Glamour Can Be Cultivated

The gleam of stainless steel has it — and it shows up everywhere. Gems and precious metals have it in a different way. All minks have it for all women, and some women have it for all men. But almost every woman can endow herself and her home with that elusive sparkle we call glamour.

It's not just good looks, though that's certainly a large part of the glimmer of glamour. Nor is it merely the connotation of wealth and luxury; stainless steel, though it has the trim modern sleekness customarily found in moneyed homes, is actually one of the most economical materials used for flatware and tableware. And who hasn't known women who managed to look out-of-this-world on a very down-to-earth clothing budget?

"Magic; a spell of charm" is the sober dictionary's definition of glamour. Scholars trace the word back to the old Scotch glamer and the still older English gramarye — both meaning magic. In those good old days a girl could buy her glamer from the local witch in the form of powdered mandrake root mixed with various other herbs (you just added water) to form instant love potion.

A more helpful definition is offered by Gloria Wright, a girl eminently qualified to recognize glamour when she sees it. Moving around the country demonstrating housewares to TV audiences, department store customers and women's groups, she meets literally hundreds of women every week. Says Miss Wright: "Glamour in a woman is flair — and flair can be cultivated. The glamorous woman has learned how to present herself. She's also learned to display her home to best advantage — the right setting is important for any gem. Because this knowledge has given her self-confidence, she projects that easy, effortless quality essential to true glamour."

Giving the impression of effortless ease may take some doing, however. Here are Miss Wright's suggestions for giving both the homemaker and her home an aura of glamour.

A woman's glamour begins with her home. Sound odd? It isn't, really. That's where she spends most of her time, and the way her time is spent — whether her household tasks are done haphazardly or with scheduled efficiency, whether or not she succeeds in creating a decor that's eye-pleasing and comfortable for both family and guests — is bound to affect the way she looks and acts. But with just a little intelligent effort, any woman can sparkle in the perfect setting.

Space — make more of it! Skillful placement of chairs can often make one lamp and end table do the work of two. Never kitty-corner chairs or sofas — it's wasteful of floor space. You can buy bookcases that are hung from a wall, consuming no floor space at all.

Styling — make the most of lines and textures. Polish wooden surfaces to a high sheen; set them off with the gleam of stainless steel ashtrays, candy dishes, fruit bowls. With more floor space, you can really show off the lines, period or modern, of your favorite piece of furniture.

Comfort — at least one man-sized chair and ashtray are musts for the single girl who'd like to make eligible calllers feel at home. If married, be sure there's at least one corner of the house where hubby can strew ashes and newspapers to his heart's content. The glamorous woman flatters a man's masculinity as much in the way she arranges her home as in the way she does her hair.
Assistance An Important Step

alcoholic and his family, and research. Committees on Al-

professional education, community services, guidance to the

The N. C. A. combats alcoholism through public and

cohohism, set up in communities throughout the country,
maintain centers where information and guidance can be ob-
tained. The N. C. A. even supplies information and personal
direction on how to go about getting up such a committee.

Another organization that will give help is Alcoholics
Anonymous, which has 4,550 units in the United States and
Canada. More than 30 states and many, many individual
communities provide information and therapy. Many busi-
ness firms, working with N. C. A are helping to establish
alcoholism programs and are making use of available fa-
cilities. The Salvation Army, too, has had a successful record
in helping alcoholics.

An alcoholic can recover. He will never be able to drink
again, but he can lead a normal, happy, and healthy life,
without alcohol.

You don't help an alcoholic by nagging, scolding, lectur-
ing, moralizing, or making empty threats. But getting an
alcoholic to professional assistance, can be an important step
toward his recovery.

It's been estimated that fully one million of this nation's
five million problem drinkers are women.

More alcoholics live in the City than in the country.
San Francisco leads the nation in number of alcoholics.

The average age of an alcoholic is 40. The majority of
alcoholics are between 30 and 50.
Misconceptions About Asthma

An estimated seven million people have asthma right now, and millions now free from the disease will one day contact it.

Yet, among asthma sufferers and the scores of millions of people who come into contact with the disease every day, surprisingly little is known about what asthma is, whether it is catching, and what to do when an attack of asthma begins.

If you hunch your shoulders and imagine that you suddenly find it almost impossible to breathe — imagine that your windpipe seems to shrink so that only a tiny trickle of air gets through — you will get some idea of what an asthma attack feels like.

What is asthma? According to “Handbook for the Asthmatic,” a booklet published by the Allergy Foundation of America, “asthma is difficulty in breathing, a choking caused by obstruction of the small bronchial tubes.”

Many Misconceptions

There are many misconceptions about asthma.

Though victims during an attack often fear death, asthma is rarely fatal. Asthma may be regarded as a physical disease, but its psychological aspects are usually very important.

Asthma is not contagious, according to a booklet published by the American Medical Association, but a tendency to develop asthma and other allergic conditions is hereditary. If your parents or grandparents suffered from allergies, you are a possible candidate for asthma. If you had eczema as a child, or if you have hay fever, you, too, may become an asthma sufferer.

In fact, any allergy may mean that you are susceptible, for many cases of asthma are due to allergies.

When a person comes into contact with the allergen — the substance to which he is allergic — it causes a constriction of his air passages. He has difficulty expelling air from his lungs.

An asthma attack may be brought on by dust, animal dandruff, almost any food (including milk and orange juice), pollens, molds in the air, bacteria, feathers — almost anything that can be inhaled or eaten. That is one thing that is so troublesome about the ailment — determining just what is causing it. And there may be multiple causes. For example, lung infections — even the common cold — have led to asthma.

About 33 per cent of all asthma cases first appear in children who are less than 11 years old, according to a recent medical report. Half the cases first appear in people between 11 and 50, and in some cases, a person may not show signs of asthma until he is 80!

See Your Doctor

What should you do if you suspect you have asthma?

First, see your doctor. By examining you, by questioning you, by giving you laboratory tests, he will try to find out if you do have asthma. And the next step is preventing a recurrence of the attack.

This can be done by removing whatever is causing the allergic condition — if it’s feathers, then enclose your pillow with a rubberized cover; if it’s dust, air condition your home and dust-proof your furniture; if it’s a specific food, remove it from your diet.
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Founded in 1882, Labor Day celebrated for the 80th time this year — a tribute to the men and women who have helped make our standard of living the highest on earth and the highest in the history of the world.

As a holiday, Labor Day is actually rather curious. The first Labor Day was NOT on a Monday. Europeans observe a different day, and in a different way. And, surprisingly, Labor Day is NOT a national holiday.

HOW IT BEGAN

Credit for starting Labor Day belongs to a man named Peter J. McGuire, a co-founder of the American Federation of Labor. It was McGuire who, on May 8, 1882, while attending a meeting of the Central Labor Union in New York, proposed a celebration to honor “those who from rude nature have delved and carved all the grandeur we behold.”

McGuire argued that although there were patriotic and military holidays, there was none “representative of the industrial spirit, the greatest vital force of the nation.” He proposed the first Monday in September for Labor Day, “as midway between the Fourth of July and Thanksgiving, and would fill a gap in the chronology of legal holidays.”

The labor union approved the general idea; the first Labor Day was celebrated on Tuesday, September 5, 1882. Ten thousand workmen marched down the streets of New York.

In 1883 another celebration was held, and by 1884 the union had agreed on the first Monday in September as the unchanging date.

Cities and towns gave Labor Day its first official recognition, and then the idea spread to State Legislatures. The first State to introduce such legislation was New York, but Oregon was the first to approve a bill — February 21, 1887. Soon other states followed suit.

It was in 1894 that Congress, without debate, got around to making Labor Day a legal holiday in the District of Columbia, and the Territories. As a matter of fact, Congress can do no more than that — it’s up to the individual states to establish holidays. There is no such thing as a national holiday.

As it is, some states don’t observe Lincoln’s birthday, Columbus Day, Election Day, or Memorial Day — but all the continental United States observe Labor Day. Last to approve was Wyoming, in 1923.

Over in Europe, May 1 is the traditional day to honor labor. And, unlike the United States, in Europe only laborers celebrate; here, everyone participates.

THE RELIGIOUS SIDE

Religion and Labor Day have been associated since 1905, when some churches began observing Labor Sunday.

It was in 1910 that the American Federation of Labor adopted a resolution establishing Labor Sunday as the day before Labor Day, and requesting that all churches “devote some part of the day to a presentation of the labor question.”

The Bible has a great deal of up-to-date advice for both the laborer and the employer, according to Dr. Oswald Hoffmann, whose radio messages on The Lutheran Hour are heard in 100 different lands by an estimated 30 million people.

As evidence, Dr. Hoffmann cites the famous parable in the Gospel according to Matthew.

“In this Gospel,” Dr. Hoffmann says, “Jesus tells of a landowner who hires laborers for his vineyard one morning. He agrees to pay them the usual wage, and then sets them to work.

“Later, at three intervals, the landowner hires more laborers — three hours later, at noon, and an hour before sunset.

“And yet,” Dr. Hoffmann relates, “come the end of the day, the landowner gives the same amount of money to those men who had worked since dawn as to those who worked only an hour.

“To quote the New English Bible, ‘When it was the turn of those of the men who had come first, they expected something extra, but were paid the same amount as the others. As they took it, they grumbled to their employer: ‘These latercomers have done only one hour’s work, yet you put them on a level with us, who have sweated the whole day in the blazing sun!’

" ‘The owner turned to one of them and said, ‘My friend, I am not being unfair to you. You agreed on the usual wage for the day, did you not? Take your pay and go home. I choose to pay the last man the same as you. Surely I am free to do what I like with my own money. Why be jealous because I am kind?’

“It would be well,” Dr. Hoffmann states, “if both labor and management heeded the message in this parable — that kindness, charity, and brotherhood come before counting pennies.

“We should have more employers like the landowner, generously willing to share wealth. For many employers forget the Biblical statement that ‘the labourer is worthy of his reward,’ and the warning against the person who ‘useth his neighbor’s service without wages, and giveth him not for his work.’

“We should also have fewer employees like those in the parable, who put money above kindness and brotherhood.”

Dr. Hoffmann concludes: “And on this Labor Day in 1962, when Americans pause to recognize the achievements of the workingman, surely this simple Biblical message is quite as meaningful as ever.”
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