

# Give Her Something Useful

By Regina Kildee

**B**EFORE long Sally Senior will cock her mortar board over her newly waved tresses, trip nonchalantly across the platform, receive a diploma with almost eager hands, and walk back to her seat as Sarah Alum. Graduation gifts she really likes will do much toward making the jump from Sally to Sarah seem the momentous and joyous occasion it really should be.

Even though trips to Europe and sports-model roadsters may be quite out of the question as graduation gifts this year, it should not prove difficult to find just the thing that will delight Sally's heart.

Is she going to stay home next year and learn cooking and sewing and paying social calls, or is she looking forward to going out into the cruel, cruel world as a teacher or business woman? Or perhaps she and Georgie Grad have been saving their pennies and are planning a summer or autumn wedding. Whatever Sally's immediate future will be, or even if no one knows, there are certain gifts that she'll welcome with delight.

Unless she's fairly sure of going to the tropics, you've not a chance of missing on a steamer rug or a woolly blanket. She'd love a good-looking leather pocket-book, or, if she'll be dressing up much, a frothy party purse. No girl ever had too many gloves, so choose anything from pigskin gauntlets to long evening gloves. Probably the former or some in-between type will be a better choice if Sally intends to be a teacher or a business woman.

If she dotes luxuriously on a special brand of perfume, and if you are positive that you know what that brand is, your difficulty is solved. Lingerie will thrill

her, as will lots and lots of handkerchiefs of fine Irish linen. Or give her costume jewelry to go with her favorite outfit, and she'll rave about your thoughtfulness. If Sally hasn't a ring that is set with her favorite stone or a good wrist watch, she'd adore either.

If Sally is planning to go into business or teaching next year, a typewriter will be a very useful gift. Good luggage or a desk fountain pen outfit will make her feel very dignified and important. An alarm clock will be a gift appreciated this June if not on frigid mornings next January. Probably there's some book Sally would just love to have and really needs for her work, but which costs more than she's wanted to pay while in college. If you can discover what this book is, get it for her, and she'll be your life-long friend.

Books will also be appreciated if Sally's going to stay home; give her a nice edition of something she really likes. A copy of her favorite picture, too, will delight her.

If she's planning her wedding, Sally will be thrilled to receive some of the lovely linens now so evident in the stores, or some glassware or dishes. If she's chosen her silver pattern, any gift in this line will be especially acceptable. A clock (not an alarm clock this time, but one to put in the living room) will be very welcome. A small oriental rug or a pretty lamp will be received with squeals of delight by our bride-to-be.

As Sally Senior, in cap and gown, marches in the long procession to the graduation exercises, her still-collegiate mind will turn to the gifts she has just left. While Sarah Alum is sedately walking home, diploma in hand, your gift

will once more come in for a bit of attention—this time more practical. The perfect gift is one that will make Sally feel like marrying the dignity of the procession by a happy skip, and which will cause Sarah to wonder, "How could she know that was the very thing I'll need most next year?"

The perfect graduation gift is one which will appeal not only to Sally Senior, but also to the sedate Sarah Alum.

## Another Wedding?

By Virginia Kirstein

**T**HERE is a large, square white envelope in the mail for you on a June morning. You open it eagerly and shriek with sudden surprise, "Another marriage! I haven't seen her since our sophomore year in college. I wonder what kind of man she is marrying?" Then, after a moment's thought, "Oh, dear! What shall I wear? I haven't a decent rag in the house!—Shall I answer an invitation to a church wedding? Must I send a present?"

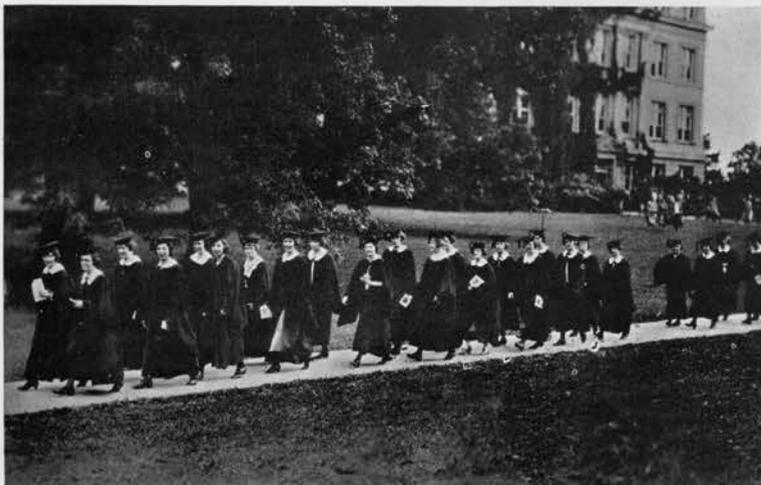
The points in wedding etiquette are quite well defined, and one really need not worry about them, as they follow the lines of reason and common sense. Consult some of the well-known authorities if your ideas of wedding etiquette are vague.

In "Vogue's Book of Etiquette" we read that in answering wedding invitations it is proper to use exactly the same form as that received. If the invitation was very, very formal, or just a friendly note, answer in the same vein. However, church invitations do not usually require an answer, unless one feels that a place is being reserved for her. A wedding breakfast invitation obviously requires acceptance or regrets, as it is necessary to know approximately the number of guests expected. Announcements usually are sent after the wedding has taken place, and do not call for acknowledgement.

Many of us wonder what will be the right thing to wear. Of course, the formality of the ceremony will determine the suitable dress. Church weddings require no different costume than what one would ordinarily wear inside a church. A hat, of course, and a more formal costume than one would wear to a garden wedding. Simplicity marks good taste in clothes, as well as in most other personal things.

The question of a present is sometimes a difficult one. It is not necessary to send a gift, unless one is a relative or close friend of the bride or her family. Most of us feel, however, that if we are considered worthy of an invitation, it is but a courteous gesture on our part to choose something for the new home. The couple

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Sally Senior Becomes Sarah Alum

sary for the body to use the sugars and starches. That is why, before its discovery, diabetics had such limited diets. It cannot be taken as one desires, however; if wrongly used, it may cause unconsciousness and even death. It must be taken as prescribed by a physician who knows all about the patient and his diet.

Do not think from what I have said, that a diabetic may eat anything and everything, just as he pleases. He cannot. His choice is wider than formerly, but the amounts must be very carefully weighed out and his insulin dosage very carefully given, if he needs insulin. Each diabetic is an individual case and he should see a competent physician. The physician should tell him what his diet is, how to figure and how to weigh it, and how much insulin, if any, is to be taken.

Diabetes is not a painful disease, neither is it a wasting disease as tuberculosis, but its rigid diet requirements and the inconveniences it causes make it one which no one wishes to acquire. If you are anxious to avoid diabetes, let me give you some simple rules which will help to prevent its development. Since it usually develops in people over 40 years of age, let me give this warning to those people. Get your weight down to standard and keep it there. Most of the people who become diabetic have been much overweight. Thin people over 40 seldom develop it. If there is a tendency to diabetes in your family, eat only moderate amounts of starches, and very few sweets such as cake, pie, candy, syrup, honey, sorghum, jams, and very sweet canned fruits. In addition, have sufficient exercise and physical and mental rest. We know of no cure for diabetes. If a person sticks loyally to his diet and to his insulin if he needs it, he may be much improved, but so far science has developed no cure; so surely the ounce of prevention is worth the effort.

### She Keeps Busy

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assisting to give directions and instruction to them as well as to new students. This responsibility is very closely interwoven with the responsibility of menu making, (supervision of the requisitions, preparation and distribution of food from the main diet kitchen to the ward serving kitchens). Students are also given the responsibility of weighing foods for quantitative diets as well as the serving of all therapeutic diets, when they are assigned to their ward services. This is then followed by supervision of the food service to patients.

There usually are from five to twelve student dietitians in training at a time. New classes are admitted quarterly. Appointments for training are usually made from six months to a year before date of entrance. Qualifications for considera-

tion of applicants are a degree in home economics with a major in foods and nutrition. Applicants whose scholarship and personality records are highest are naturally given preference in the filling of appointments for training. The course offered at the present time is an eight months course, which provides training in all phases of dietetic work. This includes an affiliation with a private hospital in Chicago so that the graduates from our school are familiar with the food service in both a charity and a private hospital. The course has been approved by the Education Section of the American Dietetic Association.

### She's Bomb Editor

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garet has sold several, to such magazines as *Forecast* and *Successful Farming*.

Just the other day Margaret received an invitation to membership in Phi Upsilon Omicron, national home economics honorary. During her college course, Margaret has been earning a part of her expenses by working in the bulletin room, Agricultural Annex. She is a member of Alpha Gamma Delta sorority.

### Another Wedding?

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will probably get "loads" of silverware and two or three waffle irons. Let's give them something different and original! If the new home boasts a garden, you can win lasting gratitude by contributing some favorite flower or shrub which will blossom this season. If grubbing in the soil holds a fascination for the bride, give her some of the very handy new implements with which to work, and which will keep her hands from looking neglected. Perhaps they are an out-of-door couple, who love picnics, long hikes and camping. There are such clever compact picnic kits and camp aids now, that one no longer need take a trailer to carry a day's supplies! Such gifts are innumerable, and when given will really be appreciated and used. Just remember the new couple's hobbies and favorite form of recreation. If silver, china, utensils, glassware or other household equipment are chosen, let the bride know where the gift was purchased, so that she may exchange it for something lacking. Some people prefer to wait until the new home has been furnished, so that they will avoid duplication, and so that the gift will really be appreciated. It is well to send a gift promptly, but often wedding presents do not reach their destination until some time after the marriage has taken place.

Have you ever searched in vain for a frog to fit that favorite vase? Did you know that from a nickel's worth of Plaster of Paris mixed with some water, you could make your own?

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