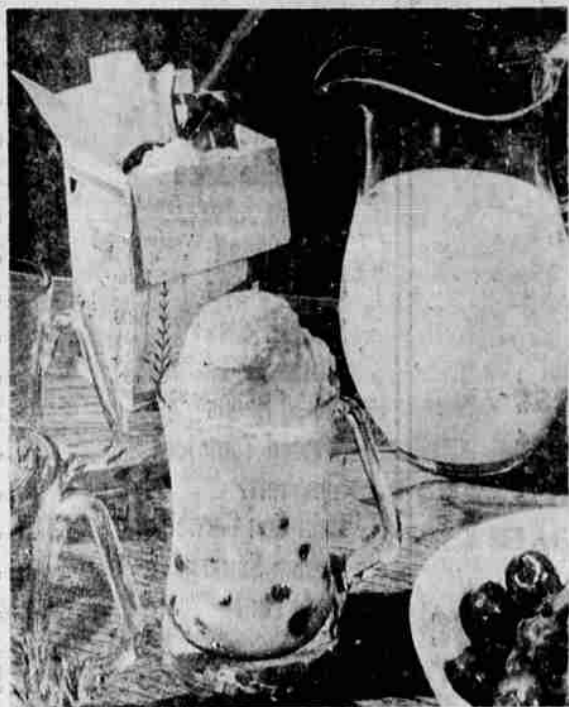


Make Your Cold Frames



RED CHERRY PUNCH is a new treat suggested by the National Dairy Council. Combine 1 quart milk, 1/2 teaspoon cinnamon, 1/2 teaspoon almond extract and 3/4 cup syrup drained from canned sour cherries; mix well. Spoon chopped cherries into each glass. Add punch and garnish with a ball of ice cream. Makes 4 to 6 servings, depending on size of serving glass.

Helene Curtis For Instant Hair Beauty

Honor bright, now girls, mentally answer this one real quickly. When is the last time you gave your hair those 100 daily brush strokes that we all know are so beneficial? If you had to stop a moment to think back, you can rest assured that there are thousands more like you in that respect. And it's to you thousands that this column is so happy to pass along the truly exciting news just released by a leading manufacturer of products for hair care, Helene Curtis, about a new lanolin discovery that they say amounts to "your 100 daily brush strokes in an aerosol container."

You know that beauty experts have long been strong advocates of the 100 brush strokes daily idea, and continue to recommend it strongly. Still, too many of us neglect it, overlook it, ignore it, or unfortunately, just plain don't have the time. That's why this news seems of such great interest. In this day and age, who among us doesn't know how easy, quick and convenient those aerosol packaged products are to use? Just imagine—a few quick "whooshes" of this new lanolin discovery, a few quick brush strokes, and there, within only seconds, you have the lustrous, gleaming, color-bright tresses you want. . . . so says the Chicago manufacturer.

What a boon this is to us busy housewives and career girls, when we have to crowd so many little

extra responsibilities into our already crowded days. Even though we just don't seem to have the time to give ourselves the right kind of daily hair care with our 100 brush strokes, now we can actually have really lovely hair, well-conditioned, sparkling with new beauty and brightness, with split ends and frizziness banished. This new lanolin discovery, claims the manufacturer, will give us all that, and in practically no time at all. They say that the explanation is a simple and logical one, too.

They claim to have perfected a secret process through which virtually 100 per cent pure lanolin is made 100 per cent absorbable by the hair and scalp. So when the lanolin is applied in this form, it is quickly and completely absorbed by the hair and the scalp. That produces the stimulation, adds the natural oils, heightens the sheen and brightness, the glow of your hair that you'll want your top-knot to have for fun-days ahead.

So, you can be busy and still have the beautiful hair you desire because this lanolin product is good for what ails hair. Yes, it's a hair-dressing, conditioner and beautifier—and more than that—your 100 daily brush strokes in one neat, easy-to-use, speedy package.

COTTON ECONOMY
Some 13 million persons make all or part of their living by growing, processing, manufacturing and selling cotton and its products. It is estimated by the National Cotton Council.

NEW APRON
If you are one who wipes her hands on her apron while preparing a meal, make yourself some terry cloth aprons—white terry cloth with red waist band and pocket, or any other color to match your kitchen decor, make an attractive contrast.

On a Diet?

Serve Protein Rich
Willson's
CHIP STEAKS

COOKS IN 90 SECONDS!

SAV-MOR
8th & PINE Phone 8513

PORK Lean & Meaty
Featherbones 3 lbs. 99c

Fresh Colored FRYERS 49c lb.

Bacon Squares 19c lb.

Hearts & Tongues 19c lb.

BEEF
Roasts Chuck Cut 33c lb.

Thousands of years ago some observant cave-man noticed that plants growing in a pit thrived better in the early spring than those growing on the surface. Pits are still used for winter protection of plants, in moderate climates.

Pits were transformed into cold frames when glass became available, and gardeners, who are always observant and ingenious, found they could increase the value of their pits by covering them. Glass lets the sun's heat through and keeps cold air out. On a sunny spring day the temperature in a cold frame may run to 100 degrees though the air outside is chilly.

For eight weeks before frost has ended in your garden each spring, you can grow plants with safety in a cold frame. All through the year there are some uses to which a cold frame can be put. It would be impossible to find a better use for 18 square feet in any garden area than to cover it with a cold frame.

Anyone who can wield a saw and hammer can do it. It is usually made 3 by 6 feet, or some multiple of this, for the reason that standard hot-bed sash are of these dimensions.

But a cold frame (or a hot-bed either) may be any size you wish, to fit old windows, or frames covered with one of the modern glass substitutes.

These glass substitutes are worth considering. They do not break, and the breakage of glass in windy localities is sometimes considerable. They are much lighter than glass, a merit which women appreciate. They do not let in as

3" X 6" IS STANDARD SASH SIZE. USE LUMBER 2" THICK, 5" NAILS AND ADD 4" ANGLE IRONS AS SHOWN IN SKETCH HINGE SASH TO FRAME FOR EASY HANDLING.

SET FRAME ON BRICKS TO PREVENT SETTLING.

SOW SEEDS IN ROWS THE NARROW WAY OF FRAME.

WHEN SEEDLINGS HAVE COME UP THE SASH MUST BE RAISED FOR VENTILATION.

WHEN READY TO TRANSPLANT INTO OPEN BEDS DIG A FEW SEEDLINGS AT A TIME AND GET THEM INTO THE GROUND AS QUICKLY AS POSSIBLE.

A BRICK OR BRICK IS CONVENIENT FOR RAISING SASH TO ANY HEIGHT NECESSARY.

NATIONAL GARDEN BUREAU suggests building your own cold frame and gives directions for constructing and using it.

PORK CHOP DELIGHT
When stuffing pork chops, add 1/2 cup chopped peanuts to the stuffing.

ST. JOSEPH ASPIRIN FOR CHILDREN
ORANGE FLAVOR ACCURATE DOSAGE

LOOKING for the Best Hotel BUY in SAN FRANCISCO?
DOLLAR for DOLLAR you can't beat our LOCATION PRICES with 200 more 2.00 single rooms of sleeping comfort.

16th CENTURY COFFEE
In the very early days of coffee drinking, most of the coffee makers were men. In Persia, the retinue of the Shah always included the kahvedjibachi, or coffee pourer. These men specialized in all the niceties of coffee service as coffee drinking and the conduct of business were inseparable in Arabia, Persia and Turkey. In the 16th century Constantinople, all the wealthy houses had a Steward of the Coffee, who had under him a great number of servants. They did nothing but see to it that coffee was prepared from bean to beverage, in every detail. As all business was strictly the concern of men, coffee naturally came with in the same province.

NEW FLAVOR
The Different Hot Cereal!

MORE NOURISHING!
WHEATIER! COOKS INSTANTLY!

Now better than ever! Made with famous Idaho Baart Wheat. Gives you all the B-vitamins, plus protein and iron! For rich flavor, whole wheat nourishment, instant cooking, look for the new red and white package at your grocery store today!

CARNATION INSTANT WHEAT

FINE FOODS Priced Low!

FLOUR Crescent Hardwheat By Gold-Medal Mfgs. 25-lb. \$1.75

CAKE-MIX DROMEDARY or SWANSDOWN Wh., Choc., Yellow Spice 2 PKGS. 49c

MEATS
Buy Low Budget

Beef Boil Let's Have Stew 15c lb.

Pork Steaks Shoulder Cuts 29c lb.

Slab Bacon Lean Light Sides 39c lb.

Ground Beef 3 lbs. 79c

Round Steaks 55c lb.

Beef Liver Light Baby Beef 29c lb.

Tomato Juice Libby's No. 2 Tins 25c

HOT-SAUCE State Fair 8-oz. Tins 27c

PICKLES No. 2 1/2 Jar 35c

SPINACH Hunts No. 2 1/2 Tins 17c

Tomato Paste Hunts 3 6-oz. Tins 29c

RED BEANS Hunts 3 No. 300 Tins 29c

HOMINY Royal Club 2 No. 2 1/2 Tins 29c

BEETS Diamond A - Diced 3 No. 303 Tins 29c

DOG FOOD Sure Champ 10-lb. Bag 98c

BREAD Large Loaf Supreme 26c

BUBBLE BATHS Imagine! 60 Wonderful Bubble Baths For Only 3 Regular Boxes 98c

ICE-CREAM Delicia Asst. Flavors Half Gallon 69c

CHOC. SYRUP Hershey's 1 Lb. Tin 19c

ROLLED-OATS Alber's Quick or REGULAR 9 Lb. Bag 69c

GREEN BEANS Diamond A - Fancy Cut 2 No. 303 Tins 29c

JAM Royal Club - Fancy Strawberry 2 12-oz. Glasses 49c

MATCHES Firechief 6 Big Boxes 39c

PRODUCE
Fancy White CAULIFLOWER lb. 10c
Desert King Sunkist GRAPEFRUIT lb. 10c
Newtown Fine Cooking APPLES 20 lb. lug box 89c