

Topics of Special Interest to Our Women Readers

PINCHED HER



"Joan's bathing suit arrested everyone's attention."
"Yes, until she was arrested herself."

Competent Judge

Two burglars had broken into a tailor's shop and were busy sorting out some suits when one of them saw one marked \$65.

"Bert, look at the price of that one," he said. "Why, it's downright robbery, ain't it?"

Notice in a doctor's surgery: "Ladies in the waiting room will please not exchange symptoms. It gets the doctor hopelessly mixed."

Disadvantage

Boogy—Truth is stranger than fiction.

Woogy—Yes, but it's seldom so well expressed.

LOST YOUR PEP?

Here is Amazing Relief for Conditions Due to Sluggish Bowels. **Nature's Remedy** is a vegetable laxative. So mild, 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 drugist. Make the test—then if not delighted, return the box to us. We will refund the purchase price. That's fair. One NR Tablet today.

ALWAYS CARRY **QUICK RELIEF FOR ACID INDIGESTION**

Escaped Deeds

Youth once gone is gone. Deeds, let escape, are never to be done.—Robert Browning.

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!**

Sorrow's Crown

A sorrow's crown of sorrow is remembering happier things.—Dante.

WNU—13

28—39

THE TRUTH SIMPLY TOLD

too, approve 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 at night, 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

Household News

By Eleanor Howe

Refrigerator Meals

It's a smart stunt to get meal preparation out of the way in the cool of the morning. Knowing that dinner's ready and practically waiting to be served helps you to look and feel cool, calm and collected, and it leaves you free for "vacationing" during the hot hours of the day.

Here's a menu that can be prepared in the morning, almost down to the last sprig of parsley, so that it will be ready to serve at the appointed dinner hour with only a little additional work.

- Pineapple Upside Down Loaf
- Tomatoes Stuffed With Macaroni
- Buttered Fresh Peas
- Minted Pear Salad
- Hot Biscuits
- Strawberry Fluff
- Biscuits.

(Makes 12-14 Biscuits).
2 cups flour
4 teaspoons baking powder
¾ teaspoon salt
¼ cup shortening
¾ cup milk

Sift dry ingredients together and cut in shortening. Add liquid slowly. Turn dough onto lightly floured board, pat to ½-inch thickness, and cut in rounds. Place on greased cookie sheet. Brush biscuits with melted butter and store in refrigerator until 20 minutes before dinner. Bake in hot oven (450 degrees) for 15-20 minutes.

Pineapple Upside Down Ham Loaf.
Sliced pineapple
Whole cloves
1½ pounds ham (ground)
¾ pound veal (ground)

1 green pepper (minced) ½ cup
1 cup rice (cooked)
2 tablespoons onion (minced)
¼ teaspoon pepper
1 teaspoon salt

1 egg (beaten)
½ cup chili sauce or catsup
½ cup water
Dot several slices of pineapple with whole cloves. Arrange in the bottom of a loaf pan.

Combine meat, green pepper, rice, onion and seasonings. Add egg, chili sauce (or catsup) and water. Shape into loaf, and bake at 375 degrees for one hour. Turn out onto platter. Serve hot or cold.

Buttered Fresh Peas.
Simply place the shelled peas in a saucepan, partially filled with water. Set in refrigerator, then just before dinner, cook in this same water. For variety, sprinkle finely chopped garden mint over peas before serving.

Tomatoes Stuffed With Macaroni.
Remove the centers from the desired number of tomatoes and fill with cooked and seasoned macaroni, topping with slices of cheese, or better yet, if the refrigerator divulges some freshly kept, left-over macaroni and cheese, this may be used instead, with a buttered crumb topping. Chill until dinner time, then bake in a hot oven (400 degrees) for about 20 minutes.

Minted Pear Salad.
1 package mint-flavored gelatin
1 cup boiling water
1 cup cold water
¼ teaspoon salt
5 or 6 pear halves (canned)
Lettuce
Salad dressing.

Dissolve gelatin in boiling water, add cold water and salt. Let stand in refrigerator until cool. Dip pear halves in cold gelatin mixture and arrange in ring mold. Place in refrigerator until set, and fill the mold with the cooled gelatin mixture. Chill until firm. Serve on large platter with a small bowl of salad dressing and lettuce for garnish.

Strawberry Fluff.

And for dessert, combine whipped cream, sliced strawberries and marshmallows, cut in quarters. Place in sherbets and chill for several hours or overnight.

Get Your Copy of This New Book.

Just imagine being able to turn to a helpful little book for the answers to puzzling questions about home-making. Tips on how to save work while ironing, how to remove old paint and varnish from furniture, what to do when your net curtains tear and the budget just won't permit a new pair, the answers to these and many other questions will be found in Eleanor Howe's useful little book "Household Hints." Send 10 cents in coin to Eleanor Howe, 919 N. Michigan Avenue, Chicago, Ill., and get your copy of "Household Hints" now.

(Released by Western Newspaper Union.)

Deck White Suits In Brass Buttons

There is a tendency to impart a military air to summer dresses and suits made of white sharkskin or white gossamer sheer wool by the use of handsome brass buttons, and in some instances epaulets of gold braid have been added. The fad for all white with gold trimming is also carried out in that gold kid belts are being worn with classic white dresses the draping of which takes on a sculptural beauty.

Lumber-Jacket Top



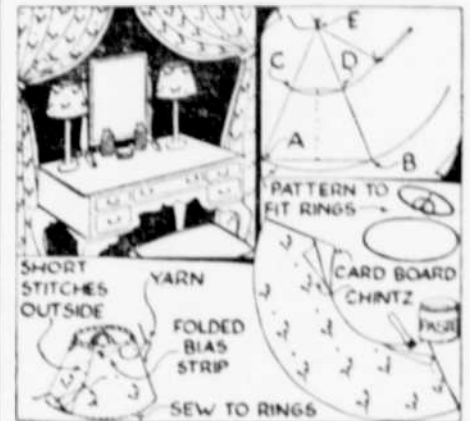
The lumber-jacket influence continues throughout summer fashions. So much so many of the daintiest sheer lingerie blouses are now made with belts (some worked with lace insertion and edging) that fasten over the skirt. Printed silk sheers such as pictured proclaim the new fad in this youthful lumber-jacket silhouette that has come in on the crest of the widely heralded "little girl" vogue. Note how its belt buttons over the skirt. The remarkable thing about the silk that fashions this dress is that it is the new sanitized type, treated with process that acts as a deodorant.

Chintz-Covered Lamp Shades You Can Make

By RUTH WYETH SPEARS

"DEAR MRS. SPEARS: I have a pair of lamps for my dressing table, and I would like to use some of my curtain material to cover plain shades. Can you tell me how this is done?" Here is a method that is shown for a living room lamp in Book 1. It may be used for a shade of any size. You will need the top and bottom rings from an old lamp shade. A cardboard foundation is cut to fit these, and the chintz or other fabric is pasted to the edge of this.

The AB line in the pattern diagram is as long as the diameter of the bottom ring. The dotted vertical line is approximately as long as the depth of the shade.



The CD line is as long as the diameter of the top ring. Draw the diagonal lines to touch the ends of the AB and CD lines. Place a tack where they meet at E. Place a pencil through a loop in a string, as shown, and draw the bottom line of the shade making it as long as the measurement around the bottom ring plus a half inch. Shorten the string and draw the top to fit the top ring allowing for a half inch lap.

NOTE: Book 1—SEWING, for the Home Decorator, and No. 2, Gifts, Novelties and Embroideries, are now 15 cents each, or both books for 25 cents. Readers who have not secured their copies of these two books should send in their orders at once, as no more copies will be available, when the present stock is sold. Your choice of the QUILT LEAFLET showing 36 authentic patchwork stitches; or the RAGRUG LEAFLET, will be included with orders for both books for the present, but the offer may be withdrawn at any time. Leaflets are 6 cents each when ordered without the books.

Everyone should have copies of these two books containing 96 How to Sew articles by Mrs. Spears. Send your order at once to Mrs. Spears, 210 S. Desplains St., Chicago, Ill.

Dreaded Whisper

The whisperer is more to be dreaded than an open slanderer, because he endeavors to accomplish his malicious purposes secretly, and his victim has no chance of frustrating them.—Dr. Davies.

CLASSIFIED DEPARTMENT

PERSONAL

Work on Steam Ships. Full details send 50 cents. P. O. Box 84, Los Angeles, Calif.

OPPORTUNITY

Amazing profit! No selling! Operate Silver King vendors. \$3.25 up. Free instructions. AUTOMATIC, 2425 G. Fullerton, Chicago.

PHOTOGRAPHY

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5 prints 2 1/2 x 1 1/2 silk enlargements, or your choice of 10 prints without enlargements 20c each. Reprints 30c ea.
NORTHWEST PHOTO SERVICE
 Fargo Dept. K North Dakota

16 PRINTS 25¢

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CRUTCHES

"THERE are too many Americans advocating the construction of crutches to put under the arms of individuals and too few expounding the ideals which made America great."—U. S. Senator William H. King.

Dependable Citizens

The prosperity of a country depends, not on the abundance of its revenues, the strength of its fortifications, or the beauty of its public buildings; but it consists in the number of its cultivated citizens, in its men of education, enlightenment and character.—Luther.

There's a Good Reason You're Constipated!

When there's something wrong with you, the first rule is: get at the cause. If you are constipated, don't endure it first and cure it afterward. Find out what's giving you the trouble.

Chances are it's simple if you eat the super-refined foods most people do: meat, white bread, potatoes. It's likely you don't get enough "bulk." And "bulk" doesn't mean a lot of food. It's a kind of food that isn't consumed in the body, but leaves a soft "bulky" mass in the intestines and helps a bowel movement.

If this is your trouble, you should eat a natural "bulk" producing food—such a one as the crunchy, toasted, ready-to-eat cereal—Kellogg's All-Bran. All-Bran is the ounce of prevention that's worth a pound of emergency relief. Eat it every day, drink plenty of water, and "Join the Regulars." All-Bran is made by Kellogg's in Battle Creek.

Rests With Fools

Anger may glance into the wise man's breast, but only in the bosom of fools doth it rest.

How 25 Women Lost Ugly FAT In Special N. Y. Test

Ask Your Doctor If It Isn't Good Way. Read EVERY Word

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 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 druggists everywhere.

Advertised BARGAINS

Our readers should always remember that our community merchants cannot afford to advertise a bargain unless it is a real bargain. They do advertise bargains and such advertising means money saving to the people of the community.