My Favorite Recipe

By Mrs. Hattie W. Caraway

Ginger Cookies

2 cupfuls molasses
1 cupful sugar
1 cupful cold water
1½ cupfuls lard
10 teaspoonfuls ground ginger
5 teaspoonfuls soda
4 eggs
Enough flour to make a nice dough.

Roll moderately thin and cut with cookie cutter. Bake well but not too fast. Makes large quantity.

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Dr. Pierce's Favorite Prescription is a tonic which has been helping women of all ages for nearly 70 years. Adv.

Man as Nature

Nature is under law; man has to subject himself to law.

EMINENT DOCTORS WROTE THIS OPINION!

"...colds result from acid condition of the body...they prescribe various alkalies"—excerpt from medical journal. The ALKALINE FACTOR in

LUDEN'S MENTHOL COUGH DROPS 5¢ HELPS BUILD UP YOUR ALKALINE RESERVE

Fatigue Forgotten

On the day of victory no fatigue is felt.—Arab Proverb.

Don't Sleep on Left Side, Crowds Heart

GAS PRESSURE MAY CAUSE DISCOMFORT. RIGHT SIDE BEST.

If you toss in bed and can't sleep on right side, try Adlerika. Just ONE dose relieves stomach GAS pressing on heart so you sleep soundly.

Adlerika acts on BOTH upper and lower bowels and brings out foul matter you would never believe was in your system. This old matter may have poisoned you for months and caused GAS, sour stomach, headache or nervousness.

Dr. H. L. Shonk, New York, reports: "In addition to intestinal cleansing, Adlerika greatly reduces bacteria and colon bacilli."

Mrs. Jas. Filler: "Gas on my stomach was so bad I could not eat or sleep. Even my heart seemed to hurt. The first dose of Adlerika brought me relief. Now I eat as I wish, sleep fine and never felt better."

Give your bowels a REAL cleansing with Adlerika and see how good you feel. Just ONE dose relieves GAS and constipation. At all Leading Druggists.

A FAMOUS DOCTOR

As a young man the late Dr. R. V. Pierce practiced medicine in Pa. After moving to Buffalo, N. Y., he gave to the drug trade (nearly 70 years ago) Dr. Pierce's Favorite Prescription. Women who suffer from "nerves," irritability and discomforts associated with functional disturbances should try this tonic. It stimulates the appetite and this in turn increases the intake of food, helping to upbuild the body. Buy now! Tabs. 50c, liquid $1.00 and $1.35.

FOUR TEASPOONFULS OF MILK OF MAGNESIA IN ONE TASTY WAFER

AFTER YOU EAT?

After you finish a meal can you be sure of regular, successful elimination? Get rid of waste material that causes gas, acidity, headaches. Take Milnesia Wafers for quick, pleasant elimination. Each wafer equals 4 teaspoonfuls of milk of magnesia. 20c, 35c & 60c at drug stores.

MEN AND AFFAIRS AT WASHINGTON

★ National Topics Interpreted by WILLIAM BRUCKART ★

Washington. — When President Roosevelt took office for his first term, one of the outstanding observations that he made was to the effect that the American people "feared fear" and of this condition was born instability. It was a remarkable statement and the truth of it may not now even be denied. It accurately presented one of the fundamental influences disturbing American life and if that psychology could have been completely swept away, I believe things would have been different now.

About Money

As I remember, I commented at that time upon the new President's remark. Subsequently, I called attention to the conditions of administration policy under the New Deal that were necessarily causing a continuation of that "fear of fear" instead of calming the nation's nerves.

As Mr. Roosevelt closes his first term and begins his second tenure, I believe it is entirely proper again to advert to his significant and truthful observation of 1933. We can look at this picture only in retrospect, regrettable as it is that we cannot see into the future. It would then seem to be an entirely permissible thing to do to examine the basis of Mr. Roosevelt's observation and see what has been done to correct the condition about which he complained.

I shall not attempt to go into the various phases of the four-year term. Indeed, I think it is neither advisable nor necessary to analyze conditions beyond those that are basic, fundamental, in our national economic and political structure.

For that reason, and because of recent developments of administrative policy, I am writing something about money in this report to you.

The Scripture quotation is: "The love of money is the root of all evil." In treating of the subject of money from our practical standpoint, "the love of money" takes on quite an unusual definition. For, may I point out in candor, there never has been a national administration, so far as my research goes, that has so thoroughly loved the spending of money. I believe Mr. Roosevelt himself enjoys it but Mr. Roosevelt is not the chief offender of his administration in this regard. The two men whose records stand out with an absurd willingness to throw money around as I used to throw pebbles when I was a boy on a Missouri farm are Harry Hopkins, Works Progress administrator, and Secretary Wallace, of the Departmemt of Agriculture. I am quite convinced that Mr. Hopkins is the worse of the two. My conclusion is based on a conviction that Mr. Hopkins is the more wasteful. I am afraid that when the history of this great depression is set down in the cold light of facts as they will appear a quarter of a century from now, Mr. Hopkins will have a place in that spotlight that will not do credit to the hundreds of people who have the real welfare of the poor at heart.

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Money for Relief

The latest development concerning Mr. Hopkins is his statement that there must be at least three-quarters of a billion new money appropriated for his relief work. President Roosevelt previously had said he would ask congress for only half a billion. It is difficult to reconcile these two statements or the reasons therefor. Some slipshod thing has taken place or else Mr. Hopkins again is indulging in his favorite sport of spending and wasting taxpayers' money.

Now, the figures reveal that relief operations, as managed by Mr. Hopkins, are costing about $165,000,000 a month. If Mr. Roosevelt intends to use only $500,000,000 for relief, curtailment in sharp fashion must take place. If no such curtailment is intended, even the Hopkins figure is too small.

Thus, we are brought face to face again with a question: What is to be the policy? I hear more and more discussion as congress gets under way that some definite statement ought to be made, some commitment given, so that the nation would know what it is proposed to do with all of this money and how much of it is to be used.

Incidentally, Mr. Roosevelt recently spoke rather curtly to some of his departmental heads about their printing bills. He thought they were too large and that money should be saved in that direction. Now, it happens governmental printing bills amount to no more than a drop in the bucket when compared to the waste that goes on in the enormous relief set-up of which Mr. Hopkins is the head. It has been shown too many times to need elaboration here.

Since Mr. Roosevelt has taken note of the departmental printing bills, however, I would like to make the suggestion that there is no valid reason any longer for excluding relief appropriations from the regular estimates of expenditures as included in the annual budget. Like many other items, the relief totals may have to be revised later, but that does not excuse the rather careless practices that have grown up in the calculation of relief expenditures. It does not exclude the necessity for a real protection against heedless spending nor does it prevent the formulation of intelligent policies.

Individually, I do not quite understand why the administration should fuss about a few millions of printing bills and toss out half a billion or three-quarters of a billion, as the case may be, with reckless abandon when such tossing is done without any evident continuity of sound policy.

Wallace Talks Money

I referred to Secretary Wallace's spending proclivities. Mr. Wallace has been going about the country lately talking of the necessity for soil conservation and the payment of a subsidy to farmers to accomplish that end. He has been talking about money in sums as large as a billion dollars a year for crop insurance—a program in furtherance of Mr. Wallace's "ever normal granary" idea.

In theory, there is much to be said in favor of spreading unpredictable losses of farming through insurance. A large part of the distress found in agricultural regions is due to the destruction of crops by causes over which the farmers have no control. If the consequences of these hazards could be minimized by adjusting losses over wide areas, and by using the surplus of one year to offset the shortage of the next, one major farm problem would be solved. But, as matters now stand, there is a natural tendency to regard this move with a skeptical eye. This is necessary because, like so many theories, the Wallace crop insurance, ever normal granary plan seems to omit the one element that is necessary to be included. If this proposition is to be successful, there simply can be no doubt that it must have almost unanimous support. It does not have it and never will. The reason is that it calls upon the government to pay part or all of the cost and human nature inevitably resents taking from one to give to another.

Mr. Wallace's ideas were adopted by the President's crop insurance committee. That committee was supposed to have the interest of agriculture at heart. Its recommendations indicate that it had not only such an interest but an even greater interest, namely, making sure that the farmers were given everything.

From all of the discussions that I have heard, I believe it is quite apparent that the committee went too far. It went so far, indeed, that it is arousing resentment from the consumers who think that they will have to pay the bill. Therefore, by proposing a program that is too extreme, the crop insurance committee and Mr. Wallace have forced a cleavage between producer and consumer and that is likely to result in a renewal of warfare between these two segments of our national life. It will cause a revival of an age-old quarrel instead of a healing of old wounds.

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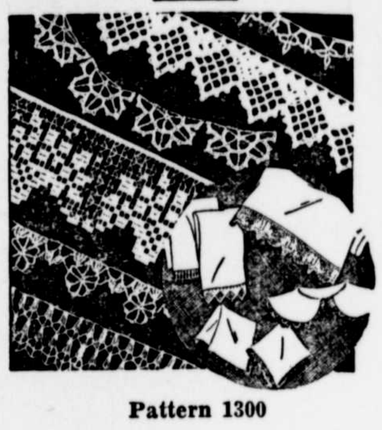
Twins Celebrate 85th Birthday

Mrs. Martha Scott Loucks (left) and Mrs. Elizabeth Scott Howell, twin sisters, of Yonkers, N. Y., celebrated their eighty-fifth birthday recently, spending the day quietly. The women, who live with Mrs. Loucks' son, Frank Loucks, and his family, saw the Middle West change from Indian territories to the present state of development. They were born in Claysville, Pa., and were reared in western Pennsylvania when the section was "backwoods." They remember when the soldiers came home from the Civil war and later, when they lived in the West they remember soldiers being stationed at their home to protect them from Indians.

Lots of Variety in Crocheted Edgings



Pattern 1300

Wonderfully dainty edgings, the laciest of borders, can roll off your crochet hook if you have pattern 1300. You can crochet an inexpensive bit of dress-up for collar and cuff set, lingerie, hankies, towels, sheets, cases and napkins. The top edging simulates tatting but is easier and quicker to do. Even a beginner will find this pattern simple to follow. Pattern 1300 contains detailed directions for making the edgings shown; illustrations of them and of all stitches used; material requirements.

Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York, N. Y.

Write plainly pattern number, your name and address.

Beware Coughs from common colds That Hang On

No matter how many medicines you have tried for your cough, chest cold or bronchial irritation, you can get relief now with Creomulsion. Serious trouble may be brewing and you cannot afford to take a chance with anything less than Creomulsion, which goes right to the seat of the trouble to aid nature to soothe and heal the inflamed membranes as the germ-laden phlegm is loosened and expelled.

Even if other remedies have failed, don't be discouraged, your druggist is authorized to guarantee Creomulsion and to refund your money if you are not satisfied with results from the very first bottle. Get Creomulsion right now. (Adv.)

Superficial Beauty

The beauty that addresses itself to the eyes is only the spell of the moment; the eye of the body is not always that of the soul.—George Sand.

Poorly Nourished Women—They Just Can't Hold Up

Are you getting proper nourishment from your food, and restful sleep? A poorly nourished body just can't hold up. And as for that run-down feeling, that nervous fatigue,—don't neglect it!

Cardui for lack of appetite, poor digestion and nervous fatigue, has been recommended by mothers to daughters—women to women—for over fifty years.

Try it! Thousands of women testify Cardui helped them. Of course, if it does not benefit YOU, consult a physician.

Miserable with backache?

WHEN kidneys function badly and you suffer a nagging backache, with dizziness, burning, scanty or too frequent urination and getting up at night, when you feel tired, nervous, all upset . . . use Doan's Pills.

Doan's are especially for poorly working kidneys. Millions of boxes are used every year. They are recommended the country over. Ask your neighbor!

DOAN'S PILLS