

All Is Not Gold—
For 50 years one of the most popular exhibits in Blackburn museum has been "a nugget of pure Australian gold" weighing 7 1/2 ounces.
Tempted by the high price of gold, the museum committee recently obtained the permission of the council to sell it. The gold was sent to a London firm of assayers, who replied that the nugget consists merely of brassiers' metal and lead, and does not contain a particle of gold.

LOOK FOR THIS CROSS

15c FOR 12
2 FULL DOZEN FOR 25c

DEMAND AND GET GENUINE **BAYER ASPIRIN**

To Strive
To strive with an equal is a doubtful thing, with a superior, a mad thing, with an inferior, a vulgar thing.—Seneca.

SORE MUSCLES
MADE HER ACHE ALL OVER
Feels like a NOW WOMAN NOW

Why suffer with muscular pains of rheumatism, neuralgia, lumbago, or chest cold? Thousands say Hamlin's Wizard Oil brings quick relief to aching legs, arms, chest, neck, back. Just rub it on—rub it in. Makes the skin glow with warmth—muscles feel soothed—relief comes quick. Pleasant odor. Will not stain clothes. At all drugstores.

HAMLIN'S WIZARD OIL
For MUSCULAR ACHEs and PAINs
Due to RHEUMATISM, NEURALGIA, LUMBAGO, CHEST COLDS.

Reward for Good and Ill
That person who does an atom of good, will see it and find its reward; and that person who does an atom of evil, will see it and find its reward.—The Koran.

FIT and HAPPY
GOLDEN ANNIVERSARY

They Never Neglected The ALL-VEGETABLE CORRECTIVE

No wonder old folks talk about Nature's Remedy (N.R. Tablets), the all-vegetable laxative. They work so gently, yet thoroughly. They are so kind to the system. So refreshing and normal. So many aches and pains when bowels are cleaned of their accumulated poisons in this way—not by mere partial action. Find out for yourself what thousands of others have proved. Try Nature's Remedy today. Get an economical 25-tablet box—only 25 cents at any drugstore.

Genius Alone
Fortune has rarely condescended to be the companion of genius.—Isaac Disraeli.

CARDUI

In this modern time something wonderfully worth while can be done for practically every woman who suffers from functional pains of menstruation. Certain cases can be relieved by taking Cardui. Others may need a physician's treatment.

Cardui has two widely demonstrated uses: (1) To ease the immediate pain and nervousness of the monthly period; and (2) to aid in building up the whole system by helping women to get more strength from their food.

Refinement Bent
Decency arises from a natural predilection for refinement.

Gas, Gas All the Time, Can't Eat or Sleep

"The gas on my stomach was so bad I could not eat or sleep. Even my heart seemed to hurt. A friend suggested Adierika. The first dose I took brought me relief. Now I eat as I wish, sleep fine and never feel better."
—Mrs. Jas. Miller.

Adierika acts on BOTH upper and lower bowels while ordinary laxatives act on the lower bowel only. Adierika gives your system a thorough cleansing, bringing out old, poisonous matter that you would not believe was in your system and that has been causing gas pains, sour stomach, nervousness and headaches for months.

Dr. E. J. Shanley, M.D., reports: "In addition to intestinal cleansing, Adierika greatly reduces bacteria and colon bacilli." Give your bowels a REAL cleansing with Adierika and see how good you feel. Just one spoonful relieves GAS and constipation. At all Leading Drugstores.

MORNING DISTRESS
is due to acid, upset stomach. Milnesia wafers (the original) quickly relieve acid stomach and give necessary elimination. Each wafer equals 4 teaspoonfuls of milk of magnesia. 20c, 35c & 60c.

MORE FREQUENT EATING ADVISED

Six Meals a Day for Health, but Not More Food.

By EDITH M. BARBER
ACCORDING to the custom of the country, most of us divide our food rations for the day into three, though not equal, portions. In many other countries an extra meal or two is added. The Germans have their second breakfast and their coffee and cake in the afternoon. The English, of course, have their tea. The Viennese often have coffee with accessories, both in the middle of the morning and the middle of the afternoon. They are quite likely to have a late supper as well.

When we eat between meals in this country, we almost apologize for it. It will be a satisfaction then to many of us to hear the theories, backed by evidence, which Dr. Howard W. Haggard of Yale advances in regard to this matter. Dr. Haggard is associate professor of applied physiology at that university and the famous author of "Devils, Drugs, and Doctors" and of "Diet and Physical Efficiency."

From his studies in industrial plants, Dr. Haggard has come to the conclusion that the drop in efficiency which is found late in the morning and to a greater extent in the late afternoon is due to the reduction of blood sugar rather than to fatigue. He advises, therefore, that some form of carbohydrates plus milk be taken at these times. He also suggests that eating before going to bed is advantageous for many persons.

Dr. Haggard makes clear that he does not advise an increase in the amount of food taken daily, but rather a division of the food into five or six instead of the usual three portions, which is customary in this country.

- Hermits**
1/2 cup butter
1 cup brown sugar
1 egg
1/2 cup sour milk
2 1/2 cups flour
1/2 teaspoon soda
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon cloves
1/4 teaspoon nutmeg
1/2 cup chopped raisins
1/2 cup chopped nuts.
- Cream butter and sugar together. Add beaten egg and milk; add flour mixed and sifted with soda, salt, spices, raisins and nuts. Mix well, chill and roll thin. Cut in rounds or fancy shapes and bake in a moderate oven (350 degrees Fahrenheit) until light brown. When cool, frost with confectioners' frosting, made by combining one cup of confectioners' sugar with enough cream to give a spreading consistency. Sprinkle with chopped nuts.
- Dundee Cake.**
1/2 cup butter
1/2 cup sugar
4 eggs
1/2 cup chopped blanched almonds
1/2 cup cut orange peel
2 1/2 cups flour
1/2 teaspoon salt
1 teaspoon baking powder
1 cup seeded raisins
1 1/2 cups currants
2 tablespoons orange juice.
- Cream butter, add sugar slowly. Add eggs one at a time, beating well after each addition. Add chopped nuts and orange peel. Sift flour with salt, baking powder, mix with raisins and currants and add to first mixture. Add orange juice. Mix well. Pour mixture into bread pans, lined with waxed paper and greased. Decorate top with candied cherries, nuts and citron. Bake one hour or one and a quarter hours in a very moderate oven (325 degrees Fahrenheit). Cover the cake with paper as soon as it begins to brown. Candied lemon peel may be mixed with the orange peel if desired. Brandy or sherry may replace the orange juice.

- Tartare Sauce.**
1 cup mayonnaise
1 tablespoon chopped pickle
1 tablespoon chopped olives
1/4 cup chopped parsley
1 tablespoon chopped onion
- Mix all ingredients together and serve with broiled, fried or baked fish.

- Stewed Potatoes.**
3 tablespoons butter
3 cups diced potatoes
2 cups milk
Salt
Pepper
- Melt the butter in a frying pan, add the potatoes and stir over the fire until the fat is absorbed. Add the milk and seasoning and cook slowly about half an hour. More milk may be added if needed.

- Jellied Bouillon.**
2 tablespoons gelatin
1/4 cup cold water
4 cups meat stock
Parsley
- Soak gelatin in cold water 5 minutes and stir into hot stock until dissolved. Pour into a shallow dish or into bouillon cups to chill and set. Before serving, break up jelly with a fork or cut into cubes with a knife. Serve in bouillon cups and garnish with sprigs of parsley. Bouillon cubes may be used to make the stock in proportion of 5 cubes to 1 quart of water.

Now's the Time
Interior painting may be done at any time of the year. Now is a good time to have the work undertaken.

Household Hints
By BETTY WELLS

YOU'D think we were all the most domestic little wrens, to judge by the way we're being catered to by the manufacturers of household wares. And when you get down to it, most of us are, for all our club papers and charity bazaars. We're all aglow with the wonders of the things that smooth a lady's homeward way. There's been a housewares fashion show in New York recently where all the latest gadgets and utensils took their bows. Most of them are so new, they're not for sale as yet, but they'll be appearing during the coming months. Something to look forward to:

We were particularly enchanted with a broccoli steamer because we've never seen such a hot broccoli cooker, but maybe we'll improve with such a clever contraption. A glass double boiler was our next choice—glass skillets and baking dishes we'd seen before,

You'd think we were all the most domestic little wrens.

but there's something about a double boiler that lures us doubly. A sauce pan with markings inside to indicate various measurements struck us as a very good idea, and there's one new range with a Dutch oven compartment right in it.

The nicest idea in traveling irons was shown—a flat model less than a half inch high but with the same shape and size on the bottom as a big iron . . . and with just the same amount of heat. The handle folds down and the whole business packs very compactly and with much less weight to carry around than the old type of smaller traveling iron that wouldn't actually iron half so well as this one. Another wardrobe device that we liked was the new slide door utility moth-proof cabinet. The front section instead of opening out like a hinge door rolls up and down like a roll top desk.

For the cleaning fans, there are lots of grand new things. Knee action carpet sweepers, for instance. They're streamlined and self-adjusting to any depth of rug pile or to the bare floor, and we're sure they'd even take the cat's tail in their stride too. And then there's a mop that has a rubber ball up a little way from the mop itself . . . this you rest on a ledge and bounce . . . the mop shakes itself.

The Boy's Room.
He's a bookish little fellow who likes to draw and collect bugs and butterflies and tinker with radio and goodness knows what else.

So his mother writes for our advice about his room. She'd like to fix it up as comfortable as possible for him to work in.

"It's in the attic and so has quite a low ceiling. I'd like to decorate it so that it won't appear too hot in summer. There's a lot of space—12 by 22—and it has three dormer windows looking out on woods. For furniture I will use a studio couch, a desk and a book shelf. What else would you suggest?"

Would it be possible to have the walls covered with one of those wall boards that insulate at the same time? If so, it would certainly make the room a lot more comfortable in



He likes to draw, collect bugs and tinker with radio.

both summer and winter. And that's important since he spends a good deal of time there. We'd like the walls in a very light fresh green, then a red denim or sail cloth cover for the studio couch and white scrim curtains at the windows tied back so that they don't cut out any light or view. These can have a plaid gingham valance across the top if you like and tie backs of the same plaid. Use this plaid for the cushions on the studio couch too, and if you like for a slip cover for an easy chair. It would probably be more practical to keep most of the floor surface bare—easier to clean.

About furniture—he'll need, beside the things you've mentioned, an easy chair, a chest of drawers, a work table and a drawing board. The rest will be up to him! He'll add pictures and ornaments to suit his own ideas, and they'll give the room a boyish charm of its own.

Quickly Knitted in Stockinette Stitch



Like a gay addition to your "all year 'round" wardrobe? Of course you would! Then take a tip and knit this fetching blouse. You'll love the laciness of a pointed yoke, so prettily set off by plain stockinette stitch, and are sure to adore the snug fit of ribbing 'cross the hips. Ribbing also bands the simple sleeves. Knit it of soft-colored string or yarn, in one of the new shades! In pattern 5655 you will find instructions for making the blouse and skirt in sizes 16-18 and 38-40; an illustration of the blouse and of all stitches used; material requirements.

To obtain this pattern send 15 cents in stamps or coins (coins preferred) to The Sewing Circle Household Arts Dept., 259 W. Fourteenth St., New York, N. Y.

"China's Sorrow"
The Huang Ho river is called "China's Sorrow" because of the manner in which it overflows during freshets, scattering yellow silt as it rushes along. Sometimes it silt up its mouth. Because of this condition, the river has changed its course ten times in the last 25 centuries, each time opening a new channel to the sea. In doing so it destroyed everything in its path.



GO FARTHER BEFORE YOU NEED A QUART

Prove it for yourself with the "First Quart" test. Drain and refill with Quaker State. Note the mileage. See how much farther this oil takes you before you have to add the first quart. The reason is: "There's an extra quart of lubrication in every gallon." Quaker State Oil Refining Corp., Oil City, Pa. The retail price is 35¢ per quart.

Read Our Advertisements

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The Firestone Ground Grip Tire is without equal for traction. It is in a class by itself. In fact, the design and performance of this tire are so unusual that the United States Patent Office has granted a patent on it. Firestone provides one traction tread—Ground Grip—for cars, trucks, buses, tractors and farm implements.

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If you are ordering a new tractor have it delivered on Firestone Ground Grip Tires—the greatest traction tires ever built for farm use.

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