For Family Fond of Fruit Dainties

Approved Desserts That Are Delicious and Inexpensive.

Fruits have become more and more [illegible] to the well-balanced meal [illegible]. Even when the fresh [illegible] of season many de[illegible]sive desserts can be [illegible] canned or dried peaches, [illegible] and apricots. Here are interesting new recipes which are particularly appetizing.

Golden fruit tartlets, made with a simple cracker crust and filled with peaches tipped with a meringue, can easily be prepared from the following recipe:

GOLDEN FRUIT TARTLETS

CRUST—1 cup graham crackers
⅓ cup butter
1 tbsp. sugar

FILLING—1 cup canned peaches drained
¼ cup sugar
1 egg yolk

MERINGUE—1 egg white, beaten stiff
2 tbsps. sugar
1 tsp. vanilla

Mix with softened butter 1 cup crackers and 1 tablespoon sugar. Line buttered tart pans with this mixture, pressing firmly with fingers against sides and bottom of pan.

Press drained peaches through sieve into bowl, add ¼ cup sugar and beaten yolk. Mix and fill tart shells. Bake in a hot oven (425°F) 10 minutes.

Make meringue of stiffly beaten egg white, 2 tablespoons sugar and vanilla. Top each tart, when cooked with meringue. Return to a slow oven (325°F) to set and brown, about 10 minutes. 6 portions.

Other desserts include:

PEARS OLGA

¾ cup pear liquor
⅓ cup sugar
6 Bartlett pears, canned
¼ cup thinly sliced oranges
1 cup cream
1 tsp. sugar
1 tbsp. sherry flavoring
1 cup sugar cookies

Make a sirup of pear liquor and sugar and simmer pears in it for five minutes. Remove pears to a serving dish. Cook orange slices in sirup for five minutes. Pour sirup and orange slices over pears. Chill. Whip cream and add sugar and flavoring and heap on chilled fruit. Sprinkle crumbled sugar cookies over cream. 6 portions.

CUSTARD PIE, APRICOT MERINGUE

CRUST—1 cup soda crackers
⅓ cup butter
1 tbsp. sugar

FILLING—2 cups custard filling
½ cup strained apricot pulp
3 tbsps. sugar
½ tsp. lemon juice
2 egg whites, stiffly beaten

Mix cracker crumbs with softened butter and sugar and press in an even layer against bottom and sides of a buttered pie plate. Bake for 10 minutes in a hot oven (425°F). Pour custard into pie shell. To apricot pulp add sugar and lemon juice. Combine with stiffly beaten egg whites and spread on top of custard. Set in a slow oven (350°F) for 15-20 minutes or until the meringue is browned. Makes one 8-inch [illegible]

PO[illegible]
in Your[illegible]

Poisons absorbed into the system from souring waste in the bowels, cause that dull, headachy, sluggish, bilious condition; coat the tongue; foul the breath; sap energy, strength and nerve-force. A little of Dr. Caldwell's Syrup Pepsin will clear up trouble like that, gently, harmlessly, in a hurry. The difference it will make in your feelings over night will prove its merit to you.

Dr. Caldwell studied constipation for over forty-seven years. This long experience enabled him to make his prescription just what men, women, old people and children need to make their bowels help themselves. Its natural, mild, thorough action and its pleasant taste commend it to everyone. That's why "Dr. Caldwell's Syrup Pepsin," as it is called, is the most popular laxative drugstores sell.

DR. W. B. CALDWELL'S
SYRUP PEPSIN
A Doctor's Family Laxative

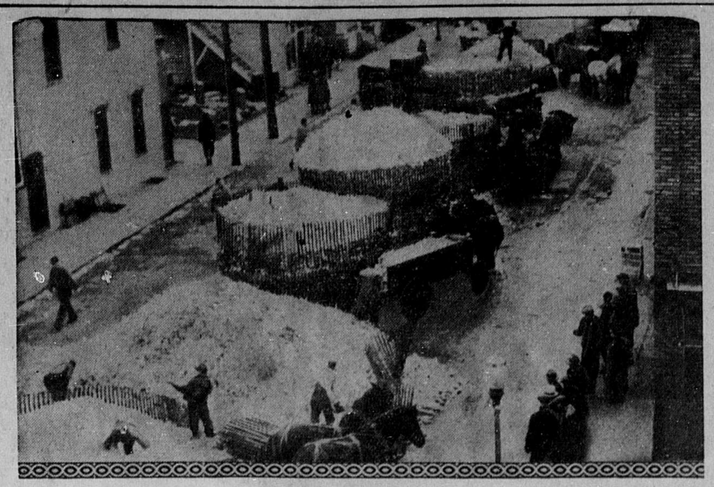
Kidneys bother you?

Heed promptly bladder irregularities, getting up at night and nagging backache. They may warn of some disordered kidney or bladder condition. Users everywhere rely on *Doan's Pills*. Praised for more than 50 years by grateful users the country over. Sold by all druggists.

DOAN'S PILLS
A DIURETIC FOR THE KIDNEYS

AT THE FIRST SNEEZE USE
Mistol
NIGHT AND MORNING
Fight COLDS 2 ways
AND [illegible] of Mistol [illegible] HANDKERCHIEF [illegible] NEW [illegible]
[illegible]RE, NO. 12--1933

Iowa Town Buys Up the Farmers' Corn



Scene in one of the streets of Clear Lake, Iowa, as farmers were unloading corn bought by the town for scrip which was issued and later redeemed. The corn was stored in circular cribs and then sold at auction.

RESULTS FOLLOW PROPER DIETING

Underweight or Overweight It's Safest Method.

By EDITH M. BARBER

The large question is whether overweight is a problem of calories depending upon the amount of food we eat or whether it is a problem of how our bodies use those calories. Observation shows that there is little difference in the number of calories which everyone needs to maintain the process of digestion, flow of blood, etc. There may, however, be a difference in the number which is used up by the movement of the body in exercise. This may possibly be caused by one of the glands, but it is uncertain which one is responsible. The thyroid, the adrenals, the gonads, even the pancreas have been suspected. Glandular extracts have had results in specific cases, but no general conclusion or remedy has been found.

Even the brain is accused of influencing weight. The nerve centers, in what is known as the "between brain," have been found in animal experimentation to have a direct connection with gain in weight.

There is still another theory about the deposit of fat which has something to back it up. This refers to the deposit of fat in one compartment of a body cell with the "lipase" which breaks up fat deposited in another compartment without power to reach the fat. It is possible that one of the glandular extracts furnishes this lack.

While admitting our present inability to completely control weight, diet will always get noticeable results. No matter what the cause of overweight or underweight there can, in practical[illegible] every case, be reduction or building [illegible] subtraction or addition to the [illegible] controlled regime which [illegible] period of months.

[illegible]educing must be carefully [illegible] that the proper amounts [illegible] minerals, vitamins and proteins are included. Diets for increasing weight must be planned in such a way that digestive organs are not given too large a load. Most persons who are overweight are not actually "obese" and can lose without resort to anything more than a diet carefully planned and—this is the point—strictly adhered to. Results are seldom seen in the first few weeks, and by that time, as you have probably seen often in your experiences or in that of your friends, interest in diet may have died a monotonous death. As one much overweight woman said to me as she reached into a large box of chocolates—"life is too short to spend dieting!" Actually, life is likely to be longer if weight is kept at normal.

The same thing in reverse is true. The person below normal in weight has no reserve to call upon when it is needed. Perhaps some day the scientists will be able to help us control abnormal conditions which influence weight, but we must still depend upon the choice of diet, in component parts and in amounts to regulate weight, and in this way affect our body health. We shall not be able to shift the responsibility entirely.

RECIPES LOW IN CALORIES

Baked Cabbage and Tomatoes.

1½ cups well-seasoned tomato sauce.
3 cups chopped cooked cabbage.
¼ cup grated cheese.
½ cup bread crumbs.
Salt.
Pepper.

Put alternate layers of tomato and cabbage in a greased baking dish. Sprinkle each layer with cheese and crumbs, salt and pepper. Bake in a slow oven (300 degrees F.) until slightly browned.

Tomato Bouillon.

6 bouillon cubes.
6 cups hot water.
1 cup tomato juice.
Salt to taste.
2 teaspoons sugar.
1 teaspoon onion juice.
Few grains cayenne pepper.

Dissolve bouillon cubes in hot water. Add tomato juice and seasonings. Simmer five minutes. Serve hot with croutons or wafers.

RECIPES HIGH IN CALORIES

Pineapple Mousse.

1½ teaspoons gelatin.
2 tablespoons cold water.
1½ cups crushed grated pineapple and juice.
1-3 cup sugar.
1 cup cream.
1 tablespoon lemon juice.

Soak gelatin five minutes in the cold water. Heat pineapple and juice to boiling point, add sugar, lemon juice and gelatin. Cool. When it begins to stiffen, fold it into stiffly whipped cream. Pour into tray of any automatic refrigerator and freeze without stirring.

Butter Scotch Pudding.

1 cup brown sugar.
2 tablespoons butter.
2 cups hot milk.
1 teaspoon vanilla.
2 inch thick slice bread.
2 eggs.
¼ teaspoon salt.
4 tablespoons powdered sugar.

Stir sugar and butter over the fire until sugar is melted. Add hot milk and stir until blended. Soak bread in this mixture and when cool add yolks of eggs well beaten, salt and vanilla. Pour into a buttered baking dish and bake in pan of water about 45 minutes (375 degrees F.). Beat whites of eggs with powdered sugar for meringue and when cool spread on top and brown in slow oven (320 degrees F.) 15 minutes.

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My Neighbor Says:

TO COVER scratches on dark colored furniture, wrap a swab of cotton on a toothpick and dip in iodine. Apply to the scratches and, when dry, rub with furniture polish.

• • •

In making custards if you break a piece of stick cinnamon into the milk when you are beating it, it gives the custard a faint cinnamon color without darkening it.

• • •

Grease in wash material should rapidly yield to soap and moderately hot water. Persistent traces will have to be bleached with javelle water.

• • •

Very pretty and durable rugs may be made from old chenille curtains and rope draperies. Ravel out the chenille and wind it into balls, then, with a wooden hook, crochet pieces into round, oval or oblong rugs.

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THOUGHTS NOT GOOD

He—You may think better of what I've said when I'm gone.

She—No doubt—my thoughts are not good ones just now.

Lights of NEW YORK

By WALTER TRUMBULL

They have just told me another story concerning balloonists. Some army men were making a cross-country flight in a free balloon. These balloons travel only, of course, in the direction of and at the speed of the wind. Momentarily becalmed above a farmer working in a field, they called to him to catch the guide rope, wishing to ask him some questions about their location. The farmer was amazed to find that he actually could pull such a large balloon earthward so fine was the balance in the still air. He not only caught the rope, but proceeded to wind it several times around his waist. The warning shouts from above came all too late. A gust of wind caught the balloon, the rope lifted the farmer off the ground, spun him like a top, and dropped him on what fortunately was soft ground. The army men hastily unshipped some ballast and went away from there. They knew the man would think they had played a trick on him.

* * *

Oswald Nelson, known as "Ozzie," was born in New York and educated at Rutgers. There he was quarterback on the football team, welterweight boxing champion, and a crack swimmer. He also was art editor of the college paper and actually sold some cartoons to outside magazines. Later, he graduated from the New Jersey Law school. Having thus prepared himself for a career, he is now twenty-seven years old and an orchestra leader in a New York hotel.

* * *

Joseph T. Higgins, former assemblyman and now the thirty-eight-year-old sheriff of New York county, doesn't look his age. He still is as slender and boyish looking as when, shortly after he attended Holy Cross and while studying law at Fordham, he was one of the best middle distance runners of the New York Athletic club. Twice, indoors, he beat Ted Meredith and once, outdoors, he defeated Jole Ray. No wonder that when he ran for office he finished ahead.

* * *

It has probably been printed, but I like the story of the generous-hearted New Yorker who met the hungry man. Instead of offering him alms, he took him into a restaurant and ordered food. To make his guest less self-conscious, he even ordered a cup of coffee for himself, although he had recently risen from the breakfast table. All went well until, to his horror and dismay, he discovered that in changing his suit that morning he had left all his money at home. He started to explain to the waiter, but the hungry man interrupted.

"That's all right," he said. "I'll pay the check." And producing a dollar from his worn habiliments, he did so. One can now get a lot of food in New York for a dollar. When they got outside, the would-be benefactor stammered:

"My dear fellow, that was most embarrassing, but we'll get a taxicab, drive to my office, and I'll get some cash and square myself with you."

"No," replied the former hungry man. "It's all right about the breakfast, but I'm doggoned if I'm going to be stuck for the taxi."

* * *

Some of the best New York stories center around Oliver Herford. There is one that has been connected with many persons, but it really belongs to the slender, gray, soft-spoken wit of the Players. The clubs champion bore rushed up to Mr. Herford in great agitation.

"I have been grossly insulted," he complained. "That fellow over there said he'd give me $100 if I resign."

"Don't you do it, my dear chap," said Mr. Herford earnestly. "I am sure you will get many better offers."

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DEAD, NOT ALIVE

"Say bo! Do you know there's $10,000 on your head this minute?"

"Sure! I'm worth a lot of money."

How It Started

By JEAN NEWTON

The "Forty Immortals"

PROBABLY the most distinguished cultural organization in the world is the French academy.

It is one of the few bodies, each member of which is a prophet in his own country, and all of whom constitute a czaristic group who control the French language and direct the nation's taste.

The French academy was established for these very purposes in 1635 by Cardinal Richelieu. His ideal, to have only the most illustrious French men-of-letters as members of the academy has been adhered to, down to the present day.

And so much do the French people and the rest of the world think of this august assemblage that they have dubbed its constituents the "Forty-Immortals"—the French academy being an association consisting of forty members.

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This Dime Earned $306 in Four Days

Geneva, N. Y.—One thin dime earned $306 in four days, and here is how it was done:

A small boy with a big spirit gave a dime to the Y. M. C. A. annual fund. The spirit moved Rev. Raymond H. Hauss, pastor of the First Methodist church, to purchase the dime for $1. Henry C. Palmer paid $5 for it. A man from Texas wanted it and offered $20, which was accepted. The Kiwanis club refused to allow the coin to leave the city, however, so the club purchased it for $35. Mrs. H. O. Palmer obtained it for $40. The coveted coin then went to Clair Pierce, Rotarian, for $100. The Elks club, through Russell A. Morton, bought it for $105. Here its career came to an end, reposing securely in a safe, but its earning power in just four days was $306.

They'll Take Care of the White House

Mr. and Mrs. Henry Nesbitt, neighbors of the Roosevelts in Hyde Park, N. Y., who accepted Mrs. Franklin D. Roosevelt's offer to be custodian-chief clerk and housekeeper, respectively, of the White House. Mrs. Nesbitt was once the manager of a co-operative market in Springfield, Mass. Mr. Nesbitt was formerly chief clerk for the Northern Pacific railroad in Minnesota.

Many Ways of Serving Mushrooms to Bring Out Delicious Flavor

One Favored Method Is to Saute Them in Butter, but Almost Everything Depends on Proper Preparation and Cooking.

"Please give mushroom recipes," writes a reader. "I have been looking for some recipes but have not found them."

In response, an authority on the subject has this to say:

It is a treat to go to market and find mushrooms, tender and white in their baskets and to find them at bargain prices. Of course we have become used to good quality and low prices for this delectable vegetable, which used to be a luxury in which only the woman with an enlarged pocketbook could indulge except for special occasions, perhaps.

Fresh mushrooms used to be available only in the late summer and then only when it had been a rainy season. We went out to the country on mushroom hunts after a rain in August or September. I found them as late as November when fall weather had been propitious. They must be picked as early in the morning as possible, as the sun "cooks" their delicate "buttons" and "parasols" after they have picked their way out of the ground. Of course I never miss a chance to go mushroom hunting now, although they are not such a treat when we can go to the market any day from early fall to summer and buy the cultivated mushrooms at such a low price.

Recipes in old cookbooks tell you to skin but not wash mushrooms. The very tender mushrooms of today do not need to be skinned if they are really fresh, so we wash them instead. By the way, a white creamy color is usually the test of fresh mushrooms but there is a variety which has a light brown shade and it will be as tender as the others if fresh.

Mushrooms need the shortest possible time of cooking, whether they are to be sauted in butter or cooked in a very little water to combine with other foods. My favorite way of cooking them is to saute them on both sides in butter, turning them just as soon as they are brown. By that time, four or five minutes, they are tender. More butter may be added if they are to be served plain on toast. If they are to be served whole and creamed, remove the browned mushrooms and add to the butter in the pan the sliced tender portions of the stem, cook these a moment, and add flour and stir until this mixture is smooth. I then add milk and stock made by cooking the tough portions of the stems and stirring over the fire until this sauce is smooth and thick. If the mushrooms are sliced I do not remove them from the pan.

When mushrooms are boiled I dip the cups in melted butter or salad oil before I put them under the broiler. I really prefer sauteing or frying to broiling. For stuffing, choose large mushrooms of even size, plunge in boiling water for a moment before filling with a stuffing made of well-seasoned crumbs or of a creamed minced chicken or crab or other meat or fish. The sauce must be very thick. Sometimes I combine lightly flavored food with soft buttered crumbs and moisten the mixture with a little ketchup.

Mushrooms combine so well with other foods that they will piece out leftovers of all sorts for creaming. Nothing is better than a combination of this sort on toast or in pastry shells or poured over small rich biscuits which have been split and buttered. Cream of mushroom soup grows more and more popular. The clear stock also makes a good soup whether served alone or combined with chicken stock.

Mushrooms are seldom used raw, but I have had a delicious salad in Paris when minced raw mushrooms were combined with a few diced cooked potatoes and cucumbers in a French dressing to serve over a green salad. I sometimes use them raw, minced with pimientoes in a French dressing for a salad.

CREAMED CHICKEN WITH MUSHROOMS

¼ cup butter
1 cup mushrooms, cut in pieces
1 tablespoon green pepper, chopped
¼ cup flour
¼ teaspoon salt
½ teaspoon celery salt
Cayenne
1½ cups milk
1 cup chicken broth
1 cup cold chicken, cut in pieces
1 tablespoon parsley, minced
1 tablespoon pimiento

Melt butter, add mushrooms and peppers and cook three minutes. Add flour and seasoning and stir until smooth. Add milk and chicken broth and cook, stirring until smooth. Add chicken, parsley, and pimiento and heat until all ingredients are hot. Serve hot on toast or use as a filling for cream puffs or patty shells. Any leftover meat or fish may replace the chicken. Two tablespoons of sherry flavoring may be added to the sauce before serving.

MUSHROOM SALAD DRESSING

1 teaspoon salt
½ teaspoon mustard
½ teaspoon sugar
Paprika
½ cup salad oil
1½ tablespoons tarragon vinegar
¼ cup minced raw mushrooms
1 tablespoon minced pimiento
1 tablespoon minced onion

Mix dry ingredients, add salad oil and vinegar and beat well or shake. Wash and pare mushrooms, mince very fine, and add to salad dressing with pimiento and onion. Serve with any green salad.

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"Splitting" Headaches

Until she learned why she was always miserable—and found out about NR Tablets (Nature's Remedy). Now she gets along fine with everybody. This safe, dependable, all-vegetable laxative brought quick relief and quiet nerves because it cleared her system of poisonous wastes—made bowel action easy and regular. Thousands take NR daily. It's such a sure, pleasant corrective. Mild, non-habit-forming. No bad after-effects. At your druggist's—25c.

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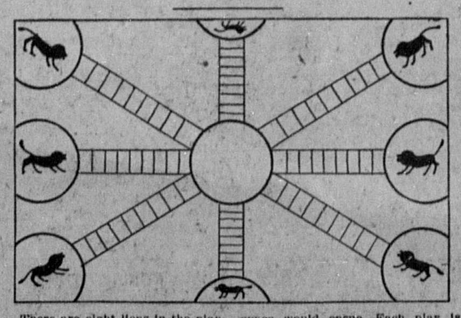
Cheerio Chapters

Fun for All the Children

Edited by DOROTHY EDMONDS

GAME OF LION'S DEN



There are eight lions in the play. If two players are taking part in the game each takes four, if more than that, each takes any equal number that will divide the lions among the players fairly. The object of the game is to get one's own lions from their pens to the feeding pen in the center and across into the opposite cages without meeting any other lion on any one of the spaces on the way. If this happened of course a fight for the space would ensue. Each play is made by either throwing dice for the number of moves to be made, or drawing the number from a pile of slips bearing them, turned face down. Each player draws or throws in turn. If he lands on a space already occupied by another lion, he must either retreat all the way back to his pen, or take his chances on winning the first opportunity to move on. In the case of meeting another lion neither of them can move from the space until one has drawn a number that will take him an even five spaces away or safely into the feeding pen or final destination. By retreating to his pen instead of taking this chance, he keeps the other lion out so long as he is there. Any player whose lion reaches the feeding pen may leave him there as long as two turns if he wishes but not any longer, for while he is there none of the others can enter. The player who gets all his lions fed and into the cages directly opposite his own first wins the game.

KINDNESS

A railroad brakeman saw two big bucks fighting, their horns deadlocked. When he got to the next station he told the station agent, who told some farmers, who took some rope and a saw, cut the deer apart and then watched them bound off into the woods side by side. When buck deer fight to a death, it is most often starvation which results from their being locked together and unable to separate to seek food that kills them. These farmers knew this and saved their lives.

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X-Ray Makes It Possible to Read With Eyes Shut

Detroit.—If you want to see with your eyes closed or read through the back of your head, you can visit an X-ray specialist and do it.

The stunt is not so crazy as it sounds, for it was demonstrated at the American Roentgen Ray society's convention here recently by Dr. A. H. Pirie of Montreal.

Doctor Pirie uses lead letters and pictures in his experiments. These block the light from the X-ray machine, and the shadows of these blocks fall upon the retina of the eye, even with your eyes closed, making the impression.

"The value of this," Doctor Pirie explained, "is that it enables a physician to tell whether or not a cataract operation will be successful. If the retina of the eye is unharmed, the cataract sufferer will be able to see the letters by means of the penetration of the X-ray machine."

Doctor Pirie explained that the same apparatus, placed at the back of the head, will register upon the retina. The letters or images must be placed upside down in the machine because our eyes reverse the images they see.

See What One Big Fish Brought Him in Trade!

Nampa, Idaho.—Lack of cash doesn't prevent Charles Chadwell, Walker Ferry fisherman, from providing his family with food and clothing. With steaks from a 250-pound sturgeon he caught in the Snake river, Chadwell traded for ten pounds of butter, eight boxes of apples, a slab of bacon, two hams, a quantity of fresh meat, a pair of shoes, a sweater, gasoline for his motor car, and $2.40 cash.

Father Sage Says:

Sculptors hate trousers; but when they try to depict their modern heroes without any they only create something ridiculous.

German Babes Burden City in Dole Protest

Kassel, Germany.—Municipal welfare authorities faced a trying situation because wives of unemployed men deposited their babies in the cloak rooms of the city hall and departed without them as a protest against "inadequate" relief.

City officials found themselves with a number of shrieking infants to tend. Municipal workers set about trying to return the babies by comparing facial characteristics and any other method that suggested itself to the ingenious.

Scientific Expedition to Hunt White Indians

New York.—A new attempt to locate pig-headed white pigmy Indians, reputed to live in an unexplored section of Brazil, has been begun by Brooklyn museum scientists headed by Desmond "Bud" Holdridge. It was announced by Lee Trenholm, New York manager of the expedition, on receipt of a letter from the expedition's base in Brazil.

Two searches of the Sierra Parima jungles have failed to find any traces of the legendary tribe, although the vicinity of the Catrimany river has been searched. The new attempt will be along the Demini river.

Trenholm said maps had been found almost worthless by the explorers.

Bull Kills Farmer

Staunton, Va.—After an enraged bull killed its master, L. Frank Steed, forty-eight-year-old farmer, of near Staunton, men had to enter in trucks and arm themselves with shotguns to subdue the animal. Six shots struck the bull before it retreated from the dead man. The seventh shot proved fatal.

Keys Lost 20 Years, Found

Gettysburg, S. D.—Glenn W. Bishop, depot agent, was in possession recently of a bunch of keys that he lost 20 years ago. Children playing in Mobridge found the keys with his ring on them, dated "1912."

Famous Cathedral at Siena Remains Monument

Rome.—Siena, perched on its three hills, is a fine medieval example of artistic Italian enterprise, though the city has dwindled to about one-fourth of the population it had in the Fourteenth and Fifteenth centuries.

Its great buildings have survived the turmoils of the ages, and its cathedral is yet one of the grander sights of the Peninsular. It was planned to be the largest Gothic church of Italy, but the enormous nave which they started to build was left unfinished, due to the cost and the ravages of "The Black Death" plague. A few ruined arcades are all that remain as a monument.

Studies Stunt Flying

Norman, Okla.—Getting ready, perhaps, for the day when one may clip a coupon and learn to fly, Mrs. Louise Postlewait, assistant director of Oklahoma university's department of correspondence study, is going to major in stunt flying.

BAYER **SAFE!** BAYER

The popularity of Bayer Aspirin is due in large measure to its speed. There is no quicker form of relief for a bad headache, neuralgia, neuritis, or other severe pain. But even more important is its *safety*. Anyone can take Bayer Aspirin. It does not depress the heart. It does not upset the stomach.

No one need ever hesitate to take Bayer Aspirin because of its speedy action. Its rapid relief is due to the rapidity with which tablets of Bayer manufacture dissolve. You could take them every day in the year without any ill effects.

For your pocket, buy the tin of 12 tablets. For economy, bottles of 100 at the new reduced price.

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