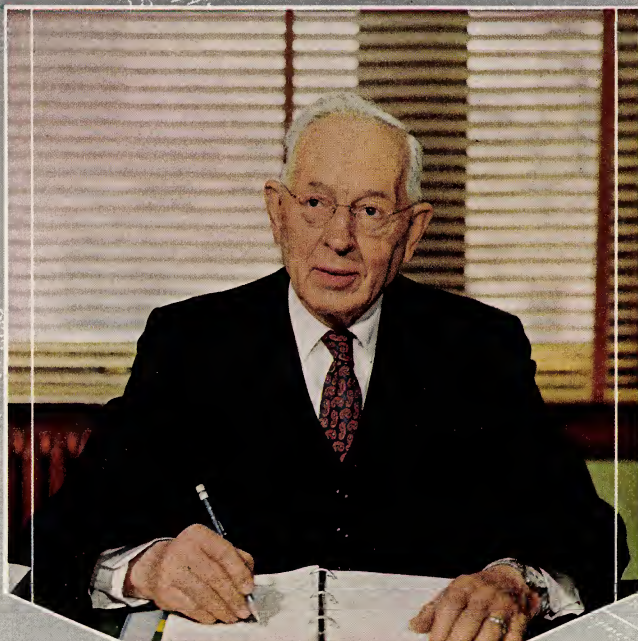
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Among his many other duties, President Smith is also a director of Beneficial Life, where his wisdom is much welcomed.

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