

Oyster Digestion

An oyster feeds itself by opening its shell slightly to admit the mineral waters of the sea. Its food is minute plant and animal life, gently absorbed from an intake of water that a human could match proportionately only by drinking 100 gallons a day.



BOY O'BOY! POP'S RIGHT!
3-IN-ONE MAKES
THINGS RUN
LIKE NEW!



Save Money On This Home Mixed Cough Syrup

Big Saving. No Cooking. So Easy.

You'll be surprised how quickly and easily you can relieve coughs due to colds, when you try this splendid recipe. It gives you about four times as much cough medicine for your money, and you'll find it truly wonderful for real relief.

Make a syrup with 2 cups of granulated sugar and one cup of water. No cooking needed. (Or you can use corn syrup or liquid honey, instead of sugar syrup.) Then put 2½ ounces of Pines (obtained from any drugstore) in a pint bottle, and fill up with your syrup. This makes a full pint of medicine that will please you by its quick action. It never spoils, and tastes fine—children love it.

This simple mixture takes right hold of a cough. It loosens the phlegm, soothes the irritated membranes, quickly eases soreness and difficult breathing.

Pine is a special compound of proven ingredients, in concentrated form, well-known for its quick action in coughs and bronchial irritations. Money refunded if it doesn't please you in every way.

FOR EXTRA CONVENIENCE GET NEW READY-MIXED, READY-TO-USE PINEX!

NO MORE LAXATIVES FEELS 100% BETTER

"Laxatives didn't help. I was a victim of constipation for 15 years. But eating KELLOGG'S ALL-BRAN every morning gives me results! Now, I am regular, feel 100% better. Would like others to know!"



David Brownell, Center Ossipee, New Hampshire. One of the many unsolicited letters from ALL-BRAN users. Constipated due to lack of bulk in the diet? Eat an ounce of toasty ALL-BRAN daily, drink plenty of water. You may never need another laxative! If not satisfied after 10 days, send empty box to Kellogg's, Battle Creek, Mich. DOUBLE YOUR MONEY BACK.

MUSCLE STRAIN?

SORETONE Liniment's Heating Pad Action Gives Quick Relief!

When fatigue, exposure put misery in muscles, tendons and back, relieve such symptoms quickly with the liniment specially made for this purpose.

Soretone Liniment contains effective rubefacient ingredients that act like glowing warmth from a heating pad. Helps attract fresh surface blood supply.

Soretone is in a class by itself. Fast, gentle, satisfying relief assured or price refunded. 50c. Economy size \$1.00.

Try Soretone for Athlete's Foot. Kills all 5 types of common fungi—on contact!

CHANGE of LIFE?

Are you going through the functional "middle age" period peculiar to women (38 to 52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, high-strung, tired? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound also has what doctors call a stomachic tonic effect!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Kidneys Must Work Well-

For You To Feel Well

24 hours every day, 7 days every week, never stopping, the kidneys filter waste matter from the blood.

If more people were aware of how the kidneys must constantly remove surplus fluid, excess acids and other waste matter that cannot stay in the blood without injury to health, there would be better understanding of why the whole system is upset when kidneys fail to function properly.

Burning, scanty or too frequent urination sometimes warns that something is wrong. You may suffer nagging backache, headaches, dizziness, rheumatic pains, getting up at night, swelling.

Why not try Doan's Pills? You will be using a medicine recommended the country over. Doan's stimulates the function of the kidneys and help them to flush out poisonous waste from the blood. They contain nothing harmful. Get Doan's today. Use with confidence. At all drug stores.

DOAN'S PILLS

HOUSEHOLD MEMOS... by Lynn Chambers



Make Pinwheel Chicken Casserole from Leftovers (See Recipe Below)

Plan Leftovers

PLANNED LEFTOVERS? "Never heard of such a thing," says one homemaker, while another comes back with the comment, "Certainly, plan to have leftovers, if you want to save meal preparation time and food money."

If you think the family won't eat leftovers, you've probably never presented them properly because, really, leftovers can be glamorous! Just see how pretty chicken casseroles look in the picture. Then glance at some of the other recipes we're giving!

Have you ever thought why it's economical to buy a roast? For the simple reason that you can have it for another meal or two. This holds true for many cuts of meat which the family cannot consume at one sitting.

THIS CHICKEN CASSEROLE is a good example since it's extended with eggs and flavorful mushrooms. The pinwheel parsley biscuits floating on top the creamy and savory mixture make the dish hard to resist. Makes you want to go out and roast a chicken to have some leftovers, doesn't it?

Pinwheel Chicken Casserole (Serves 4-6)

- 1½ cups cooked chicken meat
- 2-4 hard-cooked eggs, coarsely chopped
- 4 tablespoons fat
- 4 tablespoons flour
- 2 cups milk
- ¼ teaspoon pepper
- ¼ teaspoon ginger
- ¼ teaspoon salt
- 1 tablespoon scraped onion
- 1 can mushrooms, if desired

Parsley Biscuits

Make a sauce by melting fat, blending in flour and milk. Season well with salt, pepper, ginger and onion. Arrange layers of chicken, eggs and mushrooms into a greased six-cup capacity casserole that is from 2½ to 3 inches deep. Pour hot sauce over all. Bake, covered, in a hot oven (400°) until sauce is bubbly, 30 to 40 minutes. Top with parsley biscuits. Note: If you have leftover gravy, substitute it for the sauce made of fat, flour and milk.

Parsley Biscuits: Prepare biscuit dough, using 2 cups flour or 2 cups biscuit mix. Roll dough ¼ inch thick. Grease slightly and sprinkle with ½ cup finely chopped parsley over surface. Roll like jelly roll, then slice ½ inch thick to bake. Biscuits may be baked in oven at same time as casserole.

SHREDS LEFT from the beef or pork roast can go into this pie to be extended with vegetables left over from the roast:

*Roast Beef Pie (Serves 4-6)

- ½ cup minced onion
- ½ cup minced celery
- 2 tablespoons fat
- 2 tablespoons flour
- 2 cups leftover beef or pork, cut in pieces
- 1 cup cooked, diced potatoes
- 1 cup cooked, sliced carrots
- 2 tablespoons chopped parsley
- 1 tablespoon worcestershire

LYNN SAYS:

Here are Little Ideas With Lots of Flavor

For fish or salads serve a sauce of soured cream, the thick, smooth kind. Season it with salt and pepper, some chopped chives or grated onion and a bit of diced cucumber.

Garnish those steamed puddings with grapes dipped in beaten egg white and fine granulated sugar for a frosted touch.

Mix some marjoram with salt and pepper and use the mixture on broiled steak for real flavor.

LYNN CHAMBERS' MENU

- Clear Tomato Soup
- *Roast Beef Pie Toasted Rolls
- Celery Hearts Olives Pickles
- Fresh Pear and Grape Salad
- Orange Tapioca Pudding
- Chocolate Cookies
- Beverage

*Recipe Given

sauce

- 1 3-ounce can browned mushrooms with broth
- 1 teaspoon salt
- 1 cup leftover gravy

Cook onion and celery in fat until golden colored. Stir in flour, then add remaining ingredients. Simmer for 10 minutes. Pour mixture into individual baking dishes and top with pastry. Brush crust with slightly beaten egg white, then bake in a hot (425°) oven for 25 minutes.

Pastry for Roast Beef Pie: Sift

- together 1 cup flour with ½ teaspoon salt and
- work in ¼ cup shortening until mixture is crumbly. Add 2-3 tablespoons cold water and toss mixture with fork until blended. Flute edges as for pie crust after topping meat pies.

Beef-Noodle Casserole (Serves 6)

- 2½ cups roast beef, cut in shreds
- 2 tablespoons shredded green pepper
- 1 onion diced
- 2 tablespoons fat
- 1 cup celery, diced
- 1 can tomato soup
- 2 cups cooked noodles
- Salt and pepper to taste
- ½ cup buttered bread crumbs

Brown onion and celery in fat; add green pepper and meat, then tomato soup. Place meat mixture and noodles alternately in a two-quart greased casserole after seasoning to taste with salt and pepper. Top with buttered crumbs and bake in a hot oven (400°) for 30 minutes.

HERE ARE TWO excellent recipes for using the last of the ham.

Ham Slices in Corn (Serves 6)

- 1 cup chopped celery
- 1 chopped onion
- 1 shredded green pepper
- 2 tablespoons butter
- 1 egg, well beaten
- 1 cup canned corn kernels
- 1 cup bread crumbs
- Salt, pepper, sugar
- 2 tablespoons flour
- 1 cup milk

Fry celery, onion and green pepper in butter until tender. Add egg, corn and bread crumbs. Season with salt, pepper and sugar. Place ham slices in a square baking dish or casserole and spread corn mixture on top of them. Make a sauce by using butter in which vegetables were cooked by blending in flour, then adding milk, stirring constantly, and cook until thickened. Pour sauce over ham and corn and bake in a slow (325°) oven for 35 to 40 minutes.

Don't forget to serve cranberry sauce with pork as well as with chicken and turkey. A few seedless raisins added to the sauce make it an excellent side dish with the meat.

Salted walnut halves put together with cream cheese to which a bit of anchovy paste is added, are a neat trick to serve with tomato juice as a first course.

Paper thin slices of ham make an excellent snack if you spread them with cream cheese seasoned with onion juice. Serve with thin, buttered slices of rye bread.

Household Hints

Lunch-Packing Tomatoes

If tomatoes are to be packed in a lunch basket or to be taken on picnics, don't keep them in a refrigerator. Once a tomato is chilled, it turns soft and wrinkled when it returns to room temperature.

Saving Potatoes

The waste incurred when potatoes are peeled can be minimized by boiling the potatoes in their skins, and then peeling them while holding them under a stream of cold water.

JUST AS EASY

Reason Enough

It was a big funeral and everybody was there. Kaplan had already filled two handkerchiefs with his tears and was half-way through the third.

"Kaplan," said Greenberg, "I didn't know that rich man was a relative of yours."

"He ain't," sobbed Kaplan. "Why do you suppose I'm cryin'?"

Deadlock

Robber—"This is a stick-up. I want all the money you've got."

Victim—"I'll make a bargain with you. I'll give you all my money if you'll give me that pistol."

Robber—"Okay."

Victim (now in possession of gun)—"Give me that money back or I'll blast you to hell."

Robber—"You'll have to get some bullets first."

Shelf, Cookie Box

To Grace Kitchen

USE ACTUAL SIZE PATTERN TO CUT COOKIE BOX AND CORNER SHELF OF THIN WOOD



Cookie Box and Shelf

This graceful corner shelf and gay cookie box are made out of quarter-inch plywood with Pattern 266.

The pattern gives actual-size cutting guides for the shelf as well as a stencil design and color guide for decorating the box. Send order with 25c to WORKSHOP PATTERN SERVICE, Drawer 10, Bedford Hills, New York.

WHEN SLEEP WON'T COME AND YOU FEEL GLUM

Try This Delicious Chewing-Gum Laxative

When you roll and toss all night—feel headachy and just awful because you need a laxative—do this...

Chew FEEN-A-MINT—delicious chewing-gum laxative. The action of FEEN-A-MINT's special medicine "detoxes" the stomach. That is, it doesn't act while in the stomach, but only when farther along in the lower digestive tract... where you want it to act. You feel fine again quickly!

And scientists say chewing makes FEEN-A-MINT's fine medicine more effective—"readies" it so it flows gently into the system. Get FEEN-A-MINT at any drug counter—25c, 50c or only....

10¢

FEEN-A-MINT FAMOUS CHEWING-GUM LAXATIVE

For Women (WHO BAKE) ONLY THE LADIES AGREE



SEWING CIRCLE PATTERNS Daytimer Has Slanted Lines Two-Part Harmony for Women



Interesting Detail

HERE'S a wearable daytime dress with interesting detail in the diagonal lines on dress front finished with novelty buttons. Shaped sleeves are short or three quarter length.

Pattern No. 8331 is in sizes 12, 14, 16, 18, 20, 40 and 42. Size 14, short sleeve, 3¾ yards of 39-inch.

The Fall and Winter FASHION will delight you with its wealth of sewing information—more American Designer Originals, special features, fabric news—free pattern printed inside the book, 25 cents.

Pattern No. 8501 is a new-line performance pattern in sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36, short sleeves, 4¾ yards of 39-inch.

SEWING CIRCLE PATTERN DEPT. 530 South Wells St. Chicago 7, ILL.

Enclose 25 cents in coins for each pattern desired.

Pattern No. _____ Size _____

Name _____

Address _____

NEW RELIEF! For Stuffiness, Coughs of Colds

You know—like millions of others—how wonderfully effective Vicks VapoRub is when you rub it on.

Now...here's amazing, special relief when there's much coughing or stuffiness, that "choked-up" feeling. It's VapoRub in Steam... and it brings relief almost instantly!

Put 1 or 2 spoonfuls of VapoRub in a vaporizer or bowl of boiling water. Then—breathe in the soothing, medicated vapors. Every breath eases coughing spasms, makes breathing easier. And to prolong relief—rub VapoRub on throat, chest and back.

Use it in steam... Rub it on, too! VICKS VAPORUB

CLABBER GIRL Baking Powder

Here's Your CHECK CHART for FINE BISCUITS

Fairly Uniform Shape	Yes
Evenly Browned Crust	Yes
Tender Crust	Yes
Tender, Creamy Color Crumb	Yes
Good Flavor	Yes

"Yes" on every count when you bake the Clabber Girl way with Clabber Girl, the baking powder with balanced double action...

Ask Mother, She Knows.

CLABBER GIRL Baking Powder

Guaranteed by Good Housekeeping

NOT AN ADVERTISING TRICK

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