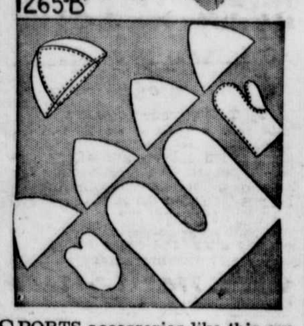
Accessory Set for Sports or Campus

1265-B



SPORTS accessories like this are much in vogue among smart young things, not only for sports, but also for campus and runabout. Design No. 1265-B includes weskit, calot and chunky mittens, all of which you can easily make for yourself—all, of course, except the feather in the calot! The weskit is drawn in to a tiny waistline by back-fastened side belts—just like its masculine prototype; all three gay little gadgets are trimmed with stitching. Take a brief glance at the diagram, and you'll see how easy they are to make.

Choose felt, flannel or suede for the set, and make it not only for yourself, in different colors, but also to tuck away for gifts. Step-by-step sew chart with pattern.

* * *

Barbara Bell Pattern No. 1265-B is designed for sizes 11, 13, 15, 17 and 19. Corresponding bust measurements 29, 31, 33, 35 and 37. Size 13 (31) requires 1 yard of 54-inch material; 1¾ yards of 39-inch material to line. Send order to:

SEWING CIRCLE PATTERN DEPT.
247 W. Forty-Third St. New York
Enclose 15 cents in coins for
Pattern No..... Size.....
Name .....
Address .....

WOMEN IN YOUR "40s"

Read This Important Message!

Do you dread those "trying years" (38 to 52)? Are you getting moody, cranky and NERVOUS? Do you fear hot flashes, weakening dizzy spells? Are you jealous of attentions other women get? THEN LISTEN—

These symptoms often result from female functional disorders. So start *today* and take famous Lydia E. Pinkham's Vegetable Compound. For over 60 years Pinkham's Compound has helped hundreds of thousands of grateful women to go "smiling thru" difficult days. Pinkham's has helped calm unstrung nerves and lessen annoying female functional "irregularities." One of the *most effective* "woman's" tonics. *Try it!*

With Humor

Salt your food with humor, pepper it with wit, and sprinkle over it the charm of good fellowship. Never poison it with the cares of life.—Anonymous.

TO RELIEVE MISERY OF **COLDS** quickly use **666** LIQUID TABLETS SALVE NOSE DROPS COUGH DROPS

BUREAU OF STANDARDS

● A BUSINESS organization which wants to get the most for the money sets up standards by which to judge what is offered to it, just as in Washington the government maintains a Bureau of Standards.

● You can have your own Bureau of Standards, too. Just consult the advertising columns of your newspaper. They safeguard your purchasing power every day of every year.

Kathleen Norris Says:

Melancholia May Be Just Selfishness

(Bell Syndicate—WNU Service.)

In a sort of panic she realizes that youth and bloom and love affairs and beauty are all dying, and the combination of miseries really does bring some women close to the verge of mental breakdown.

By KATHLEEN NORRIS

ONE of the unmistakable marks of approaching insanity, or incipient insanity, or mental disturbance of any serious sort, is what the scientists call the egocentric attitude.

Egocentric, of course, means "centered in self." A woman whose interest is not centered in herself will not lose her mind.

Insanity doesn't seem to be my usual topic. The questions I answered in this column are usually the normal obvious questions of girls unhappily in love, girls who suppose themselves unpopular, girls who want to shine in Hollywood, or all the varying phases and angles of marriage problems.

But for every letter that I answer here I answer a hundred personally, and destroy unanswered, for one reason or another, a hundred more. Either because they were not written in good faith or because the answer has been given a thousand times, or because they are simply kind and appreciative and I have to leave them unacknowledged for sheer lack of time and energy.

Don't Center Interest in Self.

And in every hundred letters there are three from women who are either going into melancholia, or are afraid of it, or who have had some relative who went insane, and when I answer these letters I always remind the writers of the truism with which I opened this article. A woman whose interest is not centered in herself will not lose her mind. That is, unless some serious physical condition exists. And usually, with the women who write me, it doesn't.

They are women who are tired, bored, losing youth, losing their old close hold over their child or children, losing their keen affectionate interest in the man of the family, and perhaps approaching that time of physical change whose effects have been so much exaggerated, whose slight and unimportant discomforts have been built up into an actual tradition. Expecting to become fretful, nervous, suspicious, sensitive, jealous, lonely, restless, sleepless, ugly, gray, wrinkled and disagreeable at this time, many a woman sinks into the role almost willingly. The experience comes just at the wrong time, when in a sort of panic she realizes that youth and bloom and love affairs and beauty are all dying, and the combination of miseries really does bring some women close to the verge of mental breakdown.

Everything Seems Ended.

Here is a typical letter:

"My dear Mrs. Norris," writes Helene, from Knoxville. "When I first began reading your weekly articles my three girls were small children, and my problem was that of a busy and distracted young mother. In 15 years I think I have not missed a dozen articles, and many a time they have helped me. Those years have taken me from 31 to 46. And I find myself at 46 with a frightened sense that everything is over. What terrifies me is that there is no reason for my feeling that way even though life is not just what it was. I have a good, steady, if not particularly thrilling mate; we own our home; our faithful Signa has carried all domestic responsibilities for many years. Now my oldest daughter is married and a mother at 22; my second shocked us all by an elopement last Christmas; my youngest is in college and we see her only occasionally.

"With the world in the state it is I ought to be deeply grateful for peace and security, I know that. I am not ill, except in spirit. My married daughter lives near and my granddaughter is a darling. But I am so BLUE. Tears are always near my eyes; nothing seems worth while; I don't sleep well. To be told to busy myself with charities and gardening and club work merely maddens me. My appetite is poor; and I look 60 years old. If my husband suggests a movie or a walk my inclination is to strike out at him, to tell him to shut up and leave me alone!

Fears It's in the Blood.

"The real trouble is this. My mother's brother died in an institution for the feeble-minded, and my father's two first cousins were genuine cases of melancholia. So you see it is in our blood. Do you know any physician who handles cases like this; I would travel anywhere to find a cure."

Yes, I do know a Physician whose treatments never fail in cases like this. You don't have to travel anywhere, physically, to find Him; you may have to make something of a spiritual journey. But I'll come to that later.

Just now what you have to realize is that a generation ago all families had their mental cases, because women dressed idiotically, never exercised, knew nothing of hygiene and ate three times too much. Your Victorian relatives used to shut themselves up in unaired houses, among fringes and upholsteries and bead portiers, and drink chocolate and nibble "bon-bons" when they felt blue. No wonder they went melancholy mad! One woman I knew used to boast that she was always bilious and used to cry for an hour every morning.

Effecting a Cure.

So first see that your insides are in order. Then walk two miles a day. Then eat a very light dinner, and wind up with two big, raw apples, eaten slowly while you read or listen to the radio after dinner.

Secondly, ignore tomorrow and forget yesterday. Live each hour for that hour. The oldest man alive has no more. The youngest baby only has that hour. Perfect it and polish it like a jewel. Make your expression pleasant. Don't answer the telephone as if speaking from the tomb. Be a bearer of good tidings. Realize that you are going through a change, amuse yourself, take life easily. Forget slights, disappointments, fears,—forget yourself. Instead try living, in your mind, your husband's life for a day. See just how much fun and peace and pleasantness the old man is getting.

MELANCHOLIA

Women who consistently suffer from melancholy have only themselves to blame, according to Kathleen Norris. She explains that a continually depressed feeling is not natural. This state of mind results only rarely from physical deficiencies; almost always it is caused by centering too much interest in the self. She advises women who suffer from chronic melancholia to develop outside activities, because they offer the only cure.

Household News By Eleanor Howe

THE COMMUNITY SUPPER
(See Recipes Below)

So you're to manage the next community supper? And you're panicky about it! Of course it's a job to feed 200 people appetizingly and leave $25 profit in the treasury. But it can be done! If you must eye the nickels when serving church or club suppers, study the following eight-point program for "feeding the multitude":

(1) Pick a general chairman who can picture the job as a whole. (2) Appoint a responsible person in charge of each food. (3) Arrange the kitchen conveniently for the different jobs. (4) Prepare as many foods ahead of time as possible. (5) Have utensils ready and garnishes at hand. (6) Name a hostess to direct waitresses. (7) Plan a uniform method of serving. (8) Plan menus well ahead of time.

If the meat dish is different, the whole meal seems to have variety. And there's many a trick for serving thrifty cuts differently.

Take meat loaf, for instance. A ham loaf de luxe with a good mustard-horseradish sauce will "make" any meal. Beef stew can be thickened a little, ladeled into dripping pans, covered with rounds or squares or diamonds of biscuit, and when baked it appears crustily and temptingly yours. If you wish to make it more "de luxe" bake and serve in individual casseroles.

For something different, plan for meat balls with rice. You can serve buttered turnips, and a salad made of cabbage, celery, green peas and pimento which certainly sells the men this menu.

Now if pennies needn't be watched so closely and you want to do a fall or winter dinner up brown, here's a "ringer": Baked ham, raisin and cider sauce, raw vegetable salad, cranberry muffins, pumpkin pie, coffee, or milk.

Ham Loaf de Luxe.
(Serves 50)

5 pounds smoked ham (ground)
3 pounds veal (ground)
¾ cup green pepper (minced)
¾ cup onion (chopped)
2 teaspoons salt
½ teaspoon pepper
8 eggs (beaten)
1 quart tomato soup (canned)
1 quart bread crumbs or uncooked cereal

Combine the meat, green pepper, onion and seasonings. Add beaten eggs, tomato soup, and bread crumbs or uncooked cereal. Pack into bread loaf pans and bake in a moderate oven (350 degrees) for 1½ hours.

Beef Stew With Biscuits.
(Serves 50)

9 pounds beef round (cut into 1-inch cubes)
2 cups flour
1 cup hot beef drippings
3 quarts boiling water
½ teaspoon peppercorns
2 bay leaves
1 quart turnips (diced)
1 quart carrots (diced)
1 cup onions (sliced)
Salt and pepper to taste

Cut beef into 1-inch cubes. Dredge in the flour and brown in hot beef drippings. Place in kettle and add boiling water. Cook slowly for 2 to 3 hours. Add peppercorns and bay leaves. Add carrots and turnips 1 hour before serving. Add salt and pepper. If necessary, thicken with flour paste. Serve hot with baking powder biscuits on top.

Meat Balls With Rice.
(Serves 40 to 45)

4 pounds beef (ground)
3 pounds pork (ground)
2 onions (minced)
2 cups rice (uncooked)
2 cups cracker crumbs
4 eggs (beaten)
4 tablespoons salt
1 teaspoon pepper
2 cups milk

Combine ingredients and mix well. Form into balls. Place in shallow roasting pans. Pour over 2 quarts tomato sauce or tomato soup. Cover pans. Bake in a moderate oven (350 degrees) for 1½ to 2 hours, turning the meat balls several times during cooking. Add water if necessary, during the baking.

Easy Entertaining.

"Easy Entertaining" was written for homemakers who occasionally run out of ideas on what to serve at tea parties, fall and winter bridge parties, and many other kinds of parties. It is an aid to those who would like to serve something a little different, to give the occasion a festive air.

For your copy write to "Easy Entertaining," in care of Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois, and enclose 10 cents in coin.

Cider and Raisin Sauce.
(Serves 12)

1 cup sugar
¼ cup cornstarch
½ teaspoon salt
1 quart cider
1 cup seedless raisins
6 small pieces cinnamon
12 whole cloves

Mix sugar, cornstarch, salt, cider and raisins together. Place spices in a cheesecloth bag and add to mixture. Boil gently for 15 minutes. Remove spice bag and serve hot sauce over ham.

Cabbage and Celery Salad With Peas.
(Serves 25)

4 No. 2 cans peas (2 quarts)
2½ quarts cabbage (shredded)
2 quarts celery (diced)
Pimiento (cut fine)
Salt to taste
Mayonnaise
3 heads lettuce

Drain peas (reserving liquid for soup, gravy, etc.) and chill. Add cabbage, celery, pimiento, salt and mayonnaise, and mix well. Serve on crisp lettuce leaves.

Lemon Cream Scones.
(Makes 30 scones)

2 cups flour (sifted)
2 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
4 tablespoons butter or other shortening
1 teaspoon lemon rind (grated)
2 eggs
¼ cup light cream
1½ tablespoons lemon juice
3 tablespoons sugar
1 teaspoon lemon rind (grated)

Sift flour, baking powder, salt and the 1 tablespoon of sugar together. Cut in butter and add 1 teaspoon grated lemon rind. Reserving 1 tablespoon egg white for glaze, beat remaining eggs well and add cream. Combine with flour mixture. Add lemon juice and stir until soft dough forms. Turn out on slightly floured board and knead 30 seconds. Roll dough to ¼-inch thickness and cut into 3-inch squares, then cut each square from corner to corner, making triangles. Place on ungreased baking sheet. Brush tops lightly with slightly beaten egg white and sprinkle with mixture made of 3 tablespoons sugar and 1 teaspoon grated lemon rind. Bake in a hot oven (400 degrees) 12 minutes, or until brown. Before serving, spread with orange marmalade and reheat.

Cabbage and Carrot Salad With Peanuts.
(Serves 25)

5 quarts cabbage (shredded)
20 carrots (grated)
2½ cups peanuts (chopped)
2 cups salad dressing

Mix together the cabbage, carrots, peanuts and salad dressing. Chill thoroughly and serve.

HOUSEHOLD HELPS

Add finely cut mint leaves to orange juice and chill. Just before serving add 1½ cups pale dry ginger ale to each two cups of orange juice.

* * *

For variety sprinkle some grated cheese over the top of raisin, apple or mince pie and heat for five minutes in a moderate oven. Serve at once.

(Released by Western Newspaper Union.)

Set of Shelves From Spools and Can Lids

By RUTH WYETH SPEARS

THE other day I went to a Hobby Show and there, hanging on the wall with a blue ribbon pinned on it, were the spool shelves from SEWING Book 3! Of course, I searched out the proud girl who had made them, and she told me that she had also made the end table of spools that is in

Book 5. I felt most as proud as she did. All her friends are saving spools for her and her urgent need at the moment was, "something to make for Mother for Christmas."

Here is my suggestion. An adorable set of three corner shelves made of a lid from a tin candy box, one from a cracker can and a coffee can put together with wire, spools and two beads. These shelves were painted cherry red and hung up with a brass hook to hold salt and pepper shakers, vinegar cruet, and other things for making salads. Any homemaker will think of a dozen places where this handy set of shelves could be used. All the directions are here in this sketch.

* * *

There is time to make the hanging book shelves in Book 3, or the end table in Book 5, before Christmas, if you mail your order for these booklets today. Send order to:

MRS. RUTH WYETH SPEARS
Drawer 10
Bedford Hills New York
Enclose 20c for Books 3 and 5.
Name .....
Address .....

Education's Effect

Education is the instruction of the intellect in the laws of nature; under which name I include, not merely things and their forces, but men and their ways; and the fashioning of the affections and the will into an earnest and living desire to move in harmony with laws.—Huxley.

DON'T BE BOSSED

BY YOUR LAXATIVE—RELIEVE CONSTIPATION THIS MODERN WAY

● When you feel gassy, headachy, logy due to clogged-up bowels, do as *millions* do—take Feen-A-Mint at bedtime. Next morning—thorough, comfortable relief, helping you start the day full of your normal energy and pep, feeling like a million! Feen-A-Mint doesn't disturb your night's rest or interfere with work the next day. Try Feen-A-Mint, the chewing gum laxative, *yourself*. It tastes good, it's handy and economical . . . a family supply costs only

FEEN-A-MINT 10¢

Fox and Geese

When a fox preaches, beware of your geese.

FOR EARLY CHRISTMAS Shoppers! **BIG VALUE!**

Save time and money. Shop now! Win praise for your good taste. Expensive looking brown ebony or maple finish. Two brushes and a comb. Send cash, money order or C. O. D. Print initials wanted. Money back guarantee.

ASCOT PRODUCTS

$$$$$$$$$$$$$$$$$$

We Can All Be EXPERT BUYERS

● In bringing us buying information, as to prices that are being asked for what we intend to buy, and as to the quality we can expect, the advertising columns of this newspaper perform a worth while service which saves us many dollars a year.

● It is a good habit to form, the habit of consulting the advertisements every time we make a purchase, though we have already decided just what we want and where we are going to buy it. It gives us the most priceless feeling in the world: the feeling of being adequately prepared.

● When we go into a store, prepared beforehand with knowledge of what is offered and at what price, we go as an expert buyer, filled with self-confidence. It is a pleasant feeling to have, the feeling of adequacy. Most of the unhappiness in the world can be traced to a lack of this feeling. Thus advertising shows another of its manifold facets—shows itself as an aid toward making all our business relationships more secure and pleasant.

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