

**So Crisp—  
So Tasty**



**Kellogg's  
RICE  
KRISPIES**

"The Grains Are Great Foods" *Kellogg*

Kellogg's Rice Krispies equal the whole grain in nearly all the protective food elements declared essential to human nutrition.

**Kellogg's  
RICE  
KRISPIES**

**HOUSEHOLD MEMOS**  
by Lynn Chambers



**Toast to Good Health . . . Raw Vegetables!**  
(See Recipes Below)

**Vitamins for Health**

When Mother Earth is bountiful in her output, there's no good reason for stinting on mineral and vitamin-rich protective foods.

This is the time to plan meals mainly of vegetables, first, from necessity because rationed foods are high in point value and scarce; and secondly, because we should try to build up our health as much as possible to reap personal and community benefits.

**Vitamin A.**

No one should lack for this familiar vitamin that comes at the beginning of the alphabet because it is easily obtained in dairy foods, carrots, greens, liver, butter, apricots, prunes and tomatoes. It is especially essential for growth and the maintenance of normal resistance to infection.

**Vitamin B1.**

If the children or adult members of the family show signs of losing their appetite, check into these sources for vitamin B1 or thiamin: dried beans and peas, lean pork, whole grain cereals, yeast, milk, cauliflower, chicken, peanuts and egg yolk. In addition to being necessary to maintain appetite, this vitamin aids in growth and helps maintain the normal function of the digestive organs and nervous system.

**Vitamin C.**

One of our basic nutrition rules definitely states that we should eat at least one citrus fruit a day. We need this fruit for assuring enough vitamin C for well-nourished gums and teeth as well as to maintain normal bone structure, the normal strength of capillary walls and the prevention of scurvy. You'll find it plentiful in oranges, lemons, grapefruit, pineapples, strawberries, tomatoes, raw cabbage and greens, liver, green pepper and peas.

**Vitamin D.**

Vitamin D has to do exclusively with bone and teeth building—sound bones, strong teeth and the prevention of rickets. Vitamin D is as hard to find as vitamin A is easy. Its sources are few: fish liver oils (cod, halibut), fortified milk and cream, egg yolks and liver. If your doses of these foods are small, then get a big dose of sunshine—that's vitamin D, too.

**Vitamin G.**

This vitamin, also called riboflavin, is found in many of the same

**Lynn Chambers' Point-Saving Menu**

- Vegetable Platter:**  
Corn au Gratin  
Spinach Nests with Poached Eggs  
Shredded Beets Lima Beans  
Hot Biscuits with Honey  
\*Ambrosia Salad  
Raisin Drop Cookies Beverage  
\*Recipe given.

foods as vitamin B1. In addition to the part it plays in normal nutrition, it is also essential to growth, cell respiration, and good nervous health.

**Vitamin P-P.**

Most of us are more familiar with nicotinic acid, which is just another name for this vitamin. You'll get your share if you eat lean meats and liver, salmon, wheat germ, yeast, tomatoes, greens and buttermilk. It's responsible for good, clear healthy skin and the normal functioning of the gastro-intestinal tract.

Now, how do we go about getting all these vitamins into our diet? We will have to include foods from each of the groups mentioned daily. This is especially important with the B and C vitamins because they cannot be stored in the body as is vitamin A.

The following recipes will give you good health as well as good eating. If vegetables are eaten raw, they are more valuable:

**Tomato Stuffed Salad.**  
(Serves 4)

- 4 medium-sized tomatoes
- 3 ounces cream cheese
- 2 tablespoons green onion, chopped
- ¼ cup green pepper, chopped
- ½ medium-sized cucumber, chopped
- 3 hard-cooked eggs, chopped
- ¼ cup salad dressing

Peel tomatoes. Cut slices from top and scoop out centers. Sprinkle with salt; invert to chill. Blend cream cheese with enough cream to soften. Line tomato cups with this mixture. Combine remaining ingredients; fill tomato cups. Chill thoroughly. Serve with additional salad dressing in lettuce cups.

**Jellied Perfection Salad.**  
(Serves 6)

- 1 tablespoon unflavored gelatin
- ¼ cup cold water
- 1½ cups hot water
- 1 tablespoon lemon juice
- 1 tablespoon vinegar
- 1 teaspoon salt
- 1 cup diced cucumber
- ½ cup sliced green onions
- ½ cup sliced radishes
- 1 cup chopped celery

Soften gelatin in cold water. Dissolve in hot water. Add lemon juice, vinegar and salt. Chill until partially set; add remaining ingredients. Chill until firm. Serve on crisp lettuce with mayonnaise.

**Cabbage Pepper Slaw.**  
(Serves 6)

- 4 cups finely shredded cabbage
- ½ cup chopped green pepper
- 1 teaspoon salt
- ¼ teaspoon white pepper
- 2 tablespoons vinegar
- 1 teaspoon celery seed
- 2 tablespoons tarragon vinegar
- 1 teaspoon prepared mustard
- ½ cup salad dressing

Combine vegetables, salt, pepper, sugar and celery seed. Combine vinegar, mustard and salad dressing. Add to vegetables and mix thoroughly.

**\*Ambrosia Salad.**  
(Serves 4 to 6)

- 2 bananas, sliced
  - ¾ cup diced orange
  - ¾ cup seedless grapes
  - ¼ cup chopped dates
  - 3 tablespoons lemon juice
  - ¼ cup moist coconut, grated
- Combine fruits; sprinkle with lemon juice; chill. Add creamy mayonnaise dressing which has been blended with sour cream. Serve on crisp lettuce and garnish with coconut.

Released by Western Newspaper Union.

**Your Chic Jewelry May Now Be Worn With Daytime Casuals**

By **CHERIE NICHOLAS**



A NEW vogue is winging its way into fashionland. It is that of wearing honest-to-goodness jewelry instead of novelty sportsy items with your sweaters and casual daytime frocks. Just because you are wearing a sweater is no reason why your beloved pearl necklace has to be reserved for dressier occasions. According to the new way of thinking it is perfectly style-correct to wear your choicest strand with your new chic sweater. Best dressers are doing just that this season and fillip more they are giving an extra fillip to their daytime casuals with other smart jewelry items outstanding among which are the stunning new chateaines, which add so much to the swank of one's costume.

There's a tremendous demand for sweaters in neutrals, especially subtle grays, also the fascinating light beige and cereal tones. With these, women who know their fashions are wearing perhaps a pearl necklace with a pearl pin, worn like a sorority emblem.

There is also a decided trend toward costumes carried out in monotone, such as the modish three-piece consisting of a suit jacket and skirt in neutral gray or beige or a new off-white shade teamed with a pull-over sweater in the same identical color. Carefully selected jewelry completes an outfit of striking style distinction. If you are aspiring to something new and exclusive looking, here's your cue.

The illustration shows you the latest in jewelry for wear with your casual clothes. Because there is such startling news conveyed in the picture below to the right we are eager to tell you what it's all about. See the gold hairpins she is wearing in her hair? Well, they are news, big news! Next time you go shopping saunter over and ask to see the newest in gold hairpins to wear

in a braid atop your head or brushed up pompadour or a low-coiled bun, for all three are smart hairdos for now and for summer-to-be. The hairpins as worn here are topped with concave flowers of gold which reflect a cluster of small rubies in the center. Matching earrings and a gold snakechain necklace complete this stunning ensemble. Pretty with her summer frock!

Above to the left the matched set worn includes pin, barrette and earrings. The pin is an arrow and heart designed in gold-plated sterling silver. The hearts are concave reflecting the color of the center stones.

A clever way of wearing one of the new chateaines that are the talk o' town this season is shown above to the right. This double-strand chateaine of fourteen carat gold snakechain has a clip at one end to fasten to the dress and a ring at the other for a gold heart-shaped pin with an amethyst heart in the center. Loops and streamer ends, in a ribbon effect, accent the fluted heart. One important jewelry piece like this will glorify even the simplest dress or suit.

Colorful and modish for summer with a white wool and cotton knitted sweater blouse are twisted strands of real coral made into a necklace and bracelet as shown below to the left. The gold plated heart clasps are studded with small turquoise stones and the earrings are coral.

The high necklines and cardigan jackets offer every encouragement to wear pins and necklaces to soften the sometimes severely simple lines. You will be wanting bracelets galore to wear with the new brief cap sleeves. Chateaines are stunning arranged about the new low-cut square necklines and they are smart with gabardine or spun rayon coat-dress classics.

Released by Western Newspaper Union.

**Princess Jumper**



This little princess jumper dress is a pleasing change from the usual two-piece or suspender-skirt types. Mothers will welcome the simplicity of this pinafore-like dress, for it only requires a mere remnant of material to make, and when it comes to laundering irons out so easily. For every day wear make it of small patterned rayon print or a gay calico.

**Double-Duty Cotton Popular Style Theme**

A theme that is being stressed with increasing enthusiasm is the double-costumes that serve so readily for many-purpose wear. The practicality, economy, color and design rhythm that characterizes these adjustable costumes make them indispensable in a summer wardrobe. The combination that is a "prize buy" consists of a play suit with an extra skirt. It looks very complete with its skirt for town and general daytime wear. Worn without the skirt, it makes the play-suit ideal. Another big idea in double-duty cottons and one which designers are playing up for all it is worth this summer, is the bare-back sun dress that has either a separate bolero or cape that can be easily slipped on and off. In some instances girls are wearing with their bare-back gingham sun dresses a stole of matching gingham. Some of the sun dresses are styled with a view to being that attractive that with the bolero removed they serve charmingly for informal dance frocks.

**Quick-Change Costumes Boon to Business Girls**

Career and business girls are on the lookout for accessories that will tune their practical office dress to after-five occasion. There are loads of pretty things that will do this, chief among which are the exquisite dickerkeys and gilets made peplum style and all you have to do is to slip them over your dress and with one of the new flower-wreath hats you'll "look like a million."

**SNAPPY FACTS**

about **RUBBER**

WPB has plans under way for expansion of facilities to produce 1,500,000 more truck and bus tires every three months for military and essential civilian use. Total production by next December is expected to reach a rate of 6,700,000 a quarter.

There are 1,450,000 rubber-tired tractors on American farms, many of which are now obsolete. It has been estimated that there will be more than 3,000,000 rubber-tired tractors on farms within ten years after the war.

The first known wheeled vehicles were used in Babylonia about 3000 B.C.

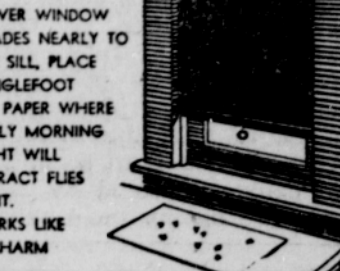
*Queen Mummy*

*In war on pests*

**BE Goodrich**

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**GET RID OF FLIES OVERNIGHT!**



**TANGLEFOOT FLYPAPER**

It's the old reliable that never fails. Economical, not rationed. For sale at hardware, drug and grocery stores.

**CATCHES THE GERM AS WELL AS THE FLY**

**NOW Reduced Price**  
12 Sheets 25¢  
THE TANGLEFOOT COMPANY, Grand Rapids 4, Mich.

**Why Mother! HOW EASILY YOU GET AROUND NOW!**

Many sufferers who depared of any real relief from crippling, cramping, aching, rheumatic pains, now find that OINT-EASE (known for 40 years as JOINT-EASE) not only brings them greater relief and longer HEAT COMFORT, but that they now get around far more easily. When less potent applications fail to ease such pains, try OINT-EASE. Let the Aged Strength Powers of its FOUR proven analgesics work all together to bring you the greater relief it is giving to so many others every day. Always use OINT-EASE for aching relief in: *Neuralgia, Sinus, Head and Chest Colds, and to rest and refresh Tired, Hot, Aching Feet.* Always keep potent, pleasant OINT-EASE ready to relieve these and many other distressing pains. **NOTE: OINT-EASE is the same preparation sold as JOINT-EASE for over 40 years.** For free sample write OINT-EASE 35-B St., Hallowell, Maine.

**DRINK these 10 herbs in your daily cup of HOT WATER**

... and loosen the CLINGING wastes

To your daily cup of hot water, add the juice of the 10 herbs in Garfield Tea and you not only "cleanse internally," but loosen the hard-to-get-at wastes which cling to the lining, undigested. Makes hot water faster to drink, adds mild, thorough laxative action that relieves temporary constipation. Caution: use as directed. 10¢, 25¢, 50¢ at your drugstore.

**Free Sample Trial Package!**  
Write for generous sample, enough for 4 cups, to: Garfield Tea Co., 313 43rd St., Brooklyn 32, N. Y., Dept. D-74

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FOR GENTLE RELIEF FROM INTERNAL SLUGGISHNESS

**Famous to relieve MONTHLY FEMALE MISERY**

(Also Fine Stomachic Tonic)

Lydia E. Pinkham's Vegetable Compound is famous to relieve not only monthly pain but also accompanying nervous, tired, highstrung feelings—when due to functional periodic disturbances. Taken regularly—16 hours build up resistance against such distress. Pinkham's Compound helps nature! Follow label directions. Try it!

**Lydia E. Pinkham's VEGETABLE COMPOUND**

**KILLS Many Insects on Shrubs, Vegetables and flowers**

**Black Bear 40**

**HELP** for your Garden

Tobacco By-Products Chemical Corp., Incorporated, Louisville 2, Kentucky

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**It's Like Taking Out SUCCESS INSURANCE for Your Baking...**

**When you Use MACA the Amazing Fast Dry Yeast. Use Just Like Compressed Yeast!**

"Yes ma'am! Using Maca is a wonderful 'policy'—a success 'insurance policy' for your baking. This marvelous quick-rising dry yeast helps you turn out perfect bread and rolls—with a rich golden beauty, a light, velvety-smooth texture—and SUPER-DELICIOUS OLD-FASHIONED FLAVOR! Maca helps you bake faster, more easily, too... requires no special tricks or recipes. Use it the same way you use compressed yeast!"

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**Help Them Cleanse the Blood of Harmful Body Waste**

Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery.

Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength.

Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.

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