#### ASK ME ANOTHER A General Quiz

What is a centograph? Who was Governor Dewey's running mate (candidate for vicepresident on the Republican tick-

et) in 1944? 3. In what section of the United States is industry advancing most

rapidly?
4. What is the approximate total of Protestant Sunday-school membership in the United States?

The Answers 1. A tomb or monument erected in memory of a person-or persons-buried elsewhere.

Governor Bricker of Ohio. . Houston, Texa: - with over \$80,000,000 invested there during 1946-47.

4. 25,000,000.



# MUSCLE STRAIN?

**SORETONE Liniment's Heating Pad Action** Gives Quick Relief!

When fatigue, exposure put misery in muscles, tendons and back, relieve such symptoms quickly with the liniment specially made for this purpose.

Soretone Liniment contains effective rubefacient ingredients that act like glowing warmth from a heating pad. Helps attract fresh surface blood supply.

Soretone is in a class by itself. Fort secret.

Soretone is in a class by itself. Fast, gentle, satisfying relief assured or price refunded. 50c. Economy size \$1.00. Try Soretone for Athlete's Foot. Kills all 5 types of common fungi -- on contact!



tional 'middle age' period peculiar to women (38 to 52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, highstrung, tired? feel so nervous, highstrung, tired the do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound also has what Doctors call a stomachic tonic effect!

LYDIA E. PINKHAM'S VEGETABLE



NATURE'S REMEDY (NR) TAB-LETS-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. Un-coated or candy coated—their action is dependable, thorough, yet gentle as millions of NR's have proved. Get a



**FUSSY STOMACH?** RELIEF FOR ACID INDIGESTION, A. TUMS



## **RELIEF AT LAST** For Your COUGH

it goes right to the seat of the trouble to help loosen and expel germ laden phlegm and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion the way it quickly allays the cough or you are to have your money back.

CREOMULSION for Coughs, Chest Colds, Bronchitis

WNU-13

Watch Your Kidneys

Help Them Cleanse the Blood of Harmful Body Waste

Your kidneys are constantly filtering raste matter from the blood stream. But idneys sometimes lag in their work—do not act as Nature intended—fail to recove impurities that, if retained, may osless the system and upset the whole ody machinery.

HOUSEHOLD MEMOS ... by Lyun Chambers



Serve Home-Made Rolls Often! (See Recipes Below)

Bake at Home

HOMEMAKERS who want to keep up their morale will find satisfaction in the praise of the family. Such

remarks as "Oh, boy, mom is making those rolls for dinner tonight," or "The house smells wonderful with that bread baking," bring a lift and a lilt to the heart of many of us

beseiged with the routine of endless cleaning, dusting, laundry and preparing meals. No longer need there be an excuse for not making yeast-raised breads and rolls at home, for methods

have become exceedingly simplified recently. You don't even have to knead these delightful concoctions any more, and in many cases, one rising is sufficient. No-knead rolls and bread are light and delicious. They do not have

quite as fine a texture as breads which have been kneaded, but this is a small matter, especially when you can have fragrant yeast rolls so quickly. The recipes for quick rolls of this

type are quite different from others you've used. Less flour is used and the dough is soft. The directions given in this column have been carefully tested, so be sure to follow them closely, and you'll have amazing success.

FOR THIS SEASON of the year one recipe which you'll want to use often, is that for hot cross buns.

Hot Cross Buns

(Makes 18) 1 cup sealded milk ¼ cup shortening 1 tablespoon sugar

2 teaspoons salt 1 package yeast, compressed

or dry granular 1 egg 3 cups sifted, all-purpose flour

1/2 cup raisins 1/2 teaspoon cinnamon Combine milk, shortening, sugar

and salt. When lukewarm, add

yeast and mix thoroughly. Blend in

egg, then add gradually the flour with raisins and cinnamon and mix until well-blended and soft. Place in a greased bowl and cover. Place dough in refrigerator until needed, or allow to rest for 10 minutes before shaping. Form dough into buns and place on greased baking sheet. Let rise in a warm place (80" to 85")

until light, about 45 minutes. In the meantime, combine one wellbeaten egg white with two tablespoons of cold water and brush the tops of the buns with the mixture just before baking. Slash a deep cross on top of each bun with a sharp knife, after they have risen. Bake in a hot (425°) oven for 20 minutes.

Combine four teaspoons of milk with one cup sifted confectioners' sugar and one-fourth teaspoon vanilla. Drip this mixture over the buns filling the crosses, while the rolls are still hot

Omit the raisins and cinnamon from the above recipe and use it for caramel rolls, as follows:

LYNN SAYS: Serve Hot Sandwiches For a Savory Lunch

Scrambled eggs placed between two slices of buttered toast which have been spread with anchovy paste make a delectable sandwich. bread, top with another slice of American cheese and place in the bread and dip in an egg-milk mix-

ture. Fry as for French toast. Hot sliced tongue makes an excellent sandwich when teamed with Serve on slices of buttered toast fried apples on a toasted English

#### LYNN CHAMBERS' MENU

Broiled Whitefish Lemon Butter Parsleyed Potatoes Buttered Asparagus Apple Celery Salad Potato Rolls Beverage Lemon Sherbet Cookies \*Recipe Given

Caramel Rolls

Spread the dough with one and one-half tablespoons butter, melted, one-fourth cup brown sugar and one teaspoon cinnamon. Roll and cut into one-inch pieces. Combine one-half cup brown sugar, three tablespoons honey-flavored corn syrup and one tablespoon butter. Spread about one tablespoon of this mixture in greased muffin tins and place in cut pieces of dough. Let rise until light, then bake in a moderately hot (375°) oven for i5 to 20 minutes or until golden

an old-fashioned hot bread which grandmother used to make, potato rolls, a recipe which has now been brought up-to-date with streamlined technique to speed the process.

\*Petato Rolls (Makes 2 dozen) 1 cup scalded milk 3 tablespoons shortening

1 tablespoon\*sugar 2 teaspoons salt 1 package yeast, compressed or dry granular

2 eggs 34 cup hot, mashed potatoes (unseasoned) 4 cups sifted all-purpose flour

Combine the milk, shortening, sugar and salt. Add yeast and mix well. Blend in beaten eggs and mashed potatoes. Add gradually the flour and mix until well-blended and dough is soft. Store dough in refrigerator or cold place for at least two hours or until needed. The top of the dough should be greased.

When ready to use, roll chilled, dough to one-half inch thickness on a floured board. Cut with a two and one-half inch cutter. Place on a greased baking sheet. (Or, shape rolls into any shape desired, like parkerhouse, cloverleaf, twists, braids, bowknots, etc.). Let rise in a warm place until doubled in bulk, about one and one-half hours. Bake in a moderately hot (400°) oven for 15-20 minutes.

Orange Bread (Makes 1 loaf)

1 cake yeast, compressed or dry granular

34 cup lukewarm water

1 beaten egg 2 tablespoons melted shorten-

ing 1 teaspoon salt 2 tablespoons sugar Grated rind of 2 oranges

34 cup orange juice

4 cups flour

Dissolve the yeast in water. Add the beaten egg, shortening, sugar, orange rind and juice. Stir in flour, mixing until smooth. Add more flour, if necessary, to make dough easy to handle. Let rise in bowl un-

til doubled in bulk. Place in a greased loaf pan and let rise again until doubled in bulk. Bake in a hot (400°) oven for 10 minutes, then reduce heat to moderate (350") and bake for 45 minutes longer. Bulk sausage meat, fried in pat-

ties, and placed between hot pancakes, made the same size as the sausage patty, are hearty as well as good.

Place baked or boiled ham on a slice of bread and spread thinly Spread deviled ham on white with mustard. Top with a slice of oven until cheese melts slightly.

Sprinkle thick slices of tomato with salt, pepper and bits of bacon. which has been spread with ham salad or deviled ham.

#### SEWING CIRCLE PATTERNS

Yoked Date Frock Is Youthful Lovely Nightie for Trousseau



Easily Sewn Gown

PRETTY enough for a trousseau

gown that's such easy sewing.

Just four pattern pieces. A draw-

string waist makes it fit just right,

Pattern No. 1869 is for sizes 12, 14, 16, 18, 20; 40 and 42. Size 14, 3% yards of 35 or 39-inch; 1% yards trimming.

SEWING CIRCLE PATTERN DEPT 530 South Wells St. Chicago 7, Ill

Enclose 25 cents in coins for each

lace sweetens the neckline.

is this lovely round-necked

Exciting Yoked Frock EXCITING, smart, wearable-a handsome yoked frock that combines two fabrics effectively. Narrow ruffling trims the sleeve



Food chopper won't slip off the table when grinding meat if you place small pieces of sandpaper between the clamps and the table.

If your blouses persist in "riding up," sew top half of snaps under skirt band and lower part of snap to blouse - reinforce the blouse where snaps are sewn. Blouse will stay down, skirt will stay up!

When storing boxes on top shelves, attach tags to long cords so you can read what is in them without climbing up a chair or ladder-saves time and energy in locating just the box you want.

When airing clothes outdoors on hangers, fold fruit jar rings over line and slip hangers through loop ends to help prevent clothing from swinging down the line.

Paint your hoe handle with 1-. 11/2-, 2-, and 3-feet markings for a handy measuring guide when you plant your garden.

Treat linoleum around the sink with an application of automobile wax to prevent spotting and watersoaking.

#### Cafeteria Service

Down on the Farm

Using his "calf bar," Art Schmidt of Luverne, S. 1., can feed 100 calves in 40 minutes. The device consists of a nipple, attached to a rubber tube which is dropped into a two quart glass jar.

The "bar" feeds eight calves at a time; when the jars are empty, the calves which emptied them are put in a separate pen and eight more "customers" are turned in.

When calves are slow in "catching on" they receive preliminary training with a nipple pail-a bucket with a large rubber nipple protruding from its side, from which they quickly learn to suck.

# Constipated For 30 Years-But No More

"I suffered constipation over 30 years but got no help till I began to eat KELLOGG'S ALL-BRAN at every breakfast. What a difference! I'm a 'regu-lar' now."—A. C. Buethe, St. Cloud

Minn.
If your diet lacks bulk for normal elimination. this delicious cereal will supply it. Eat an ounce every day in milk—and drink plenty of water. If not satisfied



after 10 days, send empty carton to Kellogg Co., Battle Creek, Mich.,

### To Relieve Your Cough, Mix This Recipe, at Home

You'll be surprised how quickly and easily you can relieve coughs due to colds, when you try this splendid recipe. It gives you about four times as much cough medicine for your money, and you'll find it truly wonderful.

Make a syrup by stirring 2 cups of granulated sugar and one cup of water a few moments, until dissolved. water a few moments, until dissolved. No cooking needed—it's no trouble at all. (Or you can use corn syrup or liquid honey, instead of sugar syrup.) Then put 2½ ounces of Pinex (obtained from any druggist) into a pint bottle, and fill up with your syrup. This makes a full pint of medicine that will please you by its quick action. It never spoils, and tastes fine.

that will please you by its quick action. It never spoils, and tastes fine. This simple mixture takes right hold of a cough. For real results, you've never seen anything better. It loosens the phlegm, soothes the irritated membranes, and eases the soreness. Pinex is a special compound of proven ingredients, in concentrated form, well-known for its quick action

in coughs and bronchial irritations. Money refunded if it doesn't please you in every way. Pinex Is Fast Relief!







