

Topics of Special Interest to Our Women Readers

AN HEIR?



"I just love this ozone."
"Guess I haven't met him. Has he got money?"

All Over the Place

He was very, very rich, and he spent most of his time trying to impress people.

One day he rushed up to the railway station and threw a \$20 bill down on the counter.

"Give me a ticket," he demanded.

"Where to?" asked the clerk.

"Anywhere," replied the rich man; "anywhere. I've got business all over the country."

How Women in Their 40's Can Attract Men

Here's good advice for a woman during her change (usually from 38 to 52), who fears she'll lose her appeal to men, who worries about hot flashes, loss of pep, dizzy spells, upset nerves and moody spells.

Get more fresh air, 8 hrs. sleep and if you need a good general system tonic take Lydia E. Pinkham's Vegetable Compound, made especially for women. It helps Nature build up physical resistance, thus helps give more vivacity to enjoy life and assist calming jittery nerves and disturbing symptoms that often accompany change of life. WELL WORTH TRYING!

Right Reading

It is not wide reading but useful reading that tends to excellence.—Aristippus.

The Better Way to Correct Constipation

One way to treat constipation is to endure it first and cure it afterward. The other way is to avoid having it by getting at its cause. So why not save yourself those dull headachy days, plus the inevitable trips to the medicine chest, if you can do it by a simple common-sense "ounce of prevention"?

If your trouble, like that of millions, is due to lack of "bulk" in the diet, "the better way" is to eat Kellogg's All-Bran. This crunchy, toasted, ready-to-eat cereal has just the "bulk" you need. If you eat it every day—and drink plenty of water—you can not only get regular but keep regular, day after day and month after month! All-Bran is made by Kellogg's in Battle Creek. Sold by every grocer.

WNU-13

24-38

A Hard Master

Honor is a harder master than the law.—Mark Twain.



Today's popularity of Doan's Pills, after many years of world-wide use, surely must be accepted as evidence of satisfactory use. And favorable public opinion supports that of the able physicians who test the value of Doan's under exacting laboratory conditions.

These physicians, approving every word of advertising you read, the objective of which is only to recommend Doan's Pills as a good diuretic treatment for functional kidney disorder and for relief of the pain and worry it causes.

If more people were aware of how the kidneys must constantly remove waste that cannot stay in the blood without injury to health, there would be better understanding of why the whole body suffers when kidneys lag, and diuretic medication would be more often employed.

Burning, scanty or too frequent urination may be warning of disturbed kidney function. You may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel weak, nervous, all played out.

Use Doan's Pills. It is better to rely on a medicine that has won world-wide acclaim than on something less favorably known. Ask your neighbor!

DOAN'S PILLS



When the Allowance Is Low

Lucky is the homemaker who has tucked away on her pantry shelf a package or two of oatmeal, and in her recipe file a half-dozen clever suggestions for using it in her menus. For oatmeal is a quick change artist, and with a little ingenuity you can turn out a whole array of tempting, unusual dishes as delicious to eat as they are inexpensive to eat.

For example, have you ever tried making light, flavorful raisin muffins with oatmeal? Or have you used oatmeal in a thick, hearty vegetable soup to give it that "stick-to-the-ribs" quality so much to be desired for active families? Had you thought of using it to stretch the meat budget, by making a little meat go a long way in meat patties or meat loaf? You've used oatmeal for luscious soft, chewy cookies, of course, but have you tried it for making the crust for a delectable apple pudding, or have you substituted it for nut meats in a rich-tasting torte?

You see, besides adding interest and variety to meals, and doing a first-class job of budget stretching, oatmeal may be trusted to add a large amount of low-cost food energy to the diet. Oatmeal, moreover, is an excellent source of vitamin B, modernly called thiamin. This vitamin is absolutely necessary to enable the body to transform food (especially carbohydrates) into muscular energy. Thiamin stimulates the appetite, too, and it helps in overcoming constipation, and acts as a prevention of nervousness.

Here, then, is a brand new series of carefully tested recipes, all of which contain oatmeal, all of which will be family favorites in your recipe box.

Meat Patties.

(Serves six)

- 6 slices bacon
- ¾ pound beef (ground)
- ¾ pound pork (ground)
- 1 egg (beaten)
- 1 tablespoon onion (chopped)
- 1 cup tomatoes (canned or fresh)
- ¼ cup milk
- ½ cup oatmeal
- ¾ teaspoon salt
- Dash of pepper

Line six muffin tins with strips of bacon. Combine remaining ingredients and mix well. Put into the muffin tins. Bake in a moderate oven (350 degrees) for approximately one hour.

Vegetable Oatmeal Soup.

(Serves eight)

- 2 pounds soup bone (½ bone, ½ meat)
- 2 quarts water
- 4 teaspoons salt
- ¼ teaspoon pepper
- 2 cups tomatoes (canned)
- 1 cup carrots (cubed)
- ¼ cup onion (chopped)
- ½ cup celery (chopped)
- ½ cup oatmeal or 1 cup regular rolled oats (uncooked)

Remove part of meat from cracked soup bone, cut meat into cubes and brown lightly in hot fat. Place meat, soup bone, water, salt and pepper in soup kettle. Cover tightly and simmer approximately two hours. Cool, strain, and chill sufficiently so that excess fat may

be skimmed off. There should be 6½ cups of soup stock. Return stock to kettle and add vegetables. Bring to a boil, then slowly add oatmeal. Cover and simmer approximately ½ hour, or until vegetables are tender. Soup meat used in making the stock may be cut in small pieces and added. Serve with finely chopped parsley, if desired.

Old-Fashioned Oatmeal Cookies.

(Makes five dozen)

- ¾ cup shortening
- 1½ cups dark brown sugar
- 1½ cups general purpose flour
- ½ teaspoon salt
- ¾ teaspoon soda
- 3 cups oatmeal
- ¾ cup sour milk
- ½ teaspoon vanilla

Cream the shortening and sugar thoroughly. Sift together the flour, salt, and soda, and combine with oatmeal. Add to the creamed mixture, alternately with the milk. Stir in the vanilla. Roll out to ¼ inch thickness on a lightly floured board. Cut into 2½-inch rounds with a floured cookie cutter. Bake on a greased cookie sheet in a moderately hot oven (375 degrees) for about 10 minutes.

Get This New Cook Book.

Of course the man in your family has very special recipe likes and dislikes. So has every other man. And, of course, they all like a big, juicy steak, apple pie à la mode, potatoes au gratin, etc. This new cook book contains over 125 recipes that men like. Send 10 cents in coin to Eleanor Howe, 919 North Michigan Avenue, Chicago, Ill., and get a postage prepaid copy of "Feeding Father."

(Released by Western Newspaper Union.)

Canteen Bag



ASK to see the new canteen bags. They are the latest. This black patent leather canteen bag by David—the well-known American designer—adds a sophisticated touch to a stunning tailored frock of sheer beige wool and black coat. For all its seeming flatness this bag is very spacious and conveniently fitted with a safe billfold and chained coin purse. It is also available in scratch proof racer-grain calf.

Charming Patterns For Smart Fashions



IF YOU want to look slimmer than you are, and do it in the coolest, smartest way possible, make yourself a dress like 1756. The skirt, paneled front and back, and cut to a high, fitted waistline, is beautifully slenderizing. The bodice is adroitly gathered to take care of bust fullness. Cape sleeves flutter charmingly from a smooth shoulder-line, and the deep V-neckline is your favorite. Make this of chiffon, georgette, linen or voile. You'll be delighted with its softness, coolness and chic.

Three-Piece Sports Ensemble.

No. 1755 takes care of three things you'll certainly want to take on your vacation—and that's a lot to get out of one pattern. You can make with it a sleeveless play suit, a separate skirt that transforms it into a daytime dress, and a bolero that makes the dress into a little suit! Just think what a blessing that will be, when you come to pack! And all three parts are just as smart and becoming as they can be! Gingham, percale, linen and pique are practical fabrics for this.

The Patterns.

No. 1756 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 4½ yards of 39-inch material without nap.

No. 1755 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 5½ yards of 35-inch material, 10 yards of braid or bias fold.

Spring and Summer Pattern Book. Send 15 cents for the Barbara Bell Spring and Summer Pattern Book, which is now ready. Make yourself attractive, practical and becoming clothes, selecting designs from the Barbara Bell well-planned, easy-to-make patterns.

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. (Bell Syndicate—WNU Service.)

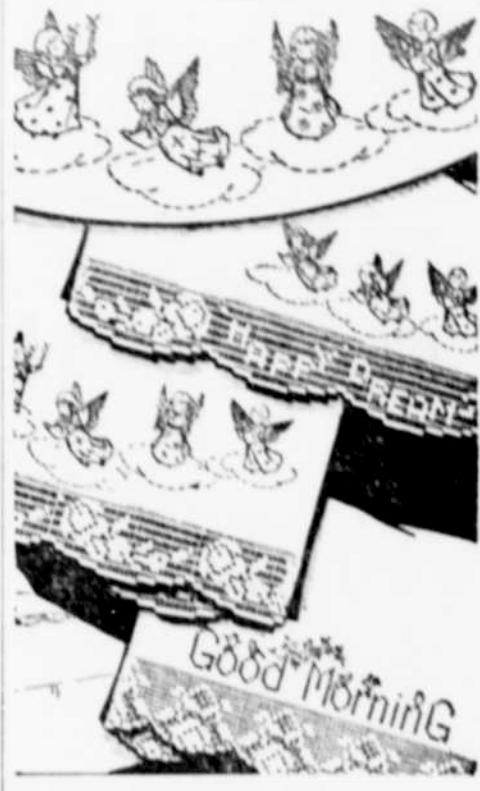
Dressy Ideas Are Given New Shoes

Time was when a shoe was just a shoe, but with every year they become a more important part of your wardrobe, and this season they adopt details which once belonged only to dresses. Some of them have tiny jutting wings, suggesting collars, posed just above the toe, and inlays and applications through the body of the shoe take the shape of brief boleros. Folded down collars around the tops of shoes suggest revers on coats, and military button details through the vamp evidently are inspired by the same treatment on dress and coat fronts.

Lovely New Cottons

You can get the loveliest most exquisite sheer cotton weaves these days. They are that delectable summer brides are ordering the wedding gown of perhaps sheerest of cotton marquisette or net or organdy or dotted swiss. It really is the fashionable thing to do—dress the bride and her attendants in sheer and lovely cotton weaves.

Decorative Angels for Sheets, Pillow Cases



Pattern 6348.

What could be more appropriate for sheet and pillow cases than these decorative angels in simple stitchery! Just the thing for guest linens. Perhaps you'll prefer the cheery "Good Morning" and "Good Evening." You can finish off either design with the filet crochet edging. Pattern 6348 contains a transfer pattern of seven motifs ranging from 4¼ by 16¼ inches to 3¼ by 9½ inches; directions and charts for crochet; materials needed; illustrations of stitches.

To obtain this pattern send 15 cents in coins to The Sewing Circle, Household Arts Dept., 259 W. 14th St., New York, N. Y.

Please write your name, address and pattern number plainly.

AT LAST! THE TRUTH ABOUT LOSING FAT

NEW YORK, N. Y.—In a test by a prominent N. Y. physician and nationally known newspaper woman—25 women lost a total of 286 lbs. in 40 days. YOU, too, can follow this SAME, SENSIBLE plan right at home and here it is:

First of all go light on fatty meats and sweets. Eat plentifully of lean meats, fish, fowl, fresh fruits and vegetables. And for proper functioning by removal of accumulated wastes take a half teaspoonful of Kruschen in hot water every morning. —DON'T MISS A MORNING. —Kruschen is made right here in U. S. A. from famous English formula.

And this is important! Kruschen is NOT harmful. It is not just one salt as some people ignorantly believe. Rather it's a blend of 6 active minerals, which when dissolved in water make a healthful mineral drink similar to highly effective Spa waters where wealthy women have gone for years. A jar of Kruschen costs only a few cents and lasts 6 weeks.

So, fat ladies—get some gumption! MAKE UP YOUR MIND YOU'LL STICK to the above Plan for 28 days—and just see if you don't lose fat and feel healthier and younger. You can get Kruschen at drug-gists everywhere.

In the Cause

It is the cause, and not the death, that makes the martyr.—Napoleon I.

FEEL GOOD

Here is Amazing Relief for Conditions Due to Sluggish 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 get a 25c box of NIT from your favorite drug-gist. Make the test—then if not delighted, return the box to us. We will refund the purchase price. That's fair. Get NIT Tablets today.

NR TO-NIGHT (Image of NIT Tablets box) **QUICK RELIEF FOR ACID INDIGESTION**

Black Leaf 40 KILLS LICE JUST A DASH IN FEATHERS OR SPREAD ON ROOSTS