

Wooden Toys That Are Easy to Make

YOU probably have odds and ends on hand right now that would make this dashing horse. You don't need an elaborate work shop. A compass saw from the five and dime will do to cut out this horse's head; and you don't have to be an artist to paint it



with a professional flourish when you use the stencil and color guide offered.

The broomstick horse will delight any toddler. If you are more ambitious you can cut out wheels and saddle and put a real toddle bike together with bolts, a few nails and screws.

NOTE—Pattern 257 gives actual-size pattern for horse's head and all parts of the toddle bike. A stencil or tracing design and color guide are included; also illustrated step-by-step directions for assembling. Your name, address, pattern number and 15 cents will bring you this pattern. Address:

MRS. RUTH WYETH SPEARS Bedford Hills New York Drawer 10 Enclose 15 cents for Pattern No. 257. Name: Address:

Airplane Ceilings

The service ceiling of any airplane is the highest altitude at which a plane can still climb 100 feet a minute, while its absolute ceiling is the maximum altitude the plane can reach.

DON'T JUST SUFFER COLD MISERIES

GET MULTIPLE RELIEF RELIEF ONE—Reduce fever. RELIEF TWO—Ease stuffy nose. RELIEF THREE—Reduce body aches. RELIEF FOUR—Ease muscle pains. RELIEF FIVE—Lessen headache.

Grove's Cold Tablets, like many a doctor's prescription, are a multiple medicine. A combination of eight active medicinal ingredients especially designed for relief of usual cold miseries. Insist on genuines.

GROVE'S COLD TABLETS

When Your "Innards" are Crying the Blues



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.

DR. CALDWELL'S SENNA LAXATIVE

CONTAINED IN SYRUP PEPSIN

GREAT TONIC for All Ages the Year Around!



Recommended by Many DOCTORS

Helps tone up adult systems—helps children build sound teeth, strong bones.

IT'S GOOD-TASTING!

Try SCOTT'S EMULSION



THE MAN FROM MARS AND THE AMERICAN RADIO

Ogwopi, the Man from Mars, had spent a week-end in America and was most anxious to return without delay. Nothing could make him stay longer. It seems he had spent the time listening to the radio.

"How do you like America?" we asked. "As the seat of stomach acidity, bleeding gums, scalp troubles, intestinal difficulties and the like it is terrific," he replied.

We didn't quite follow him. "I had no idea the United States was a place mainly concerned with matters of gastric juices," he continued. "Yours is a distinctly pharmaceutical land, isn't it?"

"Pharmaceutical?" we asked. "Yes," said the Man from Mars. "I devoted most of my visit to learning about America from the radio, a most wonderful device, and I never heard so much talk about pills, ointments, lotions, seltzers, capsules, tablets, purges, etcetera, in my life. Your people must really be in a very bad way."

We began to understand now. "One of the chief industries of your country," continued the Man from Mars, "seems to be handling the bad breath and body odor situation, which I take it from the broadcasts, are your foremost national problem."

"Now look," we began. "And you take it all in such a jolly mood," he kept on. "So many of the radio references were in song. The handling of B.O., as you call it, in a musical mood is quite original. But doesn't it ever get on your nerves?"

"I suppose that to a person from another planet, totally unfamiliar with our customs, the radio must give a strange impression," we said. "What do Americans do when not taking vitamins?" he asked.

"Oh, that doesn't take up much of their time," we insisted. "But it must," said Ogwopi, the Man from Mars. "I'm a fairly active person but I couldn't possibly consider all the vitamins, make the essential selection, take as directed and have a free moment left. And your people's scalps and teeth must be in awful condition."

"Not necessarily," we said. "The air is jammed with urgent lectures on what to do about them," insisted the Man from Mars. "I made a two-hour check. The coast-to-coast discussions of constipation topped everything else on the air, but the advice on anti-stomach acidity, dry scalp and mouthwashes ran very close. You have my deepest sympathy."

He was reaching for his hat. "Oh, one thing," he said in the doorway, "what was the name of that beer that wins wars? I want to tell my countrymen about it. We have our disturbances you know. It might come in very handy."

We gave him the name of six beers and three ales.

"And that cigar?" he asked. "Which cigar?"

"The one the announcer says has been giving people poise, contentment, companionship and the feeling of brotherhood for 70 years?"

At that moment we tuned in on the radio inadvertently. A voice demanded, "Are you over 35?"

The Man from Mars zoomed away.

Global Croonery. ("I have not hesitated to travel from court to court like a wandering minstrel. But always with the same song or the same set of songs.")—Winston Churchill.

A wandering minstrel I— A thing of shreds and patches, Of ballads, songs and snatches, Designed for amity!

My catalog is long; With special tunes in Russian; Avoiding all percussion I sing of right and wrong!

I wander from court to court To sing of understandings (While making three-point landings) To make the battle short!

I deftly tune my lyre To keep us all as brothers, And soothe the Poles and others— And not stir Joseph's ire!

I'm in the minstrel "biz"— I warble hither-thither, So friendships may not wither— But what a job it is!

Frightened Off When critics say, "This play's a 'must,'" I have no yen to get there fust.

Rhineland Version. Herr Goebbels has announced that German school children must now work in war factories. Schooldays, schooldays, dear old golden rule days, Welding and drilling and sweating, oh!

All for our leader, the so-and-so.

"Wanted: Young man assist in lamp dept; light work. E. B. Latham, 250 Fourth."—Herald Tribune.

It sounds logical.



Bake Your Christmas Goodies Now! (See Recipes Below)

Homemade Gifts

Christmas can put a strain on your sugar budget especially if you are baking lots of goodies for your friends. But today I'm giving recipes that will keep the dents out of the sugar ration and still give plenty of good holiday eating.

Sugar savers or substitutes are plentiful in most localities now and answer the need for sweets without sugar. The homemaker can use light and dark corn syrups, honey, dried fruits, etc.

If you are giving cookies as gifts, wrap them prettily in small boxes well lined with waxed paper. Cover them in gay Christmas wrappings, and anyone will be happy to get a homemade present from you!

Honey, though expensive, will not bring up the price of these cookies which are crispy and well spiced:

Honey Crispies. (Makes 3 dozen)

- 1/2 cup shortening 1/2 cup honey 2 1/2 cups sifted flour 1/4 teaspoon allspice 1/4 teaspoon cloves 1/4 teaspoon cinnamon 1/4 teaspoon salt 1 teaspoon baking soda

Boil shortening and honey together 1 minute. Cool. Add sifted dry ingredients. Roll to 1/4 inch thickness and cut in desired shape with cookie cutter. Sprinkle with colored sugar and bake on a greased baking sheet in a moderate (350-degree) oven. Candied fruit or nuts may also be pressed into the center of the cookies.

Oatmeal has long been a favorite ingredient of cookies. Here the dryness of the cereal is balanced by the moistness of apricots:

Apricot Oatmeal Cookies. (Makes 70 cookies)

- 1 1/2 cups flour 1/2 teaspoon soda 1 1/4 teaspoons salt 1/4 teaspoon nutmeg 1/4 teaspoon cinnamon 1/4 cup shortening 1/2 cup sugar 1 cup dark corn syrup 1 egg 1 cup mashed, cooked apricots 1 3/4 cups rolled oats (uncooked) 1/2 cup chopped nutmeats

Cream shortening and sugar. Add syrup, beat well. Add egg and beat until light and fluffy. Add apricots, oats and nuts; mix thoroughly. Sift

LYNN SAYS:

A Bit of Dressing: Varying the dressing in salads helps add interest to this course. These simple tricks will help:

Use lemon juice and sugar for plain lettuce. Or, mix mayonnaise with shredded cooked beets, chopped hard-boiled egg and pickle relish.

For lettuce, cabbage or fruit salads, you'll like peanut butter blended with rich milk, honey or sugar and salt to taste.

To use French dressing for fruit salads, sweeten with honey and add a dash of lemon juice for taste.

Sour cream is an ideal dressing for mixed fresh fruit salads. Add vinegar or lemon juice to sour cream and season with salt and pepper. Chopped apples and sliced bananas may also be added to the dressing. Pour this mixture over the fruit salad, sprinkle with finely chopped nutmeats and top with marshino cherries that have the stems left on. Very pretty, indeed!

Christmas Gift Box Suggestions

- \*Apricot Oatmeal Cookies Whole Nuts Candied Fruit \*Slices of Regal Pudding Assorted Jellies \*Recipes given.

flour with other dry ingredients and add, beating well. Drop by half spoonfuls on greased cookie sheet about 1 1/2 inches apart. Bake for 15 to 18 minutes in a 375-degree oven.

If you frost these ginger cookies with a simple powdered sugar icing, you will have a very dressed up cookie:

- Soft Ginger Cookies. (Makes 3 dozen) 1/2 cup sugar 1/2 cup shortening 1 cup molasses 1/2 cup sour milk 3 1/2 cups sifted flour 1 teaspoon soda 1 teaspoon salt 1 teaspoon ginger 1 teaspoon cinnamon

Cream sugar and shortening and add molasses. Beat well. Sift dry ingredients together and add alternately to creamed mixture with milk. Let stand several hours in refrigerator. Roll on floured board and cut into desired shapes with cookie cutter. Place on a greased baking sheet and bake for 15 minutes in a pre-heated oven (375 degrees).

Thinking about an appropriate pudding for the festivities? Here is an inexpensive one which will serve a large quantity. It has a lot of fruit but requires no sugar and only a little honey for sweetening. Serve with a creamy orange sauce, hot.

Regal Pudding (Serves 10 to 12)

- 1/2 cup shortening 1/2 cup honey 2 beaten eggs 2 cups chopped dried figs 1/2 cup chopped dried apricots 1/2 cup white raisins 1 tablespoon grated lemon rind 1 cup grated carrot 1/2 cup chopped walnut meats 2 1/2 cups flour 1 teaspoon salt 2 teaspoons baking powder 1/2 teaspoon soda 1/2 teaspoon nutmeg 1/2 cup milk

Cream shortening; add honey; blend; add eggs. Beat thoroughly. Add fruits, rind, carrot and nutmeats. Sift dry ingredients and add alternately with milk. Pour into a greased and floured 8-inch tube pan and bake in a moderate (350-degree) oven 1 hour and 15 minutes. Serve with the following:

- Orange Sauce. 3 tablespoons flour 1/4 cup sugar 1/2 cup orange juice 1 cup hot water 1 tablespoon grated orange rind 3 tablespoons butter

Mix flour with sugar. Add orange juice and hot water. Cook until thick, stirring constantly. Add grated orange rind and butter and serve warm over pudding.

Oven Tip. When baking fruit puddings or fruit cakes, place a pan containing 2 cups water on the bottom of the oven. This will help give greater volume and shiny, glistening top to either pudding or cake.

Making Sauces. Sauces for puddings are best made in double boiler to prevent them from scorching. It will also help keep them warm until time to serve.

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 Desplains Street, Chicago 6, Ill. Please send a stamped, self-addressed envelope for your reply.

Reles: sed by Western Newspaper Union.

SEWING CIRCLE PATTERNS

Pretty Frock for Gala Occasions New Party Frock for Little Girl



1252 12-20 Princess Frock YOU'LL look lovely and slim in this charming Princess frock with its contrasting yoke that frames your face so becomingly. For that all-important "furlough date!" Pattern No. 1252 comes in sizes 12, 14, 16, 18 and 20. Size 14, 3/4 sleeve, requires 3 1/2 yards of 39 inch material; 3/4 yard of 35 or 39 inch material for contrasting yoke.

For this pattern send 25 cents in coins, your name, address, size desired, and the pattern number.

So the Little Man Wasn't Going to Disobey Now!

An eastern potentate, who wanted to know how many men were afraid of their wives, sent for all his married subjects and commanded those who always obeyed their wives to stand on one side.

Promptly the crowd stepped over. That is—all but one man.

Seeing to his surprise that it was a very small fellow who stood apart from the others, the potentate asked him why such a puny individual as himself had a mind of his own.

"When I left home, your Majesty," explained the diminutive man, "I promised my wife that I would not go in any crowd."

For the Little Girl

EVERY little girl loves a new party frock. Mother can easily and quickly make this dainty one with its full skirt gathered onto the yoke. Pretty for play time too.

Pattern No. 1230 comes in sizes 1, 2, 3, 4 and 5 years. Size 2, dress with panties, requires 2 1/4 yards of 39 inch material, 3 1/2 yards ric rac to trim.

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 PATTERN DEPT. 149 New Montgomery St. San Francisco, Calif. Enclose 25 cents in coins for each pattern desired. Pattern No.: Size: Name: Address:

LOSE HEADACHE! That

with a single Garfield Headache Powder FOR soothing relief from the nagging, splitting headaches that come those tense war days, try a Garfield Headache Powder. Quick relief in your pocket, usually with a single powder. Costs only 25c for 12 individual doses, 12c for 6 doses. At your drugstore. (Caution: Use Only As Directed)

FREE! Write for a FREE SAMPLE of Garfield Headache Powder—also for Garfield Tea, used for constipation, acid indigestion, and to "keep clean inside." WRITE: GARFIELD TEA CO., 41st St 3rd Ave., B'klyn 32, N.Y., Dept. D-34

GARFIELD HEADACHE POWDERS

Shoulder a Gun— Or the Cost of One BUY WAR BONDS

Why Millions Now Do This! A FEW DROPS Quickly Relieve Distress of HEAD COLDS VICKS VA-TRO-NOL

IF PETER PAIN PUMMELS YOU WITH MEAN MUSCLE ACHE... ..RUB IN Ben-Gay QUICK Ben-Gay acts fast to relieve muscular ache and pain—because it contains two famous pain-relieving ingredients known to every doctor. Yes, Ben-Gay contains up to 2 1/2 times more of these tested ingredients—methyl salicylate and menthol—than five other widely offered rub-ins. No wonder it's so fast, so soothing! Get genuine Ben-Gay.