

A man walked up to me in a private club at the Hotel Rice in Houston and said, "Now don't you say anything against our women. We like them the way

I thought, "How lucky he is," because undoubtedly he has the type of woman I am hoping all of you will become, either on your own or with my advice.

I didn't tell him about the number of men right here in Houston who came up to me and thanked me over and over again for the help I had given their wives, which made them improve considerably.

I have not said that all women of Texas are fat and sloppy. Many of you have sent me threatening telegrams, strange boxes I don't dare open, annoying phone calls at my hotel, but to them I say it is only because you have a guilty conscience.

I received many flattering telegrams and telephone calls

A Half Hour a Day Keeps Divorce Away

from women who were pleased with what I was doing to help and improve their sex.

One thing I discovered about the women of Houston. They understand me and appreciate my hard work in their behalf. On a radio broadcast I readily admitted that the American woman is the finest woman in the world, the most unselfish. and has the greatest potential of any woman from any country.

You also have something extremely valuable that few women in other countries have, and that's a wonderful sense of

Why, then, with all these assets plus attractive clothes at less cost than women of other countries must pay, beauty salons in every block, perfumes,

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are there so many of you un-

If you would but appreciate the fact that my aim is to make you happier, not destroy you, and to make you loved.

But why, wherever I travel in this country, do I find so many American women unhappy? Is it because you have loved and lost through your own fault? Is it because you don't know how to hold a man's love?

The first telltale sign that he is moving his bedroom slippers to someone else's bedroom is the decline of your personal appearance. Take time out every day, no matter what you have to do, and spend at least 15 minutes seriously analyzing your personal appearance. Look at your hair. Don't just take halfway measures with it. Look at your face. What about make-up? And the dress you're wearing.

A half-hour a day is worth a year later, trying to recapture the man whose eyes have already roved and settled elsewhere.

Alondra Pool

Monday will mark the clos-

ng day of the swimming pool

at Alondra Park. The closing date will be subject to abnor-

mally hot weather conditions, when county supervisors fre-quently order pool re-open-

"Americans All" will be the theme of the East Los Angeles Sept. 16 Parade, which will commemorate the 152nd anni-

versary of Mexico's indepen-dence from Spain. The 70-unit parade will start

at 2 p.m. from East First and

Closing Set

70-Unit Parade To Be Sept. 16



CHOCOLATE CAKE IS AN all-time favorite with all dessert lovers. If yours is a family interested in the use of poly-unsaturates, this cake is made with a new shortening which the manufacturers say is 67 per cent

Rockfish Chosen Seafood

IS THIS FOR YOU?

Please Family with Favorite Dessert

Most good cooks like "solid" and floured layer pans about hortening for baking light, 30 minutes in 350 degree oven lost cakes and flaky, tender or until it tests done. It crusts, Up to now, these olid shortenings have condined more than 50 percent coffee Frosting.

phe crusts. On solid shortenings have contained more than 50 percent saturated fats.

A new solid shortening is son the market—Gold-N-Sweet Safflower Shortening. It is made from safflower oil, rated highest in poly-unsaturates of all vegetable oils used in food products today.

According to the manufacturer, Gold-N-Sweet Safflower Margarine

1 tsp. vanilla

1 box powdered sugar

6 tbs. strong coffee

Cream margarine, cocoa, vanilla and salt, Add sifted powdered sugar and coffee

So if your family is inter-

cent poly-unsaturated.
So if your family is interested in the use of poly-unsaturates in the diet, make this cake as suggested here.

CHOCOLATE CAKE

12 cup Gold-N-Sweet Safflower Shortening 1 cup white sugar

1 cup brown sugar
2 eggs, beaten
1 tsp. vanilla
3 squares baking chocolate, melted in ½ cup water
2 cups sifted cake flour
½ tsp. salt
1 tsp. baking soda
2/3 cup buttermilk
Cream shortening and sugars well. Add eggs and vanilla and beat until fluffy.
Cool melted chocolate and add.
Sift dre investigation.

Cool mered chocolate and add.
Sift dry ingredients and add alternately with buttermik to creamed mixture. Beat until smooth. Bake in two greased

Old Favorite Made

fish have become casier to catch—consequently more plentiful in the markets.

From a commercial standpoint, the Pacific rockfish influstry is in its infancy. It has great potentialities though and may someday compete with tuna and salmon.

Rockfish, similar to sole, reaches market in fillets weighing from a quarter to a full pound. When a whole rockfish is handled, it may be filleted or it may be skinned and baked whole and boned after cooking.

Almost any cooking method may be employed. The meat is lean and requires additional fat in cooking. Do not overcook.

For a recipe that will lend variety to seafood service, Swiss Style Rockfish Fillets

Ya cup butter or margarine in bread crumbs that have been added to cheese.

Mel butter or margarine in bread crumbs that have been added to cheese.

Mel butter or margarine in baking dish and place fillets or margarine in the gravy brings it up to date, Pan-fry flour-dredged chicken parts until soling. Gradually add cheese and stir until melted. Cut avocado lengthwise into halves; on the fat used for browning the fat used for

for One Month of Autumn

Rockfish, chosen Seafood of will find enthusiastic recepthe month for September, is the month of September of Septem

AVOCADO-CHICKEN RAREBIT 14 cup water 14 cup catsup

1 tsp. dry mustard

Rarebit Combines

Chicken, Avocado

1/2 tsp. chili powder 2 cups grated Cheddar cheese

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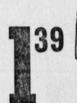
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