

Bird Embroidery Will Lend a Cheerful Note



7487

FIRST Call to Spring—in charming bird motifs for your bedspread! The birds perch, fly, flutter their wings and look real enough to burst into song. Each has a different flower background—a chance for color!

Pattern 7487 contains a transfer pattern of eight 5 1/2 by 5 1/2 inch motifs and eight smaller motifs; stitches; materials needed. Send your order to:

Sewing Circle Needlecraft Dept.
117 Minna St. San Francisco, Calif.
Enclose 15 cents (plus one cent to cover cost of mailing) for Pattern No.
Name.....
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PENETRO

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COLDS, COUGHING, SHUFFLES, MUSCLE-ACHES

Tests for Youth

To prove and improve the power of mind, to win an appreciation of beauty, to give the spiritual side a chance to expand—these are tests which youth owes to itself.—Charles Seymour.

TRY ALL-BRAN "BRANBURGERS" TO STRETCH MEAT

You want to make the meat you buy today go as far as possible—and still serve it as tastily as possible. Well, here's a grand way to stretch hamburgers and at the same time give them new taste-interest! Make "Branburgers"—with KELLOGG'S ALL-BRAN! Delicious! Also, gives you all the valuable proteins, carbohydrates, vitamins and minerals found in ALL-BRAN!

Kellogg's All-Bran Branburgers
1 egg 1 cup milk
2 teaspoons salt 1/4 cup catsup
1/4 teaspoon pepper 1 cup Kellogg's All-Bran
2 tablespoons minced onion 1 pound ground beef
1 tablespoon chopped parsley
Beat egg slightly, add salt, pepper, onion, parsley, milk, catsup and All-Bran. Let soak until most of moisture is taken up. Add beef and mix thoroughly. Shape into 12 patties. Bake in hot oven (450° F.) about 30 minutes or broil about 20 minutes.
Yield: 6 servings (12 2 1/2 inch branburgers).

Aid to SKIN Improvement

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HOUSEHOLD MEMOS by Lynn Chambers

Crisp, Cool Salads Bid Spring Welcome



Use a lemon juice dressing for these orange slices, salad greens and tomatoes, thus saving oil for other household uses.

Outdoors it may be little tufts of green grass and tender shoots on the trees that let you know spring is on the wing, but indoors you can do the trick by bringing fresh vegetable plates and crisp salads to your table.

Salads and vegetable plates are truly the first harbingers of spring when it comes to menu-making. Oh, yes, I know you've been serving salads and vegetables during winter, but with spring you have many more choices and fresh colors from which to choose.

Several attractive combinations of vegetables on a single platter—or salads—can tide you over many meatless days. Then, too, they'll bring life-quickening vitamins and minerals to your diet to help get rid of whatever winter's cobwebs you may have accumulated in your system!

Speaking of salads brings up the problem of dressings, and with that the scarcity of fats for salad oils. There are several alternatives, the first of which is lemon juice either alone or with a bit of sugar as dressing for fruit salads.

Many of you perhaps like simple vinegar dressing with just a touch of salt and pepper. This perks up flavors in vegetables, inexpensively, too!

Your french dressing of course can be made with mineral oil in the absence of other oils. Long used in reduction diets, mineral oil makes a nice dressing for light spring salads. It is not absorbed by the body, so if you're trying to gain weight, be sure to include other fats for body use.

If it's mayonnaise you like, here's a recipe which requires only a half cup of oil and a single egg yolk.

Cooked Mayonnaise.
1 tablespoon butter
2 tablespoons flour
1/2 cup water
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon mustard
1/4 teaspoon paprika
1 egg yolk
1/2 cup salad oil
1 tablespoon lemon juice

Melt butter, blend in flour. Add water slowly and cook until thickened. Cool, then add salt, mustard, pepper, paprika. Beat in egg yolk, then add oil slowly, beating all the while. Last add lemon juice.

Vegetable Plate.

Stuff tomato with cottage cheese and chives and place in center of platter. On either side place a mound of crisp carrot strips and asparagus, cooked or canned, with a ring of lemon rind. Potato salad and crisp cole slaw complete the plate.

Cole Slaw Dressing.
(For 2 1/2 cups cabbage)
1/2 teaspoon salt
1/2 teaspoon pepper
1 1/2 tablespoons sugar

Lynn Says:

Vitamins Plus or Minus? It all depends upon how you handle them. To retain maximum amounts of vitamins in cooked foods, use as little water as possible—just enough to prevent from sticking.

Get on your mark, start quickly. Not a track race, but a vitamin race. You start with boiling water for cooking, and cook rapidly—thus cutting cooking time to a minimum and saving precious food values.

Covered utensils without stirring are prescribed. Stirring and uncovered utensils put air into foods and destroy vitamins.

Avoid violent, furious boiling. This is modern, streamlined, protective cookery—to preserve valuable vitamins.

This Week's Menu
Vegetable Platter: Tomato Stuffed with Cottage Cheese, Carrot Strips, Asparagus, Cole Slaw, Potato Salad
Hot Biscuits Honey Beverage
Cherry Pie

6 tablespoons cream
3 tablespoons lemon juice
Combine ingredients in order given and mix thoroughly with cole slaw.

If hot slaw is your favorite dish, here is the ideal dressing for it:

Hot Slaw.
2 egg yolks, slightly beaten
1/4 cup vinegar
1/4 cup cold water
1 tablespoon butter
1 tablespoon sugar
1/2 teaspoon salt
3 cups shredded cabbage

Combine egg yolks, water and vinegar. Add butter, sugar and salt. Cook on low heat until thickened, stirring constantly. Add cabbage and reheat.

With the absence of pineapple often these days, we like something to use to give tartness to salads. In the following recipe you can use grapefruit to good advantage:

Grapefruit and Carrot Salad.
(Serves 8)
1 package lemon-flavored gelatin
1 cup hot water
1/2 cup grapefruit juice
1/4 cup vinegar
1 teaspoon salt
1 1/2 cups grated carrots
1/2 cup chopped grapefruit

Add hot water to gelatin and stir until dissolved. Add fruit juice and vinegar. Chill until slightly thickened. Add carrots, grapefruit and salt. Pour into mold which has been rinsed with cold water. Chill until firm. Serve on lettuce with mayonnaise or french dressing.

A heavy dinner calls for a green leafy salad with loads of crunchiness:

Lettuce-Spinach Salad.
(Serves 6 to 8)
1 head lettuce
1/2 pound spinach
1 teaspoon salt
1/2 teaspoon pepper
2 hard-cooked eggs
1 cup sour cream
2 tablespoons vinegar

Chill and chop spinach and lettuce. Add salt, pepper, vinegar and chopped hard-cooked eggs to 1/2 cup of the sour cream. Just before serving, add to spinach, lettuce and remaining sour cream.



This vegetable plate tastes as delightful as it looks and adds plenty of spring color to your table. Stuffed tomato, carrot strips, asparagus, cole slaw and potato salad are used.

The cottage cheese in this salad contributes calcium to the diet, the apples and celery give vitamins and peanuts are a surprise in flavor and in their contribution to nutrition:

Apple-in-Cottage-Cheese Salad.
3 apples, coarsely diced
1 cup diced celery
1/2 cup diced cucumber
1/4 cup sharp french dressing
Lettuce
1 pint cottage cheese
1/2 cup chopped, salted peanuts
Mayonnaise

Wash and dice unpeeled apples. Toss apples, diced celery, cucumber in french dressing, until well coated. On each salad plate place crisp lettuce, and then with a spoon shape 1/2 cup cottage cheese into a ring. Fill ring with apple mixture, and sprinkle with peanuts. Top with mayonnaise or a fluffy salad dressing.

Carrot, Cabbage, Peanut Salad
(Serves 16)
4 cups carrots, shredded
3 cups cabbage, shredded
3 cups diced, unpeeled apples
2 cups peanuts
Cooked salad dressing

Have all ingredients cold. Combine in order given and add just enough salad dressing to combine lightly together. Garnish with sprigs of parsley and chopped peanuts.

Lynn Chambers welcomes you to submit your household queries to her problem clinic. Send your letters to her at Western Newspaper Union, 210 South Desplaines Street, Chicago, Illinois. Don't forget to enclose a stamped, self-addressed envelope for your reply. Released by Western Newspaper Union.

ASK ME ANOTHER? A quiz with answers offering information on various subjects

The Questions

1. What is the name of the character "&"?
2. What travels at the rate of approximately 1,000 feet a second?
3. The mythical maidens who are said to hover over battlefields are called what?
4. What is a salesman?
5. What is known as the mile-high city?
6. How does the water of the Great Salt lake in Utah compare with the water of the ocean in salt content?
7. Who was the father of King Solomon?
8. How many vice presidents of the United States have been elected to the office of the chief executive?
9. Who discovered the process of canning food?
10. What is the highest navigable lake in the world?

The Answers

1. Ampersand.
2. Sound travels approximately 1,000 feet a second.
3. Valkyries.
4. A person summoned to serve on a jury.
5. Denver, Colo.
6. The water of Great Salt lake is about six times saltier.
7. David was the father of King Solomon.



With Fortune
If fortune favors you do not be elated; if she frowns do not despond.—Ausonius.

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Woman in the War!
Mora Schell, who works on automatic control devices at a Sperry Gyroscope Co. plant

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SNAPPY FACTS ABOUT RUBBER

Indians of the Amazon River region made the first rubber erasers, which were imported into the U. S. in 1800.
Mistakes of many kids can cut into the rubber conservation program, as is indicated by the fact that normally 100,000 pounds of rubber was used annually in the manufacture of pencil mark erasers.
Before vulcanization was discovered in 1839 rubber goods hardened like rock in winter and melted in summer. Early rubber goods manufacturers suffered severe financial losses because of the unreliability of their products. That was many years ago.
A check of the tires on 500 vehicles recently disclosed that 80% were under-inflated, even to the extent of from 10 to 15 pounds. This is a heavy waste of rubber because it has been found that 30 per cent under-inflation permits the return of only 74 per cent of the mileage built into a tire.

In war or peace
B.F. Goodrich
FIRST IN RUBBER

YOU WOMEN WHO SUFFER FROM HOT FLASHES

If you suffer from hot flashes, dizziness, distress of "irregularities", are weak, nervous, irritable, blue at times—due to the functional "middle-age" period in a woman's life—try Lydia E. Pinkham's Vegetable Compound—the best-known medicine you can buy today that's made especially for women.
Pinkham's Compound has helped thousands upon thousands of women to relieve such annoying symptoms. Follow label directions. Pinkham's Compound is worth trying!

When Your Back Hurts - And Your Strength and Energy Is Below Par

It may be caused by disorder of kidney function that permits poisonous waste to accumulate. For truly many people feel tired, weak and miserable when the kidneys fail to remove excess acids and other waste matter from the blood.
You may suffer nagging backache, rheumatic pains, headaches, dizziness, getting up nights, leg pains, swelling. Sometimes frequent and scanty urination with smarting and burning is another sign that something is wrong with the kidneys or bladder.
There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. It is better to rely on a medicine that has won country-wide approval than on something less favorably known. Doan's have been tried and tested many years. Are at all drug stores. Get Doan's today.

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