

ADD ZEST TO MEALS WITH JELLIES AND RELISHES (See Recipes Below)

#### LINE YOUR PANTRY SHELF!

As full of tang and zest as autumn are these recipes tailored to fit your canning cup-

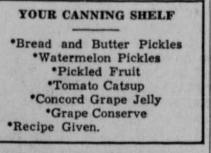
board. Crisp relishes, sparkling jellies, bright tomato catsup, and pickles of cucumber and peachwhat a selection

you'll have for making your meals a festive board!

Your pantry shelf lined with these sweet, spicy fruits and vegetables will be your line of defense, too, not only for meal planning but in working out a nutrition and food defense program. Generous supplies of fruits and vegetables now will assure you of plenty in fall and winter if you put them up.

Be sure to use a good quality cider vinegar to prevent pickles from becoming soft, tough, or shriveled. Good, full-bodied spices are also vital to successful canning.

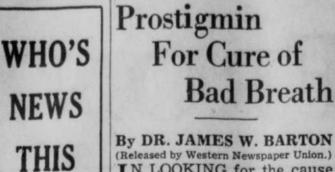
\*Bread and Butter Pickles. (Makes 10 pints) 25 medium sized cucumbers 10 onions (medium-white) 1/2 cup salt 1 pint vinegar



cloves, ripened and mellowed in heavy syrup, fills menu demands beautifully.

	Pickled Fruit.	
(Mak	ces 5 to 6 pints)	
cups vin	egar	
cups bro	own sugar	
or		
½ cups e sugar	ach, brown and white	
tablespo	ons whole cloves	
sticks cit	nnamon	
quarts pe apples	eaches, pears, or crab-	
and the second	and the second sec	a

Cook sugar, vinegar, spices 20 minutes. Select firm fruit, remove the thin skins from pears and peaches, if using them, but do not pare crabapples, rather leave them with skins on. Drop in fruits, few



WEEK

the breaks,

By LEMUEL F. PARTON

olidated Features-WNU Service.)

THE FRONTIER, O'NEILL, NEBRASKA

(Released by Western Newspaper Union.) N LOOKING for the cause of bad breath, physicians and dentists look first to some condition in the mouth-decayed teeth.

spongy gums, **TODAY'S** infected tonsils. HEALTH JEW YORK .- In Europe a few dry catarrh-or COLUMN years ago, this courier got a to some condi-

strong impression that old Karl Bae- tion of the stomach and intestines. While teeth, tonsils, gums and stom-Prepares Guides book com- ach and intestine conditions On Latin-America pendium of can generally be corrected, the compar- the most distressing type due to dry catarrh-seemed to be

on and in the long run of the decades incurable. Some satisfactory results were obrope to millions of visiting Ameri- tained by the use of a little rubber

bag filled with water pushed up the nose and where possible into the sinuses and the water kept hot by means of electricity. This softened the crusts and when crusts were removed, the odor disappeared.

Drs. John Rommell and T. C. Da-Dr. Barton vis, Philadelphia,

have had good results by the use of more effective than sending down prostigmin in clearing up chronic hoofers and spoofers, as we have catarrhal and sinus conditions. Prostigmin is in general use for tonabout 800,000 words, will have been ing up the muscles of the intestine. Two Chicago physicians, Drs. L. prepared at the end of this year,

B. Bernheimer and Samuel Soskin, in Archives of Otolaryngology report their experience with prostigmin which acts as does ovary extract estrone in heating up and causing an increased supply of blood to the lining of the nose. The patients sprayed the lining of the nose four times a day with a weak solution of prostigmin

#### **Results in Twenty Cases.**

Twenty patients were treated for periods varying from one month to one year. All other forms of treatrestrial magnetism for the Carnegie ment were stopped except washing institution in the basins of the Ama- out the nose once or twice daily at a time, and cook until tender. zon and Orinoco and thereafter de- so that the prostigmin would be Pack in hot sterilized jars, adding scribed the expedition in his nota- sprayed directly on lining of nose instead of on any mucous that had

accumulated. Ozena-the bad odor



A DD loveliness to your home with this easily crocheted scarf to be made in various sizes. Done in fine cotton, its pineapple design matches that of the lovely doily, Pattern 6821.

### Pattern 7038 contains instructions for making scarf; illustrations of it and stitches; photograph of scarf; materials needed. To obtain this pattern, send your order to:

Sewing Circle Needlecraft Dept. 117 Minna St. San Francisco, Calif. Enclose 15 cents in coins for Pattern No..... Name ..... Address .....

Difficulty is a severe instructor, set over us by the supreme ordinance of a parental guardian and legislator, who knows us better than we know ourselves; and He loves us better too. He that wrestles with us strengthens our nerves and sharp-

Advantages of Difficulty

ens our skill. Our antagonist is our helper. This amicable conflict with difficulty obliges us to an intimate acquaintance with objects, and compels us to consider it in all its relations. It will not suffer us to be superficial.-Burke.





## news that the South American Baedeker is being worked up by a man of German birth who is also a thir-

ty-second degree American. He is Earl Parker Hanson, engineer, explorer, geographer and writer, preparing guides to all Latin-American countries, under sponsorship of the Nelson Rockefeller committee.

under Mr. Hanson's direction.

Mr. Hanson was born in Ber-

lin, of American parents, in 1899,

came to this country in his early

youth, attended the University

of Wisconsin and did graduate

work at the University of Chi-

cago. He was the editor of tech-

nical publications, beginning his

exploring career in Iceland, fol-

lowed by wanderings in the Ca-

nadian sub-arctic, where he be-

In 1931, he made studies of ter-

came a friend of Stefansson.

It is revealed that the guides will spot up their material against a background of "cultural and historic discussions." That might be

been. Two volumes, containing

2 cups sugar 2 tablespoons mustard seed

- 2 tablespoons ginger
- 2 tablespoons tumeric

Let unpeeled cucumbers stand in water overnight. Then slice cucumbers and onions and place in pan with salt (no water). Let stand 1 hour, then rinse off salt, add vinegar, mustard seed, ginger and tumeric. Boil all ingredients until peel turns yellow (about 40 minutes). Pack pickles in sterilized jars. Seal and allow to stand 10 days before using.

Remember those amber-colored watermelon pickles mother used to put out? I'm sure you do, so here's the recipe which rates high:

#### \*Watermelon Pickles.

Thinly cut the green rind from watermelon, removing soft part of pink meat. Cut in pieces and cover with salt water made from 1 cup salt to 4 cups water. Soak 12 hours, drain and cook in boiling water until half tender, about 10 minutes. For every pound of rind, allow a sauce made from:

1 3-inch stick of cinnamon 8 cloves without heads

2 cups sugar

1 cup water 1 cup vinegar

Tie spices in a cloth bag. Cook all ingredients 10 minutes. Add rind and slowly bring to a boil. Remove spices. Place rind in sterilized jars, cover with hot syrup and seal. Spice the fruits from your orchard

or carefully chosen material from the market and

you will always have something of a surprise to add to mealtime. Served as a meat accompaniment. garnish or a relish whole, lus-

cious fruit decorated demurely with

## LYNN SAYS:

Cookbooks that will make a difference in your life and also a difference in your meals are worth looking into. Fall's a good time to look when you think of the many holidays in the months ahead and the entertaining you're going to do and the new ideas you'll need

"June Platt's Party Cookbook," published by Houghton Mifflin, is a classic in that the recipes are given in a conversational sort of way as though your very best friend and best cook were giving you some of her favorite recipes. Here you'll find such treasures as corned beef and cabbage, veal kidneys in mustard, hot buttered scones, and strawberry and almond souffle.

Dishes you've never thought of and touches that add real distinction to everyday food are given in "Mrs. Lang's Complete Menu Book," also published by Houghton Mifflin. Menus for every kind of occasion are given and recipes, too, for every one of them.

Seal and store in a cool, dry place. Concord grapes, deep purple, vel- book to tell him where Adolf Hitler -was controlled in all the cases,

of autumn's favorite fruits. They lend themselves nicely to jelly, either by themselves or in combination with other fruits. As con-

will help you make menu magic.

(Makes 11 medium glasses) 3 pounds ripe Concord grapes 1/2 cup water 7½ cups sugar

Stem the grapes and crush them thoroughly. Add the water, bring to a boil, cover, simmer 10 minutes. Place fruit in jelly bag and squeeze out juice (about 4 cups). Place sugar and fruit juice in large saucepan. mix, and bring to a boil over a very hot fire. Add pectin, stirring constantly, bring to a full rolling boil. Boil hard ½ minute. Remove from fire, skim, pour quickly into

glasses. Paraffin at once. \*Grape Conserve.

(Makes 10 12-ounce glasses) 7 pounds Concord grapes Sugar

2 pounds seedless white grapes 4 oranges, sliced thin pound broken walnut meats 1 teaspoon cinnamon

1/2 teaspoon nutmeg Stem the grapes; wash and mash

slightly. Cook slowly until juice is free, about 15 minutes. Force through a sieve to remove seeds. Measure pulp. To every 4 cups pulp, add 3 cups sugar. Add white grapes, orange slices, cinnamon and nutmeg. Cook to the jelly stage. Remove from heat; add nutmeats. Seal in hot, sterilized glasses.

Putting up a batch of tomato catsup offers pleasure in more ways than one. You enjoy the lusty, spicy odor of the cooking, and the fragrance seems to permeate the house for days. You'll enjoy seeing the jars of rich red fruit on the shelves, and then again you'll like tartness of the relish as part of your meals.

> \*Tomato Catsup. (Makes 5 to 6 pints)

2 large onions, chopped 2 cups granulated sugar 2 cups vinegar teaspoon salt 2 tablespoons whole allspice 1/2 tablespoon whole cinnamon 2 tablespoons whole cloves

2 tablespoons paprika 1/2 teaspoon dry mustard

and vinegar 2 hours. Tie the allspice, pepper, cinnamon and cloves in a bag and add with the remaining ingredients, and continue cooking for another hour. Remove the bag of spices and force the vegetables through a sieve. Reheat to bubbling hot and pack in hot, sterile jars.

(Released by Western Newspaper Union.)

Mr. Hanson didn't need a guide vety, and plump with juice are one was heading. Several years ago he usually at the end of second week.

syrup within a half inch of the top. ble book, "Journey to Manaos."

rection.

\*Concord Grape Jelly.

1/2 bottle fruit pectin industrialist."

Boston lawyer, his "earned run" among his college degrees being from St. Lawrence university. He is vigorous and happy at 67, 6 feet 2, a bit heavier than when he was running corporations, and he still smokes a pipe with a 10-inch stem. He retired as chairman of the General

red.

4 quarts of tomatoes, quartered

teaspoon whole black pepper

Simmer tomatoes, onions, sugar,

was on record with a sharp warning Crust formation was definitely dethat we'd better do something about creased and in some cases disap-Iceland-that Hitler was staking it peared entirely. Three of the patients stopped

out as a stepping stone in this di-

treatment for four weeks. In all three cases the crusting, the bad OWEN D. YOUNG'S farm near odor and the bad throat returned, Van Hornsville, N. Y., is some- showing that treatment must be

thing quite unlike the traditional kept up if the patient is to be kept Sabine farm of the retired careerist, free of symptoms.

Sabine farm of the retired cantimen- *Returned Farmer*, talist. The Preventing Spread Fair Milk Price started tarming Of Common Colds

around those parts in 1710 and Mr. Young, battling for the milk farm-are at Albany says he is "more of I IS gratifying to see the interest in backward children now taken ers at Albany, says he is "more of a returned farmer than a retired by school officials and teachers.

Anything that can help the back-The former head of the General ward pupil-eye tests, ear tests, Electric company and the Radio gland-and other physical tests are made and treatment given to en-Corporation of America, away from home for a spell and now back with

able the boy or girl to become a useful citizen. Everybody recogmoney in bales and garlands of honnizes the value of this work to the orary degrees, is in dead earnest about farming and about a fair milk health and happiness of these chil-

dren. price for farmers. He has been in It is, however, difficult to get the campaign for many months now. school boards to make provisions Better luck to him than the "refor physical examinations by school turned" American Presidents had. physicians and nurses, yet this in-Starting with Jefferson, there were spection and health service would six of them who returned to their farms and they all finished in the not only prevent much absence from school but might save many lives,

as epidemics of influenza and colds could be prevented.

The common cold is the most common ailment among children and adults. One case can cause an epidemic that will spread throughout the schoolroom and the whole school, just as it goes through families, factories, and stores. If then this one cause is discovered early and kept apart from others, there will be no spreading of the disease.

In some schools pupils are given a short examination-heart, temperature, and throat-before they return to school after the summer, Christmas and Easter holidays. This has prevented epidemics of colds, mumps, measles and other diseases of childhood from spreading throughout the school.

Electric company in 1939. How can colds be prevented in Some historians think traditional children and adults? The same rule American democracy was possibly applies to both children and adults. strangled in the contention between Don't eat too much and don't allow the Hamiltonian industrialists and yourself to get chilled. Overeating the Jeffersonian agrarians. Mr. means too much acid wastes in the Young is somewhere in between. blood and tissues. If the body is His career has widened the area of chilled at this time, a cold is likely to start in certain individuals.

QUESTION BOX

IN 1919, Col. Gerald C. Brant flew from Houston, Texas, to Washington, covering the 1,505 miles in

----

Mr. Young has been the coun-

try's champion dollar - a - year

man, but he thinks that's too

much to ask for the farmers.

There was a drive to make him

President in 1931, which he hast-

ily sidestepped. He said he

didn't think he had the right

kind of training to sit in the

He was a farm boy, then a

White House.

"common ground."

910 minutes. It was a big story and Q .- Is it possible to increase the there was a lot of head-shaking stature after one reaches the age about these firebrand aviators going of 21? plum hog-wild. That's the Maj. Gen.

A .- At the age of 21, injections of Gerald C. Brant now commanding pituitary or other gland extract is the Gulf Coast air corps training not likely to increase your height. center. They're getting under way However, stretching apparatus used to train from 12,000 to 15,000 pilots, by orthopedic physicians to straighttaking full advantage of year-round en spinal curvature might gain an flying weather down there. He's inch. Also I read recently of defrom Charlton, Iowa, a West Pointvices sold to wear in the shoes that er, and has plenty flying experience. increase height.

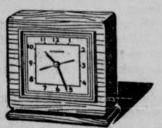
# ... you'll get a better cigarette

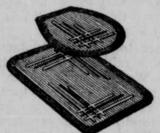
Raleighs are a blend of 31 selected grades of choice Turkish and Domestic tobaccos-made from the more expensive, more goldencolored leaves that bring top prices at the great tobacco sales.

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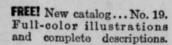
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ida Community Par Plate Silverware. 26 pieces and Walnut chest. 800 coupons.

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