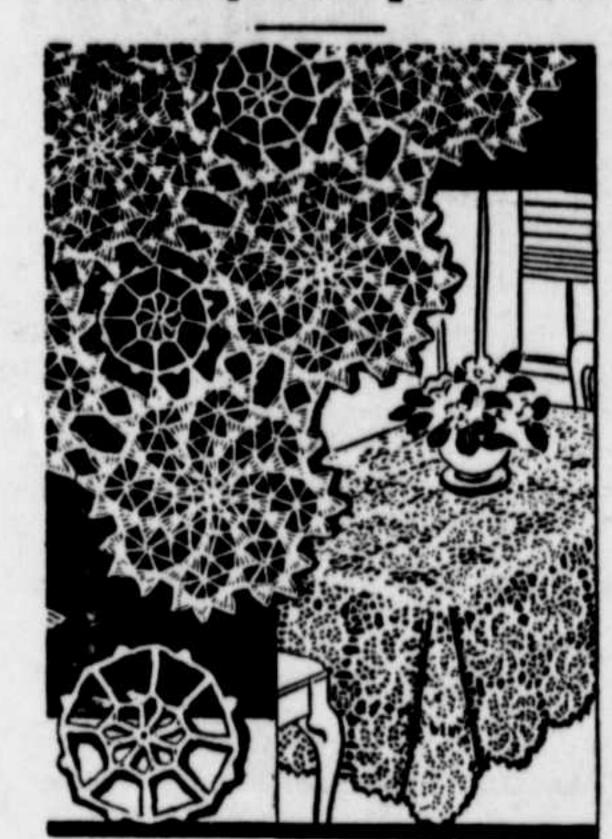
Medallions Easily and Quickly Made



Pattern 1651

These two medallions . . . the small one very open to set off the spirals of the larger one . . . can be used to form any number of . . . so easy to do, your crochet hook will just fly from one to

another. Pattern 1651 contains directions for making a 61/2 inch and a 2 inch medallion (size in string) and joining them to make a variety of articles; illustrations of the medallions and of all stitches used; material requirements; a photograph of medallions.

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

Fingerprints Faked

French police are baffled over a demonstration in Paris of a method of faking fingerprints. The demonstrator said that one must have a genuine fingerprint to start with, and this can be obtained by shaking hands with the "victim." The faker wears a glove having a plastic substance attached to the back. This takes and keeps the impression, which may be transferred anywhere the faker desires to put it.

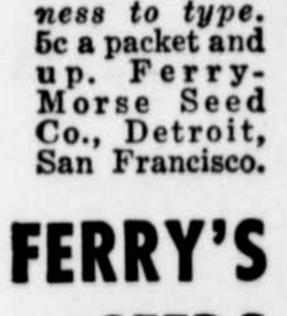


BEAUTY CONTEST for PLANTS!

HAVE you ever wondered why most of the finest gardens in your locality are grown from Ferry's Seeds? Here's why:

All Ferry's Seeds are the result of many years of careful breeding, selecting and improv-ing. In developing a new strain, the seed experts of the Ferry-Morse Seed-Breeding Institute hold "plant beauty contests" to select the finest plants. Their

seeds are planted for the next crop. Thus, year after year, weaknesses are eliminated and desirable qualities encouraged. Select your flower and vegetable seeds from the Ferry's Seeds store display. All have been tested this year for germination and tested for true- FERRY'S







WNU-4

In New York, a hotel ... moderate in price ...and convenient



FIREPLACE IN COLONIAL RESTAURANT ■ Moderate in price...rooms with running water...single \$1.50, double \$2.50; with bath ... single \$2.25, double \$3.25. Convenient...in the center of the shopping district, one block from Fifth Avenue, Penn Station and subways. Good food ... you'll enjoy our meals prepared by women cooks ... only fresh vegetables used...home baked pastry.



116 WEST 34th STREET . (Opposite Macy's)

NEW YORK

by Captain G. Elliott-Nightingale Copyright, WNU

A VERY DELICATE

SITUATION The Northern Lights have seen queer sights

And a queer one they sure did see

When one fine night—two men—not so bright

Swiped two tons of coal, from MacPhee.

IN SPITE of the fact that there were outcroppings of coal here and there, and that settlers could the not-so-bituminous stuff away for two dollars a ton, someone went to the trouble to steal two tons of the wretched stuff from a settler's back yard one night, and the incident gave rise to some unusually delicate situations. The loser, a hard-working and worthy native Canadian, kept the news of his loss to himself for several days, meanwhile trying to do a bit of amateur detective work on his own lovely household treats . . din- Ten days passed, without results, so ner cloths, bedspreads, scarfs, or one morning he saddled up and visdoilies. Delightful pick-up work | ited the nearest post of the Royal Mounted.

> Both the Mounted and the settler realized, of course, that the amount involved was rather small. Nevertheless, the laws concerning property rights must be upheld, and an experienced member of the Royal Mounted was assigned to look into the matter. Starting in on a "cold trail" has many disadvantages, and the Mounted failed to turn up the slightest clue, for it is impossible to identify stolen coal when all the same vein. Furthermore, cold weather had set in and, somewhere that coal was being burned. At any rate, it began to appear that the case of the stolen coal was to join the rather small index of unsolved cases. It was not forgotten, though, by the three men of the Royal Mounted stationed in that district. They stored the details away in the index of their minds confident that some day, somewhere, the first clue

to his right, waving and beckoning breath, coated tongue, a feeling of vitamin. him to come over. In a few min- lassitude and a tendency to beutes the settler and the "Smiling come easily fatigued. Constable" were deep in whispered

story about who stole the coal from MacPhee's place," said the of hard masses of waste against the diet should therefore contain erals and vitamins, with the exsettler, "but unless you promise to protect their modesty and womanhood, we refuse to help you."

"Protect them!" exclaimed the Man of the Mounted, "Why . . . of | prompt, regular elimination the course I will. Witnesses, eh? That's fine. Now, just where were they when they saw the robbery?" "That's just the point. To shout

that information in an open court room would be extremely embarrassing to them. One's fourteen, the other's sixteen . . . and to go into details would "Why 'extremely embarrassing'

. . was it so awful . . .?" "No, perfectly natural. Fact is the small intestine where it is the hems of sash curtains the Most polish is used only for the they were taking care of a little | mixed with the secretions of the matter that isn't mentioned in po- liver and the pancreas. Here the lite society." And so it developed nutritive elements are absorbed can then use them either end up. that unseen, yet seeing, these two by minute, hair-like tubes which young ladies had watched two men, whom they knew to be newcomers | tubes converge into the blood ves- Baked potatoes look much nicer if | glow-and the outward effect is in the district, very carefully bag- sels and lymphatics which trans- scooped from the shell, mashed fresh and sparkling! But that is ging and sacking the coal and plac- port nourishment to all parts of with butter, pepper and salt, a only part of the housewife's reing the lumpy bags in a grain-box | the body. wagon. The girls not only identified the robbers, but also described the large intestine or colon, where browned in the oven. They not the furniture! A reputable polish, the grain bags, the horses, the harness, the grain-box, and so on, and by a series of muscular contracthey clinched their story by assert- tions known as peristalsis, and ing that they saw everything quite plainly because at the time the northern lights had broken out brilliant and strong and there were moments when they could, they declared, have read a newspaper quite | cient bulk to promote normal percomfortably at two o'clock that morning. Within 24 hours the culprits were arrested and two days later the case came up for trial. Meanwhile the prisoners had hired a lawyer who had for some time been under observation by the Mounted because of his sharp and unethical practices.

The Royal Mounted established their charges. The shyster then started shouting for witnesses, but the Royal Mounted objected. The judge demanded explanations. The Man of the Mounted prosecuting the case asked the judge to step down from the bench for a moment. His honor complied, and the mounted policeman was soon whispering closely into the judge's ear. The judge resumed his seat, at which the shyster began a display of tantrums. Finally, the lawyer ran out of breath and words, and the judge asked if he were finished.

"Yes I am . . . but what does your so-called British law amount to when witnesses are forbidden to take the stand?" he shout-

"Why, my dear sir," smiled his honor, "it amounts to 18 months for your clients, imprisonment at hard labor, and if you don't behave yourself, you'll do part of it with them. Next case." Later the shyster learned why the girls had been kept off the stand, and he threatened to reoper, the case. The Mounted promised to run him out of the country if he ever tried to re-

open that particular case. Eel Never Loses Way The eel never loses its way when, answering some mysterious call of Nature, it leaves its home and travels, often part of the way across land, to the breeding grounds on the other side of the Atlantic. This is a journey of thousands of milesand yet the eels always reach their objective. They never land on the wrong shore by mistake.

Wild Avocados In Columbia avocado trees grow wild and in profusion.

Men of the What to Eat and Why HOW. To

C. Houston Goudiss Discusses | Have You a Question? LAXATIVE FOODS *

Nationally Known Authority on Food Shows How Right Diet Can Help You to Avoid Health Hazara's of Faulty Elimination

6 East 39th Street, New York. HOUSANDS of men, women and children are alive today because we have learned how to prevent many types of infections and how to cure diseases which once caused untimely deaths.

By C. HOUSTON GOUDISS

of the achievements of science seeds; dried fruits, as apricots, tion, act as gentle lubricants. in fighting disease and length- prunes, figs and raisins; raw vegening the span of life. But we as onions and leafy greens; the dividuals are not getting the most | bran. -because improper eating and beans and green peas. faulty habits of hygiene cause Foods which tend to form a lit- the digestive system is overthem to suffer from that great evil the gas in the intestines, including worked, none of its functions can of civilization—constipation.

EVILS OF CONSTIPATION

seem like am extreme statement, it becomes justifiable when one realizes the untold misery and putrefy in the

By weakening resistance, it Piles have frequently been laid at the door of faulty elimination. Do you wonder that I consider

keystone of good health. Its importance is readily understood when you consider the processes by which food is digested and absorbed.

down the esophagus into the stom- or becoming ragged. ach, where it is penetrated by the gastric juice. It then passes into

they are normally moved along only look nicer, but taste better. finally evacuated

The amount of the evacuation varies in bulk with the amount of be rinsed in at least three fresh indigestible roughage contained in rinsing waters. the food. When there is insuffiistalsis, waste accumulates and we have the condition known as constipation with all its resulting evils. Bacteria prey upon the poisons which may be absorbed slowly.

y the body. There is not the slightest excuse for allowing this condition to develop. For the misery and wretchedness of constipation may easily be avoided by including in the daily diet sufficient laxative foods, that is, those rich in fiber or cel

BULK OR FIBER ESSENTIAL Because of their fibrous framework, plant foods are our chief source of cellulose or bulk, and therefore, our greatest aid in promoting normal elimination. Vegetables and fruits are sworn foes of constipation, and unrefined cereals are also extremely valuable.

SOME LAXATIVE FOODS high residue include raw fruits, them \$1 admission?

Do You Want to Learn Laxative Diet?

Get This Free Bulletin Offered by C. Houston Goudiss

DEADERS of this newspaper A are invited to write to C. Houston Goudiss, 6 East 39th Street, New York City, for a free copy of his bulletin, "Helpful Hints on Planning a Laxative Diet."

The bulletin gives concrete suggestions for combatting faulty elimination through correct eating and proper habits of hygiene. It gives a list of laxative foods and contains a full week's sample menus. A postcard is sufficient to carry your requesi.

Ask C. Houston Goudiss questions concerning foods, dier, nu-Street, New York City.

and other beverages. Acidophilus milk and buttermilk are especial-We have reason to be proud especially those with skins and Fats and oils, used in modera-

should be ashamed of the fact legumes, that is, dried peas and It is most important to eat at that hundreds of thousands of in- beans; whole grain cereals and regular hours and to establish regular times for evacuation, as Among the vegetables, don't this is a great aid to body rhythm. out of life—indeed they are not realizing half their potentialities spinach, brussels sprouts, string eating, for this practice is a frequent cause of constipation. When

spinach, prions and cauliflower, be efficiently performed. are also useful stimulants to intestinal movement. In addition to providing cellu- family against the dangers of Someone has called constipation lose, the acid fruits, such as or- faulty elimination. For she has it coal in the district came from the the most deadly disease, and anges, lemons and grapefruit, act in her power to plan meals that may as a mild stimulus to increased will help normal individuals to peristaltic motions.

> NEED FOR VITAMIN B Another important factor in promental animals have demonstrat- protein from other foods, especial-

LIQUIDS ESSENTIAL A sufficient quantity of liquids

conversation behind the small sta- opens the way to numberless dis- is likewise necessary to prevent

THE HOUSE

Preserving the Oilcloth .- Bind the edges of oilcloth used for ta-FATE OF FOOD IN THE BODY | ble coverings with bias tape. This From the mouth, food passes will keep the edges from tearing

> Hemming Sash Curtains.—Make same at the top and bottom. You . . .

line the intestinal walls. These | Preparing Baked Potatoes .well-beaten yolk of an egg, then ward. For out of this domestic Undigested residues pass into placed back in the half shell and routine comes definite benefit to

> Rinse Silks Well .- Silk underthings should be washed in water that is barely warm, and should

To keep flavor and juices in meat | -made with a fine light-oil basewhen baking or frying, expose it is never greasy. Applied on a to extreme heat first, then reduce damp cloth (according to direcstagnating material, producing the temperature and cook more

. . . For That Musty Odor .- To remove a musty odor from a room, put a drop of oil of lavender into

Attractive Garnish.—As a garnish, lemon slices may be sprinparsley, or mint or striped with pimiento.



All That's Left Untaxed If people will morbidly attend Foods with an exceptionally murder trials, why not charge Utopia is impossible because we are not Utopians. We ought to know that.

> generally involve taking on re-Sentiment Is Their Ticket People "let themselves in" for

a good part of their troubles. A grouch salvages only one privilege: He doesn't get picked A man may be proud of his "su-

periorities," but it may be only his glands. A Time for Anger

"Always a soft answer" is poor philosophy. Anger, righteous anger, is as important and necessary as lightning is to cleanse the atmosphere.

"Reading makes a full man," as Bacon said, and observation makes an original one. When a young man sows his wild oats he often mixes too much old rye with them.

C. Houston Goudiss has put at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen Laboratory in New York city. He will gladly answer trition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address him at 6 East 39th

REGULAR HABITS

The homemaker is largely responsible for safeguarding her avoid the curse of constipation.

Questions Answered

that may result be essential for good muscular your child prefers the egg yolk to remain to stagnate tone and activity of the digestive the white. The white is chiefly tract. Investigations with experi- protein, and he can easily obtain ed that it requires twice as long ly milk. But the yolk contains an confidence misplaced.

Then one morning a chap known as the "Smiling Constable" was trotting his horse along the patrol when he observed a settler, away over to his right, waving and beckoning to entire the content of a process of this preath, coated to give a following to empty the large intestine when the diet is deficient in vitamin B. Yeast, egg yolk, milk, whole grain to empty the large intestine when the diet is deficient in vitamin B. Yeast, egg yolk, milk, whole grain cereals, liver and green leafy vegetables are good sources of this vitamin. ancing the intake and output of iron in a child's diet.

Miss S. B.-No, the generous use of cream cannot be considered as a substitute for taking embroidery stitches; fabric reeases. Serious complication such the contents of the lower intestine milk as a beverage or in cooked "My daughters know the whole as irritation of the appen ... may from becoming too hard for easy dishes. Cream is much higher in occur as a result of the friction evacuation. In addition to water, fat and contains less protein, minthe delicate walls of the intestine. an abundance of milk, fruit juices ception of vitamin A. Cream deserves to be included in the dietary for its vitamin A content, but it should not replace milk.

Mrs. A. McK. - Strawberries contain vitamins A, B and C. Recent experiments indicate that they rank with citrus fruits and tomatoes as a source of vitamin C. € WNU-C. Houston Goudiss-1938.

Hidden Benefits Few housewives realize the un-

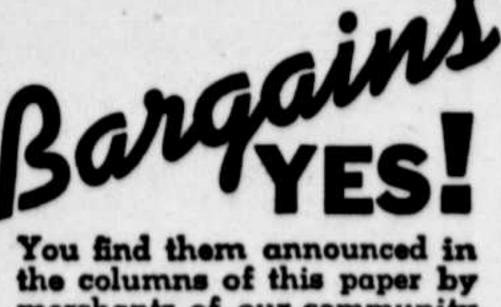
derlying advantage of the use of

a good light-oil furniture polish!

luster it bestows on the chairs, tables, piano, woodwork in the home. Rubbing the polish on cleans the furniture-works up a with a light oil base, does what is known as "feeding" the finish. The "massage" causes the oil to penetrate, seep into the pores of the wood-just enough to lubricate -and keep it healthy! Here, it is important to note that cheap polishes are made with a heavy oil base-and are "greasy" and un-To Retain Juices in Meats .- pleasant to use. The best polish tions), it is neat to use and proves a boon to the furniture! Lack of polishing-or the use of a poor polish-will cause the finest wood to dry out, crack, split-for wood is a product of Nature and needs a certain amount of oily moistness. So polish the furniture regularly! Use a quality oil polish-it pays! For not only does the furniwith paprika, rolled in ture look better-it is better! Its life is preserved!

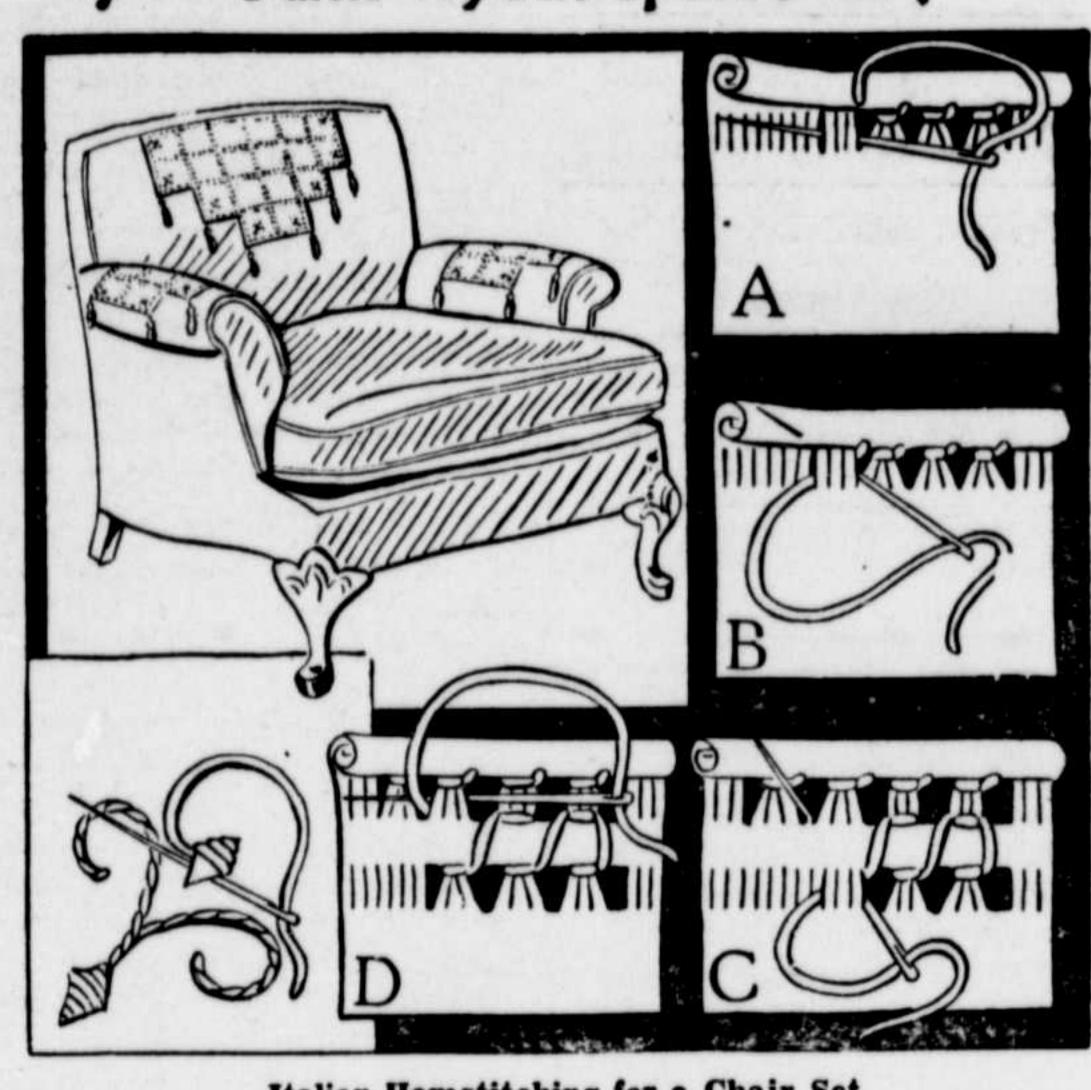
WHEN YOU CLEAN HOUSE USE O-CEDAR - THE POLISH THAT CLEANS AND PRESERVES YOUR FURNITURE ___





merchants of our community who do not feel they must keep the quality of their merchandise or their prices under cover. It is safe to buy of the merchant who ADVERTISES.

by Ruth Wyeth Spears 3



Italian Hemstitching for a Chair Set

and then rolling them.

The chair back piece measures 15 by 10 inches finished, and the chair arm pieces 71/2 by 71/2 inches. Italian hemstitching is really just lier's Weekly. two rows worked together as shown at C and D. To prepare the rows, draw two threads, skip four and then draw two more. Readers who have received their copy of Mrs. Spears' book on Sewing, for the Home Decora-

tor, will be pleased to know that Book No. 2 is now ready. Ninety

That Depends She-Do you think kissing dangerous, Claude?

Claude-Where's your father? Suspicious Bunchuck-Let me give you

piece of advice. Dzudi-What's the matter with it, that you are willing to give Diner (to waiter)-Could I see

your menus for the past week? I'd

like to get the recipe for this wonderful hash.

Unreasonable

Cuthbert - I don't understand your father. Roberta-Why, dear?

Cuthbert-Because he tells me not to lose sight of my object in life-and then he kicks when I call on you seven nights a week.

THE chair set shown here is pairing; also table settings; gifts; made of an even meshed and many things to make for cream linen, marked off in yourself and the children. If you squares of Italian hemstitching. like hand work you will be pleased Tiny scrolls in outline stitch with with this unique book of complete two diamonds in satin stitch are directions for every article illusembroidered in all the outside cor- trated. Postpaid upon receipt of ners. The scroll motif is shown at | 25 cents (coin preferred). Just lower left. The tassels are made ask for Book No. 2 and address by raveling strips of the material Mrs. Spears, 210 South Desplaines St., Chicago, Ill.

Hard Nut to Crack Despite the vast literature on Allow %-inch at all edges for seeds and seed dispersal, the the rolled hems. The hemstitched botanical world does not yet know squares measure 21/2 inches. Mark how Brazil nuts propagate natuthem in pencil. The method of rally, because they grow - in hemstitching the rolled edges is groups of about a dozen-in a shown here at A and B. Remem- hard, thick, woody case which, so ber that a moist thumb always far as is known, can only be helps in rolling an edge evenly. opened by the hand of man.-Col-



Get rid of WORMS in children or adults. An enormous appetite, itching of the nose, grinding of teeth in sleep, eating dirt or clay are symptoms that may indicate worms. The best medicine to drive them out is Dr. Peery's "Dead Shot" Vermifuge. 50c a bottle at druggists or Wright's Pill Co., 100 Gold St., New York, N. Y.

D HEUMATIC PAINS

Yager's Liniment. A Doctor writes that he uses it for backaches, sprains and rheumatic pains. Buy Yager's Liniment today. Let it help you rub aches and pains away. In use over 50 years. 25c and 50c bottles.



Notor oil free of every impurity . . . acid-free...that is the scientific achievement of Quaker State's four great, modern refineries. The finest Pennsylvania crude oil is transformed into a perfected lubricant, so pure that motor troubles due to sludge, carbon and corrosion are wholly overcome. Your car will run better, last longer with Acid-Free Quaker State. Retail price, 35¢ a quart. Quaker State Oil Refining Corporation, Oil City, Pennsylvania.

QUAKER MOTOR OIL GUARANTEE