Things to do

7268

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• • •

Pattern 7268 contains instructions for cloth in various sizes; illustrations of it and stitches; materials needed. Send your order to:

Sewing Circle Needlecraft Dept.
82 Eighth Ave. New York

Enclose 15 cents (plus one cent to cover cost of mailing) for Pattern

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Are You Needlessly Suffering Constipation?

Many people think that constipation is "one of those things" you must put up with. That the only thing you can do is take a purge or cathartic—and hope it doesn't come soon again. How foolish that is if you, like millions of others, have the ordinary kind of constipation that's due to lack of "bulk" in the diet.

Kellogg's All-Bran is probably just what you need! This crisp, delicious cereal has the "bulk"-forming properties your intestines need to function "regularly"! It gets at the *cause* of your trouble and *corrects* it — helps you get back to normal, easy elimination. Eat All-Bran regularly, drink plenty of water, and help free yourself from constipation. All-Bran is made by Kellogg's in Battle Creek. If your condition is not helped by this simple treatment, it's wise to see a doctor.

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NATIONAL AFFAIRS

Reviewed by
CARTER FIELD

A Circular Letter Stirs Washington . . . Freedom of the Press . . . Reason for Japs Pending Attack on Russian Siberia . . .

Bell Syndicate—WNU Features.

WASHINGTON.—Washington, official and unofficial, has been hot and bothered for weeks over a circular letter sent out by an agency here which has been supplying a sort of "low down" on Washington to bankers, business men and others throughout the country for a number of years.

This writer first heard about the letter in New York, where it was learned that a number of clients for this service were so indignant that such an attack should be made on the government that they had notified the agency to discontinue its service to them at the expiration of the present subscriptions.

This was a big surprise to the writer, because, like most active newspaper men and observers generally in Washington, he had admired this particular service for a good many years.

So on returning to Washington one of the first mandatory jobs was to hunt up the letter which had caused so much furor and read it.

There followed conversations with officials and unofficial observers, newspaper and magazine men familiar with various parts of the picture. The net result is that the writer believes the criticism of the letter was not well taken, that the letter OUGHT to have said what it did, and that the facts were not even exaggerated.

Matter of Public Record

The point of this discussion revolves around freedom of the press. It is true that this circular letter does not pose as being part of the "Press." It is not a matter of public record.

In general it pointed to certain grave weak spots in the government's war organization. It criticized President Roosevelt, mostly for his good humor and patience with squabblings among his subordinates and with plain downright inefficiency when he liked personally the men and women involved.

It went on to insist that not only a shakeup was necessary, but that certain individuals, some of them of cabinet rank, should be thrown out.

It did NOT advocate the supplanting of Nelson, saying that he was probably the best man for the job likely to be found, but it warned that if something were not done Nelson might be thrown out eventually and that thereupon the army would take over.

Such things SHOULD be printed if the writers believe them, regardless of whether they are right or wrong.

Nothing in the letter could possibly be news to the enemy.

• • •

Selfishness Prompts Japs' Action in China Zone

If that all-out attack by the Japanese on Siberia about which we have been hearing so much is really ordered it will be the first time in this war that the Japanese army moved in force. This sounds strange when we remember Malaya, Singapore, Burma, the Dutch East Indies, and China, but comparatively it is true.

The best estimates in official hands here as to the disposition of the Japanese army do not total quite a million men in all the war theaters named. In fact even including China the strength of the Japanese army in those regions probably is not more than 750,000 men.

It is well known here that the Japanese army numbered at least 3,000,000 men. Some experts put it higher. Subtracting the full million, which is the highest estimate of Japanese troops so far employed, this leaves 2,000,000 available for something else.

Nearly everyone, in and out of authority, and regardless of which of the United Nations he serves, believes that the big effort will be in Siberia. Japan has long coveted the northern half of Saghalien island, owned by Russia, and also the maritime provinces of Siberia. Some think she would like to extend her sway from 500 to 1,000 miles inland.

Actually, with the conquests already made, that would give her all of eastern Asia, from the North pole down to the Indian ocean, and right up to the boundary of India. Also she has the rich Dutch islands, which she would very much like to hold forever.

But she knows that she cannot hold them unless Germany wins the war. If Germany should crack, whether in the near future or after several more years of fighting, the Japanese war lords know perfectly well it would just be a matter of time until the United Nations forced her to disgorge everything she has so easily conquered in this war—and perhaps even some that she had before, for instance Korea.

Household News

by Lynn Chambers

Feast for Fall Days—Baked Beans
(See Recipes Below.)

Pulling Purse Strings

Today, let's talk about budgets. Food budgets in particular, because they will be a major item in your life the next few months as prices slowly edge upwards, as the days slip into fall and winter and the summer bargains in foods become fewer and you have to do more juggling with figures to give your family the right food, at the best possible prices.

If you are Mrs. Average America, you will be more nutrition conscious this year than last, too. This will be not only because nutrition news has sprinted into the limelight, but because the demands of wartime living upon energy have become so great that you will have to have right foods to do your most and your best.

But, how can budgeting help you to serve "right" meals, you ask. That's simple. Buy the right foods with your dollars and you can't help serving meals that are correctly balanced.

First, divide the food dollar into fifths. One-fifth, or 20 cents, should go for vegetables and fruits. Use the next fifth for milk and cheese. The third of the fifths goes for the basis of your important meals—meats, eggs and fish.

Another fifth will be set aside for breads and cereals, while the very last 20 cents is allowed for accessory items such as butter, fats, sugar, tea, coffee and spices.

General Guide.

The 20-cent rule is not a hard and fast rule. It is only a general guide because prices of the different groups of food vary from season to season, from section to section. Use your judgment in spending.

Perhaps you get milk from the milkman, vegetables from the peddler who comes to your back door three times a week, eggs from the farm, and meat from a favorite butcher. Or, you may get all your food from one place. There is no one way to shop. Pick out what the best way is from the facilities available, but be sure to investigate those facilities before you fall into one pattern.

Shopping Carefully.

Conservation's an important note in these times. And it's mighty important in this fascinating business of stocking up the pantry. If you plan meals for, say three days, or better still, a week in advance, you will not be trotting up to the store twice every day, or calling up your grocer whose time is at a premium and whose delivery facilities have been cut in the midst of cake baking to tell him you simply must have vanilla. Make out lists, and then shop . . . for everything you need at one time.

When the snap of autumn gets into the air, use pumpkin, squash and Concord grapes. When the drifts of snow pile lightly against your door or the weather gets at least uncomfortably cold, use root vegetables and those canned goods in the canning cupboard. In spring, strawberries, asparagus, and broilers should grace your menu. What I mean, is, serve foods-in-season! It's more than economy, it's food at its best!

This Week's Menu
Cream of Celery Soup
*Baked Beans
Lettuce Salad
Chiffonade Dressing
Bread and Butter
Sliced Peaches
Beverage

Cheese Bargains.

Right in line with buying what is most economical at present are the bargains you can find in cheese. Cheese is much more than something you put between slices of bread or the golden orange wedge you serve with pie or crackers. It is the most economical source of protein and as such can be used as an excellent meat substitute.

Easily digestible and easily blending with almost every kind of food, it makes even the simplest dish a distinctive one because of the flavor it imparts to it. And remember, you'll get not only protein when you use it, but those other essential diet necessities like phosphorus, calcium, iron, and vitamins B, D and G.

As American as apple pie, are the American cheese stocks which we now have on hand. You'll be kind to your budget if you make use of some of these ideas:

***Cheese and Baked Beans.**
(Serves 6)

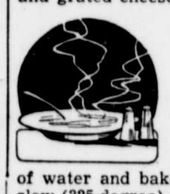
1 large can baked beans
1 cup American cheese, grated
1 cup grated bread
1 tablespoon chopped green peppers
2 tablespoons chopped celery
1 teaspoon chopped onion

Place beans in baking dish. Then add all other ingredients and three slices lean bacon over top of dish. Bake 30 minutes at 250 degrees.

Tuna and Cheese Souffle.
(Serves 6)

1 cup scalded milk
1 cup soft bread crumbs
½ cup grated American cheese
1 cup flaked tuna
2 tablespoons chopped pimiento
½ teaspoon salt
3 egg yolks
3 egg whites
1 tablespoon lemon juice

Combine milk with bread crumbs and grated cheese. Flake tuna and add lemon juice, pimiento, salt and well-beaten yolks. Beat egg white stiff but not dry and fold into mixture. Turn into a buttered casserole, set in a pan of water and bake in a moderately slow (325-degree) oven 40 minutes or until golden brown.



Sugar-saving apple recipes do delightful things to fall menus, and help you get the mellow, autumn note in meals. This revives eating interest:

Honey Apple Crisp
(Serves 6)

4 cups sliced apples
¼ cup sugar
1 tablespoon lemon juice
½ cup honey
½ cup flour
¼ cup brown sugar
¼ teaspoon salt
¼ cup butter
¼ cup walnuts, if desired

Spread sliced apples in a shallow baking dish, sprinkle with sugar, lemon juice and pour honey over all. In a bowl mix flour, brown sugar and salt and work in butter to make crumbly mixture. Spread crumbs evenly over apples (and nuts) and bake in a moderate oven (370 degrees) for 30 to 40 minutes until apples are tender and crust crisply browned. Serve with plain or whipped cream.

What problems or recipes are most on your mind during these fall days? Explain your problem to Lynn Chambers and she will give you expert advice on it. Address your letters, enclosing a self-addressed stamped envelope for your reply, to her as Miss Lynn Chambers, Western Newspaper Union, 210 South Desplaines Street, Chicago, Illinois.

Released by Western Newspaper Union.

Lynn Says:

The Score Card: Best of bargains are found in American cheddar cheese at the present time. Production for the first five months of this year was over 50 per cent greater than for that corresponding period last year.

Apples, absent from the markets and fruit stalls during the summer, in greater quantities, are coming into their own now. Apples and honey are food affinities and will help you with sugar rationed.

Fall's bounty will also include squash, grapes, and pumpkins which add economy notes and flavorsome touches to menus.

GRASSROOTS

by WRIGHT A. PATTERSON

Released by Western Newspaper Union.

'AMERICAN SYSTEM' AND POST-WAR WORLD

BARRON'S, the National Financial Weekly published in New York, in a recent issue prophesied the loss to America of the American system with the close of the war. It is that system of free competition under which factories are erected and operated; under which merchants open stores in which to sell the products of farms and factories to consumers; under which professional men maintain offices at which to sell their services to the public.

It is the American system that has been responsible for the production of new commodities, and for seeking improved methods of production, to the end that better commodities be produced at less cost to the purchaser. It was the American system that built the railroads and made cheaper transportation possible; that perfected electric light and power, and reduced their cost to the public. It is the American system that accounts for the stores of a town, each competing with the other in the effort to best serve the public and attract patronage.

Barron's sees the passing of these things and in their stead the operation and financing of all manufacturing, transportation and merchandising by the government.

Should that prophecy prove true, it would mean one, instead of a number of stores in a town; it would mean all factory workers in the employ of the government; the government would name the price and conditions of purchase of each commodity. There would be no incentive for improvements; no incentive for lowering production costs or for the creation of new commodities.

There would be no place where those who, by effort and thrift, had saved might invest their savings and from such investments provide for their old age or their families.

Barron's is not alone in this fear of the passing of the American system of free competition. You see the possibility mentioned in the best of the national periodicals and the newspapers. It is talked about by statesmen and economists, and by the man on the street, but in that recent issue of Barron's the reasons why, and methods of such a terrific change for America are elaborately detailed. And that in a publication which for many years has been considered ultra conservative.

Should that prophecy prove to be true, it would mean a new America—a socialistic America, operated on the principles of Naziism, Fascism or Communism—take your choice.

• • •

PICKING STATESMEN FOR REPRESENTATIVES

BEFORE the congressional primary was held in the district, five men, recognized as district leaders of their party, were discussing the qualifications of announced candidates for nomination. Four of them talked at length of the ability of one or the other to represent the district in congress. It seemed largely a question of who could get the most for the district.

Then the fifth man, the editor of a country newspaper, asked a simple question:

"For what purpose do we select and elect a representative from this district? Is it to get as much 'pork' for us as is possible, or is it to make laws for the people of all the United States?"

We send men to congress—representatives and senators—to make the laws and direct the policies of the nation. For that purpose we need statesmen, men of broad vision and ability, not "log rollers." It is well that we should consider the job we are giving a man before we hire him. The candidate to hire as a representative or senator is the best statesman, the man of broadest vision and ability.

• • •

TELEPHONE CALL FROM AN OLD FRIEND

WHEN, AFTER MANY YEARS, you are separated from old friends and associates, when your path has led you in a new direction to new surroundings, what a pleasing thing a telephone call from an old friend can be. I thought of it the other evening when I had a call from Chicago. It was an old friend who just wanted to give and receive a friendly greeting. To hear that voice over thousands of miles of wire made not only a brighter evening, but will continue to brighten the days that follow—all because Waldo Logan of Chicago thought of, and talked to a friend he had not seen for months.

• • •

FAST JOY RIDING HINDERS AMERICAN WAY

FOR AN HOUR on a recent Sunday I counted the cars that passed my home at a speed definitely higher than the 40 miles an hour the President had requested. An average of one out of five failed to comply with that request. They were joy riders who would wail most vigorously if their gasoline were rationed; who would protest loudest against the edict of no new tires when theirs are destroyed by fast driving.

ASK ME ANOTHER?

A General Quiz

The Questions

1. Which does sound travel faster through, air, water or glass?
2. How many signatures appear under the Declaration of Independence?
3. What monster in literature had a hundred eyes?
4. Who was the youngest President ever to take the oath of office in the United States?
5. The treaty ending the war between Japan and Russia in 1905 was negotiated in what city?
6. What planet is nearest the sun?
7. What is an iconograph?
8. How did the Hawaiian islands become a part of the United States?
9. What famous general said: "My center is giving way, my right is pushed back—excellent! I'll attack"?
10. Of the 2,000 known species of snakes in the world, what per cent is harmless to man?

The Answers

1. Glass.
2. Fifty-six.
3. Argus.
4. Theodore Roosevelt. (He was forty-two.)
5. Portsmouth, N. H.
6. Mercury is the planet nearest the sun.
7. An illustration for a book.
8. By voluntary acquisition in 1898.
9. Foch (at the Battle of the Marne, 1918).
10. At least 70 per cent or 1,400 are harmless to man. Only 200 of the other 600 species possess a venom of sufficient virulence to cause death.

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Chinese Oath

Chinese witnesses, in the courts of many countries, are permitted to take the oath according to their own custom. The witness is handed a saucer, which he breaks. This implies that should he lie, he hopes to be broken in the same way.

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JUST A DASH IN FEATHERS..
OR SPREAD ON ROOSTS
OUR "Cap-Brush" Applicator makes "BLACK LEAF 40" GO MUCH FARTHER

One, Other, Three—

Before the English language adopted the word "second" from the French, its predecessor was the Anglo-Saxon word "other." Hence, our ancestors used to say one, other, three, four and so on.

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Get this quick relief. Lifts shoe pressure, soothes, cushions the sensitive spot. Costs but a trifle.
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It's the Mind

We must look to the mind, and not to the outward appearance.—Aesop.

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