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Faint Hope

"I trust careful attention is being given to my boy's manners?" wrote the fond parent.
"Dear madam," the school principal replied, "your boy has no manners, only customs. But we do not despair."

The only people who really have inside information are the doctors.

A Bit Mixed

The head of the firm was frowning over a letter. Calling for his chief clerk, he said: "That typist—you certainly didn't engage her on account of her grammar!"
"Grammar?" said the other.
"When you were emphasizing the importance of grammar—well, I thought you said 'glamour'!"

No Second Look

"By the way, have you ever seen a ghost?"
"Well, once I thought I saw one, but I didn't stop long enough to make sure."

That's It!

"Who made those doughnuts?" asked Brown.
"I did," replied his wife, proudly.
"Keep the recipe—you have the answer to the rubber shortage."

VITAMINS A, B, D

LESS THAN 1/2¢ A DAY
OVER 10 WEEKS SUPPLY \$1
Yes, GROVES A, B, D Vitamins are priced amazingly low... less than 1/2¢ a day when purchased in large size. Unit for unit you can't get finer quality vitamins. Quality and potency guaranteed. Get GROVES' Vitamins A and D plus B1 at your druggist today!

Over 2 Weeks' Supply 25¢
GROVES' Vitamins A, B, D

Truth's Friend

The greatest friend of truth is time; her greatest enemy is prejudice.—Colton.



● In NR (Nature's Remedy) Tablets, there are no chemicals, no minerals, no phenol derivatives. NR Tablets are different—act different. Purely vegetable—a combination of 10 vegetable ingredients formulated over 50 years ago. Uncoated or candy coated, their action is dependable, thorough, yet gentle, as millions of NR's have proved. Get a 10¢ Conquerer Box. Larger economy sizes, too.

Now... CANDY COATED or REGULAR!
NR TO-NIGHT TOMORROW ALRIGHT!

WNU-U 9-43

Kidneys Must Work Well—

For You To Feel Well

24 hours every day, 7 days every week, never stopping, the kidneys filter waste matter from the blood. If more people were aware of how the kidneys must constantly remove surplus fluid, excess acids and other waste matter that cannot stay in the blood without injury to health, there would be better understanding of why the whole system is upset when kidneys fail to function properly.
Burning, scanty or too frequent urination sometimes warns that something is wrong. You may suffer nagging backache, headaches, dizziness, rheumatic pains, getting up at night, swelling.
Why not try Doan's Pills? You will be using a medicine recommended the country over. Doan's stimulates the function of the kidneys and help them to flush out poisonous waste from the blood. They contain nothing harmful. Get Doan's today. Use with confidence. At all drug stores.

DOAN'S PILLS

Many Deductions Allowed by Treasury On Income Tax; Every Worker Can Claim Credits Under the New Levy

By ALFRED SINGLER
Released by Western Newspaper Union.

Although wartime necessity demands that Uncle Sam collect the highest income taxes in history, there is nothing unpatriotic in taking advantage of legitimate ways to lower your payments, as provided by law.

Tax laws are carefully written instruments. In writing them, congress included a list of deductions which taxpayers may claim. These deductions were included for excellent reasons and with the expectation that all taxpayers who could honestly claim them would do so.

The big taxpayer usually finds it advantageous to hire an expert who is familiar with each permissible deduction. The smaller taxpayer is not so likely to secure outside assistance. The latter would do well to determine for himself the deductions he can make legitimately.

For the person who makes not more than \$2,000 of taxable income—which means a single man earning not more than \$2,500, or a married man or head of a family earning not more than \$3,200—every \$100 of deductions claimed will mean an \$18.40 reduction in income taxes paid. Where larger incomes are involved, savings are proportionately greater.

The following are important deductions which will aid the average taxpayer.

You Can Deduct

License Fees, Business Expenses, Contributions, Interest, Taxes.

All contributions, for public purposes, made to the United States, any state, city or town, are deductible, as are contributions to a domestic nonprofit organization operated exclusively for religious, charitable, literary, educational or scientific purposes or for prevention of cruelty to children and animals. Church contributions include pew rent, assessments, etc. Organizations such as USO, Army and Navy Relief, Red Cross, community chests, etc., come under the charitable heading. Literary and educational organizations include such institutions as nonprofit colleges and schools, the Boy Scouts, voters leagues, and study groups. The scientific heading includes all nonpartisan scientific societies.

It is not permissible to deduct contributions made to a bar association, a medical association, a prohibition association, political campaign committees, volunteer fire companies, social fraternities, athletic clubs or gifts to needy friends or relatives.

Generally speaking the taxpayer may deduct any interest paid on borrowings, including business, personal and family debts. Because interest paid on behalf of a relative or friend is not a legal obligation on the taxpayer, such interest is not deductible.

As a broad general rule, the individual can deduct all taxes he personally pays to the tax collector, except federal income, estate and gift taxes and state and local benefit, inheritance, estate, legacy or gift taxes.

Federal taxes which are deductible include those on admissions, dues, telephone, telegraph, transportation, auto use, safety deposit boxes, etc.

Admission taxes collected at theaters and other places of amusement during 1942 amounted to 10 per cent. A 50 cent theater ticket,

which cost the customer 55 cents, represents a 5 cent deduction.

Automobile owners are entitled to deduct state and local license fees, the federal use stamps (which cost \$7.09 in 1942), driver's license fee and state gasoline tax. Automobile owners may not deduct the federal gasoline tax because it is constituted as a tax on the manufacturer and not on the consumer, even though it was passed along to him.

It is the general rule that the taxpayer gets credit only for those taxes levied directly upon him. For that reason state and federal taxes on cigarettes and liquor are not deductible. They are stamp taxes levied on the manufacturer or dealer.

The transportation taxes paid on railroad, airline and other personal transportation last year is deductible. The rate was 5 per cent of the fare for the first 10 months; 10 per cent for the last two months. The tax on transportation of goods, amounting to 3 per cent on all freight and express bills, is deductible.

Taxes imposed by the federal government on jewelry, furs and toilet goods are not deductible. They are excise taxes levied on the maker or dealer and are not collection taxes levied on the taxpayer.

Also deductible are traveling expenses required by one's employer when such expenses are not reimbursed by anything over salary, wages or commissions.

When your car is used partly for business and partly for private purposes, deduction is allowed only for the portion used for business, and then only when the driver is not reimbursed. The loss on the sale of a car, used partly for business and partly for private purposes, is divided similarly, but only when actually sold and not when used as a trade-in.

In addition to deducting the three-cent state tax on all gasoline used in your car, you can also deduct the cost of the gasoline and other supplies for business use of the machine.

Due to labor unions, assessments by unions for out of work benefits, but not for sick, accident or death benefits, cost of indemnity of fidelity bonds required by your employment, and cost of tools and patterns necessitated by the type of work, are deductible, but only if their life is less than one year. If their life is longer than one year the owner can discontinue depreciation only.

No deduction is permitted for medical and dental expenses, including accident and health insurance pre-

miums, unless they exceed 5 per cent of your income. Any expense over 5 per cent of income, and up to a maximum of \$1,250 for a single person or \$2,500 for a family, may be deducted. This includes hospital bills, treatment, diagnosis and everything connected with medical and dental care.

Farmer Deductions

Wages, Seed, Repairs, Tools, Fertilizers, Depreciation.

In general, a farmer who operates a farm for profit is entitled to deduct from gross income as necessary expenses all amounts actually expended in carrying on the business of farming. The wages paid for hired labor are deductible. The value of products furnished by the farm and used in the board of hired labor is not a deductible expense, but food purchased and furnished to hired hands is deductible.

Farmers may deduct the cost of grain and hay, amounts paid for grinding and processing feed, amount paid for hire of machinery, cost of farm supplies, gasoline for farming, repairs and upkeep of cars.

Amounts expended for repairs and maintenance of farm buildings, (except the dwelling), fences, drains and other farm improvements, and for repairs and maintenance of farm machinery and equipment are deductible. Amounts expended for replacement of, or additions to, farm machinery, farm buildings, or other farm equipment of a permanent nature are not deductible as such expenditures are regarded as investment of capital which is returned to the owner through depreciation allowances during the useful life of the property.

The cost of small tools of short life may be deducted. The cost of commercial fertilizers and lime, the benefit of which is of short duration, is deductible as an expense. The amount expended in the restoration of soil fertility preparatory to actual production of crops and the cost of liming soil to increase productivity over a period of years are capital expenditures, and thus are not deductible.

Fees paid for advertising farm products; expenditures for stamps, stationery, account books and other office supplies purchased for farm use; expenditures for travel in connection with the farm business and other similar miscellaneous expenditures are deductible.

An allowance for depreciation of buildings, improvements, machinery, or other farm equipment of a permanent nature is deductible. The amount claimed on account of depreciation should not exceed the original cost of the property.

Repairs on depreciation on the dwelling occupied by the farmer or on his personal or household equipment are not deductible. It is not permissible to claim as a separate item depreciation on livestock or any other property included in the farmer's inventory, as such depreciation is taken care of in the reduced amount of the inventory at the close of the year. However, depreciation may be claimed on livestock acquired for work, breeding or dairy purposes which are not included in the inventory of livestock purchased or raised for sale.

HOUSEHOLD MEMOS... by Lynn Chambers

Fish Fulfills Protein Needs of the System



Fish fillets served with juicy lemon wedges and generous garnishes of radish roses and parsley make an attractive main dish.

Fish Is Flavorful

One very direct and effective way of meeting the meat shortage is by serving fish in its many delectable ways. Few families have been initiated into the many ways of preparation for fish, few know how succulent are their steaks when baked, or how tart and crisp are fillets when fried. Bones have been removed from many types of fish so this need concern the cook little. If they have not already been removed, this can be done easily since they are usually together.

French Fried Fish Fillets.
Desired number and kind of fish fillets

- 1 egg, well beaten with 1 tablespoon water
- Crumbs, corn meal, flour or potato meal
- Salt and pepper
- Salad oil for frying

Wash fillets in cold water, drain on absorbent paper. Sprinkle with salt and pepper; dip first in dry coating—(crumbs or other if preferred), then in egg mixture and again in dry coating. Place in deep salad oil—(375 to 385 degrees)—or hot enough to brown a 1-inch cube of bread in 40 to 50 seconds.

Fish is good when baked—especially with tomatoes and green pepper:

***Baked Whitefish, Creole.**
(Serves 5 to 6)

- 2 1/2 pounds whitefish, cleaned and boned
- Salt and pepper
- 3 tablespoons butter
- 1 small onion, chopped
- 1/4 cup green pepper, chopped
- 1 tablespoon flour
- 1 1/2 cups tomato soup
- 1/2 teaspoon salt
- 1/2 teaspoon Worcestershire sauce

Place fish in greased baking dish, skin side down. Sprinkle with salt and pepper and brush with one tablespoon of the melted butter. Bake in a moderately hot oven (400 degrees) for 15 minutes. Melt 2 tablespoons of butter in saucenpan and add chopped onion and green pepper. Simmer five minutes. Add flour and blend thoroughly. Then add tomato soup, salt and Worcestershire sauce. Cook until mixture thickens, then pour it over the partially baked whitefish. Return to oven for 20 minutes more or until fish flakes easily.

Halibut is another good, substantial dish. Mild in flavor, it needs a tart sauce to pick up its delicate flavors:

Lynn Says:

Sauces for Fish: They're a must with fish because they make it most delicious dish. You'll like browned butter with lemon juice and Worcestershire sauce. Or, just cream the butter and season with lemon juice.

Horseradish is popular with fish. Take 1/2 cup drained, prepared horseradish, season with salt and pepper and 1/2 cup vinegar, then fold in 1/2 cup of whipped cream.

Tartar is not just another name for sauce, it's an affinity with fish fillets. Make it by adding 1 teaspoon minced onion, 2 teaspoons chopped, sweet pickle, 1 teaspoon chopped green olives, and 1 tablespoon vinegar to 1/4 cup mayonnaise.

Make a cup of medium-thick white sauce and add to this 1/2 cup grated cheese and let the cheese melt. Or, 2 chopped, hard-boiled eggs added to white sauce, make a golden crown for baked or fried fish.

This Week's Menu

- *Baked Whitefish, Creole
- Parsleyed Potatoes Broccoli
- Watercress and Endive Salad
- Oatmeal Bread Butter
- Broiled Grapefruit Beverage
- *Recipe Given

Halibut Steaks.

Have center cut slices of halibut steak cut one inch thick, salt and pepper them and dredge lightly with flour. Fry to a light brown in butter. Remove to a platter and cover with sliced sauteed mushrooms, using about a pound for 2 steaks. Over this pour the following sauce:

Stew 1 No. 2 can of tomatoes with 1 cup of chopped celery, 1/4 chopped green pepper and 1 large chopped onion.

Run all through a coarse sieve. Into this melt 1/4 pound of grated cheese, 1 tablespoon of butter, and salt and pepper to taste. Heat fish thoroughly in oven and just before serving sprinkle with cheese and run under flame to brown.

There's distinction in salmon when it's combined with discreet seasoning—lemon juice and tomato:

Baked Salmon Slices.

- Salmon cut in individual servings
- 2 tablespoons oil
- 2 tablespoons lemon juice
- 1 teaspoon salt
- Dash pepper
- 1 onion
- 1 tomato
- Bacon strips

Brush slices of fish on both sides with the oil. Place in a baking dish, sprinkle with the lemon juice, salt and pepper. Then lay a thin slice of onion on each piece. Cover onion with a 1/4-inch slice of tomato and top with a strip of bacon cut in two. Place in moderate oven (350 degrees) for 45 minutes.

Salmon Fondue.
(Serves 6)

- 5 slices bread
- 1 cup milk
- 2 tablespoons butter
- 1 cup flaked, cooked salmon
- 3 eggs, separated
- 1/2 teaspoon salt
- 1/4 cup grated American cheese

Trim crusts from bread and cut into 1/2-inch cubes. Heat milk in double boiler, add bread cubes, butter, liquid from salmon, and well-beaten egg yolks. Season with salt and cook until thickened, stirring constantly. Remove from heat and stir in cheese. Cool for 10 to 15 minutes. Beat egg whites stiff and fold into mixture. Pour into greased baking dish. Place dish in pan of warm water and bake in a moderate (350-degree) oven for 1 hour or until a knife when inserted comes out clean.

Note: Chopped shrimp, flaked tuna or minced clams or oysters may be used in place of the salmon.



A platter of fish with broccoli and corn fulfills a good portion of daily dietary requirements.

An early touch of spring goes into the menu with a fresh green salad:

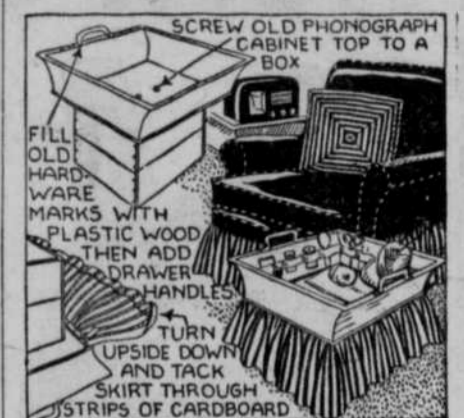
- Toss-Up Salad.**
(Serves 6)
- 1/2 head lettuce
- 1 cup diced celery
- 2 fresh tomatoes
- 2 hard-cooked eggs
- 1 clove garlic
- 1 bunch radishes
- 1/2 bunch watercress
- 1 cup raw spinach leaves

Shred lettuce, dice celery, cut tomatoes and slice radishes. Cut eggs into slices. Rub salad bowl with garlic and add vegetables. Serve with French dressing.

Cake Making? Bread Making? Cookie Baking? Budget Fixing? Housekeeping? You name the problem and explain it. Miss Lynn Chambers will be glad to give you expert advice if you write to her, enclosing a self-addressed, stamped envelope for your reply, at Western Newspaper Union, 210 South Desplines Street, Chicago, Ill. Released by Western Newspaper Union.

This Portable Stand Handy for Mending

HERE the lid of a reclaimed phonograph cabinet is turned upside down and screwed to a wooden box to make a portable container for your mending. Half the time required for mending is usually taken up in getting everything together at a convenient time. This portable stand equipped and ready can be placed beside your easy chair in a jiffy



with everything handy to make mending for victory a pleasant task.

If you can't find a pair of old metal drawer handles there are many designs at the dime stores made of composition and wood. The lid may be painted or stained as desired and the box will be masked by the full skirt tacked to the under part of the lid edge. If you wish to line the upper part, cut pieces of cardboard to fit the sides and bottom. Cover these with chintz; add a strip of belting ribbon to the side sections, catching it down to make holders for equipment; then glue the sections in place.

NOTE: If you missed the article which illustrated how the body of the phonograph cabinet was used, it is contained in BOOK 9, together with thirty-one other conservation plans. Copy of BOOK 9 will be sent to you for 15 cents in coins. Address:

MRS. RUTH WYETH SPEARS
Bedford Hills New York
Drawer 10
Enclose 15 cents for Book No. 9.
Name
Address

There Are Dragons

There are real dragons today, but naturally they are not quite all that fairy stories say about such beasts. In the Dutch East Indies still lives the Komodo dragon, a fearsome-looking lizard ten feet long. It does not breathe fire, but it is quite a nasty customer when roused.

All kinds of extinct lizards and reptiles, some of which may not have been extinct for so very long, no doubt helped to build up the legends of the dragons against which the heroes of every land have fought.

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than genuine, pure St. Joseph Aspirin. World's largest seller at 10¢. None safer, none surer. Demand St. Joseph Aspirin.

How To Relieve Bronchitis

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREOMULSION
for Coughs, Chest Colds, Bronchitis



Keep the Battle Rolling With War Bonds and Scrap

WARNING!

Your Baby Needs These Vital Elements

—because they help develop proper growth, strong bones and sound teeth! Scott's Emulsion is rich in natural A and D Vitamins—and so good-tasting. Also, 4 times easier to digest than plain cod liver oil! Buy today!

Recommended by Many Doctors
Try SCOTT'S EMULSION
Great Year-Round Tonic

Here's One Gang That Can Come Along!



As burdensome as the income tax may first appear, it allows for many deductions. Mr. Taxpayer pictured above is seen with a host of exemptions, including state gasoline tax, state sales tax, license fees, amusement tax, communications tax, charitable and religious contributions, etc. For every \$100 the taxpayer can legitimately deduct, he saves \$18.40 in taxes.

Record Income Reported for Nation in '42

How much money did everybody make in the United States in 1942? With the factories of the nation being thrown into high gear and the farmers producing record crops, national income jumped to almost 114 billion, the department of commerce reports. This was approximately a 20 per cent increase over 1941.

The department of agriculture figures that farm income reached 16 billion in 1942. That would represent an intake of \$2,800 for every one of the 6 million farmers.

A total of 79 billion dollars was paid out in wages and salaries. At the end of 1942, it was estimated that 58 million people were gainfully employed.

300 Kin Serve

Auxiliary Olivia Eubanks of the Second WAAC training center has 300 relatives in service but she is the only WAAC. There are enough members of her family, counting in-laws and third cousins, to make two companies.

Chief among those in service from Auxiliary Eubanks' viewpoint is her husband, Technical Sergt. Sidney J. Eubanks, who is overseas in the signal corps.