

Flowers in a Pumpkin Shell . . .

By Ruth Cook

IF DOCTORS and nutrition experts are going to persist in urging us away from rich foods, we'll just have to find some non-gastronomic way of keeping Thanksgiving. What could be more festive than flowers?

You've heard of Christmas holly and the Easter lily. St. Patrick's day has its shamrock, and Thanksgiving has its chrysanthemum.

Since Thanksgiving is Thanksgiving and the table means what it does at this time, that will be the first place we'll look to see our chrysanthemums. Fortunately for us the lovely 'mums come in such a variety of sizes and styles that our table can be made to look either stately and grand or simple and informal.

For the formal dinner, the centerpiece of flowers may be omitted. Instead, the giant pompoms can be laid in a border directly on the table. Lay them head to head in a rectangular outline of the table shape, being careful not to intrude on the individual covers. The stems should be partially hidden under the surrounding 'mums. Keep the flowers in water until the last possible minute; then lay them on a strip of waxed paper the width of the border and wrap each tip in waxed paper to help to keep both the 'mums and the table linen fresh.

Perhaps your guest list is long and you will want place cards. Try tucking the name of each guest away in the pompom of a giant 'mum to be laid beside the plate.

simple dress for evening wear may have the neck or sleeves outlined in Gerbrera daisies and small chrysanthemums. A group of them along the edge of a square outline in back is quite original.

In case you wish to substitute some other posy for the chrysanthemum in your scheme of things, here are a few suggestions. They are available at most florists. Talisman roses, orange and red sweet peas, yellow or bronze snapdragons (the giant varieties are lovely but expensive), carnations and calendulas are all good substitutes for the beautiful 'mum.

Girls Like Hygiene

By Claire Chadwick

AFRICA—Germany—Canada—China—as well as most of the United States. No, this isn't a geography lesson. It's just telling you that it's a small world after all, and should you be in any of the above-mentioned places and have need of first aid the chances are rather good that there would be a representative from one of Miss Goulding's hygiene classes to do a good job of it.

It all comes under a course that is listed as "Hygiene 4" with Fern A. Goulding, assistant professor of hygiene, at its head. During the 4 years that Miss Goulding has been in charge of the instruction nearly 1,300 girls have found out just how our bodies function and what to do about it.

In 1931 affiliation was made with the Red Cross for the granting of certificates at the completion of detailed instruction in first aid. Over 500 certificates have been issued. The girls are carefully trained in the care of minor injuries and temporary relief of emergencies requiring medical attention. In short, the instruction has taught them how to use their heads and do it quickly.

CAN you make an improvised stretcher and carry an injured person on it with a minimum amount of bumping? Could you care for a broken arm in such a way that the injured person could be taken to a doctor several miles away and suffer little discomfort? Could you treat poison ivy? Could you apply a bandage to the head, arms, legs or any part of the body, in fact, and be sure that the finished product would "stay put" and look presentable? These are just a few of the things that these girls are able to do.

The course isn't first aid alone, however. Fortunately most of the girls take hygiene while they are still freshmen and the long four-year grind ahead of them is ironed out considerably when they learn just how to take care of themselves every day—how to keep fit and capable for the exacting tasks that face them. And the fact that the body they now

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Oak or maple leaves may be combined with the smaller yellow pompoms to make an informal centerpiece. A few of the leaves may be scattered over the table with thoughtful carelessness. A cluster of grapes laid with each leaf gives the proper Thanksgiving touch. The green and yellow California grape is on the market now.

IF YOU'RE tired of the old conventional vase, a local florist suggests that you might try a pumpkin instead. Simply select one that is not too large, lop off the top, fill it with 'mums and there you are! Individual fruit bowls to match may be cut from small pumpkins. Or if you prefer you may cut your pumpkin in the shape of a basket or low bowl and fill it with fruit—red and yellow ones such as apples, California grapes, bananas and oranges preferred.

NOW that the table is all fixed, let's look about through the rest of the house. Prof. E. C. Volz of the Horticulture Department suggests cornstalks combined with chrysanthemums or giant snapdragons for the larger house. A grouping around the fireplace would be very effective. If this is too informal, branches of leaves with or without flowers would be just as lovely.

In using leaves it is best to cut them when they still contain moisture and are just the color you want. Press them or dip them in paraffin until you wish to use them.

With so much gayness in your surroundings, you may wish to carry a little of the spirit over to your own person. A bright chrysanthemum would add gayety to 'most any dress. For the street dress two large pompoms under your chin necktie fashion will give you a jaunty air. A