

Expecting?



Keep your tight, dry skin soft and smooth with **MOTHERS FRIEND**. Neglect of body skin tissues during pregnancy may show up for the rest of your life. This famous skin conditioner is especially compounded to relieve the discomfort of that stretched feeling in your skin. You'll find a **MOTHERS FRIEND** massage can be soothing for that numbing in legs and back, too. Take care of your body skin with **MOTHERS FRIEND**. You'll never regret it. At drug stores everywhere.



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VIOBIN MONTICELLO, ILLINOIS

Live your "golden years" without laxatives

Growing older doesn't mean you have to take laxatives or "bulks" that work unnaturally, uncomfortably! Take new **REGUTOL**. It's not a laxative, yet it restores regularity as no laxative can. **REGUTOL** simply makes the moisture in your colon keep waste soft for easy, normal elimination. Hospital-proved... safe, not habit-forming. Try **REGUTOL**.



GETTING UP NIGHTS MAKES MANY FEEL OLD BEFORE THEIR TIME

Thousands Discover Quick Help For Backache, Nerve Tension & Worry Secondary to Kidney Irritation

Are you one of the hundreds of thousands of sufferers who feel old, tired, worn out and depressed by losing sleep and worrying about getting up nights, due to common irritation of the Kidneys, Bladder and Urinary Passages? Does this condition cause frequent, urgent and painful daytime passages and sometimes result in Backache? If so, you owe it to yourself to try **NEW IMPROVED CYSTEX** at once.

OTHER SYMPTOMS

Common Kidney and Bladder Irritations which cause getting up nights may also result in secondary Backache, Headache and Nervous Tension.

OLD, TIRED, WORN OUT FEELING MAY RESULT

If frequent urination worries you, and hits you at the most embarrassing moments, you're bound to feel tense and nervous. Then if your sleep is disturbed by getting up nights and you can't get much rest and you wake up feeling tired and groggy—yes, you really begin to feel old. And if your back aches you feel grouchy—hard

Thousands Praise CUTICURA OINTMENT for ECZEMA

READ THIS: "I suffered many years with eczema. Nothing helped, even so-called miracle drugs. After using Cuticura Soap and Ointment for 7 days, a marked improvement was shown. After 2 weeks of faithful use my condition is completely cleared up. I cannot say enough for Cuticura and recommend it highly for stubborn cases of eczema." 49c and 85c at druggists.

ARTHRITIS RHEUMATISM PAINS

Good, fast relief. That's what you want whenever moderate, nagging Arthritis, Rheumatism or Muscular Pains occur. And that's what you get when you take **DOLCIN** tablets. That's because nothing else in all the world is faster, safer, better for such pains than **DOLCIN**. HERE'S OUR GUARANTEE: Give **DOLCIN** tablets a fair trial. Take them... all of them... the way the directions tell you. You must get fast relief or get your money back.

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to get along with—and your work is a burden.

CAUSE OF IRRITATION

The cause of common Kidney and Bladder Irritation frequently arises from a germ called the colon bacillus, and non-specific germs resulting from colds, bad teeth and other causes. These germs can set up so much irritation in the Kidneys, Bladder and Urinary Passages that nature sends a warning through your nerves to your brain that help is needed. Heed this warning now and you may easily avoid many anxious, worrisome hours and days.

HOW CYSTEX HELPS

NEW IMPROVED CYSTEX releases a gentle, soothing bacteriostat in mild urine to combat germs which may be causing irritation. This is like a gentle, mildly antiseptic, soothing bath for the Kidneys, Bladder and Urinary Passages. **CYSTEX** also contains two of the very best known analgesics for soothing, gentle pain relief of the discomforts due to common Kidney and Bladder Irritations. Thousands have been amazed to discover how quickly **CYSTEX** helped them to combat such irritations thus feel cleansed and refreshed and because of lessened nerve tension able to sleep better and feel better, and stronger.

So get **CYSTEX** from your druggist today. Fresh up and cheer up and feel better fast.

favorites from NEW ENGLAND

(Continued from page 9)

Bannock

Pork sausage and bannock are a special breakfast treat.

TO PREPARE: 20 MIN.

TO BAKE: 35 MIN.

- 2 cups milk
- 1 cup yellow corn meal
- 4 egg yolks, well beaten
- 1/4 cup butter
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 4 egg whites

1. Scald milk (heat just until a thin film appears) in double-boiler top over simmering water. Gradually add corn meal, stirring constantly; continue stirring and cook until mixture thickens and becomes smooth.
2. Remove double-boiler top from simmering water and quickly and thoroughly mix in the well-beaten egg yolks, butter, sugar, and salt.
3. Beat egg whites until rounded peaks are formed. Spread egg yolk mixture over the beaten egg whites and gently fold together. Turn into a well-greased 2-qt. casserole.
4. Bake at 375°F 35 min., or until a wooden pick or cake tester inserted in the center comes out clean. Serve at once with butter and maple sirup. 6 to 8 servings

Bird's Nest Pudding

The origin of this odd title seems lost in antiquity, but several versions of this pudding flourish in New England. All of them have one thing in common: apples.

TO PREPARE: 20 MIN.

TO BAKE: 50-60 MIN.

- 2 cups sugar
- 1 cup water
- 1/4 teaspoon red food coloring
- 6 medium-sized apples, washed, cored, and pared (keep whole)
- 3 eggs, slightly beaten
- 1/4 cup sugar
- 2 teaspoons vanilla extract
- 1/2 teaspoon salt
- 2 cups cream, scalded

1. Combine 2 cups sugar and water in a large, deep saucepan; bring to boiling, stirring until sugar is dissolved. Stir in the food coloring.
2. Add as many apples as will fit uncrowded in the saucepan; cover and cook slowly until apples are barely tender, about 7 min., turning carefully several times to obtain an even color. With a slotted spoon, remove apples and place in a 1 1/2-qt. baking dish. Repeat with any remaining apples.
3. Meanwhile, blend 1/4 cup sugar, extract, and salt into the slightly beaten eggs. Gradually add the hot cream, stirring vigorously and constantly until sugar is dissolved. Strain mixture through a fine sieve over apples in baking dish.
4. Bake in a boiling water bath at 325°F 50 to 60 min., or until a silver knife comes out clean when inserted in custard halfway between center and edge of baking dish.

6 servings

Maple Sirup Cake

This rich maple sirup cake is the kind that Vermonters are especially partial to.

TO PREPARE: 35 MIN.

TO BAKE: 45-50 MIN.

- 2 1/2 cups sifted cake flour
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- 1/2 cup butter
- 1 cup firmly packed light brown sugar
- 7 egg yolks, well beaten
- 1/2 cup milk
- 1/2 cup maple sirup
- Maple Sugar Frosting (see recipe)
- 1/2 cup chopped butternuts or walnuts

1. Grease bottoms only of three 8-in. round layer-cake pans. Line bottoms with waxed paper and lightly grease paper.
2. Sift the first three ingredients together; set aside.
3. Cream butter until softened. Add brown sugar gradually, beating until fluffy after each addition. Add egg yolks in thirds, beating thoroughly after each addition.
4. Blend milk and maple sirup together. Alternately add the dry ingredients in fourths and liquid in thirds to the creamed mixture, beating until smooth after each addition. Turn batter into pans.
5. Bake at 350°F 45 to 50 min., or until cake tests done.
6. Cool 10 min. on cooling racks. Remove from pans; peel off paper; cool completely.
7. Fill and frost cake with Maple Sugar Frosting. Sprinkle nuts around outside edge of top. One 8-in. round layer cake

Maple-Butternut Cake

Follow recipe for Maple Sirup Cake, blending in 1/2 cup coarsely chopped butternuts just before turning batter into pan.

Maple Sugar Frosting

TO PREPARE: ABOUT 20 MIN. TO COOK: 35 MIN. (allow time for cooling)

- 1 cup sugar
- 1 cup firmly packed maple sugar
- 1 cup thick sour cream

1. Combine all ingredients in a medium-sized, heavy saucepan. (If maple sugar is available only in solid form, grate, using a fine grater, before using. Or heat over simmering water until sugar is softened, then force through a fine sieve.)
2. Set saucepan over low heat and stir until sugar is dissolved. Increase heat and bring to boiling. Set candy thermometer in place and continue cooking without stirring.
3. During cooking, wash sugar crystals from sides of pan occasionally with pastry brush dipped in water. Cook to 238°F (soft ball stage: a few drops of mixture form a soft ball in very cold water).
4. Remove saucepan to a cooling rack and cool to lukewarm (about 110°F) without stirring or moving the pan.
5. Beat vigorously with wooden spoon or electric mixer until mixture begins to lose its gloss and is of spreading consistency.
6. Spread on cake immediately. If frosting becomes too thick to spread, beat in a few drops of cream or milk.

Enough to frost sides and tops of three 8-in. round cake layers

Brown Sugar Frosting

Follow recipe for Maple Sugar Frosting substituting 1 cup firmly packed light brown sugar for the maple sugar. Add 1 teaspoon vanilla extract just before beating.