

Homemaking—

Take Care of Electric Range
For Long and Efficient Service

THE BETTER you take care of that new electric range, the longer and more efficient service it will give you. Here are some simple tips that electrical experts give for maintaining it in the best possible condition.

Never wash the stove while the surface is hot. This may crack the fine porcelain finish. Warm soapy water, when the stove is cool, should be sufficient to keep the outside of the range clean.

Wipe off quickly any acid, such as vinegar or lemon, immediately.

Remove spilled food from the surface before it has become dried and hardened.

Clean chromium trim with soap and water; nickel with metal polish, if necessary, or just soap and water. Dry.

Burn spilled food from open surface units.

Do not use a stiff brush or sharp instrument for this purpose. You may ruin the coils.

After using the oven and allowing it to cool, wipe out with damp cloth and remove any food that has spilled. Wash removable shelves with soap and water.

File the directions for care that come with the stove and follow them carefully.

On Cooking Vegetables

EVERY WOMAN should know the few simple rules about cooking vegetables so that their vitamins and minerals she really pays for may reach the family table.

1. Use very little water in cooking.

2. Cook vegetables for the shortest possible time, only until tender.

3. Cover utensils to keep air out.

4. Don't put in baking soda to brighten food colors.

5. Start vegetables in boiling water.

6. Once boiling begins, turn burner down to maintain gentle boiling.

7. Avoid unnecessary stirring of vegetables during cooking.

8. Don't throw away vegetable liquids, use in soups, cream sauces, in vegetable cocktails or tomato juice.

9. Keep foods as fresh as possible before cooking — use automatic refrigeration.

10. Serve foods soon after cooking.

The Question Box

Q—Some years ago, at a party, we played a game called "Sardines." I want to use it at a party I am planning, but have forgotten the exact rules. Can you tell me?

A—The game is practically indoor hide-and-seek and works out better if played in several rooms, or even the whole house. One person, selected as "Mr. It," disappears and hides in the most inaccessible place he can find. All the other players hunt for him. But, instead of giving out a high shriek upon discovering his whereabouts, as each player finds "Mr. It," he merely joins him as quietly as possible in his hideout. Sooner or later practically everyone will find himself behind a bookcase, in the shower stall, or under the ping-pong table. And there they remain until the last person finds them.

DEAR JANE JORDAN—I am a girl of 16 deeply in love with a boy of 23. He says he doesn't love me but likes me a lot and respects me. Do you think I should still go with him or not? He thinks he can love me and I don't care for any other boy.

POP.

Answer—Certainly you should go with him if each of you enjoys the other's company. You're too young to expect a boy to be seriously in love with you. It is enough that he wants to be with you. You also are too young to go with him alone but should interest yourself in others.

Don't try to push the young man into permanent relationship when he is not ready for any such thing, and neither are you. If you are more in love than he is, have the wisdom to conceal this fact before he wears of your intensity. Learn to enjoy a casual friendship without being so intense about it.

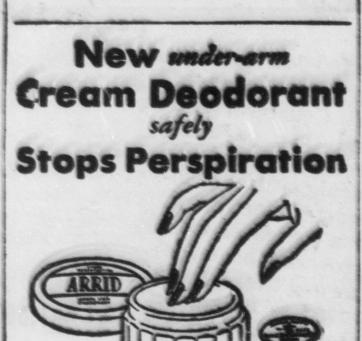
JANE JORDAN.

Put your problems in a letter to Jane Jordan who will answer your questions in this column daily.

I. T.-S. C. Unit Plans
Guest Party

A guest party will be held Friday in the Banner-Whitehill social room by the Jeanne D'Arc Chapter, International Travel-Study Club, with Mrs. C. C. Rothman and Mrs. S. I. Bland as hostesses.

Mrs. Robert Drake will be soloist, accompanied by Mrs. G. B. Nordstrom. Miss Barbara Suits, pianist, will play and Mrs. John W. Thornburgh will talk on "Honduras."



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Lists Ailments Of Various Age Groups

By JANE STAFFORD
Science Service Writer

HEART DISEASES, cancer and high blood pressure are great killers, but there are other ailments and impairments of health which make long-time invalids of men and women, keeping them from working or carrying on household duties. The U. S. Public Health Service has just issued a list of the most prevalent of these chronic diseases and impairments.

For men 20 to 34 years old these are, in descending order of frequency, the following nine: Orthopedic impairments which include the loss, crippling, deforming or paralyzing of legs, arms, or any other member or part of the body; rheumatism and allied diseases; hay fever; hernia; heart diseases; high blood pressure, hardening of the arteries, nephritis and other kidney diseases; sinusitis; hemorrhoids; asthma and deafness.

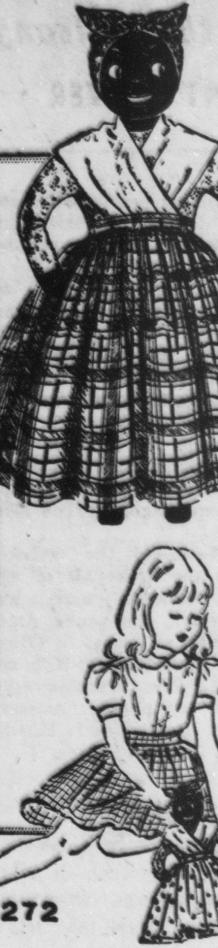
FOR WOMEN of 20 to 34 years the nine most prevalent chronic diseases and impairments are: Rheumatism and allied diseases; the heart, artery and kidney diseases; hay fever; goiter and other thyroid diseases; diseases of the female genital organs; sinusitis; hemorrhoids; nervous and mental diseases and varicose veins.

The picture changes in the older age groups. For men 35 to 64 years the nine most prevalent chronic diseases and impairments are: Rheumatism and allied diseases; orthopedic impairments; heart, blood vessel and kidney diseases; hernia; hemorrhoids; deafness; hay fever; asthma and bronchitis.

For women 35 to 64 years the most prevalent chronic diseases and impairments are: Rheumatism and allied diseases; heart, blood vessel and kidney diseases; varicose veins; hemorrhoids; deafness; hay fever.

For complete pattern for MAMMY DOLL (Pattern No. 5272) which includes cutting pattern for body, apron, cap, fichu and instructions for embroidering face, send 10 cents in coin, your name and address and the pattern number to Anne Cabot, The Indianapolis Times, 106 Seventh Ave., New York.

'Mammy Doll'



5272

By MRS. ANNE CABOT

Children love a jolly "Mammy" doll. You can make this one of scraps of materials from your little girl's dresses or odds and ends from your piece bag.

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For those sounds

The lawn mower you hear on yesterday's dramatic script is really an egg beater. Monkeys screeching in the jungle are merely a cork rubbed across a milk bottle, and coconut shells struck together produce the effect of horses walking on cobblestones.

Mrs. Nichols is tops in her field because of her rare faculty for quickly visualizing the scenes and

They Call Her 'Noisy'— For Clamor Is Her Career

By ROSELLEN CALLAHAN
Times Special Writer

NEW YORK, Jan. 5.—When sound pictures did to the silents what the automobile did to the horse and buggy, a lot of people were jobless. But for movie organist Ora Nichols, it began a career of noise-making heard around the world.

As the only woman sound effects technician for the Columbia Broadcasting System, "Noisy"—the nickname by which this quiet-spoken, personable and petite woman is affectionately known around the studios—makes script programs "come alive" so convincingly that your spine prickles with apprehension and your heart jumps to your throat.

Thunder crashes, a prairie wolf

howls, surf booms, soldiers march

on a snow packed road, a ferry

boat comes in for a landing, a

baby wails with sufficient noise

to make a young mother start to

walk the nursery. All these are

none other than mechanical de-

vices of this capable curator of

clamor. A lady who has made noise

her business for thirteen years.

Started as Organist

It was while she was organist in a local New York movie house and her husband played the drums with the pit orchestra, that they devised the scheme of creating sound effects to give silent pictures more realism. Now and then they worked these effects at night, and as radio grew there were more and more demands for their talents, and finally CBS asked them to head their Sound Effects Department. Two years later Nichols died suddenly, and Ora carried on the work they had begun together.

Today, she and her co-workers have compiled a complete library of recorded sounds. Screams, snores, typewriters, football crowds, the dropping of trees, monkeys chanting vespers and baby cries can be selected at random from a file of more than 1200 records. And there are three times as many manual effects.

Behind Those Sounds

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is due greatly to the use of unique sound effects, always insists that Mrs. Nichols be assigned to his show whenever he broadcasts from New York. His most difficult assignment, she says, was the bridge-crashing episode in his dramatization of "The Bridge of San Luis Rey."

It took three days of experimentation and recordings before she fell on the right combination to give the effect of the structure breaking and crashing into the ravine below. The formula was a combination of sounds involving bamboo, an echo chamber, thunder-drop background and crushing of berry baskets.

Everything is not always not what it seems, Mrs. Nichols laughingly assures us. And bears it out by citing the time the "Myrt and Marge" script introduced a towering Irish detective into its action.

She tried every device to create the effect of his big flat feet clumping up and down the corridor and then finally fell back on realism by donning a pair of heavy brogans and plodding up and down before the microphone herself.

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