

How the new protein cereal
helps your child have

a fine
body



KELLOGG'S CORN SOYA —
more body-building
protein
than any other well-known
cereal—hot or cold!

You've noticed how much bigger, stronger and finer-looking youngsters are today. And you've read that this is largely because they get more protein foods. But government experts say that your children still don't get enough protein at breakfast.

To meet this need, Kellogg's has created a great new protein cereal—Corn-Soya. You never tasted a more delicious cereal in all your life. Full of vitamins, minerals and energy value, too.

No other leading cereal—no, not one—is so rich in the protein you need so much at breakfast. Protein that helps build fine bodies. And can...



BODY-BUILDING PROTEIN—RIGHT



Looking back over the year is like sorting out treasures. How many good moments life gives us!

Diary of Domesticity

By GLADYS TABER

LOOKING back over the year, I like to add up the happy moments. The grave and sorrowful hours belong in the account, too, but there are always happy ones, and as the New Year comes in it is good to remember them.

There was the moment when Susie settled down with her six newborn babies, small satin packages of life, wonderfully perfect to the last minute thimble paw. Our first black-and-tan was there, and we named him TrailBlazer.

There was the blue heron wading in the dusk in the pond, wild and beautiful; he walked by himself, creating a special beauty for me.

There were the first white tulips as pure and clear as white coral in the glimmering spring morning.

And George coming in with a basket of wild mushrooms he had picked when he took the cows up to pasture.

Down by the brook at sunset in early autumn, Alice and Steve and I were picking water cress. Steve was kneeling almost in the cold flowing water, pulling out great clumps of dripping crisp green. Alice, farther down, dipped her hands and expertly lifted the translucent stems. Olive looked out the lighted kitchen window, smiling, the light on her hair. I stood idly nibbling a spicy leaf, looking at the luminous color of the sky, the damp dark grass spattered with gold coins from the maples. Suddenly I was almost too happy. To be there, at that instant, with dear friends was pure enchantment.

Afterward we wandered up the hill, into the house, and smelled Olive's Onion Soup simmering for supper. Oh, divine fragrance of onions! It is the best onion soup in the world and to make it, you cook a lot of onions, which you have sliced thin, in butter or margarine, adding a quantity of celery soup and 1 teaspoon sugar. Cook until the onions are brown. The quantity varies according to the amount of onions standing...

We like this for supper during the holidays when everyone comes in from skating or when we have been up in the snowy woods after greens.

In an old house like ours, the problem of where to put furniture is pretty complicated. Windows and doors are casually stuck in anywhere, and early builders never gave a thought to where the sofa or the table might go. But it is more exciting than a house with built-ins, I think. For you keep working at it and every change seems fascinating. Our house is further complicated by the dogs and cats. I have to have a big easy chair just the right distance from my bed for the smaller dogs to take off from when they jump on the bed.

But there is nothing better for a tired house than to move everything around to a new place. Especially in midwinter when one has been shut in overmuch, I think rearranging the furniture gives a nice, fresh look to everything. Regrouping the chairs and sofas, bringing down an extra small table from upstairs, changing the pictures—these give a lift.

We might well resolve as this new year begins to make our own small efforts to create beauty in whatever medium we may. The great poets and artists give such largess, but to everyone is given opportunity to live with grace. There is loveliness in the kindness of a friend, in the small services a mother may give her children. Never belittle the bouquet carried to a sick friend, or the extra cake baked for a neighbor who has company, or the letter of appreciation for some kindness. These have their beauty, too, and we live by them.

The world is filled with conflict; we have inherited a heavy burden in our day. But we also inherit the poetry and music and the faith in God and a belief in the common goodness of mankind.

After a heavy blizzard I like to walk down the snow-deep country road with a couple of sleds and think these thoughts...

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