

Topics of Special Interest to Our Women Readers

Jiffy Crochet Shawl For Young and Old



Pattern No. 2582

BE IN style—add this crocheted shawl to your wardrobe. It's in Shetland Floss—just one easy medallion repeated and joined. Pattern 2582 contains directions for making shawl; illustrations of it and stitches; materials required. Send order to:

Sewing Circle Needlecraft Dept.
82 Eighth Ave. New York
Enclose 15 cents in coins for Pattern No.
Name
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DIARRHEA

DUE to dietary indiscretions, change of drinking water or sudden changes in weather can be quickly relieved by Wakefield's Blackberry Balsam. For 94 years a household remedy. Sold at all drug stores. Be sure to ask for genuine

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BLACKBERRY BALSAM**
Compound

WNU-13 34-40

Always a Duty

Knowest thou not, that thou canst not move a step on this earth without finding some duty to be done, and that every man is useful to his kind by the very fact of his existence?—Carlyle.

Watch Your Kidneys!

Help Them Cleanse the Blood of Harmful Body Waste

Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery.

Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.

There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. Doan's have been winning new friends for more than forty years. They have a nation-wide reputation. Are recommended by grateful people the country over. Ask your neighbor!

DOAN'S PILLS



Household News

By *Eleanor Howe*

Community picnics are fun! They offer an opportunity for a carefree day under the open sky—carefree for even the chairman in charge of affairs, if she's planned her program well and chosen her helpers wisely.

If the crowd to be served is a really large one, it's a good idea to have one committee member responsible for each main dish such as meat, potatoes, salad, dessert, and beverage, and one responsible for extras such as buns, butter, relishes, etc. There'll be a serving committee and a clean-up committee, as well.

Picnics for four or five families are usually co-operative affairs. Each family may supply its own lunch, but more often each one provides one item in large enough quantities to serve the crowd. One family might provide the salad, one the meat, and still another family the dessert, which might be watermelon, a luscious chocolate cake, or a freezer full of old fashioned ice cream. With a little planning, the cost can be fairly equally distributed.

When an outing is in the offing and it's up to you to plan the menu for a crowd, you'll find these picnic pointers helpful.

1. If lunch is being prepared at home, choose foods that permit beforehand preparation, and that are not too difficult to carry or to serve.
2. Provide a fairly simple meal, with plenty of everything but not so much variety that it will cause confusion and lots of extra work.
3. Unless you are sure of a good water supply, it's better to carry the water from home.

4. Carry fruit juices, tomato juice or milk in thermos bottles.

5. The main dish for the picnic—which might be chili, baked beans, or escalloped potatoes, can be cooked the day before, then in the morning brought to the boiling point, and the dutch oven or casserole wrapped in several thicknesses of newspaper to retain the heat.

6. Don't overlook the possibilities in frozen foods for picnic use. Quick-frozen meats can be carried, without ice, even on a warm day. They thaw out on the way to the picnic ground and will be ready to use.

You'll find other picnic pointers in my cook book, "Easy Entertaining." There are menus and tested recipes for beach parties, hikes and a "Colorado beefsteak fry."

When you write to me, won't you tell me something about the "community meals" your group has served? Do you serve dinners for the church, for business men's organizations or for the farm bureau, perhaps? How many people do you serve at meals like this, and what are your favorite menus? I'll be waiting to hear from you!



Grandmother's Ginger Cookies.
(Makes about 6 dozen)

1 1/4 cups shortening
2 1/2 cups sugar
3 eggs (separated)
1 1/4 cups molasses
1 teaspoon cinnamon
1 teaspoon ginger
1 teaspoon nutmeg
1 teaspoon cloves
1 teaspoon salt
3 teaspoons soda
1/2 cup cold water
9 cups flour

Cream shortening and add sugar gradually, creaming until smooth. Beat egg yolks until light, and add to the creamed mixture, with the molasses, and spices, and salt. Dissolve soda in cold water, and add to

There's something very social and heartwarming about entertaining friends in your own home. And entertaining needn't be expensive, nor does it necessarily mean a lot of work!

Eleanor Howe's cook book, "Easy Entertaining," will give you the secrets of doing just that—entertaining without fuss and bother, and to fit your budget.

You'll find in "Easy Entertaining" plans for almost every kind of party. Send 10 cents in coin to "Easy Entertaining," care of Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois.

the first mixture; blend well. Beat egg whites until stiff, and fold into batter. Add flour, and mix until smooth. Roll out to 1/4-inch thickness on a lightly floured board. Cut with 3 1/2-inch cookie cutter, and press a raisin into the center of each. Sprinkle with sugar. Bake on a greased cookie sheet in a moderately hot oven (400 degrees) for about 10 minutes.

Barbecue Sandwiches.

(Filling for 3 to 4 dozen buns)
2 pounds beef
2 pounds pork
1 tablespoon chili powder
1 teaspoon white pepper
1/4 teaspoon red pepper
1 teaspoon dry mustard
1 1/2 tablespoons salt
1/4 cup flour
1 1/2 cups tomato puree or condensed tomato soup
1 1/2 quarts meat stock
3 large onions (sliced)

Cook the meat until tender in enough water to cover. Drain, and grind coarsely. Combine seasonings and flour. Add tomato puree and the meat stock, and cook for 5 minutes. Brown the onions lightly in butter or bacon fat, and add to the sauce with the coarsely ground meat. Serve hot on large, round buns.

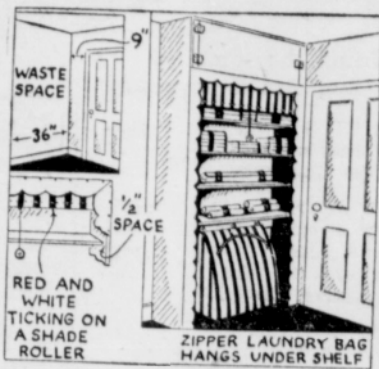
Red Corduroy



It's time to give thought to the inevitable easy-to-slip-on jacket that is indispensable when cool breezes announce that autumn days are here. The pick of them all, in the estimation of fashion-wise college girls and their younger school-faring sisters is the jacket that is made of bright red corduroy. A grand twosome for early fall days on the campus or for general wear when the tang of autumn calls for comfortable wraps is a jacket of stop-light red corduroy such as is pictured here, topped with a matching hat of the identical corduroy.

HOW to SEW

By RUTH WYETH SPEARS



The high compartment has a door of plywood. Below this are shelves with a curtain on a shade roller. The curtain runs up and down between the shelves and the scalloped board that frames the closet, as shown at the left. This board is 1/2 inch thick and four inches wide. The scallops were marked by drawing around a teacup and were cut out with a jig saw.

NOTE: As a service to our readers Mrs. Spears has prepared a series of homemaking booklets. No. 5, just published, contains 32 pages of clever ideas fully illustrated and a description of the other numbers. To get your copy send order to:

MRS. RUTH WYETH SPEARS
Drawer 10
Bedford Hills New York
Enclose 10 cents for Book 5.
Name
Address

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