

HOUSEHOLD QUESTIONS



To Clean a Sponge.—Leave a dirty sponge to soak for a few hours in peroxide and cold water. To a basin of cold water add two tablespoonfuls of peroxide. Rinse the sponge well in several clean waters.

To Stiffen Hairbrush Bristles.—Dissolve an ounce of alum in a quart of boiling water, and when cold pour into a pie-dish. Stand only the bristles in the solution for half an hour, then shake well and allow to dry with the bristles downwards.

When Buying Kitchen Tools.—Consider their weight, the sharpness of the cutting edge, and how comfortable their handles are.

Longer Life for the Broom.—An ordinary broom will last longer if dipped in boiling soapsuds for a minute or two each week.

For Tar Stains.—Rub tar stains on cloths with lard, and afterwards wash out in hot water to which a little liquid ammonia has been added.

No More Frayed Edges.—Trousers will not fray along the edge of the turn-up if a strip of skirt binding is sewn just inside, where they rub on the wearer's shoes. Replace the binding when worn.

NERVOUS?

Do you feel so nervous you want to scream? Are you cross and irritable? Do you scold those dearest to you?

If your nerves are on edge and you feel you need a good general system tonic, try Lydia E. Pinkham's Vegetable Compound, made especially for women.

For over 60 years one woman has told another how to go "smiling thru" with reliable Pinkham's Compound. It helps nature build up more physical resistance and thus helps calm quivering nerves and lessen discomforts from annoying symptoms which often accompany female functional disorders.

Why not give it a chance to help YOU? Over one million women have written in reporting wonderful benefits from Pinkham's Compound.

From Within

Human improvement is from within outwards.—Froude.

BILIOUS?

Here is Amazing Relief for Conditions Due to Stagnant Bowels. Nature's Remedy. If you think all laxatives act alike, just try this all vegetable laxative. No milk, thorough, refreshing, invigorating. Dependable relief from sick headaches, bilious spells, tired feeling when associated with constipation.

Without Risk. Buy a 25¢ box of NR from your druggist. Make the test—then if not delighted, return the box to us. We will refund the purchase price. That's fair. Get NR Tablets today.

NR TO-NIGHT (TOMORROW ALRIGHT) ALWAYS CARRY **QUICK RELIEF FOR ACID INDIGESTION**

Valuable Pluck
A pound of pluck is worth a ton of luck.—Garfield.

Watch Your Kidneys!

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 may be burning, scanty or too frequent urination.

There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. Doan's have been winning new friends for more than forty years. They have a nation-wide reputation. Are recommended by grateful people the country over. Ask your neighbor!

DOAN'S PILLS

American Adventurers
By Elmo Scott Watson

'Old Put'

MOST Americans think of Israel Putnam as the New England hero of two thrilling escapes. One was during the French and Indian war when a providential rainstorm put out the fire which the savages had kindled to torture him. The other was during the Revolution when he avoided capture by the British by riding his horse at break-neck speed down a long flight of stone steps. But these were only a few of "Old Put's" adventures.

During his busy life he saw action on many fronts—from Montreal in the north to Havana in the south and from Boston in the east to Detroit in the west. They began in 1755 when he served under Sir William Johnson against the French; they continued when he enrolled in Rogers' Rangers in 1758, was captured by the Indians, sent to Canada as a prisoner and freed by exchange the next year.

Then he accompanied a British naval expedition against France's allies, the Spanish, in Cuba, where he was in the thick of the fight when the English stormed Morro Castle.

He had hardly returned home when Pontiac's war broke out in 1763 and he accompanied Colonel Bradstreet on the expedition to raise the Indian siege of Detroit. In 1772 he was a member of the Company of Military Adventurers who visited the Lower Mississippi and West Florida to look over lands promised the Colonials who had served in the French and Indian war. Nothing came of this so Putnam returned home in time to become one of the heroes of the Battle of Bunker Hill.

Navajo Bill

THE Navajos were holding a fire dance. White men were not welcome at this important ceremonial so there were hostile mutterings among the young braves when they saw a "pale-face" looking on. Suddenly a young buck, his face distorted with a frenzy of hate, dashed out of the circle of dancers and, brandishing a long knife, bounded toward the white man.

But before he had time to strike, a lariat shot out from a group of Indians near by, settled over the young brave's shoulders and jerked him to the ground where he was soon trussed up so tight that he could not move. The lariat had been thrown by the great chief, Manuelito, and he had thus saved the life of his good friend, Dr. W. N. Wallace, otherwise known as "Navajo Bill."

Wallace served in an Indiana regiment in the Civil war, then went west. He landed in Portland, Ore., where he became a doctor and practiced his profession until tuberculosis forced him to go to Arizona. There he became acquainted with the Navajos.

One day a little Indian girl fell into a campfire and was badly burned. The skill of the "white medicine man" saved her from becoming a cripple and from that time on his position among the Navajos was secure. They adopted him into the tribe, gave him a Navajo name and he became a close friend of the great Manuelito. It was that friendship which saved his life at the fire dance.

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Mark Twain's Weather Comment

The following lines are from a speech which Mark Twain made on the subject of weather, at a dinner given by the New England society: "There is a sumptuous variety about the New England weather that compels the stranger's admiration—and regret. The weather is always doing something there; always attending strictly to business; always getting up new designs and trying them on people to see how they will go. But it gets through more business in spring than in any other season. In the spring I have counted 136 different kinds of weather inside of 24 hours."

WHAT to EAT and WHY

C. Houston Goudiss Gives Timely Advice on Planning Meals for Languid Appetites

By C. HOUSTON GOUDISS

AS THE weather begins to get warmer, many families develop a finicky attitude toward food. They come to the table with little appetite and claim that nothing tastes good. Before you reproach them, however, give some thought to the type of meals you are serving. Do they contain an abundance of crisp, succulent greens which tempt the eye and the palate and furnish important minerals and vitamins? Do they include juicy fruits with their refreshing flavors and

appetite-stimulating fruits acids? Have you cut down somewhat on carbohydrates and fats? Or are you still offering enough energy foods at each meal to supply the fuel requirements of cold winter days?

A carefully chosen diet is an excellent remedy for the let-down feeling that both children and adults often experience at this season. For science has discovered what food substances are necessary to promote appetite and digestion, to help maintain buoyant health.

Obtaining the Appetite Vitamin

We know for example that when the appetite is poor, there may be a deficiency of that part of the vitamin B-complex which nutritionists call B.



There is both experimental and clinical evidence that this vitamin is essential for the maintenance of a keen appetite. In addition, it is also required for the normal functioning of the digestive tract, so that it must be provided in sufficient amounts if food is to be utilized to best advantage.

Among the foods which supply this vitamin are whole grain cereals, bran, eggs, milk, peas, beans, carrots, spinach and cabbage. It is also found in many fruits, though usually in lesser amounts. In general, a most satisfactory way to insure a liberal intake of the appetite-promoting vitamin is to include in the diet generous amounts of whole grain cereals, milk, vegetables and fruits. As these foods likewise contribute many other necessary substances, they rate a prominent place in the dietary.

Foods That Build Blood

It is also extremely important that menus for finicky eaters should be rich in iron. For this mineral is necessary for the formation of the hemoglobin or red pigment in the blood—and it is the hemoglobin that carries purifying oxygen to every cell in the body. Iron-rich foods include liver, eggs, whole grain cereals, dried fruits, and green, leafy vegetables. I have repeatedly urged the generous consumption of green, leafy vegetables, and I cannot too strongly emphasize their importance as a source of iron, as well as other essential minerals; and vitamins.

Keep the Diet Laxative

Another piece of advice that warrants repetition is my frequent recommendation that you include in the diet adequate amounts of bulky foods. These are necessary to help promote normal elimination. If your menus contain too many highly concentrated foods, irregular health habits may result. And that in itself may be responsible for a feeling of lassitude and a lack of interest in eating. Here again fruits and vegetables are important. Together with whole grain cereals

with a fruit dessert. This type of meal appeals to the appetite and provides substantial amounts of minerals and vitamins.

Salads Twice a Day

A crisp appetizer salad makes a good beginning for the main meal of the day. A combination of watercress, dandelion greens, lettuce or shredded cabbage, with fruit, or a small amount of a savory fish paste will intrigue the most reluctant appetite. And when the salad is served at the beginning of a meal, you can be sure that it will be eaten before the hunger is satisfied.

Another way to get additional vegetables into a meal is to mold them in gelatin and serve as a dinner salad. Or an assortment of fruits can be treated in the same way and used as a combination salad and dessert. If prepared gelatin desserts are used, a wide variety of color and flavor combinations can be achieved with very little effort; and children will eat them with relish.

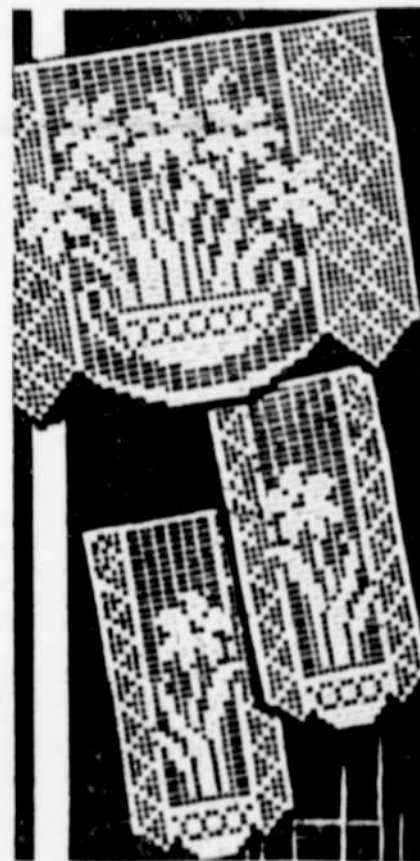
You'll be surprised to discover how quickly interest can be stimulated by serving familiar foods in a new way!

Questions Answered

Mrs. G. M. F.—The green outer leaves of lettuce or cabbage are richer in vitamin A than the colorless leaves at the inside of the head. For this reason, it's advisable to shred them and use for a salad or sandwiches.

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New Crocheted Chair Set



Pattern No. 1957

Capture spring with this narcissus chair set. It will freshen up your chairs. Or if it's a scarf you need, use the chair back for scarf ends. Pattern 1957 contains

SAFETY TALKS

Driving Too Fast

OF THE 28 states which published fatal traffic accident summaries for the year, 21 classified more drivers as "exceeding the speed limit" or "driving too fast for conditions" than were charged with any other kind of improper driving.

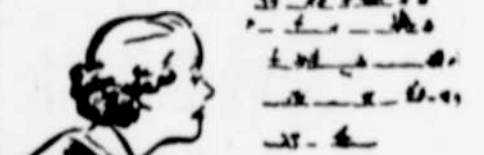
All 28 states combined, says the National Safety council, in its 1938 edition of "Accident Facts," reported about 18 per cent of the drivers in fatal accidents and about 9 per cent of the drivers in non-fatal accidents were in this category.

charts and directions for making set; materials required; illustration of stitches.

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