

Submarine Principle First Used by Caddis Fly

The submarine principle was used millions of years ago by an insect known as the caddis fly. The young of certain caddis flies build a "submarine" of selected materials found on the bed of a stream or lake, binding them together with silk. By attaching or detaching bubbles of air to their cases and thereby altering the specific gravity, the flies are able to rise or submerge in water.



NEW! BRAN MUFFINS WITH TANGY PINEAPPLE

Grand Idea For Sunday Night Supper
Aah! Crunchy toasted Kellogg's All-Bran dotted with flavorful pineapple! Different and de-licious!

1/4 cup shortening 1/2 teaspoon salt
1/4 cup sugar 1 cup Kellogg's
1 egg All-Bran
1 cup sifted flour 1 cup undrained
2 1/2 teaspoons crushed
baking powder pineapple
1. Blend shortening and sugar; add egg and beat well.
2. Sift flour with baking powder and salt; add All-Bran. Stir into first mixture alternately with pineapple. Mix only until combined.
3. Fill greased muffin pans 3/4 full. Bake in moderately hot oven (400° F.) 25 to 30 minutes.
Yield: 10 muffins — 2 1/4 inches in diameter.

America's most famous natural laxative cereal — try a bowl tomorrow.

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YES, in just 7 days... in one short week... a group of people who changed from their old dentifrices to Calox Tooth Powder averaged 38% brighter teeth by scientific test. Why not change to Calox yourself? Buy Calox today... so your teeth can start looking brighter tomorrow!

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Also Helps Build Up Red Blood!
Do female functional periodic disturbances make you suffer pain, feel so nervous, irritable—at such times? Then try Lydia E. Pinkham's TABLETS to relieve such symptoms. Pinkham's Tablets are also very effective to help build up red blood in simple anemia.
Lydia E. Pinkham's TABLETS



Homemade Presents Are Sure to Please Discriminating Friends

A DAY or two or three spent in the kitchen instead of out among Christmas crowds will yield several lovely as well as edible presents to give your closest friends.

Most people are so busy around the holidays, not only with shopping but with entertaining that food presents will be really welcome. Think how nice it is to receive some colorful jelly to serve with Christmas dinner or a homemade coffee cake done up in gala wrappings!

Make a gift list of food presents, then bring out the recipes and decide just how much of each to make. Wrap prettily and deliver just as you would other presents. Keep a few extra boxes of food gifts to give just in case someone you'd forgotten drops in unexpectedly.

If you put up a lot of jellies, jams and preserves during the summer, bring these out and wrap in gay paper and tie with fancy bows. Even one jar makes a perfectly delightful present.

For more elaborate presents you might want to give several jars on a tray that may be used for relishes or sandwiches.

JUST IN CASE you do not have enough jars of jelly from summer, here are some recipes to replenish the supply.

Cranberry Jam
(Makes 13 6-ounce glasses)
7 cups prepared fruit
3 cups sugar
3 cups light corn syrup
1 box powdered fruit pectin

To prepare fruit, add four cups water to about three and one-fourth pounds of fully ripe cranberries. Bring to a boil and simmer, covered, for 10 minutes. Sieve pulp to remove seeds, if desired. (For spiced cranberry jam, simmer fruit with one-half teaspoon ground cloves and one teaspoon cinnamon



Presents made in your kitchen reflect your interest and thoughtfulness to the recipient of the gift, especially if you give gay and colorful jars of jellies and other canned goods. Use some of the stock you put up this summer for gifts.

or one and one-half teaspoons of any desired combination of spices.)
Measure sugar and corn syrup into a dry bowl and set aside until needed. Measure prepared fruit into a five to six quart kettle filling up the last cup or fraction of cup with water if necessary. Place over hottest fire. Add powdered fruit pectin, mix well, and continue stirring until mixture comes to a hard boil. Pour in sugar and syrup at once, stirring constantly. (To reduce foaming, one-fourth teaspoon butter may be added.) Continue stirring, bring to a full, rolling boil and boil hard one minute.

Remove from fire, skim, pour quickly. Paraffin hot jam at once.

Apricot Jam
1 pound dried apricots
1 1/2 cups sugar
1 cup seedless raisins
3/4 cup water in which apricots were soaked
1 orange.

Wash apricots and soak in water enough to cover for one hour. Slice orange fine and cut each slice in fine pieces. Mix all ingredients together.

Cook slowly until thickened. Fill jelly glasses and seal with paraffin at once.

Pear and Apple Conserve
9 hard pears
6 tart apples

Lynn Says:
Make Wrappings Gay For Home-Made Gifts

Plum puddings can be given away in small colorful bowls or molds with the paper over the top. The scallop treatment around the paper gives a festive effect.

When you're giving away cookies in a round, flat, tin box, make it decorative by placing a lacy fringe around the edge of the cover. A real holly sprig on top will show off much better if placed on a small lace doily.

LYNN CHAMBERS' MENU

Pot Roast with Potato Pancakes
Apple Sauce Green Beans
Pineapple-Cabbage Slaw
Rolls Beverage
Orange Tapioca Pudding
Cookies

1 1/2 lemons
3/4 pound preserved ginger
1/2 pint water
Sugar

Pare, quarter and core pears. Pare apples, core and cut crosswise into one-half-inch slices. Grate rind of lemons and add juice to the water. Cut ginger in small pieces. For every pound of fruit allow one pound of sugar. Boil sugar and water to a syrup, then add remaining ingredients and boil 45 minutes or until thick and clear. Place in



This Christmas tree coffee cake will make a welcome present for neighbors or close friends, because it's good to eat as well as very festive appearing. To make it, use a yeast dough recipe given in the column and decorate with candied red and green cherries to give the effect of lights.

sterilized cans or jars and seal at once.

Christmas Tree Coffee Cake
(Makes 1 tree cake)
1 cup ready-to-eat bran
1 cup scalded milk
1/4 cup shortening
1/4 cup sugar
1 teaspoon salt
1 cake compressed yeast or 1 package granular yeast
1 egg, well beaten
2 1/4 cup sifted flour

Combine bran, milk, shortening, sugar and salt. Stir until shortening is melted, then cool to lukewarm. Soften yeast in this mixture. Add egg. Stir in flour to make a soft dough; cover. Let stand ten minutes. Knead on lightly floured surface. Place in a greased bowl. Cover and let rise in a warm place until doubled in bulk. Punch down.

Form dough into a long rope or roll about one inch thick; swirl back and forth on a cookie sheet in shape of a pine tree, reserving a small portion of the dough to use for the trunk of the tree. Cover and let rise until doubled in bulk. Bake in a moderate (375-degree) oven for about 25 minutes. When cool, frost with uncooked icing (made out of powdered sugar and a little milk) and decorate with candied cherries to represent lights on a tree.

HERE IS an excellent fruit bread to have on hand for the holidays because it will keep fresh for weeks if kept wrapped in waxed paper and placed in a tin. Slice it thin and use for sandwiches. It makes a lovely gift.

Fruit Bread
(Makes 3 loaves)
12 eggs
3 cups sugar
6 cups flour
2 tablespoons baking powder
2 cups chopped seedless raisins
2 cups chopped walnuts
1 cup chopped, candied orange peel

Beat the eggs and sugar together for 10 minutes on an electric mixer. (Hand beating will take an hour so you'll have to enlist help from the youngsters!) Fold in the flour and baking powder which have been sifted together. Add the fruits, mixed and floured with a bit of extra flour. Bake in greased loaf pans in a slow (325-degree) oven for one hour.

This is a nice bread for a gift. It's rich and has a distinctive flavor because of the walnuts. Serve it for sandwiches when entertaining, rather than for a meal.

Released by WNU Features.

Make or buy biscuit and pastry mixes and store in the refrigerator to have them ready for quick use.

Make it easy to stuff your holiday bird by getting crumbs ready early and storing them in glass jars.

Round cereal boxes such as those in which oatmeal comes may be covered with candy striped paper and filled with cookies.

Children's goodies can be given away in small socks. Put in a red candy cane for color and tie the sock with a red, green or colorful bow.

A Stuffed Bunny Toy



MAKE this joyful toy for your youngster! Funny Bunny is such a cheerful companion, all dressed up, too. He's easy sewing.

Stuffed bunny, fine for birthday or bazaar! Pattern 962 has transfer of toy, clothes patterns.

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

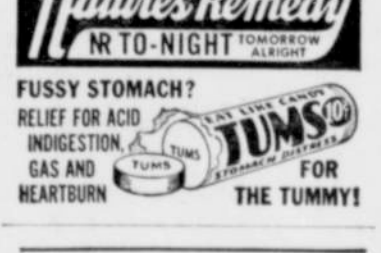
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Older folks say it's common sense... ALL-VEGETABLE LAXATIVE

NATURE'S REMEDY (NR) TABLETS—A purely vegetable laxative to relieve constipation without the usual griping, sickening, perturbing sensations, and does not cause a rash. Try NR—you will see the difference. Uncoated or candy coated—their action is dependable, thorough, yet gentle as millions of NR's have proved. Get a 25c box and use as directed.



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That Nagging Backache

May Warn of Disordered Kidney Action

Modern life with its hurry and worry, irregular habits, improper eating and drinking—the risk of exposure and infection—throws heavy strains on the work of the kidneys. They are apt to become over-taxed and fail to filter excess acid and other impurities from the life-giving blood.

You may suffer nagging backache, headache, dizziness, getting up at night, leg pain, swelling—feet constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.

Try Doan's Pills. Doan's helps the kidneys to pass off harmful excess body wastes. They have had more than half a century of public approval. Are recommended by grateful users everywhere. Ask your neighbor!

DOAN'S PILLS

SEWING CIRCLE PATTERNS

Diagonal Interest on Daytimer



Handsome Daytimer
DESIGNED with a flattering youthful air for the larger figure is this handsome daytimer that comes in a wide size range. Note the one-sided interest on bodice and hipline, the choice of sleeve lengths.

Pattern No. 1821 comes in sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38, cap sleeve, 5 1/4 yards of 39-inch.

Name _____
Address _____

'Tis the season to be jolly—and if you're a woman facing the vexing question of what to get him, here's a two-way perfect solution: If he's a smoker who likes his cigarettes on the cool, mild side, get him a carton or two of Camels. Their choice tobaccos are sure to please him on Christmas Day. Or perhaps he enjoys smoking a pipe, too. If so, mellow Prince Albert Smoking Tobacco will round out your gift selection in a mighty handsome manner. Both items are right in keeping with your holiday sentiment; they come gaily wrapped in special Christmas packages. The camel cartons contain 200 cool, mild Camel cigarettes. And the pound tin of Prince Albert is brimful of mild, tasty smoking that has truly earned the title — the National Joy Smoke. Each gift has space for your written greetings. When you give Camels and Prince Albert for Christmas, you can be sure of pleasing him! They're easy to order, too; a local dealer is well supplied right now. (Adv.)

Send an additional quarter for your copy of the Fall and Winter FASHION—it's brimful of ideas for smart winter wardrobes. Free pattern printed inside the book.

SEWING CIRCLE PATTERN DEPT.
539 South Wells St. • Chicago 7, Ill.
Enclose 25 cents in coins for each pattern desired.
Pattern No. _____ Size _____
Name _____
Address _____

This Home-Mixed Cough Syrup Is Most Effective

Cough medicines usually contain a large quantity of plain syrup—a good ingredient, but one which you can easily make at home. Take 2 cups of granulated sugar and 1 cup of water, and stir a few moments until dissolved. Or use corn syrup or liquid honey, instead of sugar syrup.

Then get from any drugist 2 1/2 ounces of Pinex, pour it into a pint bottle, and fill up with your syrup. This gives you a full pint of wonderful medicine for coughs due to colds. It makes a real saving because it gives you about four times as much for your money. Never spoils. Tastes fine. This is actually a surprisingly effective, quick-acting cough relief. Swiftly, you feel it taking hold. It loosens the phlegm, soothes the irritated membranes and makes breathing easy. You've never seen anything better for quick and pleasing results.

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