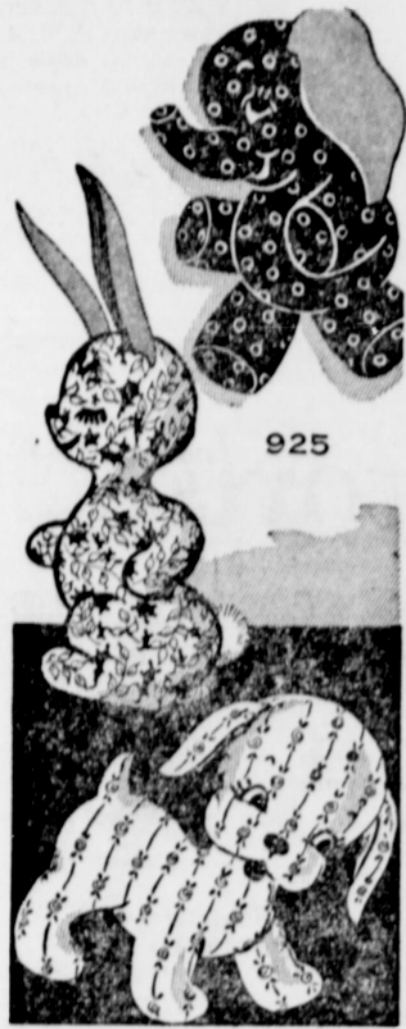


Trio of Play Pals For the Little Child



925

THE best playmates a little child could have—a happy elephant, a proud bunny and a surprised pup—all cuddly, soft and safe for baby.

Use scraps, (two for each toy) ears separate. Pattern 925 has transfer of three toys; directions.

New, improved pattern makes needlework so simple with its charts, photos, concise directions.

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

Sewing Circle Needlecraft Dept.
Box 3217 San Francisco 6, Calif.
Enclose 20 cents for Pattern.
No. _____
Name _____
Address _____

Quickly Relieves Distress of Sneezing, Stuffy Head Colds

A few drops of Vicks Va-tro-nol in each nostril work fast to relieve head cold distress, make breathing easier. And if used at first sniffle or sneeze, Va-tro-nol helps to prevent many colds developing! Try it. Follow directions in the package.



VICKS VA-TRO-NOL



Filter oil twice with the AC "Star Quality" Oil Filter. AC has the only filter element with acid-proof glass cloth Collector Tube Trap, to prevent oil pollution and engine wear. One of 10 big AC features.



BUY WHERE YOU SEE THIS SIGN

Promptly relieves coughs of
**TIGHT ACHING
CHEST COLDS**
RUB ON **MUSTEROLE**

Have YOU had enough?
Taxes, labor troubles, debt, manipulation of your credit.
Read "The Way" for your answer.
Sent postpaid for 25c.
No other obligation.
The Way to a Better World
Post Office Box 515, Berkeley 1, Calif.

GIRLS! WOMEN! try this if you're NERVOUS

On "CERTAIN DAYS" Of Month—
Do female functional monthly disturbances make you feel nervous, irritable, so weak and tired out—at such times? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. It's famous for this! Taken regularly—Pinkham's Compound helps build up resistance against such distress. Also a great stomachic tonic!
LYDIA E. PINKHAM'S VEGETABLE COMPOUND



Repair Shop Saves Money for Farmers Labor Saving Tools Aid In Better Farm Practice

Money saved by farmers who do their own repair and maintenance work may not show up in the price of hogs, but it will appear on the right side of the ledger when the year's account books are balanced. Buildings and equipment represent about one-half of the average farm's total investment, and it pays to keep them in satisfactory condition.

In order to do their best work, farmers, like other craftsmen, require adequate tools. Because much repair and maintenance work on equipment must be done during off-seasons and in unpleasant weather, it is wise economy to have a well-



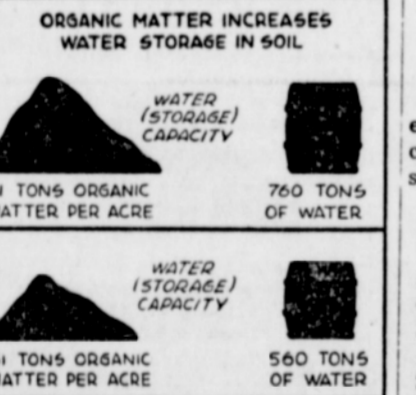
equipped farm shop. Such a shop should be large enough so that field machinery can be moved inside and also satisfactorily lighted so that emergency repairs can be made at night.

Farmers having electricity available will find that use of certain power equipment will speed up their work and save them time, money and energy. Since many cutting tools are used on the farm, probably one of the first pieces of power equipment purchased will be a tool grinder. Other electrical tools found in most farm shops include post and hand drills, wood lathes, rip and band saws, air compressors, battery chargers, paint sprayers and, more recently, transformer-type electric arc welders.

There's money in repairing your own equipment and there's something else also—most boys are interested in the development of farm shops, a factor which should not be overlooked as a means of stimulating their interest in farming.

Thirsty Crops Tests

Thirsty crops will have more water on soils with plenty of organic matter. Such soils will soak up more water faster than those low in organic matter. Less water will run off; more will be held for grad-



ual release to the crops as they need it. Two of the Morrow plots used for soil fertility research at University of Illinois were compared for organic matter content and their ability to soak up and hold water.

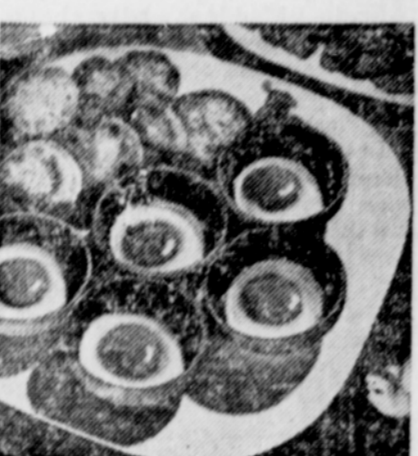
Soil management and crop rotation made the difference between the two. Increasing the organic matter by 20 tons boosted the amount of water the soil would hold by 200 tons. In addition, tests showed that water needed only half the time to soak through a thin layer of the loose soil rich in organic matter than it needed for the same soil with only 31 tons of organic matter per acre. Using deep-rooted legumes in rotation with lime, phosphorus and potash, as needed for their production, will put organic matter deep into the soil. lime, phosphorus and potash as needed for their production, will put organic matter deep into the soil.

Kill Poison Ivy by Spraying With Ammate

To kill poison ivy plants use ammate or 2,4-D. When ammate is used, dissolve a pound in a gallon of water and spray until the plants are dripping wet. Keep spray away from desirable plants. If one application is not sufficient and the plants reappear, a second spraying should kill the ivy. When using 2,4-D, follow the manufacturer's instructions on the package as to strength.



Don't Skip Lunch If You're Striving For Balanced Diet



Shirred eggs may be popped into the oven a few minutes before luncheon. Line individual baking dishes with leftover vegetables or meat for a more substantial luncheon.

Have lunches suddenly become a problem now that cooler weather is with us and a few pieces of fruit and a glass of milk just don't seem to satisfy you? Or, are you like the woman I know who is trying to lose weight and is trying to get nourishment without a lot of calories and is trying to cut down on easy-to-prepare sandwiches?

No matter which of the above situations is your particular problem, the column today is designed to help. The woman who works around the house has a definite luncheon problem, mainly because she needs to balance her diet as well as keep up her energy for household tasks.

Calories are a problem to her whether she is trying to maintain, gain or lose weight. Economy, too, in these days of rising prices, is a problem because she doesn't always care to eat leftovers from the night before, at least, just as leftovers, heated and set on a plate.

For these reasons, I think the answer to the luncheon at home is to have eggs made in one of several interesting ways. And, if just eggs alone aren't appealing enough, use them with vegetables or other foods to make them appetizing.

Eggs are a rich protein food, low in calories, high in nourishment. They can be filling, and they can be tempting provided you experiment with novel ways of serving.

First on the list are two interesting salads with eggs. Serve them with crisp wedges of lettuce or lettuce cups.

Pimiento Olive Salad.
(Serves 4)
4 eggs, hard cooked
1/4 cup chopped ripe olives
1/4 cup pimiento, chopped
1/4 cup chopped celery
2 tablespoons chopped green pepper
1/2 teaspoon salt
Mayonnaise, as desired

Mix chopped olives, pimiento, celery and green pepper. Place in crisp cups of lettuce and serve with eggs, sliced on top. Use with mayonnaise.

Bean and Egg Salad.
(Serves 6)
1 can of red kidney beans
4 sweet pickles, chopped
3 hard-cooked eggs, sliced
1/2 cup chopped celery
2 tablespoons finely chopped onion
1 teaspoon salt
1/4 teaspoon mayonnaise

Rinse, drain and chill the kidney beans. Add remaining ingredients, mixing thoroughly. Arrange in nests of lettuce. Garnish with a few slices of egg and other greens, if desired.
Here's a nice egg salad to have when you have a neighbor dropping in for lunch:

Egg and Cheese Salad Bowl.
(Serves 6)
1 bunch watercress
1 bunch chiorcy
1 head lettuce
4 hard-cooked eggs
1 carrot, cut into sticks
1/2 pound cheese, cut into sticks
French dressing

Scrambled eggs take on new glamour when they are served with cheese added to eggs while cooking; or, if you prefer, chili sauce—4 tablespoons to 6 eggs; or, chopped leftover meat.

LYNN SAYS:
Remember These Facts When Using Eggs
Egg whites will beat better when they are warm. Let stand at room temperature for a while if you want them to beat until light and fluffy for meringues or cakes.

Scrambled eggs take on new glamour when they are served with cheese added to eggs while cooking; or, if you prefer, chili sauce—4 tablespoons to 6 eggs; or, chopped leftover meat.

LYNN CHAMBERS' MENU
Clear Tomato Soup
Shirred Eggs with Chopped Ham
English Muffins
Green Bean Salad
Jelly Carrot Curis Celery
Spice Cake
Beverage

Break greens into bowl. Cut eggs into wedges. Combine all ingredients with french dressing to taste. Here are egg dishes which are nice for luncheon if you have the youngsters coming into eat with you:

Eggs Diable.
(Serves 6)
6 hard-cooked eggs
6 slices toast, buttered
1 cup tomato catsup
1/2 cup chili sauce
2 tablespoons worcestershire sauce
1 tablespoon butter
1 teaspoon mustard
1 teaspoon vinegar
1/2 teaspoon salt
1/2 teaspoon pepper

Slice eggs onto buttered toast and cover with a sauce made by heating the other ingredients to the boiling point. Serve hot.

Egg-Asparagus Double Decker.
(Serves 6)
12 slices toast
6 eggs, creamed with 2 cups white sauce
Asparagus tips

Cover half the toast with creamed eggs, place asparagus tips on each and top with second layer of toast, eggs and asparagus.

Dutch Baked Eggs.
(Serves 6)
6 hard-cooked eggs
2 tablespoons butter, melted
1 teaspoon minced parsley
1/2 teaspoon dry mustard
Salt and pepper
1/4 cup cleaned shrimp
1 cup cream or evaporated milk
Grated cheese
Butter

Chop eggs, add melted butter, seasonings, shrimp and cream; mix well. Pour mixture into greased baking dish and sprinkle top with grated cheese and bits of butter. Bake in a hot oven (400°F.) about 10 minutes or until cheese begins to melt.



Hard-cooked eggs cut in wedges add a satisfying note to salads as well as other easy-to-make luncheon dishes. Don't ignore their value as garnish and nourishment for they are a rich protein source.

Chinese Poached Eggs.
(Serves 6)
1 cup rice
2 tablespoons butter
Salt and pepper
2 tablespoons flour
1 cup milk
1 teaspoon grated onion
1 tablespoon chopped celery
6 eggs, poached

Cook rice in boiling, salted water. Drain and blanch. Prepare white sauce by melting butter, blending in flour, salt and pepper. Add milk, grated onion and celery. Cook until thickened, stirring constantly. Arrange hot rice on platter, place eggs on top and cover with sauce. Garnish with paprika and celery.

Shirred Eggs.
Grease individual baking dishes. Break into this an egg and bake in a moderately low (325° to 350°F.) oven for 12 to 18 minutes depending upon firmness desired. Serve from baking dish. Top with bread crumbs or cheese before baking, if desired. Or, layer the dish with chopped chicken, sausages, bacon as well as cooked or mashed vegetables before breaking in eggs, as desired.

Released by WNU Features.

Eggs are a highly perishable food and deteriorate rapidly at room temperature. They should be refrigerated to keep fresh.

The shell color of eggs varies with the breed of the chicken, but has nothing to do with the flavor, nutritive value or the cooking of the egg itself.

Use leftover egg yolks by simmering them in salted water for 10 minutes and then grating them for garnish on green vegetables, salads or creamed dishes.

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8226
1446
With Vestee Effect
YOUR favorite button front classic with a brand new look. This versatile shirtwaister has a charm-

ing vestee effect, slimming lines. Select a soft striped woolen, for instance, and use it in contrast.

Pattern No. 8226 comes in sizes 14, 16, 18, 20; 40, 42, 44 and 46. Size 16, short sleeve, 4 1/2 yards of 35 or 39-inch. Send today for the Fall and Winter FASHION—32 pages of easy to make styles, special features, free pattern printed inside the book, 25 cents. Send your order to:

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

Where He Started

"As I understand it," said the Pacific islander, "you propose to civilize me?"
"Exactly so."
"You mean to get me out of habits of idleness and teach me to work?"
"That's the idea."
"And then lead me to simplify my methods and invent things to make my work lighter."
"Yes."
"And next I shall become ambitious and get rich, so I shan't have to work at all?"
"Naturally."
"Well, what's the use of taking such a roundabout way. I don't have to work now."

Helicopter Pilot

No successful automatic pilot has yet been developed for the helicopter and, therefore, the human pilot of this type of aircraft, unlike the airplane flier, has to retain complete manual control of his machine every minute it is in the air.

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From Your Cough Due to a Cold
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SEALED POWER PISTON RINGS
BEST IN NEW ENGINES! BEST IN OLD ENGINES!

MOTHER, MOTHER, I'VE BEEN THINKING WHAT I SAW YOU DO TODAY, YOU MAKE BISCUITS OH, SO TASTY! TELL ME HOW TO BAKE THAT WAY

BAKE THE CLABBER GIRL WAY, MY DEAR, WITH CLABBER GIRL BAKING POWDER

Ask Mother, She Knows... Clabber Girl is the baking powder with the balanced double action... Right, in the mixing bowl; Light, from the oven.

CLABBER GIRL Baking Powder

IF PETER PAIN KONKS YOU WITH A HEAD COLD



● Rub in Ben-Gay around throat and nose, keeping away from eyes. Gently warming Ben-Gay brings fast relief from miseries of head colds. Insist on genuine Ben-Gay, the original Baume Analgésique. It contains up to 2 1/2 times more of two famous pain-relieving agents known to every doctor—methyl salicylate and menthol—than five other widely offered rub-ins. Also for Pain due to RHEUMATISM, MUSCLE ACHE, and STRAINS. Ask for Mild Ben-Gay for Children.

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