

GAS ON STOMACH

What many doctors do for it
When excess stomach acid causes gas, sour stomach or heartburn, doctors prescribe the fastest-acting medicine known for medicinal relief—medicinal like those in Bell's and Tablets. No laxative. If your very first trial doesn't prove Bell's one better, return bottle to us and get double your money back, free.

More Raleigh Jingles

Raleigh Cigarettes are again offering liberal prizes in a big jingle contest to be run in this paper. One hundred and thirty-three prizes will be awarded each week.—Adv.

Here's What Ferry Quality Means to Your Victory Garden!



Inferior strains of radish seed usually produce these results:
• IRREGULAR SHAPES, COLOR VARIATION
• POOR TEXTURE, TASTE



FERRY QUALITY radish seed is bred to produce these results:
• REGULAR SHAPES, UNIFORM COLOR
• CRISP TEXTURE, MILD FLAVOR

Radishes shown above grown under identical conditions. Insist on FERRY QUALITY SEEDS at your local dealer's. Send for free copy of "FERRY'S VICTORY GARDEN PLAN." Write Dept. W-1, FERRY-MORSE SEED CO., SAN FRANCISCO DETROIT

Aided by Opposition

He that wrestles with us strengthens our nerve and sharpens our skill. Our antagonist is our helper.—Burke.

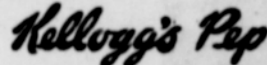
J. Fuller Pep

By JERRY LINK



Nothing much gets by Old Judge Wiggins' "Fuller," he says to me, "just about the only thing that can keep on growing without nourishment is some folks' conceit."

And speakin' o' nourishment reminds me that you got to get all your vitamins. That's why I keep tellin' folks about KELLOGG'S PEP. 'Course PEP hasn't all the vitamins. But it's extra-rich in the two most likely to be short in ordinary meals—vitamins B₁ and D. And PEP's a jim-dandy tastin' cereal, too. Why not try it tomorrow?



A delicious cereal that supplies per 1-ounce serving: 112 daily need of vitamin D; 4/5 to 1/3 minimum daily need of vitamin B₁.

That Nagging Backache

May Warn of Disordered Kidney Action

Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—throws heavy strain on the work of the kidneys. They are apt to become over-taxed and fail to filter excess acid and other impurities from the life-giving blood.

You may suffer nagging backache, headache, dizziness, getting up nights, leg pains, swelling—feel constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.

Try Doan's Pills. Doan's help the kidneys to pass off harmful excess body waste. They have had more than half a century of public approval. Are recommended by grateful users everywhere. Ask your neighbor!

DOAN'S PILLS

WNU-13 14-42

We Can All Be EXPERT BUYERS

● In bringing us buying information, as to prices that are being asked for what we intend to buy, and as to the quality we can expect, the advertising columns of this newspaper perform a worth while service which saves us many dollars a year.

● It is a good habit to form, the habit of consulting the advertisements every time we make a purchase, though we have already decided just what we want and where we are going to buy it. It gives us the most priceless feeling in the world; the feeling of being adequately prepared.

● When we go into a store, prepared beforehand with knowledge of what is offered and at what price, we go as an expert buyer, filled with self-confidence. It is a pleasant feeling to have, the feeling of adequacy. Most of the unhappiness in the world can be traced to a lack of this feeling. Thus advertising shows another of its manifold facets—shows itself as an aid toward making all our business relationships more secure and pleasant.

Household Hints

by Lynn Chambers



Honey Flavors This Fruit Bran Bread (See Recipes Below)

Substitute Foods

Most vital question every homemaker is now facing is how to substitute certain available foods for shortages. Sugar shortages and reduced supplies of fats, oils and certain imports make it necessary for every one of you to revise your meals in some respects and use substitutes.

Although sugar rationing is to be in effect, you will still be able to get some of it. There are also good substitutes for it such as honey, molasses and corn syrup all of which may be used very easily for cooking and sweetening purposes. Still another excellent source of sugar is in the dried fruits which you can use for dessert to get your daily quota of sugar.

Select recipes which have less eggs, sugar and butter, for although there may not be an actual shortage of all these items, they may be expensive.

Fats are extremely valuable in the current emergency, and you are advised to save as much of fats and oils as you can. Be sure that your butcher puts in all the scraps of fat and trimmings off the meat you buy. You can take these pieces home and clarify them for use in frying, flavoring or actual cooking.

If you have blithely discarded the scraps of butter off the butter plates after dinner, lunch or breakfast, then remedy your habits immediately. Even if you do not use the butter scraps as table butter, these can be used for flavoring vegetables, or in larger amounts for cooking and baking purposes. Be sure the butter is kept in the icebox or at least in a cool place so it will not become rancid.

Butter and its substitutes will be available, but you should plan to use these foods sparingly. You can substitute the corn and vegetable or even mineral oil for salad dressings if you are unable to obtain olive oil.

Cheeses which have been formerly imported are available only in limited quantities, but American made cheeses are coming to the fore, the Bleu and Camembert cheeses being of excellent quality.

Soybeans are becoming a popular, nutritious food during the current emergency. Here is an excellent recipe for:

- Soy Bean Yeast Bread.**
(Makes 1 loaf)
1 cup milk
1 cake compressed yeast
2 tablespoons sugar
1 tablespoon fat, melted
1 teaspoon salt
3/4 cups wheat flour
1/4 cup soy bean flour

Lynn Says:

With new equipment at a premium, you will be a wise homemaker if you give the best care possible to the pieces you already have.

Disconnect electric appliances by grasping the plug itself, not by pulling on the cord. When washing electrical equipment such as coffee pots or toasters or waffle irons, wipe with a cloth rather than immersing in water.

Scouring pots and pans with steel wool pads impregnated with soap, after each meal during which you use pots and pans, will keep them bright and shiny longer.

Keep sulphur away from silverware to prevent tarnish. Eggs, matches, salt, fruit juice and even rubber tarnish silver quickly. When washing cutlery with wooden handles, be careful not to let the handles stand in water or they will become loosened.

Grease new pans before putting them in the oven and they will never rust. For rusty pie tins, rub a raw potato with cleansing powder on it to get rid of the rust quickly.

To sharpen scissors cut a fine grained piece of sandpaper into strips.

This Week's Menu:

- *Old Fashioned Boiled Dinner
- Pineapple-Nut Salad
- *Fruit Bran Bread
- *Baked Pears
- Coffee Tea Cookies Milk
- *Recipes Given

Scald milk and cool to lukewarm. Pour over yeast and sugar in mixing bowl and let stand for 1/2 hour. Add melted fat and salt and the flours, beating them in well. Knead the dough for about 10 minutes on a lightly floured board. Cover and let rise in a warm place for 1/2 hour, then knead again for 1 minute. Repeat the rising and kneading process twice more. Shape into a loaf and let rise again in a greased pan until double in bulk or about an hour. Bake in a hot (400-degree) oven about 50 minutes.

Honey or molasses along with fruits rich in carbohydrates contribute to the sugar content of this fruit bread:

*Fruit Bran Bread.

- 1 egg
- 3/4 cup honey or molasses
- 1 cup buttermilk
- 2 cups flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 1/2 cups bran cereal
- 1/2 teaspoon soda
- 1/2 cup chopped figs
- 1/2 cup chopped dates
- 1/2 cup raisins
- 1/2 cup chopped nuts

Beat egg well, add honey or molasses. Add bran and buttermilk. Sift the dry ingredients and add to first mixture with fruit and nuts. Stir until flour disappears. Bake in a greased loaf pan with waxed paper placed at the bottom before the mixture is poured in. Set the oven at moderate (350 degrees) and bake bread for about 1 hour.

Simplicity will be the keynote of meals so in keeping with that theme, I am including two desserts using fruit flavored with honey.

Broiled Grapefruit.

Wash and dry grapefruit and cut in half crosswise allowing 1/2 grapefruit per person. With a sharp knife cut around and under the entire pulp being careful to leave all the membrane on the shell. Cut down each side of each section loosening each section completely. Lift out center section or core. This leaves only the separated sections in the shell. Spread the top of each half with honey and dot with butter. Place under a broiler flame in moderate oven until honey begins to caramelize and all ingredients are blended together. Serve hot.

*Baked Pears.

- (Serves 8)
- 8 pear halves
- 1/4 cup lemon juice
- 1/2 cup honey
- 1 teaspoon cinnamon
- 2 tablespoons butter

Arrange pears in a shallow baking dish. Pour over lemon juice and honey. Sprinkle with cinnamon and dot with butter. Bake in a moderate (350-degree) oven until tender, 20 minutes if uncooked pears are used.

*Old Fashioned Boiled Dinner.

- (Serves 8)
- 5 pounds corned beef brisket
- 1 white turnip
- 1 head of cabbage
- 8 onions
- 8 carrots
- 8 potatoes

Cover meat with cold water and heat rapidly to the boiling point, then remove scum and reduce heat. Simmer until tender 3 1/2 to 4 hours. Prepare vegetables, cutting turnip into eighths. Peel potatoes, carrots and onions. About 45 minutes before meat is done add vegetables and cook them until tender.

Serving Well Cooked Food.

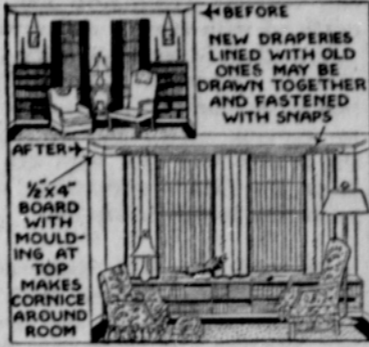
Warm plates for hot main dishes and well chilled plates for cool salads and desserts can put over the simplest meal and make it a success. A few bits of canned leftover fruit with a dab of leftover jelly will make meat platters an attractive garnish, or sprigs of parsley, watercress, or celery tops for meat and vegetable platters do big things to tempt weary appetites.

If you would like expert advice on your cooking and household problems, write to Lynn Chambers, Western Newspaper Union, 210 South Desplains St., Chicago, Ill. Please enclose a stamped, self-addressed envelope for your reply.

(Released by Western Newspaper Union.)

NEW IDEAS for Home-makers

By RUTH WYETH SPEARS



light in at night. A cornice taking the place of a picture moulding is smart for both modern and traditional rooms and gives anchorage near the ceiling for rod, or pole.

This sketch shows how one homemaker made cheerful, soft green sateen blackout draperies, repeating a tone in the chintz of the new slip covers. They are edged with cotton cord fringe in a darker tone.

NOTE: Use your head and your hands to keep up morale on the home front. Mrs. Spears' new BOOK 8 will help you. It contains 32 pages of step-by-step directions for novel economical things to make from things you have on hand or from inexpensive new materials. Send your order to:

MRS. RUTH WYETH SPEARS
Bedford Hills New York
Drawer 10
Enclose 10 cents for Book 8.
Name
Address

Real Happiness

You will not rightly call him a happy man who possesses much; he more rightly earns the name of happy who is skilled in wisely using the gifts of the gods, and in suffering hard poverty, and who fears disgrace as worse than death.—Horace.

Two Worlds

There are two worlds; the world that we can measure with line and rule, and the world that we feel with our hearts and imagination.—Leigh Hunt.

BUNIONS

Get this quick relief. Lifts shoe pressure, soothes, cushions the sensitive spot. Costs but a trifle.

Dr. Scholl's Zino pads

YOUR EYES TELL how you feel inside

Look in your mirror. See if temporary constipation is telling on your face, in your eyes. Then try Garfield Tea, exactly as directed. It's the mild, pleasant way to relieve intestinal sluggishness—without drastic drugs. Feel better, look better, work better. 10c—25c at drug stores.

For liberal trial samples of Garfield Tea and Garfield Headache Powders, write: **FREE SAMPLE GARFIELD TEA CO., Inc.** Dept. 19, 41st St. & 3rd Ave., Brooklyn, N.Y.

GARFIELD TEA

To Relieve MONTHLY FEMALE PAIN

If you suffer monthly cramps, backache, nervousness, distress of "irregularities"—due to functional monthly disturbances—try Lydia E. Pinkham's Vegetable Compound at once! Pinkham's Compound is one medicine you can buy today made especially for women. Taken regularly throughout the month—Pinkham's Compound helps build up resistance against such symptoms. Follow label directions. Worth trying!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

BUY U. S. DEFENSE BONDS

FREE TO RALEIGH SMOKERS

► You win two ways. You get a milder, better-tasting cigarette. And you get a dividend of luxury premiums. Bargains are pretty rare these days, so get aboard this one. Smoke Raleighs and save the coupon on the back of the pack. It's good in the U. S. A. for cash, or handsome gifts that are practical and long-lasting. Here are just a few of the things you can get:

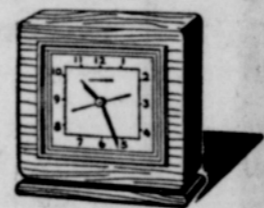
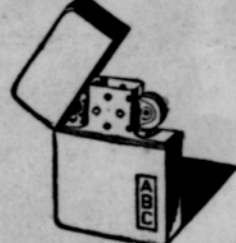


Table Clock guaranteed by Hammond. Rare wood panel. 115-v. AC only. 7 inches high.



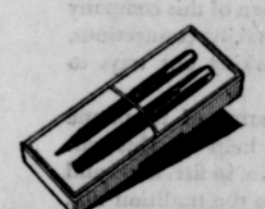
512 Defense Savings Stamps may now be obtained through Brown & Williamson. Send 15c Raleigh coupons for each dollar stamp. Defense Stamp Album, shown above, free on request.



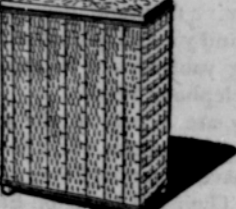
Zippo Pocket Lighter of satin chromium. Wind guard. Plain or three-initial monogram.



Tip-top Table. Matched butternut center. Walnut borders. Marquetry inlay.



Pen and Pencil Set. Balanced and streamlined. Smart pearl and black striped effect.



Clothes Hamper with Pearl Pyralin lid. Airy. Removable laundry bag liner.



It's a Better-Tasting Cigarette!

► Why are Raleighs milder and easier on your throat than other popular brands? Because Raleighs are a blend of 31 selected grades of the finest Turkish and Domestic tobaccos—made from the more expensive, more golden colored leaves that bring top prices at the great tobacco sales. Switch to Raleighs today. You win two ways!

B & W coupons also packed with KOOL Cigarettes. Write for premium catalog.

\$500 THIS WEEK IN PRIZES WRITE A LAST LINE TO THIS JINGLE

HERE'S WHAT YOU DO

It's simple. It's fun. Just think up a last line to this jingle. Make sure it rhymes with the word "and." Write your last line of the jingle on the reverse side of a Raleigh package wrapper (or a facsimile thereof), sign it with your full name and address, and mail it to Brown & Williamson Tobacco Corp., P. O. Box 1799, Louisville, Kentucky, post-marked not later than midnight, April 18, 1942.

You may enter as many last lines as you wish, if they are all written on separate Raleigh package wrappers (or facsimiles). Prizes will be awarded on the

"Mother, may I go in to buy Cigarettes for you to try? Yes, my darling daughter—and

originality and aptness of the line you write. Judges' decisions must be accepted as final. In case of ties, duplicate prizes will be awarded. Winners will be notified by mail.

Anyone may enter (except employees of Brown & Williamson Tobacco Corp., their advertising agents, or their families). All entries and ideas therein become the property of Brown & Williamson Tobacco Corporation.

HERE'S WHAT YOU WIN

You have 133 chances to win. If you send in more than one entry, your chances of winning will be that much better. Don't delay. Start thinking right now!

First prize . . . \$100.00 cash
Second prize . . . 50.00 cash
Third prize . . . 25.00 cash
5 prizes of \$10.00 . . . 50.00 cash
25 prizes of \$5.00 . . . 125.00 cash
100 prizes of a carton of Raleighs . . . 150.00
133 PRIZES \$500.00