

Topics of Special Interest to Our Women Readers

Perhaps the Darky's Ducks Were Storks

A salesman was rattling along a country road in Tennessee, when he came to a ford. A Negro was standing by the little stream where some ducks were swimming. The salesman said: "Can I get through the creek with this car all right?"

"Yes, suh, drive right through." The salesman, thus encouraged, drove into the stream, only to find that the water was so deep that it flooded his engine. He and his companion had to get out into the stream with the cold water up to their armpits and push the car to the bank.

The salesman turned and said: "What do you mean by telling me that I could drive through that creek?"

"Well, boss, I never knew dat water was so deep. It only comes half-way up on my ducks!"

Ask Doctor About This Ideal Way TO LOSE FAT

READ EVERY WORD!

Make up your mind now that you'll lose some of that ugly fat and really enjoy life. No one can blame you if you don't want to take harmful drugs, go on starvation diets and do backbreaking exercises. No sane woman would. And for sensible women like yourself who really want to reduce yet don't expect miracles overnight—who are willing to faithfully follow a most simple, inexpensive and pleasant 28-day plan, we suggest this easy method—First of all go light on fatty foods and sweets. Eat plentifully of lean meats, fresh fruits and vegetables. And for proper functioning by removal of accumulated wastes be sure to take a half teaspoonful of Kruschen in hot water every morning. Kruschen is made right here in U. S. A. from famous English formula.

And let's get this straight right now about Kruschen. It is not harmful. It is NOT just one salt as some people may ignorantly believe. Look on the box! You'll see it is a blend of 6 active minerals which—when dissolved in water—is similar to the famous medicinal Spa waters where wealthy women have gone for years.

A jar of Kruschen costs but a few cents and lasts 6 weeks. Get a jar RIGHT AWAY! At druggists everywhere.

Harm in Flattery

Flattery corrupts both the receiver and the giver.

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.

Aping Wisdom

Cunning is to wisdom as an ape to a man.

RIGHT THIS VERY MINUTE How Do You Feel?

Tired? Irritable? No ambition? Look at your watch—note the time. The same time tomorrow, compare how you feel then with the way you do right now! In the meantime, stop at your drug-store and, tonight, drink a cup of Garfield Tea. Tonight—"Clean Up Inside"—Feel Different Tomorrow! Lose that let-down feeling. Let Garfield Tea clean away undigested wastes, intestinal "left-overs." Acts gently, promptly, thoroughly. Drink like ordinary tea. 10c—25c.

Write for FREE SAMPLE of Garfield Headache Remedy—also Garfield Tea, used for constipation, and indigestion, and to keep clean inside. Write Garfield Tea Co., Dept. 4, B'klyn, N.Y.

NEW IDEAS

ADVERTISEMENTS are your guide to modern living. They bring you today's NEWS about the food you eat and the clothes you wear. And the place to find out about these new things is right in this newspaper.



Household News

by

Eleanor Howe

Of Course You Can Bake

"I didn't have good luck with my cake baking today." You and I have both heard homemakers say just that—reason enough perhaps for our getting right down to cases today and finding out just what it is that makes for good luck—or bad luck—as the case may be in this cake baking business.

Of course it really isn't a case of luck at all, for the right proportions of the right ingredients combined in the right way and baked at the right oven temperature eliminate luck entirely and assure baking success not sometimes but always.

Information Please.

Of course you own a measuring cup but have you looked at it critically to see whether or not it has a rim which extends above the accurate cup measure? If it has a rim, do you measure the ingredients just to this point accurately, or clear to the top inaccurately?



Do you always sift the flour once just before measuring?

Do you use a fine granulated sugar when making cakes? There is a difference, you know.

Do you cream the shortening and mix the cake with a beating motion, not a stirring motion?

Do you level off the teaspoon measures of baking powder, salt or soda with a knife so as to be sure they, too, are accurate?

Do you start the oven 10 to 15 minutes in advance so it will be uniformly hot before the cake is placed in it?

Do you use a small, inexpensive oven thermometer for securing accurate oven temperatures if your range has no oven heat-control?

These are some of the chief factors, careful attention to which helps to spell success in cake baking. Try them out in the group of favorite cake recipes given below. I think you will like them and the recipes too.

Chocolate Silver Cake.

- 1/2 cup butter
- 1 1/2 cups granulated sugar
- 2 3/4 cups cake flour
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup milk
- 1 teaspoon vanilla extract
- 4 egg whites

Cream the butter, add the sugar and beat well. Sift the flour, baking powder and salt, and add alternately with the milk and vanilla. Beat the egg whites until stiff and fold into cake. Bake in two layers in a moderate oven (365 degrees Fahrenheit) 25 to 30 minutes. Top with chocolate butter icing.

A New Chocolate Cake.

- 4 ounces bitter chocolate
- 1/4 cup butter
- 1 1/2 cups granulated sugar
- 3 eggs
- 2 1/4 cups flour
- 1/4 teaspoon salt
- 3 teaspoons baking powder
- 1 cup milk
- 1 teaspoon vanilla extract

Melt the chocolate over warm water. Cream the butter and add the sugar, slowly, beating vigorously. Beat the yolks of the eggs until thick and add to the sugar and butter mixture. Add the melted chocolate and mix well. Sift the flour, salt, baking powder, and add

alternately with the milk and extract, beginning with the flour mixture. Beat egg whites until they are stiff, and fold into cake. Bake in two eight-inch layers in a moderate oven (365 degrees Fahrenheit) for about 30 minutes.

Lemon Cake.

- 1/2 cup butter
- 1 cup granulated sugar
- 2 eggs
- 1 3/4 cups cake flour
- 2 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup milk
- 1 teaspoon lemon extract

Cream butter and add sugar gradually. Add well-beaten egg yolks and mix thoroughly. Mix and sift all dry ingredients and add alternately with the milk and extract, beginning and ending with the flour mixture. Fold in the beaten whites of the eggs. Bake as loaf cake in a moderate oven (350 degrees Fahrenheit) for 35 to 40 minutes.

Get This New Cook Book.

Of course you can bake, and Eleanor Howe has shared her secrets of successful baking, together with her best-ever set of over 125 new and different, yet practical and inexpensive, baking recipes with you in this book. Send 10 cents in coin to Eleanor Howe, 919 North Michigan Ave., Chicago, and get a postage prepaid copy of "Better Baking."

White for Evening



IT HAS come to be quite a fad to wear white without even the slightest suggestion of color in the evening. In her lovely evening ensemble the young woman pictured above stresses the allure of white-sans-color to a glamorous degree. You'll be interested to know that the dress is made of a handsome linen weave for the smartest members of the younger set are so intrigued with the idea of linens and piques and swisses and such for formal they are wearing them to their very most dress-up parties. The tiny ruffles that edge this pretty dress emphasize the charm of simplicity. The all-white idea is maintained in the flowers she wears. A great play is being made also on chalk white, or frothy white or porcelain white jewelry to the extent that it is worn with daytime dark frocks as well as with evening costumes that are white throughout.

Home Sewn Aids To Summer Beauty



ADD variety and color, as well as smartness, to your summer wardrobe by making the charming accessory set in gay printed cottons like linen, pique or gingham. It's very easy to do—even the gloves, which have the new, roomy, blunt fingers. Your pattern (1643), includes a step-by-step sew chart that tells you exactly what to do.

This princess dress for afternoons is exactly what you want for hot summer days. This style (1752) is refreshingly simple, and it has a beautifully smooth, slim figure-line, upped sleeves, and a square neckline dipped in the front to make it more becoming. The frills at the neckline, sleeve edges and foot of the skirt, make this dress very feminine and flower-like. And it's so easy! The dress itself practically puts itself together, and the frills can be sewn in, in no time! Linen, voile, silk print organdy or flat crepe are pretty materials for this.

The Patterns.

No. 1643 is designed for sizes 14, 16, 18, 20, 40 and 42. Size 16 requires 2 1/2 yards of 36-inch material for jacket; 1/2 yard for gloves, and 1/4 yard contrast; 1 1/2 yards for scarf; 3/4 yard for bag.

No. 1752 is designed for sizes 12, 14, 16, 18 and 20. Size 14 takes 4 3/4 yards of 39-inch material; 4 3/4 yards of pleating or ruffling.

New Spring-Summer Pattern Book.

Send 15 cents for Barbara Bell's Spring-Summer Pattern Book! Make smart new frocks for street, daytime and afternoon, with these simple, carefully planned designs! It's chic, it's easy, it's economical, to sew your own. Each pattern includes a step-by-step sew chart to guide beginners.

Send your order to The Sewing Circle Pattern Dept., Room 1324, 211 W. Wacker Dr., Chicago, Ill. Price of patterns, 15 cents (in coins) each.

From Paris

Berthas are fashionable once again in georgettes.

Devotees of the color red, see it in season and out.

If you're tired of the roses on your hat, try an orange or an apple. Summer stockings tend to light rosy tones or bright golden casts.

Navy blue chiffon was chosen by Jean Patou for an afternoon blouse.

A smart new necklace is a cameo or miniature, on a velvet ribbon to be worn about the throat.

A quaint bouquet edged in organdy with a tiny hat to match is a brand new idea for a bridesmaid.

Femininity this year goes all the way to the fingertips with some of the new gloves having four rows of ruffles around the wrist.

A wrist-length boxy jacket of black monkey fur, modeled at the French races, has an inset of white fur just at the front of the throat for costume accent.

Variety of Cutwork To Beautify Linens



Pattern 1998

Variety's the thing! Here's a collection of border and corner motifs to make your linens look expensive. Cutwork's easy—just buttonhole stitch. Pattern 1998 contains a transfer pattern of 18 motifs ranging from 2 1/2 by 15 inches to 2 1/4 by 3 1/2 inches; materials required; illustrations of stitches; color schemes.

Send 15 cents in coins for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York, N. Y.

Please write your name, address and pattern number plainly.

Holograph Will

A will entirely in the maker's own handwriting, duly signed and dated but not witnessed, will be held valid, if in the court's opinion the maker's wishes are clear and unmistakable, in Alaska and the following states: Arizona, Arkansas, California, Idaho, Kentucky, Louisiana, Mississippi, Montana, Nevada, North Carolina, North Dakota, Oklahoma, South Dakota, Tennessee, Texas, Utah, Virginia, West Virginia and Wyoming.

CONSTIPATED?

Here is Amazing Relief for Conditions Due to Sluggish Bowels. If you think all laxatives are alike, just try this all-vegetable laxative, the most thorough, refreshing, invigorating. Dependable relief from sick headaches, bilious spells, tired feeling when associated with constipation. Without Risk get a 25c 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 **STUMS** QUICK RELIEF FOR ACID INDIGESTION

WNU-13 23-39

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