



For **BIG LOAVES**
in less time
USE
RED STAR
DRY YEAST



EVERYONE WILL AGREE that there is no bread quite as good tasting as that just out of the oven. And home baking experts agree that Red Star Dry Yeast saves hours of time and gives you bigger loaves. They find that this amazing, new yeast goes to work instantly, makes kneading easier and imparts extra flavor to baking.

Red Star Dry Yeast needs no refrigeration. It will keep on your pantry shelf for weeks at a time retaining all the freshness it had when you bought it. Be sure to include Red Star Dry Yeast on your shopping list — you'll be glad you did.

KAY ROGERS SAYS:
"Let me send you my new Recipes. Simply write me at Red Star Yeast & Prod. Co., Dept. WN-1, Milwaukee 1, Wis."



A good pressure saucepan saves time and fuel as it cooks in about one-third the time or an ordinary saucepan and even less in some cases. These are especially useful with foods that ordinarily require long cooking such as pot roast, dried beans, beets and long cooking cereals.

Cut Traffic Toll
In New Jersey it was demonstrated that by separating traffic streams; providing at least two broad traffic lanes in each direction; eliminating all highway and railroad crossings; providing firm wide shoulders; excluding pedestrians; introducing specially designed access and exit facilities; utilization of the "freeway and parkway principle," and adequate design standards to take care of present speeds and allow for increases in the future, made possible a 76 per cent reduction of traffic accidents.

Leaves Retain Minerals
Although the food prepared in the cell cavities of the leaves is returned to the tree in the fall, mineral substances from the walls of the cells are retained. Therefore fallen leaves contain valuable elements such as nitrogen and phosphorus, which were originally a part of the soil. Decomposition of the leaves returns elements to the soil and provides an accumulation of humus.

Resist Frost
Parsnips and salsify (oyster plant) may be left in the ground all winter. In fact, the flavor is improved by freezing. All members of the cabbage family will stand a good deal of frost. Broccoli will keep on bearing until late autumn; so will brussels sprouts. Cabbage and cauliflower are frost resistant. But cabbage should be stored in a cool place after real freezing weather comes.

Old Glory
Call our nation's flag "Old Glory" and you're guilty of an affectionate misnomer. There is only one "Old Glory," and that's a U. S. flag with 24 stars, now in a museum in Salem, Mass. It was named by a Salem Shipmaster, Captain William Driver, shortly after Missouri was admitted as the 24th state of the Union.

Miniature Jets
Miniature motors for the model airplane builder are true pulse-jet engines weighing one pound. A fuel nozzle mixes air and gasoline in a combustible mixture which enters the combustion chamber through a valve and is ignited by heat remaining from previous explosions. Battery, coil and spark plug give starting ignition.

Mahogany Surface
Train your family not to place heavy, rough-bottomed objects on mahogany furniture and to lift instead of shove when removing them. The standard thickness of the mahogany face veneer which is responsible for its beautifully figured surface is a mere one-28th of an inch.

Retains Flavors
Many persons prefer the flavor and aroma of foods cooked in the pressure saucepan. All of the flavors are kept in with none lost in the air. The shorter cooking improves the color and appearance of some foods.

Cabbage Nutritious
Cabbage is a good source of vitamin C. Two-thirds of a cup of cooked cabbage contains about 25 per cent of the daily allowance of vitamin C for an adult, and two-thirds cup of raw cabbage about 40 per cent.

Investments in China
Direct investments by the United States in China decreased from almost 114 million dollars in 1929 to about 46 million dollars in 1940, largely as a result of the Japanese invasion.

**TONIGHT...
Relieve
Miseries of
Her Cold
as she sleeps!**

When you rub soothing, warming VapoRub on her cold-irritated throat, chest and back at bedtime, it starts to work instantly. Then, while she sleeps, VapoRub's special relief-giving action keeps on working for hours. Often by morning most misery of the cold is gone. **VICKS VAPORUB** Try it tonight.

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HIDES—RAW—FURS
Pelts, Wool, Horse Hair
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Gems of Thought
BE BRIEF; for it is with words as with sunbeams, the more they are condensed the deeper they burn.—Robert Southey.
Fact is the ability to describe others as they see themselves.—E. Chaffee.
It isn't the number of years you live that is important to your community. Our lives are judged not so much by their length as by their breadth.

New French Law Hits at Sale of Forged Paintings
To prevent the sale of forged paintings, France now has a law under which an official group of art experts passes on the authenticity of every picture put up at public auction.
Furthermore, the seller usually gives the purchaser a written guarantee that he may return the painting within six months if he doubts its authenticity.

Portland Vase Smashed, Yet Increases in Value
The British Museum in London recently purchased, through a private bequest, the Portland Vase which it has had on loan from the Portland family for 135 years. Collier's reports. Ten inches in height and made of blue glass engraved with white figures, this vase was found in a tomb near Rome in the 18th century.
Moreover, in 1845, a lunatic smashed it into some 250 pieces and, although put together by experts, it has since been imperfect. Yet the vase has increased steadily in value.
The price paid for the vase by the museum was not disclosed. However, in 1929, the owner refused an offer of \$148,000 for it.

Illuminate Copper
Night-time traffic control by an illuminated policeman has been successfully tried out at Peterborough, England.



Meat for Menus

LYNN CHAMBERS' MENUS

- Cream of Mushroom Soup
- *Veal Chops
- Scalloped Potatoes
- Brussels Sprouts
- Molded Fruit Salad
- Bran Muffins
- Baked Custard
- Caramel Sauce
- *Recipe given.



Low-priced lamb shoulder may be used for these lamb pieces prepared on skewers. They broil quickly and make a palatable dinner when you want to cook in a jiffy.

Recent visits to the market have convinced me that most education about meat cookery was forgotten during rationing and shortages. Most of us worked ourselves into a sort of a rut about meats and now find that we need a brush-up course on meat cookery.

Meat should satisfy and do so it must be properly prepared. If broiling is what the cut needs, make sure your temperature is high enough to do the job decently. But if it's braising, make sure the heat is slow and steady and the cooking moist.

Here are a few of the things you ought to remember when buying meat: First of all, become acquainted with a variety of cuts so that you can better manage your budget and give the family much-needed menu variety. Ask the market man for advice. He can give you tips on specials and help you get more for your money.

If you have meats boned at the market, always ask for the bones to take home. They're wonderful for flavoring soups, sauces and vegetables. When you purchase large cuts, have some steaks or chops removed for another meal. There won't be so many leftovers, and you will be able to get more variety from the large cuts.

Spley Pot Roast.
(Serves 8 to 10)

- 3-pound pot roast (neck, chuck, brisket, heel of round or rump)
- 2 cups canned tomatoes
- 3 onions, sliced
- Salt and pepper
- 1/2 teaspoon whole cloves
- 1 stick cinnamon
- 1/2 teaspoon marjoram
- 1/2 teaspoon pepper
- 1/2 cup vinegar

Brown pot roast on all sides. Add tomatoes, onions and seasonings.

Lamb en Brochette.
(Serves 6)
2 pounds lamb shoulder, cut in 1-inch cubes
1 cup vinegar
1 teaspoon celery salt
1 tablespoon mustard
1 tablespoon brown sugar
1/2 teaspoon poultry seasoning
Salt and pepper

Cover lamb with vinegar, seasoned with celery salt, mustard, brown sugar and poultry seasoning. Let stand 1 hour. Thread onto skewers and place on a rack in a preheated broiler oven. Brown well on all sides and broil. Season with salt and pepper.

For something a little different, try this stuffed shoulder of lamb:

Fruit-Stuffed Shoulder of Lamb.

- 1 lamb shoulder, boned
- 2 cups bread crumbs
- 6 cooked apricots, diced
- 6 cooked prunes, diced
- 1 small orange, chopped
- 1 beaten egg
- Salt and pepper

Have butcher remove bone from lamb shoulder and sew it on three sides, leaving the fourth open for dressing. Make a dressing of the bread crumbs, fruits and beaten egg. Pile this into cavity. Skewer or sew the edges together. Place the lamb shoulder on a rack in an open roasting pan and roast in a 300-degree oven, allowing 30 to 35 minutes to the pound.

**LYNN SAYS:
Cook Meats Correctly For Palatability**

If you are making hamburgers, remember that loosely put together patties will be much more tender than those which are patted tightly. If hamburgers contain only beef, they may be cooked rare; if they have any pork in them, cook them well done.

Canned meats and ready-to-eat meats are a supper saver. They may be pan-fried or broiled for added relish.

AROUND THE HOUSE

To restore and preserve cane seats treat lightly with linseed oil. Be sure all excess oil has been wiped away.

Cloth-covered suitcases can be restored to newness by covering the fabric with a coat of high grade lacquer.

To prevent windows from sticking, rub a little floor wax in the window sash groove.

To remove the metal base of an electric light bulb that has broken in the socket, push a cork into the base and turn it.

Winter window washing is made a lot easier by adding denatured alcohol to the water to prevent freezing. Wipe quickly with crushed tissue paper.

Here's a handy idea that makes it easy for you to fit snaps smoothly and perfectly to a garment. Sew all the snaps on one side first, then rub a little chalk over them and press them lightly on the opposite side. The white chalk marks left on the garment indicate where other halves of the snaps should be sewed.

Use top-stitching to emphasize lines that are important to the design of a dress, suit, or coat. This can be effectively combined with lapped seams and should always be done by machine to make sure stitches are uniform.

To remove stubborn particles of dirt which settle in moldings, cracks and other hard to get at corners use a paint brush that has been dipped into thick suds.

Still Second Rating

The touring company had never been of the best, and when they reached the stage of playing to the family of the man who owned the little country theater, and found that even they left at the end of the first act, it was decided to break up. Two of the actors set out to work their way back to New York.

They were lucky enough to get a passage on a barge, and when passing through a lock they overheard this conversation:
"What you got on board, Jim?"
"Load of fertilizer and a couple of actors, Bert."
The two actors looked at each other in silence, then sighed deeply.
"Cyril," said one, "shall we never top the bill?"

**GIRLS! WOMEN!
try this if you're
NERVOUS**

On 'CERTAIN DAYS' Of Month—
Do female functional monthly disturbances make you feel nervous, irritable, so weak and tired out—at such times? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. It's famous for this! Taken regularly — Pinkham's Compound helps build up resistance against such distress. Also a great stomachic tonic!

WNU 02-47

WHY TAKE HARSH LAXATIVES?

Healthful Fresh Fruit Drink Makes Purgatives Unnecessary for Most People

Here's a way to overcome constipation without harsh laxatives. Drink juice of 1 Sunkist Lemon in a glass of water first thing on arising.

Most people find this all they need — stimulates normal bowel action day after day!

Lemon and water is good for you. Lemons are among the richest sources of vitamin C, which combats fatigue, helps resist colds and infections. They supply valuable amounts of vitamins B₁ and P. They pep up appetite. They alkalinize, aid digestion. Lemon and water has a fresh tang too — clears the mouth, wakes you up, starts you going.

Try this grand wake-up drink 10 mornings. See if it doesn't help you! Use California Sunkist Lemons.

IF PETER PAIN HAS YOU ALL TIED UP WITH CHEST COLD



● Rub in Ben-Gay, quick! Gently warming Ben-Gay brings speedy, welcome relief from chest-cold discomfort. You see, Ben-Gay contains up to 2 1/2 times more methyl salicylate and menthol — two pain-relieving agents known to all doctors — than five other widely offered rub-ins. Insist on genuine Ben-Gay, the original Baume Analgesique.

Also for Pain due to RHEUMATISM, MUSCLE ACHE, and STRAINS. Ask for Mild Ben-Gay for Children.

WNU 02-47

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