

Sailor Doll That's Everyone's Favorite



HERE'S fun! Get busy sewing this sailor doll. He's the favorite of young and old—everyone who sees him wants to own him.

Needlework you'll hate to put down. Pattern 933 contains a transfer pattern for doll and clothes; complete directions.

Due to an unusually large demand and current war conditions, slightly more time is required in filling orders for a few of the most popular pattern numbers.

Send your order to:

Sewing Circle Needlecraft Dept.
Box 3217 San Francisco 6, Calif.
Enclose 16 cents for Pattern
No. _____
Name _____
Address _____

Glacier on the Move Is Prehistoric Guide

The rate of travel of a glacier may not affect us, but it enables scientists to say with accuracy what happened millions of years ago. They are measuring the rate of movement of the Malaspina glacier in northern Alaska, and have discovered that it moves two inches an hour on fine days and half that rate when rain or fog is about.

This glacier is part of an icefield 235 miles long—the largest discovered outside polar regions—but it will never wreck civilized areas for as it moves south the ice melts and forms the source of a river.

MULTIPLE RELIEF EASES COLD MISERIES LIKE A DOCTOR'S PRESCRIPTION

Many doctors prescribe a combination of ingredients for relief of cold symptoms. Colds don't show up as a single ailment, but as a complex series of miseries. Grove's Cold Tablets are a combination of eight active medicinal ingredients. Work internally and promptly on all these symptoms: relieve headache, reduce fever, ease body aches, lessen muscular pains, ease nasal stuffiness. Take exactly as directed. Get Grove's Cold Tablets.

GROVE'S COLD TABLETS

A friendly WARNING TO FOLKS OVER 40

When temporary constipation comes, don't burden your gastro-intestinal system with drastic drugs. Get prompt relief the mild, gentle way—with Garfield Tea, the blended vegetable laxative and favorite for half a century. Gives the mild internal cleansing folks over 40 need. Helps you feel better, look better, work better. Caution: Use as directed. 10c, 25c, 50c at your druggist.

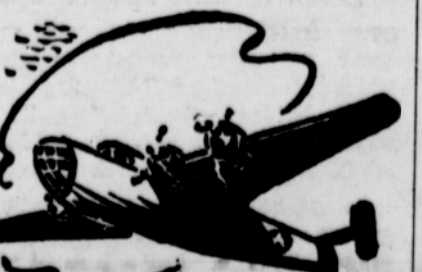
FREE! SAMPLE TRIAL PACKAGE!

Write for generous sample, enough for 4 cups, to: Garfield Tea Co., 313 41st St., Brooklyn 32, N. Y., Dept. D-32.

GARFIELD TEA FOR GENTLE RELIEF FROM INTERNAL SLUGGISHNESS

To relieve distress of MONTHLY Female Weakness

(Also Fine Stomachic Tonic)
Lydia E. Pinkham's Vegetable Compound is famous to relieve periodic pain and accompanying nervous, weak, tired-out feelings—when due to functional monthly disturbances. Taken regularly—Pinkham's Compound helps build up resistance against such annoying symptoms. Pinkham's Compound is made especially for women—it helps nature and that's the kind of medicine to buy! Follow label directions.
LYDIA E. PINKHAM'S VEGETABLE COMPOUND



Preserve Our Liberty Buy U. S. War Bonds

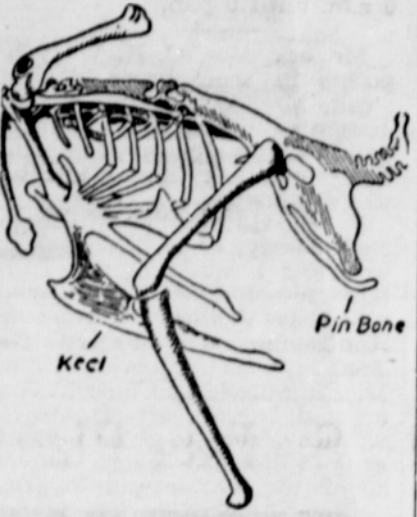
Farm Topics

Culling Out 4-F's Will Insure Winter Profits

It's Easy to Pick Out Loafers in Any Flock

Culling of laying hens should start the day they are hatched. Weak and deformed chicks will never pay for their feed. Slow maturing, slow feathering pullets are a liability.

Poor layers will molt early, slowly, and will have coarse, meaty, or



Broad back, deep body, straight keel and pin bone—mark of good layer.

very thin, weak-looking heads. Those with yellow, coarse, beefy flesh are not good layers and should be culled out, as should those with small sunken eyes.

When in good health, a poor layer will have rounded, fat shanks and will retain their yellow color in shanks and beak.

A poor layer will be shallow-chested and round-bodied and have thick, meaty, rigid laybones with a rounded narrow back and hard abdomen. The slacker will also have a narrow spread between the pelvic bones, one or one-and-a-half finger widths.

The wise poultryman, even though he does not trapnest, will know of the past performance of families and will breed only from those that have proven themselves for health, vigor and egg laying. When he purchases baby chicks or pullets, he will purchase only those tested and of a proven high-producing egg strain, as well as from a strain free from disease.

Most culled pullets and hens will bring a good price on the market, or can be utilized for home consumption or canned. Where locker plants are available, it will be profitable to store them until they are needed. Locker plant rental will cost less than feeding a non-producer.

Improve Dairy Ration With Proper Minerals

Natural feeds should apply enough of most minerals needed by dairy cows. However, mineral elements might be deficient in some farm rations, in which case dairy cattle may require supplements of calcium and phosphorus in addition to the regular farm-grown hay and grains. Timothy is sadly lacking in calcium, alfalfa and clover containing three to four times as much of this mineral. It must also be remembered that some excellent legume hays may be deficient in phosphorus if grown on soils that lack it and on which phosphorus fertilizers are not used.

When little or no grains are fed, dairy cows may benefit from phosphorus supplements. Usually the grains will furnish all the phosphorus needed by live stock.

New Farm Facts

The giant Entelodont was the earliest known hog, often reaching a height of five feet.

When pigs are confined to a pen or floor, even for a week or two, anemia is likely to develop.

Lime lost from the soil by drainage is equivalent to more than 700 pounds of limestone an acre a year.

A dollar will buy thousands of matches, and a single match can destroy millions of dollars worth of farm property.

Burning off weeds is condemned as a pasture practice—it injures desirable grass plants, mulch, and leaves ground exposed to erosion.

DDT, the new powerful insecticide, promises to be one of the greatest gifts to farmers of the century. Supply will be limited as long as the armed forces need it so great.

Surplus Fat for Soap

Following butchering operations there is usually a surplus of fat as well as fat that has become old and rancid which can be used to make soap. Heat the fat until it is well melted, adding one pound of lye in three pints of water to every seven pounds of fat. Mix and stir slowly until the mixture resembles honey, pour into granite or wooden containers and cool. The fat should not be heated more than 150 degrees Fahrenheit.

HOUSEHOLD MEMOS by Lynn Chambers



A little nest of graté American Cheese will surprise the family in these fluffy potato croquettes. Nourishing and filling, they fit well into winter menus.

Thrift and Nutrition

There's a clamor among nutrition conscious homemakers for recipes that nourish but that are inexpensive to fix.

Expense of food has little to do with nutrition as the recipes today will show. There's good eating in them besides, and the family will welcome seconds as readily as they do the more expensive foods:

Surprise Croquettes. (Makes 6)

- 6 Idaho potatoes
- ½ cup hot milk
- 2 tablespoons butter
- Salt and pepper
- 2 tablespoons minced parsley
- 1 teaspoon grated cheese
- 1 egg
- 1 teaspoon water
- Fine dry bread crumbs

Scrub potatoes and steam until tender in a small amount of water. Spear potatoes on fork and slip off skins. Mash well, adding hot milk, butter, salt, pepper, parsley and onion. Shape large spoonfuls, sufficient for a serving into croquettes with a tablespoonful of cheese in center of each. Roll in fine crumbs, dip in beaten egg to which 1 teaspoon water has been added. Then roll again in crumbs. Fry in deep fat (380 degrees) until brown. Serve at once.

Onions are plentiful this year and make an excellent casserole with mushrooms.

Onion Casserole Supreme. (Serves 6)

- 4-5 Sweet Spanish onions
- 1 can condensed cream of mushroom soup
- 1 teaspoon Worcestershire sauce
- ¼ cup grated American cheese

Slice onions in ½ inch slices. Cover with boiling, salted water, 1 teaspoon to each quart. Cook until just tender—about 20 minutes. Pour into a large strainer or colander and allow to drain thoroughly.

Place half of onions in buttered casserole and pour ½ of mushroom soup which has been diluted with an equal quantity of water over them. Then add remaining onions and sauce and top with cheese. Bake in a hot oven (425 degrees) until brown on top and bubbly.

Lentils are full of protein and can be served in place of meat. They're especially good when cooked with salt pork:

Hoppin' John. (Serves 5)

- 1 cup lentils
- ½ cup rice
- 1 quart water
- 1 teaspoon salt
- ½ pound salt pork
- 2 tablespoons butter or bacon drippings
- 1 small onion
- ¼ teaspoon celery salt

Rinse lentils and rice and add water, salt, diced pork and cook on low heat 45 minutes. Chop onion fine and cook until tender in butter or bacon drippings. Add to cooked len-

Lynn Says:

It's Good This Way, Too: Green beans with small onions in cheese or mushroom sauce. Scallop oysters in cream of celery soup. Make the soup or use the canned if you want to save time.

Combine cranberry sherbet with mint sherbet for first course. Add pink coloring to honey before serving on pancakes if you like a blush on the flapjacks.

Add chopped ripe olives to carrots or celery or the two vegetables when combined. Creamed onions are a good vegetable dish to serve with ham.

Lynn Chambers' Point-Saving Menu

- *Hamburger Deep-Dish Pie
- Celery Curls Olives
- Toasted Rusk
- Currant Jelly
- Molded Cranberry Salad
- Lemon Meringue Pie
- *Recipe Given

tils and rice and stir in celery salt. Another bean which is highly nutritious is the lima. In this dish it takes on flavor from tomatoes and bacon:

Lima Beans in Tomato Sauce. (Serves 6)

- 1½ cups dried lima beans
- 3 cups cold water
- 1½ cups canned tomatoes
- 4 whole cloves
- 6 slices of bacon
- 1 medium-sized onion
- 2 tablespoons flour
- ¼ teaspoon salt
- ¼ teaspoon pepper

Wash beans. Soak overnight in the water. Cook slowly until tender.

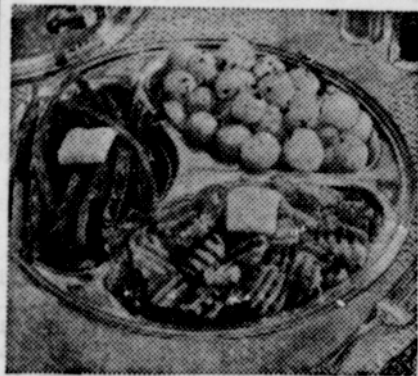
Simmer tomatoes with cloves 10 minutes; remove cloves. Fry bacon in skillet until crisp. Remove bacon and brown onion in drippings then add flour and seasonings and blend well. Add tomatoes and cook until thickened. Add beans and serve with warm bacon over top.

You've heard often enough the nutrition story on liver. Here's another recipe to add to your collection on this excellent meat:

Liver With Spanish Beans. (Serves 5-6)

- 1½ cups dried kidney beans
- 1 quart cold water
- 1 cup canned tomatoes
- 2½ teaspoons salt
- ¼ teaspoon pepper
- 1 bay leaf
- ¼ teaspoon powdered thyme
- 2 medium onions, sliced
- ¼ cup shortening
- ½ pound thinly sliced beef liver
- 1 tablespoon flour

Wash beans, soak in cold water overnight. Drain and measure the liquid and add enough water to



When serving vegetables, try a combination of several such as above and make them the main dish of the meal. Carrots, green beans and potatoes make up the platter.

make three cups. Add again to the beans together with the next five ingredients. Sauté onion in shortening until tender but not brown, then add to the beans, reserving fat. Cover and bring beans to a boil, simmer until tender, about 2½ hours.

Meanwhile, dredge liver in flour and brown in shortening in which onion was cooked. Cut liver into small thin strips and fold into the beans.

Liver may also be marinated in French dressing for one hour before frying whether it is prepared as above or for fried or broiled liver. The dressing seasons the meat thoroughly and gives it an attractive flavor.

A casserole that is a time as well as money saver is always a good recipe to have on hand:

Hamburger Deep Dish Pie. (Serves 5)

- ¾ pound hamburger
- 3 teaspoons salt
- ¼ cup tomato juice
- ½ cup peas
- 3 large potatoes, diced
- 6 small young carrots
- 5 small onions
- Biscuit dough

Place carrots, peas and potatoes into large kettle. Add tomatoes and cover tightly. Cook about 12 minutes.

Grease a casserole. Cover bottom with half of hamburger and sprinkle with half of salt. Add part of the cooked vegetables, then hamburger, salt and remaining vegetables. Pour vegetable juices over all. Cover with biscuit dough cut into biscuits and bake in a fairly hot oven (375 degrees) for 50 minutes. Use remaining dough, if any, for biscuits.

Get the most from your meat! Get your meat roasting chart from Miss Lynn Chambers by writing to her in care of Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Ill. Please send a stamped, self-addressed envelope for your reply. Released by Western Newspaper Union.

SEWING CIRCLE PATTERNS

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1240 12-20

give this one a smart, crisp air. The matching jacket makes an ensemble you'll wear with confidence.

Pattern No. 1240 comes in sizes 12, 14, 16, 18 and 20. Size 14 jumper, requires 1½ yards of 54-inch material; jacket, long sleeves, 1½ yards.

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Enclose 25 cents in coins for each pattern desired.
Pattern No. Size

If YOU like a covered-up feeling while you work, make this gay, practical patchwork apron. Look through your scrap bag for pretty pieces to make the unusual border. A lovely gift for a special friend.

Pattern No. 1993 comes in sizes 14, 16, 18, 20, 42 and 44. Size 16 requires 2¼ yards of 32 or 35-inch material; ¾ yard for facing, or use scraps.

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Attractive Ensemble VERSATILE and lovely, the jumper frock is the perfect all-occasion frock for every age. Square shoulders and trim waist

Household Hints

A little skim milk rubbed over leather chairs several times a year will keep the leather soft and prevent cracking.

In order not to scorch milk, rinse the pan with water for several minutes before heating the milk.

When driving a nail into a wall to hang a picture, try placing a small piece of adhesive tape over the spot and drive the nail through it. This will prevent the wall from cracking there.

To clean under the piano, place an old sock moistened with polish over a yardstick.

If candles are soiled, rub them with a cloth dipped in alcohol. Or they may be rubbed with lard or other fats.

When sending a book through the mails, cut the corners from several heavy envelopes and place over the four corners of the book to protect them.

If there is a suggestion of rust on your refrigerator shelves, wash them with a mild scouring powder and hot water, dry well with a soft clean cloth, and apply a thin coating of hot melted paraffin.

Wax your book shelves. This will permit books to slide in and out easier and cause less wear on them.

Add salt to the water in which eggs are to be cooked. This makes the shells more brittle and easier to remove.

Rate of Heart Beats

While the human heart rarely beats less than 70 or more than 75 times a minute, cases in which this rate of pulsation was as low as 42 and as high as 184 have been recorded in medical literature.

Pull the Trigger on Lazy "Innards"



WHEN CONSTIPATION makes you feel punk as the dickens, brings on stomach upset, sour taste, gassy discomfort, take Dr. Caldwell's famous medicine to quickly pull the trigger on lazy "innards", and help you feel bright and chipper again.

DR. CALDWELL'S is the wonderful senna laxative contained in good old Syrup Pepsin to make it so easy to take. MANY DOCTORS use pepsin preparations in prescriptions to make the medicine more palatable and agreeable to take. So be sure your laxative is contained in Syrup Pepsin. INSIST ON DR. CALDWELL'S—the favorite of millions for 50 years, and feel that wholesome relief from constipation. Even finicky children love it.

CAUTION: Use only as directed.

DR. CALDWELL'S SENNA LAXATIVE CONTAINED IN SYRUP PEPSIN



MARY MARTIN

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