

Tea-Room Dishes at Home

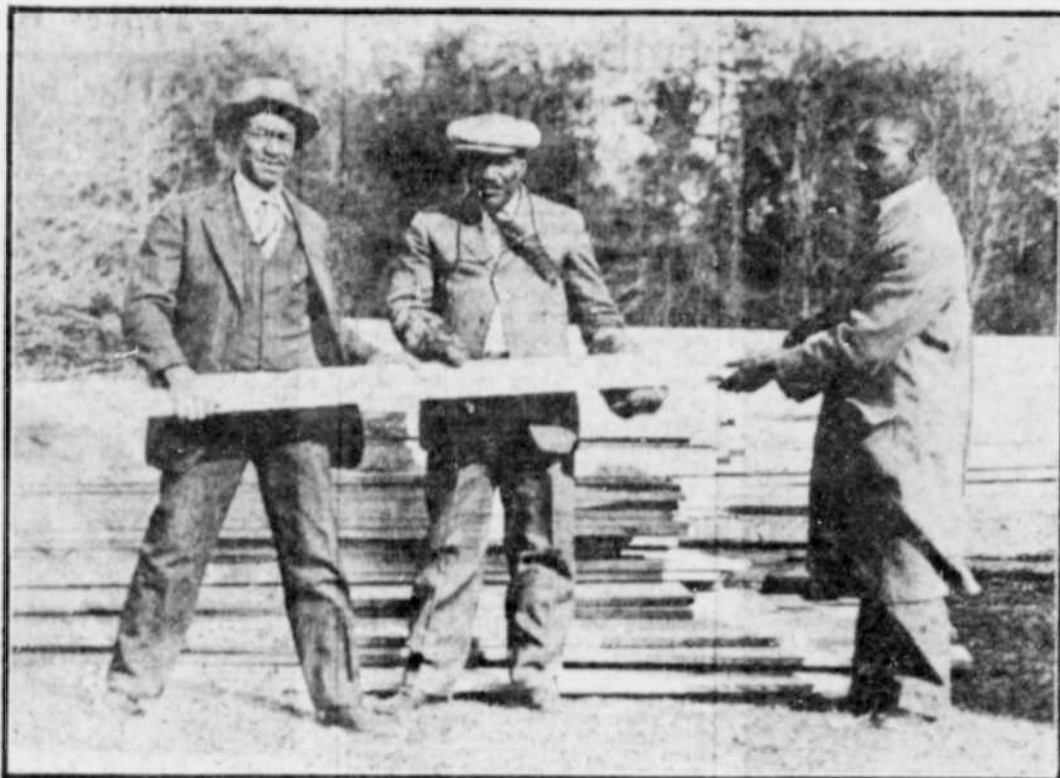
Have you ever wished you had a recipe for one of the tasteful dishes secured at a favorite tea-room or restaurant? Here are two that you may serve at home this winter. The sugar is both a seasoner and a quick-energy fuel. The vegetables furnish minerals, salts and vitamins. The dishes as a whole are delicious:

Glazed Onions

Peel medium-size, silver-skin onions and pick them through the centers to prevent breaking while cooking. Place in boiling salted water to which a teaspoon of sugar to a quart of water has been added. Simmer until tender and drain. For a quart of onions, melt two tablespoons of butter in a pan, add one tablespoon of granulated sugar, and cook to the bubbling stage. Then add the onions and stir until they are well glazed.

Carrots and Cheese

Mince twelve medium-size carrots. Add a teaspoon of sugar and steam until tender. Put into a baking dish. Sprinkle liberally with cheese and a little salt and pepper. Beat three eggs and stir into a pint of milk that has been put on the stove to heat. Let the mixture thicken; then pour over the carrots and cheese. Add more cheese for a top dressing. Put the baking dish in a pan of water and place in the oven to brown.



ST. MARY'S COUNTY WON'T, CITIZENS BUILD OWN HIGH SCHOOL.—Parent Trustees Association clears land and saws timber for addition to present building. Photo shows Sam Bankins and William Thompson presenting lumber to William Bland, supervisor of St. Mary's County, Md., schools. They will have the school finished by the beginning of the fall term.

Ask Faith Fallin

Dear Faith Fallin:

I am just a young girl, 13 years old. I have never been very strong, and my mother is always telling me to watch out and not play too hard. This makes me feel bad, because all the girls I know run and hop and skip and jump rope to their hearts' content. Do you think there will ever be any chance for me to do these things I want to do?

WORRIED.

Dear Worried:

If I were in your boots, little girl, I would not let these things worry me one bit. When the girls go out to play, you run along too, and do not continually worry about yourself. If you feel yourself getting tired and worn out, stop to rest awhile. Stay in the sun when you are out of doors. See that you wrap up properly, but do not make the mistake of wrapping up too well.

Why, you are just a youngster, and you have lots of years ahead of you. Do not think about yourself while you are out at play, and before you know it you will begin to feel yourself getting strong and healthy.

Remember that there are thousands of people in the world today who suffer all kinds of imaginary ailments, simply because they let themselves believe that they are sick, when, as a matter of fact, they are perfectly healthy. Now run along and play, and stay outdoors, and be healthy.

FAITH FALLIN.

"Feel Like New"

"ABOUT three years ago, I found I needed a good laxative. I would wake up in the mornings feeling so tired I did not feel equal to the day's work in my home. I would have a bad taste in my mouth, and feel so dull and stupid. I thought it must be from constipation. I read about Black-Draught and decided to try it. I have never regretted doing so, for it gave me relief and I felt better after using it. I have used it at intervals ever since, and have found it very satisfactory. Just yesterday I felt so tired and dull, I took a dose of Black-Draught, and this morning I feel like new."—Mrs. C. Lee Davis, Anderson, S. C.



Made from the leaves and roots of medicinal plants—free from mineral drugs. Sold at Drug Stores.



WAKE UP YOUR LIVER BILE— WITHOUT CALOMEL

And You'll Jump Out of Bed in the Morning Rarin' to Go

If you feel sour and sunk and the world looks punk, don't swallow a lot of salts, mineral water, oil, laxative candy or chewing gum and expect them to make you suddenly sweet and buoyant and full of sunshine.

For they can't do it. They only move the bowels and a mere movement doesn't get at the cause. The reason for your down-and-out feeling is your liver. It should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bleats up your stomach. You have a thick, bad taste and your breath is foul, skin often breaks out in blemishes. Your head aches and you feel down and out. Your whole system is poisoned.

It takes those good, old CARTER'S LITTLE LIVER PILLS to get those two pounds of bile flowing freely and make you feel "up and up." They contain wonderful, harmless, gentle vegetable extracts, amazing when it comes to making the bile flow freely.

But don't ask for liver pills. Ask for Carter's Little Liver Pills. Look for the name Carter's Little Liver Pills on the red label. Resent a substitute, 25c at all stores. © 1931 C. M. Co.

How to Give Your Low Nose a Bridge

You, too, are familiar with the woman whose lack of restraint impels her to remark publicly what you may have thought privately but delicacy restrained you from uttering. Well, she was present at this luncheon, along with her devastating comment. "I'd like to scrub around the edges of that girl's nose," she blurted out, "and tell her to do some scrubbing inside of it. She might be good looking but for the smudges."

The remarks of this type of woman are devastating because of the truth in them. Women do keep an eagle eye on the nose for enlarging pores, for blackheads, and they spend much time in pelling powder at the well known facial decoration. But the interest is often centered on the top and clearly exposed sides of the nose. Those corners are frequently neglected under the last flesh fold to the south. And right there, if you are not careful, blackheads breed.

Cream sometimes is not wiped off thoroughly after the face cleansing. The dirt is not completely removed and the smudge shadows the corners in a general complexion dimming way. Too, there is no place where grime and dust seem to settle with such determination as immediately inside the nostrils. You breathe it in with almost every breath. And while deuching the nose with soap and water is not recommended, the face cleansing job should not be considered finished until the nostril lining has been freed of soot and grime.

A bit of cream therein inserted and its removal with the objectional soot or grime is all that is needed. Or, the corner of a washcloth treated to soap will clear the area neatly. Just a reminder that an observer with a penchant for frankness may happen to sit across from you on a careless day.

And speaking of noses in more esthetic tone, do you know that if you keep your powder dark on each side of the nose near the eyes it will give the illusion of a real bridge if the natural construction is a little deficient here? Also, if you apply a light toned powder on the nose between the eyes you can gain the illusion of greater width there.

Ring Artist Draws



BABY JOE GANS

otherwise Gerald Slaughter to those who know him best, one of the outstanding contenders for welterweight honors, fought eight rounds against Al Trainor, white, at Philadelphia, but the judges decided that it was a draw.

How to Paint Your Own Furniture

One of the most effective ways to introduce a note of liveliness into any room is to paint some occasional piece to blend with the color scheme. A few painted articles in a room combine pleasingly with mahogany, maple, or walnut furniture and lend new interest to the general ensemble. All kinds of tables, hanging shelves, side chairs, cupboards—so many different small pieces—may be bought now unfinished, ready to paint at home. Practically all of this unfinished furniture is sturdily built and the lines almost invariably are simple and well proportioned.

After the furniture has been selected the work of preparing the surface and applying the paint must be carefully considered. First of all, the surface must be absolutely smooth and free from all dust, as roughness and dust grains would be detrimental to the finished appearance. Any rough spots should be smoothed down with fine sandpaper. Then the pieces should be wiped off thoroughly with a soft cloth.

It is decidedly inadvisable to take any of the pieces out on the porch or

to the back yard, as dust and insects are liable to settle on the surface, preventing a smooth finish. Plenty of newspapers spread on the floor indoors will catch unavoidable spatters, and the papers may be easily rolled up and thrown away after the work is done.

Flat paint, enamel, or lacquer may be used with equal success, the chosen finish depending on personal taste and preference. Flat paint, as a rule, requires two or three coats to build up a satisfactory finish. Enamel, for a glossy effect, must be flowed on with a full brush with flat paint or flat enamel used as an undercoat.

If the furniture must be painted in a limited time brushing lacquer is the best medium. Modern brushing lacquers dry in about half an hour, though the four-hour enamels are also great time-savers. After the lacquer has been flowed on with a full brush, it should be allowed to smooth itself out without further brushing. It is a wise idea to try out the lacquer on the underside of the article, where it won't show. Then if the application seems too thick, "thinner" may be added, or if the color is not quite right it may be toned down or brightened before the real painting is begun.



..but this Skin Whitening Secret Really Did It!

HOW often a divinely white complexion helps make predictions come true! Golden Peacock Bleach Cream can aid you all around. Even if your skin is now dull and coarsened, this new, safe discovery will make it alluringly clear and attractive—shades whiter in a night. Or money back. Tonight, smooth this cool, fragrant cream on your skin. Tomorrow your complexion is fresh and whitened—becomingly youthful. Freckles, blackheads, blemishes vanish amazingly. Get a jar of Golden Peacock Bleach Cream today. Made of certain rare ingredients, it acts so fast—so little needed—you'll find it more economical than all other bleaches that work. At all drug stores and toilet goods counters.

Cleansing the Deep Pores

Fastidious women regularly use Golden Peacock Cleansing (Cold) Cream—for nothing is more effective in getting every bit of dirt out of pores. Try this light, daintily perfumed cream—absolutely pure. It contains special whitening ingredients that freshen your complexion. It leaves skin marvelously soft, smooth and youthful. Once you try it you'll realize how indispensable for your dressing table. 3 sizes—\$1.00, 50c and 25c. At all toilet goods counters.

