

New Cutout Designs To Beautify Garden

HERE is a new department that we know is going to meet with tremendous popularity with our readers, for it brings the opportunity of combining pleasure and profit. With jig, coping or keyhole saw, you may cut these designs from wallboard, plywood or thin lumber. Each pattern brings accurate outline of the design, and complete directions for making and painting.



Men, women, boys and girls are finding this a fascinating pastime, and with each order will be sent a circular showing many additional novelties which may be made at home.

A host of bright birds in your garden becomes reality when your cutout hobby is combined with pattern 29063, 15 cents. Life-size outlines and realistic painting suggestions for eight familiar birds are given. Can you identify them? There's the red-headed woodpecker, scarlet tanager, indigo bunting, towhee, oriole, bobolink and blue jay.

On this same pattern you also receive outlines and instructions for the delightful rustic bird house.

Send Order to: Aunt Martha, Box 166-W, Kansas City, Mo.

There Are Two Ways to Get at Constipation

Yes, and only two ways—before and after it happens! Instead of enduring those dull, tired, head-schy days and then having to take an emergency cathartic—why not keep regular with Kollon's All-Bran? You can, if your constipation is the kind millions have—due to lack of "bulk" in the diet. For All-Bran goes right to the cause of this trouble by supplying the "bulk" you need.

Eat this toasted, nutritious cereal regularly—with milk or cream, or baked into muffins—drink plenty of water, and see if your life isn't a whole lot brighter! Made by Kollon's in Battle Creek. If your condition is chronic, it is wise to consult a physician.

Life of Employment

The wise prove, and the foolish confess, by their conduct, that a life of employment is the only life worth leading.—Paley.

WOMEN

Here's amazing way to Relieve 'Regular' Pains

Dr. J. C. Lazenby writes: "I was undernourished, had cramps, headaches and backache, associated with my monthly periods. I took Dr. Pierce's Favorite Prescription for a while, gained strength, and was greatly relieved of these pains."

FOR over 70 years, countless thousands of women, who suffered functional monthly pains, have taken Dr. Pierce's Favorite Prescription over a period of time—and have been relieved to find that this famous remedy has helped them ward off such monthly discomforts. Most amazing, this scientific remedy, formulated by a practicing physician, is guaranteed to contain no harmful drugs—no narcotics. In a scientific way, it improves nutritional assimilation; helps build you up and so insures your resistance and fortifies you against functional pain. Lessens nervousness during this trying period.

Don't suffer one unnecessary moment from such monthly discomfort. Get Dr. Pierce's Favorite Prescription from your druggist. Discover how wonderfully it acts to relieve you of "Regular" pains.

Seeing Myself

"I have never seen a greater monster or miracle in the world than myself."—Montaigne.

Relief At Last For Your Cough

Creomulsion relieves promptly because it goes right to the seat of the trouble to loosen germ laden phlegm, increase secretion and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. No matter how many medicines you have tried, tell your druggist to sell you a bottle of Creomulsion with the understanding that you are to like the way it quickly allays the cough or you are to have your money back.

CREOMULSION for Coughs, Chest Colds, Bronchitis

BARGAINS

—that will save you many a dollar—will escape you if you fail to read carefully and regularly the advertising of local merchants.

IN THIS PAPER



Household News

By Eleanor Howe

SOUP GIVES THE FIRST IMPRESSION

See Recipes Below.

Satisfying Soups

Soup, like the front door, gives a first impression, good or bad, that is difficult to overcome, whatever follows.

It's the cook's fault if this first course at dinner isn't good, for a great many wholesome ingredients can be made into delicious soups if they are kneaded with good seasoning.

Beginning with good ingredients and finishing off with skillful seasoning, there's no reason why you can't produce a soup that is tempting, delicious and wholly satisfying.

Soup is more than just a means of using up left-overs and remnants of meat and vegetables, but left-overs may be the starting point for a cream soup that's a masterpiece; season it with discrimination, thicken it smoothly, serve it hot and nicely garnished, and you have evolved the perfect beginning for a dinner, or a satisfying mainstay dish for lunch.

Finely chopped parsley, paprika and croutons are familiar garnishes for soups; newer, and just as attractive are these: a few grains of popped corn; minced chives; toasted and lightly buttered puffed cereals; a spoonful of unsweetened whipped cream, salted and sprinkled with minced parsley, chives, or finely chopped salted peanuts; very fine strips of thin, well browned pancakes; thin slices of frankfurters.

Quick cooking tapioca is a new thickener for soups; it's quick and easy to use, and it adds unusual texture and taste as well.

Corn Soup

(Serves 4)

- 1 1/2 cups canned corn
- 1 cup meat broth, or 1 cup water and 2 bouillon cubes
- 2 1/2 cups rich milk
- 1 1/2 tablespoons quick-cooking tapioca
- 1 teaspoon salt
- 1/4 teaspoon sugar
- 1/2 teaspoon onion, minced
- 1 1/2 tablespoons butter

Cook corn in broth 10 minutes; force through sieve. Combine with milk, quick-cooking tapioca, salt, sugar, and onion in top of double boiler. Place over rapidly boiling water and cook 10 to 12 minutes, stirring frequently. Add butter. Garnish with popcorn if desired.

Vegetable Soup

- 1 lb. soup meat, cut in small pieces
- 3/4 lb. veal bones
- 2 quarts cold water
- 1/4 cup sliced onion
- 3 cloves garlic
- 1/4 cup sliced carrots
- 1/2 cup potato cubes
- 1/2 cup shredded cabbage
- 1 stalk celery (cut in pieces)
- 1 tablespoon salt
- 1 teaspoon paprika
- 1 sprig parsley
- 2 tablespoons celery leaves (chopped)

Place meat, water and vegetables in saucepan. Cover and simmer slowly for two or three hours. Remove from flame and put through sieve.

Cream of Tomato Soup.

- 2 cups canned tomatoes
- 2 slices onion
- 1/4 teaspoon soda
- 1 teaspoon sugar
- 1 teaspoon salt
- Dash of pepper
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk

Heat tomatoes with onion, soda, sugar, salt and pepper. Rub through sieve; reheat. Place butter in top of double boiler and melt. Add flour and mix thoroughly. Add milk. Cook, stirring constantly, until mixture thickens. Pour tomato mixture slowly into white sauce. Mix thoroughly and serve at once.

Fish Chowder.

- 4 pounds white fish
- 2 cups cold water
- 1 cup salt pork (diced)
- 1 onion (sliced)
- 4 cups potatoes (cut in 1/2 inch cubes)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 cups canned tomatoes
- 3 tablespoons butter
- 1/2 cup coarse cracker crumbs
- Clean fish. Remove head, tail and

bones, cover with cold water and cook slowly for approximately 20 minutes. Drain and reserve stock. Place salt pork in skillet, add sliced onion and saute until onions are brown. Add to fish stock. Add potatoes and cook until almost tender. Skin and cut flesh of fish in 2-inch pieces, add to mixture and cook until tender. Then add seasonings, tomatoes and butter and heat thoroughly. Add cracker crumbs and serve immediately.

Onion Soup au Gratin.

Wash, peel, and slice thinly 5 medium-sized onions. Brown in 1/4 cup of butter in a heavy frying pan. Cover and cook slowly until tender, but not brown—about 10 minutes—adding more butter if necessary.

Add 1 quart beef broth, brown soup stock, or bouillon, and heat through thoroughly.

Place slices of crisp dry toast in a shallow marmite—or small earthenware pots. Cover generously with grated Parmesan cheese, grated Swiss or grated American cheese. Pour hot soup over all, place under broiler flame just a moment to melt and brown cheese, and serve immediately.

Parsley Dumplings.

- 2 cups bread flour
 - 2 teaspoons baking powder
 - 1 teaspoon salt
 - 1/4 cup lard
 - 2 tablespoons parsley (chopped)
 - 1/4 cup milk (approximately)
- Sift together dry ingredients, cut in fat and add chopped parsley. Add milk and mix gently with a fork. Drop by spoonfuls into boiling stew. Cover and continue to steam for 15 minutes without lifting the cover.

Peanut Butter Soup.

- 1 quart sweet milk
 - 3 tablespoons peanut butter
 - 1 thin slice onion
- Add small quantity milk to the peanut butter and mix thoroughly. Heat remainder of milk, and stir in the peanut butter mixture. Add onion—and season to taste with salt and pepper. Serve with toasted croutons.

It's not strange that many of us are bewildered when we're confronted with the problem of preparing meals on a large scale. Cooking for fifty or a hundred is a whole lot different from getting a meal for a family of four or five! In this column next week, Eleanor Howe will give you recipes for serving fifty or a hundred—economical recipes of the sort you like for church suppers or the P. T. A.

Here's the Booklet You've Been Wanting.

How many times have you wished that you could find in one book the answers to the puzzling, miscellaneous questions about home making—how to substitute sweet milk for sour in your favorite cake recipe? What to do with the odds and ends of jelly that accumulate in the refrigerator? How to remove troublesome crumbs from the electric toaster? "Household Hints," by Eleanor Howe, is just the book you've been wanting. You'll find in it over 300 clever, practical short cuts to successful home making—and it's only 10 cents!

To get your copy of this useful book, now, send 10 cents in coin to "Household Hints," care of Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois. (Released by Western Newspaper Union.)

Practical Food Containers
Don't discard your empty flour and salt bags. Wash them in hot soapy water and they will make excellent refrigerator containers for lettuce, parsley, and other raw vegetables that are best kept chilled.

For Cleaner Cups
To remove coffee, tea or chocolate stains from cups rub well with a non-gritty cleansing powder applied with a soft cloth. Rinse in plenty of warm and cold water to remove all traces of the powder.

Kathleen Norris Says:

Let's Keep On Singing, 'Oh, Say Can You See?'

(Bell Syndicate—WNU Service.)



Washington's first congress was so half-hearted after the peace that was made at Yorktown, that it was hard to get a quorum together.

By KATHLEEN NORRIS

TWO great men were born in this month. Perhaps the greatest the world has seen for hundreds of years. In vain one scans the lists of famous names from China, India, Russia, Italy, France, Germany, England, to find a patriot, a statesman, a humanitarian with the vision and courage and patience that Lincoln and Washington possessed, and whose fruits gave us the nation we are so proud to call our own today.

There have been great soldiers, great prime ministers, in other countries. But few of them have combined with their governing qualities the finer qualities of heart and soul. And few of them have had to face the personal and national perils that marked the careers of both our great men.

They gave America that characteristic that no other nation claim. It is best called "humanitarianism." It is unique in the dealings of one nation with another, and that particular element is what makes us different, and makes our history different. We are not an aggressive nation. We are not seeking to dominate other smaller nations and enrich ourselves with their treasure.

No Indemnities Claimed.
After any unpleasantness whether it be the great war of 1914-1918 or the Spanish war, or the injuries that were done us in China some 40 years ago, we don't claim indemnities. We pay for what we take, and after awhile give it back to its own people as a gift. If nations borrow money from us in extremities, we presently forgive them their defaulting of the debt, and a brotherly feeling of sympathy in their fresh difficulties continues undisturbed. We are slow to make enemies among the nations because we are a composite of them all, the living example of the truth that all men are brothers, and can live together in peace.

No other nation does this or ever has done this. If one of them conquers a smaller or weaker people, that people lives under heavy taxation. From that moment on is a people ruled by its military betters; it pays tribute; its wealth and its treasure are poured into the coffers of the victors.

New World Era.
Our history began, and a new world era began, when a few men opposed themselves to a supposedly irresistible and inexhaustible power, and risked their lives to defend the principle that men are fit to rule themselves. Washington's first congress was so half-hearted after the peace that was made at Yorktown, that it was hard to get a quorum together. On all sides he met scorn, doubt, criticism, indifference. The influential people were the Tories, and they had every reason to feel, for the first dozen years of America's existence, that this ridiculous experiment in democracy was bound to ignominious failure.

Two generations later it was for awkward, gentle big Lincoln to hold the country together, to keep us a nation still. The echoes of that bitter struggle are still in our ears; we are still a very baby among the nations at the age of one hundred and sixty-four. But we are the greatest of them all now, and hardly aware yet of our own potentialities for future greatness.

We have our weak spots. Our neglect of the financial safety of the

old and helpless. Our strikes. Our dust-bowl emigrants and illiterate mountain folk. But the hopeful thing is that we know it, and in a fumbling fashion are beginning to do something about it, rather than accepting want, squalor, a fearful infant mortality, disease, crime as a part of the plan of Divine Providence.

All Brothers.

Our mixed blood is at once our hope and our menace. Our menace because when thousands of foreign-born men and women are transplanted to a new soil, it takes them several generations to develop a loyalty to the new flag, and to learn to live in freedom and comfort. They see fortunes made by graft and theft, and they are tempted beyond any strength that the poverty and restriction of their old lives had power to give them. But year by year conditions and environment are improved, and in another few years—say 150 or 200, this difficulty that comes from pouring old wine into new bottles will be eradicated, and we will become as law-abiding as we are strong and rich and powerful.

Our Hope Here.

Every woman who teaches her children the true history of America, gives them some idea of the potentialities still ahead of us under our own Constitution, does her bit to hasten that happy day.

The foaming yeast of mixed heritages, mixed blood, mixed ideals and customs may be our menace. But our hope springs from this very condition, too. The hope that we who are all neighbors; whose forefathers came from Germany, Italy, France, Spain as well as the two great streams from England and Ireland, may show the quarrelling peoples of the world that there is nothing irreconcilable in a difference of blood. The lists of pupils in our schools show hundreds of names of Chinese, Japanese, Filipino, Indian and colored children; every one of them a good American now. All are being blended and welded and reconciled under one flag, teaching and helping each other by their very differences as well as by their common education and town and way of living.

Purchasing Power.

When a Japanese or Russian family living in Dakota wants a roll of cotton it goes to the dime store and buys it. When a Florida Negro housewife needs maple syrup she patronizes her chain store. When a Maine farmer finds himself short of gasoline he stops at the nearest gas pump, and his brother in Arizona would never think of going to war for fresh salmon; he can't catch it, he is under-privileged in not having a salmon-run of his own. But he can buy it and buy it cheap, and so instead of mobilizing he puts his hand in his pocket. And his boys stay at home with him and their mother, and grow to manhood in safety, and marry and have farms and sons of their own in time and live in peace.

One Hundredth the Cost.

Why must nations own the sources of everything they need? Unless all nations are to be enemies that is an expensive and cumbersome idea. At one tenth—one one-hundredth the cost of war any nation could buy as much oil or cotton or tin as she needed. This is so obvious that it is ridiculous to repeat it. If all our states are small nations, as they are, acknowledging, in a crisis, the paternal wisdom of a central government, and if in all these 48 individual divisions of our nation every nation in the world is represented among the people, and in the local governments, which they are, and if we, in California, have a comfortable feeling that such essentials as we haven't got as easily purchasable from our friendly neighbors, then why in the name of God—the God of peace and brotherhood, can't Europe do likewise?

CLASSIFIED DEPARTMENT

INSTRUCTIONS

Be a Tree Expert: Course, Spraying, Fertilizing, Pruning, Cavity Filling, Fruit Growing, etc. Complete Course \$2.50. Tennessee Tree Institute, Lewisburg, Tenn.

BABY CHICKS

Continually BLOOD-TESTING and BREEDING for Big Eggs, Fast Growth, Long Life and Rapid Feathering produces chicks of unusual quality. Growth, Fast Feathering and Uniformity. Write today for catalogue and price list. MILFORD BREEDERS HATCHERY, Phoenixville, Pa. H. S. Beckel, Md.

HOTELS

Come to Baltimore, Maryland Stop at THE MOUNT ROYAL HOTEL. Mt. Royal Ave. and Calvert Sts. 9 stories—Fire-proof. Rates begin at \$1.50 per day. Coffee Shop—Music and Dancing in the FAMOUS ALGERIAN ROOM.

FEEDS

NOKAKO MOLASSES CONCENTRATE is a stock conditioner. Easy to handle. MOLASSES for DAIRY FEED. HOG RATIONS. 40% POULTRY MASH. Write today. Ask Your Dealer. UNION RENDERING CO., Mfr. 2221 N. York St., Baltimore, Md.

BEAUTY SCHOOL

Your Beauty Course Depends on Right Training. Your success assured under personal supervision of WINONA FITZGERALD KING. Graduates always in demand. Write us today. MAISON FREDERIC BEAUTY SCHOOL, 200 W. Saratoga St., Baltimore, Md.

Strange Facts

Whose Signature? 'Proxy Parents' Live to Collect

In a recent experiment the Chicago Police Crime Detection Laboratory had seven college professors differentiate between four samples of their signatures, one being genuine, one an expert forger, one a tracing and one written with no attempt at imitation. Only one man identified his own signature as genuine and recognized the other three specimens as nongenuine.

A new organization in New York supplies capable young women between the ages of 20 and 30 years to act as "proxy parents," taking children to theaters, schools, parties, dentists' offices and on shopping tours. They also stay with children while parents are away for the week-end, and meet trains and chaperon girls who come to the city for a visit.

In Great Britain, the fees of barristers, or trial lawyers, still are regarded as gratuities and, therefore, cannot be collected through legal action.

More than 60 per cent of the money now paid out annually by the life insurance companies of the United States and Canada goes to living policyholders, not to their beneficiaries.—Collier's.

INDIGESTION

Sensational Relief from Indigestion and One Dose Proves It. If the first dose of this pleasant-tasting little black tablet doesn't bring you the fastest and most complete relief you have experienced, direct bottle back to us and get DOUBLE MONEY BACK. This little black tablet relieves the stomach, digests food, makes the excess stomach fluids harmless and lets you eat the nourishing foods you need. For heartburn, sick headache and upset so often caused by excess stomach fluids, make you feel better and sick all over—JUST ONE TABLET of Bell's proves speedy relief. See everywhere.

One of Good Sense
Fine nature and exalted sense are not half so useful as common sense: there are forty men out wit for one man of good sense.—Addison.

"MIDDLE AGE" WOMEN

Thousands have gone smiling thru this "trying time" by taking Pinkham's—famous for helping female functional troubles. Try it! LYDIA E. PINKHAM'S VEGETABLE COMPOUND.

WNU-4 7-40

The Present Past and to come seem best; things present worst.—Shakespeare.

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