

What the Housewife Should Know

Crocheted and Knitted Bedspreads

Shake the spread gently to remove loose dirt and dust. It is helpful to soak white lace spreads for a short time. This helps to remove the dust and dirt quickly and easily. Colored spreads should never be soaked even for a short time.

Prepare creamy Lux suds by dissolving Lux in warm water. Put in the spread, and loosen the dirt by squeezing the suds through and through the material, and by gently patting the material up and down in the suds. Change the suds as soon as they become soiled. Clean Lux suds work out the dust and dirt without rubbing which is likely to fray sheer spreads. When lifting lace spreads from the water, it is important to support the material with the hands. Materials tend to be more heavy when wet and the weight might strain sheer threads.

Thoroughly rinse the spread in clear, lukewarm water. Three rinses are usually enough, but it is important to remove all traces of soap and loosened dirt. Squeeze out the moisture. Do not twist the spread.

It is helpful to roll sheer lace spreads in dry Turkish towels in order to remove the excess moisture. Then ease the spread into shape, and dry it on a flat surface. It is desirable to dry white spreads on the grass in the sun, as this tends to whiten them. With heavy spreads it is especially important to remove as much moisture as possible, and then to dry them on a flat surface. Lace spreads should be carefully eased into shape as they are put down to dry, so that the edges are straight and the corners are square. Ironing is usually not necessary if this is done well.

Try Lydia E. Pinkham's Vegetable Compound



Too "Worn-Out" to go

Another date broken . . . Couldn't stay on her feet a minute longer! Lydia E. Pinkham's Vegetable Compound always relieves cramps. Try it next month.

Glands Wear Out Here's a New Gland Tonic

Science has now found a way of supplying the body with gland secretions which certain glands often fail to produce sufficiently and which are absolutely necessary for building health, strength and vitality. You can have this tonic. Blood tonic for this tonic. **GLAND TONIC—GOLDGLAN**—and wonderful. **Try It 20 Days—FREE**

This successful treatment has brought pep and strength to thousands of run-down, weak men and women. It should quickly do the same for you! **NO LETTER NECESSARY.** Just send this ad with name and address and the fee for postage and package.

Medical Aid, 529 S. La Salle St., Chicago, Dept. GN-77



For Women Only

Why worry about delayed periods from menstrual issues. Get Quick Results using **FEMININE**—Liquid-Tablet Relief. Used by doctors. Never causes long periods. Pleasant, safe, no interference any date. Satisfaction guaranteed treatment \$2.00. Postage & C.O.D. Specially Compounded for Very Obsolete Cases \$5.00. Illustrated Folder Free with order. **PEYONE CO.**, Dept. 16, P. O. Box 100.

IF YOU WANT MONEY

LOVE SUCCESS guarantees to help you get a new start in life. No case beyond hope. Stop worrying! Write me today. Information FREE! **M. WILLIAMS**, 801 Bergen Ave., Jersey City, N.J., Dept. F.

GET A LUCKY HAND WITH A WRITTEN GUARANTEE Its Principles Will Help You. Information Free—Write or Call **ALEXANDER'S PSYCHO AID, Inc.**, 111 W. 137th St., New York, N.Y. THE ORIGINAL D. ALEXANDER



IT IS EASY IF YOU KNOW HOW.—Miss Alice Harris, petite Norfolk, Va., prima donna shows how to operate the new voting machine.

The Farmer

Solves Farm Problem with 1,000 Acres; 14 Children and Plenty Profit.

"In Marshall County, Miss., a few miles from Holly Springs, there lives a Negro farmer, intelligent and fairly well educated. This farmer owns 1,000 acres of land, of which a substantial part is creek bottom land, and on which he doesn't owe a dollar, and all taxes are paid.

"He has 14 living children by his first and present wife. Eight of these are out in the world on their own and all are educated, some having been sent through northern colleges. They are teachers, trained nurses and occupy other gainful occupations.

"The home is a rambling farm house, consisting of seven rooms, including a sizeable and clean bath and toilet room. It is lighted by electricity supplied by a small light plant, and the water supply is pumped from a deep well into a reservoir, and from that into the house.

"His wife, an intelligent, educated woman, keeps the house as neat as a pin, looking after the smaller children and doing the cooking. Her storeroom is filled with preserves, jelly, jam, pickles and all kinds of canned vegetables, which she put up herself. There are also many home-cured hams, side-meats and breakfast bacon in this storeroom. An underground cellar holds several hundred bushels of sweet and Irish potatoes, turnips and other vegetables.

"The wife also raises several hundred chickens, guineas, geese, turkeys and other fowls. Many cords of fire wood are stacked near the house for winter use. The farmer has about 30 Duroc pigs in his pen and a dozen or more sheep in his pasture. He has a dozen milk cows and a number of other cattle. His barns are overflowing with corn, hay and other feedstuff. He has 50 or more bales of cotton under his shed; the rear of his house, and has bank accounts in two different banks, and owes not a cent to factor, banker or any one else. He owns all his own work stock and farm implements. He holds the respect of the people of his community.

"This farmer is a native of Marshall County, Miss., and by thrift, attention to his business and by exercising intelligence, is not only independent, but seems to have solved the problem of wise living and has demonstrated in a practical way that by living on the farm and off its produce, independency, and even a competency, can be secured. He has pursued the philosophy that the farm is a place on which to make a comfortable living and to rear a family, and by keeping down unnecessary home and opera ng expenses, the profits or cash returns take care of themselves in proper proportion with the commodity prices and the bountifulness of nature. What he has accomplished is not in the nature of a miracle, but is the result of living up to his philosophy of living."

ENGLISH

Words Often Misused
Do not say, "What will you take?" Say, "What will you have?"

Words Often Misspelled
Article; not cal.

Words Often Mispronounced
Tulip; u as in "due," not as oo in "loo."

Synonyms
Impudent, impertinent, officious, saucy, meddlesome.

Word Study
TANGIBLE; perceptible; to the touch; substantial; real. "They could not uncover any tangible evidence."

MONOTONOUS; without change or variety. "One monotonous and colorless day followed another."

Look and Learn

Who is the only President of the United States who lived to see his son become President?

ANSWER

John Adams.

FRIEND IN NEED

By GLADYCE SMITH

If you are in need, perhaps I can help you. If you have household articles or clothing you can no longer use, please inform me. I can place such things with needy families. Do not include letters or other written matter when you send the package through mail unless the proper postage has been paid. Packages in which letters are included must be sent first class mail. Names and addresses of applicants for aid provided if requested. Send full name and address to Gladycy Smith, Friend in Need, the AFRO-AMERICAN, 628 N. Eutaw Street, Baltimore, Md.

Mrs. M. G. writes: "I'm asking for a little help. I'm a widow and have one grandson whose father is dead. My only support is my son who is ill, so our only support now is what little money I can earn to buy food and keep a fire. We are in need of clothes of any kind. Please help us."

Mrs. M. H. writes again. She is the mother of six, five of whom are boys. They are all out of clothes, nothing with which to continue going to school.

Each of these families seems worthy of help and we should like to send them something if our readers will help us help them. Thank you.

Rolling the sweater in a clean Turkish towel for a moment will hasten the drying and will help to prevent streaking if the colors are not fast. Unroll and place the sweater back on the paper, arranging it carefully to conform with the pencilled outline.

Quickest

★ RELIEF ★

FOR UGLY, ANNOYING

SKIN TROUBLE



Nothing is as effective for getting rid of bumps, mole discolorations, eczemic irritations and other skin troubles as Genuine Black and White Ointment and Skin Soap. It's a world-famous combination skin treatment. Try it today!

The 50c package of Black and White Ointment contains more than three times as much as the 30c size. Large bar Black and White Skin Soap, only 25c. Ask for it by name.

Black and White Ointment and Skin Soap quickly makes ugly, irritating skin troubles go away and brings you a smooth, clear healthy skin. Used and praised by thousands of people everywhere.

Genuine BLACK AND WHITE OINTMENT and SKIN SOAP

RECIPES

Shrimp Stew

2 tablespoons butter
1 1-2 tablespoon minced onion
4 level tablespoons flour
1 cup rich meat stock
1 cup stewed, strained tomatoes
1 cup diced celery
1 cup peas
1-4 cup minced green pepper
2-3 cups cooked shrimps
1-2 teas-oon salt
Dash of paprika
Few drops tabasco sauce
2 teaspoons peppery sauce

Saute the onions in the butter till brown. Stir in the flour, then add the meat stock and tomatoes and cook until thickened. Add the peas and celery and simmer ten minutes. Add the shrimps and seasoning and continue simmering fifteen minutes. Serve with dry boiled rice.

Rice Custard Pudding

1-2 cu. rice
2 EGGS
1-2 cup brown or granulated sugar
1-2 teaspoon salt
1 cup water in which rice was boiled
1 cup milk

Boil rice briskly in 1 quart of water to which 1-2 tsp. salt has been added. Beat eggs, add sugar, salt, milk, rice-water and rice. Cook over boiling water 5 minutes, stirring occasionally to prevent rice settling. Or pour pudding into a buttered baking dish, place in a pan of hot water and bake in a moderate oven (350 degrees F.) until set, about 1 hour. Yield: 6 to 8 servings.

Rice pudding does suggest the wholesome, appetite-appeasing food we all crave, don't you think? A trial of this recipe will convince you it is a particularly pleasing one.

Bronchial Troubles Need Creomulsion

Bronchial troubles may lead to something serious. You can stop them now with Creomulsion, an emulsified creosote that is pleasant to take. Creomulsion is a new medical discovery with two-fold action; it soothes and heals the inflamed membranes and inhibits germ growth.

Of all known drugs, creosote is recognized by high medical authorities as one of the greatest healing agencies for persistent coughs and colds and other forms of throat troubles. Creomulsion contains, in addition to creosote, other healing elements which soothe and heal the infected membranes and stop the irritation and inflammation, while the creosote goes on to the stomach, is absorbed into the blood, attacks the seat of the trouble and checks the growth of the germs.

Creomulsion is guaranteed satisfactory in the treatment of persistent coughs and colds, bronchial asthma, bronchitis and other forms of respiratory diseases, and is excellent for building up the system after colds or flu. Money refunded if any cough or cold, no matter of how long standing, is not relieved after taking according to directions. Ask your druggist. (Adv.)



THE BEST WAY TO LIGHTEN A SENSITIVE SKIN

If your skin is sensitive, you'll delight in using Black and White Skin Whitener. This milder, snow-white product lightens skin quickly, easily, naturally and its gentle but thoroughly effective action will make it a real pleasure to use. Large can Black and White Skin Whitener is only 25c. Try it today!

