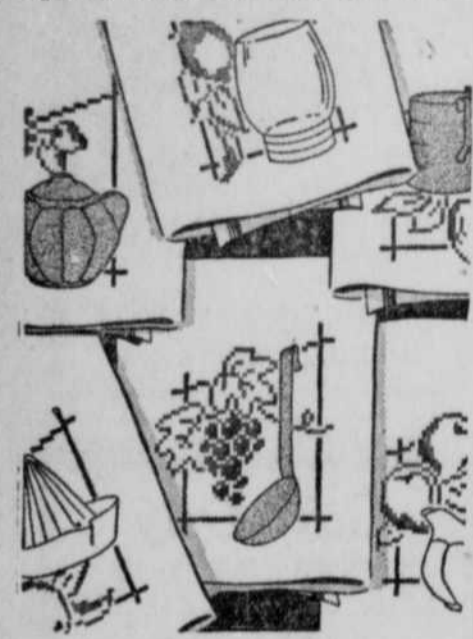


Tea Towels Done In Cross Stitch

Better than a picnic is the fun you'll have embroidering tea towels with these gayer than gay motifs—luscious cross stitched fruits and homey everyday kitchenware. Do the dishes in outline stitch or applique as you choose. In No. 5691



Pattern 5691.

you will find a transfer pattern of six motifs averaging 5 1/4 by 6 1/2 inches; material requirements; color suggestions; illustrations of all stitches used.

To obtain this pattern send 15 cents in stamps or coins (coins preferred) to The Sewing Circle Household Arts Dept., 259 W. Fourteenth St., New York, N. Y. Please write plainly your name, address and pattern number.

Constipated?

It's Nerves Not Poisons That Make You DIZZY and DOPEY

Modern doctors now say that constipation swells up digestive organs causing pressure on nerves in this region. This nerve pressure causes frequent bilious spells, dizziness, headaches, sour stomach, dull, tired-out feeling, sleepless nights, coated tongue, bad taste and loss of appetite.

I regret often that I have spoken, never that I have been silent.—Syrus.

How One Woman Lost 20 lbs of Fat

Lost Her Prominent Hips—Double Chin—Sluggishness Gained Physical Vigor—A Shapely Figure.

If you're fat—first remove the cause! Get on the scales today and see how much you weigh then get a 4 oz. bottle of Kruschen Salts which will last you 4 weeks.

WNU—U 37—41

Sentinels of Health

Don't Neglect Them! Nature designed the kidneys to do a marvelous job. Their task is to keep the flowing blood stream free of an excess of toxic impurities. The act of living—life itself—is constantly producing waste matter the kidneys must remove from the blood if good health is to endure.

Great Excitement in the Green Forest

by Thornton W. Burgess

WHEN the little people of the Green Forest became excited they became very much excited. Yes, sir, they become so excited that everybody talks at once, just like some other people. And now there was great excitement in the Green Forest. Indeed, Peter Rabbit couldn't remember a time when there had been so much excitement, not even the time when it was discovered that Pricky Porky the Porcupine had come down to the Green Forest to live.

Sammy Jay had been the first to see him. Blacky the Crow had been the next. Then Uncle Billy Possum, Jimmy Skunk, and Peter Rabbit. At least so far as any one knew they were the first to see him. As a matter of fact, Paddy the Beaver had seen him before Sammy Jay did, but Paddy is one who does not tell all he sees, as does Sammy Jay, and so he had said nothing.

But with Sammy Jay and Peter Rabbit to spread the news it was not long before everybody knew all there was to know about it and nothing else was talked about or thought about. Of course, the news soon spread all over the Green Meadows and to the Smiling Pool and it made almost as much excitement there as in the Green Forest. Of course, Peter Rabbit had told every one he met of how he had seen Jimmy Skunk make Buster Bear get out of his way, and of course almost everybody had a great deal of admiration for Jimmy Skunk. The only one who didn't was Pricky Porky.



"Pooh!" said Pricky Porky. "That Was Nothing. I Could Do the Same Thing." spread all over the Green Meadows and to the Smiling Pool and it made almost as much excitement there as in the Green Forest. Of course, Peter Rabbit had told every one he met of how he had seen Jimmy Skunk make Buster Bear get out of his way, and of course almost everybody had a great deal of admiration for Jimmy Skunk. The only one who didn't was Pricky Porky.

"That was nothing, I could do the same thing. I'm no more afraid of Buster Bear than Jimmy Skunk is. The fact is, I know Buster Bear very well, for he comes from the Great Woods from which I came. There is nothing to be afraid of in Buster Bear."

Straight Shooter



This is Miss Jean Ainsworth Tenney of Clear Springs, Mo., who won the national women's championship at the fifty-seventh target session of the National Archery association with a grand total of 1,926 points.

MOPSY



likes to pretend that he isn't afraid of anybody or anything. But, like most boasters, he always has an excuse ready when he is likely to have to make good one of his boasts. It was so this time. No sooner had Pricky Porky proposed that he hunt up Buster Bear than Reddy remembered that he had a very important errand to do way down on the Green Meadows. He was sorry, but it really had to be done. Perhaps Jumper the Hare would go in his place. Reddy grinned wickedly when he said this, for everybody knows that Jumper the Hare is very, very timid. So just try to imagine how surprised and excited everybody was when Jumper said: "Certainly I'll go and give the invitation to Buster Bear. I'll be delighted to."

At first everybody but Pricky Porky stared at Jumper as if they thought that he was joking, and they couldn't quite see the joke. Then as they began to realize that he was meant just what he said, they looked at each other again, as if they thought him crazy. But Jumper appeared not to notice it, and started for the deepest part of the Green Forest to look for Buster Bear. Reddy Fox started off, too, but he went in the direction of the Green Meadows. He didn't want to go, but he had to because he had said he had an important errand there. As soon as he was out of sight he made a wide circle back to the Green Forest, and then he tried to get ahead of Jumper the Hare where he could hide and give Jumper a terrible fright. It wouldn't do to let the other little people think that Jumper the Hare dared do something that he didn't dare do.

Good Nutrition Is Up to Cook

Food Must Be Varied and Include Needed Calories. By EDITH M. BARBER

GOOD nutrition depends upon more than food selection. First of all there is, of course, the choice of such a variety of foods that together they add to the perfect sum of calories, muscle building, energy giving, vitamin and mineral-bearing foods.

While some of these foods may be eaten in their raw form and need merely the process of digestion to be absorbed, others need to be prepared for digestion by cookery. Meat, for instance, must be cooked, because the human teeth are not strong enough to divide raw meat into small pieces which may be easily reached by the digestive juices. Cereals also need preparation, either by long cooking, by grinding or by pressing by machinery, plus a short cooking. The ready-to-eat cereals are examples of the latter treatment. Flour is also prepared by machinery at the mills before it is made into bread, cakes and cookies.

While many vegetables and fruits can be eaten in their natural form, some of them need cooking for two reasons. The first is, of course, to make them ready for digestion; the other to make them palatable. Potatoes are the outstanding example of the latter fact. The raw potato is unsuited in its raw form to take an important place in our diet.

Potatoes Hashed in Cream. 2 tablespoons butter 2 cups diced potatoes Salt, pepper 2 cups rich milk Melt the butter, add potatoes and seasoning and stir over fire until the butter is absorbed. Add the milk and cook slowly, about half an hour. Add more milk if needed.

Fruit Au Gratin. 12 canned or stewed pear or peach halves Cornflake crumbs Butter Drain the fruit, saving the juice. Roll fruit in crumbs. Place in buttered baking dish, cut side up. Dot with butter. Bake in hot oven (400 to 425 degrees Fahrenheit) until crumbs are brown. Serve with lemon sauce.

Chocolate Filling. 4 ounces chocolate, cut in pieces 1 1/2 cups milk 1/4 cup flour 1 cup sugar 2 tablespoons butter 1 1/2 teaspoons vanilla Put chocolate and milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until smooth. Sift flour with sugar, add a small amount of the chocolate mixture and stir until cook until thick and add butter and vanilla. This filling may be stored in refrigerator in a covered jar. It may be used in the pudding, or to put between layers of cake or as a pie filling.

Refrigerator Pudding. Chocolate filling Sponge cake or lady fingers Line bowl with slices of stale sponge cake or split lady fingers, crusting in alternate layers with cake and chill in refrigerator several hours.

Potato Salad. 4 cups cold boiled potatoes 1 chopped onion 1 cucumber or 2 pickles 1/2 cup French dressing Cooked salad dressing Cut potatoes into dice or slices, add the onion and sliced cucumber or pickles, mix with French dressing which should be very well seasoned, and let stand in ice box one or two hours. Mix with salad



"Some say we have passed the nose and buggy days," says soliloquizing Elizabeth. "but nevertheless the days of horse sense seem to be as far ahead of us as always."

WNU Service.

MANNERS OF THE MOMENT

By JEAN © By The Associated Newspapers

FEMININE shoestring problems are nothing to masculine shoestring problems, we hear. It's probably because the men have more shoestrings to handle. Anyhow, we've learned on good authority that most men's shoestrings get into hard knots sooner or later. And it is rumored that wives find it difficult to quiet the frustrated untiers of knots.

Well, here is our advice to wives of men whose shoestrings won't untie. First have some scissors handy. Keep your eye on the man who is grappling with the knot. Don't step



Be on Hand With the Scissors When He Gets Tied Up in Knots.

in too soon for he must be given a chance to feel his independence. When he gets to the point where he gives the shoestring one tremendous yank and then glowers at it, hand him the shears without a word. You know then that he is mad enough to ruin a pair of shoestrings willingly. Everything will be fine after that. But perhaps you'd better have an extra pair of shoestrings tucked away in your sewing basket in case his destructive tendencies have worn off by the next morning.

WNU Service.

air that is heated between the radiator sections. An enclosure with a solid front prevents the radiation of heat from the metal. A cover over the top of the radiator prevents the free upward flow of heated air. Even the best of radiator enclosures check the heating effect to some extent, but a checking of nearly one-half is entirely too great to be considered. For the greatest heating effect, the front of an enclosure should be an open grill that will not check the radiation of heat from the metal. Not long ago I saw a homemade enclosure; a wood frame with the front filled in with diamond metal lath. This interfered very little with the radiation of heat, and, painted with the rest of the enclosure, was very attractive in appearance.

For a full flow of heated air, the top of an enclosure should be open, or at least be of open grill-work. The alternative is to have a solid top, as much higher than the radiator as the radiator is deep, and with its front open. Heated air will then have room enough to pass out horizontally. The lower part of an enclosure should be open, so that there can be a full flow of cool air from the floor.

By Roger B. Whitman WNU Service.

FIRST AID TO THE AILING HOUSE

By Roger B. Whitman

RADIATOR COVERS NOT long ago I saw some tests made on a new type of radiator enclosures. The results showed that these enclosures cut down the heat thrown off by a radiator by nearly one-half. The enclosures were ornamental; they were better looking than the radiators. But cutting down the heat by one-half means the chilling of a room in which they might be used. There is no satisfaction in this, of course, for a radiator is intended to supply heat.

A radiator delivers heat in two ways; heat is radiated from the hot metal just as it is from a fire or the sun, and heat passes to the room through the upward flow of

ANIMAL CRACKERS

By WARREN GOODRICH © Bell Syndicate.



"Kiss me again" WNU Service.

Love, Honor and Obey



WNU Service.

What Irvin S. Cobb Thinks about

Minding Your Business.

SANTA MONICA, CALIF.—A society is forming in England for the defense of the former Edward VIII, now the duke of Windsor and honorary citizen of all places in this country named for the Simpson family.

This society does not hope to restore the duke to the throne. That would not only annoy the archbishop of Canterbury, he already having things to annoy him, such as Americans, but would seriously upset Mr. Stanley Baldwin, who upsets so easily that it seems strange the British never have thought of calling him Reversible Stan. Besides, the throne would be quite crowded if the duke tried to snuggle in there along with the present occupants.

What some of us over here think—and that goes for many Canadians, too—is that England has a crying need for a society dedicated to the broad general principle of minding its own business and suffering the duke and his wife to mind theirs. We have a rough idea that both of them can better endure long-distance snubs than officious meddling in their private affairs. Just being an ex-king is a hard enough job—even if you can get it to do.

Political Afterthoughts. MASTER ROLLO, aged seven, and city raised, was visiting relatives in the country. On his first morning he came in wearing a worried cast of countenance.

"Mother," he said, "I've been out under the mulberry trees." "Yes." "Mother, do mulberries have hard backs and six legs and crawl around on the ground?"

"Why, certainly not." "Then, Mother," said Rollo in stricken tones, "I feel I have made a dreadful mistake." "What's the point? Oh nothing, only I got to imagining what the brooding regrets of some members of the administration and a majority of the members of the senate must be when they recall the alacrity with which they moved to fill a certain recent vacancy in a certain very high court—in fact, the highest one we've got."

Hirsute Virility. PARISIAN boulevardiers believe a dense arboreal effect of whiskers is proof that the wearer is indeed a man, without, in all cases, being absolutely convincing about it.

We haven't gone that far yet, but I would like to know whence comes this notion of appraising masculine vigor by the amount of hair along the breast-bone? Morbid, I call it. Two distinguished authors battle when one intimates the other is scantily adorned in that regard, forgetting that, in the immature summer pelage of his kind, an author has but a scanty growth as compared with the richer winter coat. And then prying reporters ask the new glamor prince of the movies whether he has any fleeces at all upon his chest, their tone indicating they rather expected to find trailing arbutus there, or at least some shy anemone.

Years ago in the hospital, when I was being shorn for an operation, I remember remarking to myself that here was the only barber who'd ever worked on me without trying to sell me a bottle of hair tonic.

Miss America—1937. AT LAST some rational excuse—in moral values, anyhow—has been found for a so-called national beauty contest.

The seventeen-year-old New Jersey girl chosen as "Miss America of 1937" is not going into vaudeville, is not going to make any personal appearances, is not coming to Hollywood for a screen test, is not going to accept a radio contract, is not even going to write her life story for publication. She will return to school and to the normal home life of a well-raised normal girl—that is, unless she changes her mind about it all.

If she shouldn't change her mind, she stands out as probably the sanest young person of her age at present residing on this continent, or, should we say, this planet.

If she should change her mind—well, the American populace has been fooled many a time and oft before. Our grandfathers didn't believe human beings ever could fly. Our fathers didn't believe anybody would ever lick John L. Sullivan. Only the other day our United States senators didn't believe their fellow-statesman, Mr. Black of Alabama, could be a Klansman. They thought that low but persistent sound of "Ku-Klux, Ku-Klux" was but the voice of a modest hen.

IRVIN S. COBB. ©—WNU Service.

A BIT OF FUN



Tom It Is Said Mrs. Browne to her new chauffeur, "What is your name?" "Tom, madam," was the reply. "Don't be ridiculous—I meant your surname?" "Darling, madam," "Drive on, Tom."

Good-Night Club Bore—On one side of me a lion was creeping up; on the other a tiger approached stealthily. When they were about a yard from me, what do you think I did? New Member—Woke up? Club Bore (indignantly)—No, sir! New Member (in admiration)—Gee! I couldn't have slept on after that.

ETIQUETTE?



Wifey—We must have the Greens to dinner. We owe them one. Hubby—That's so. We passed an awful evening there, and it's only fair that they should pass one here.

Pro and Con Tubby—You know, Pete, your wife's diction is perfect. Pete—Yes, and so is her contradiction.

It was an ill wind that didn't blow the seaside girl's handkerchief to the right young man.

Twasn't Him With a grinding of brakes the officer pulled up his car and shouted to a little boy playing in the field: "I say, sonny, have you seen an airplane come down anywhere near here?" "No, sir!" replied the boy, trying to hide his slingshot. "I've only been shooting at a bottle."

Somewhat Sensitive A Hollywood star went to get a license for her fourth—or was it fifth?—marriage. The marriage license clerk seemed to her to be very inquisitive.

"Have you been married before," he asked, "and if so, to whom?" The air became zero. In her most freezing manner she demanded: "What is this, a memory test?"

All Ready Judge—Why have you brought that cudgel into court? Prisoner—Well, they said I had to provide my own defense.

A MISTAKE TO WAIT

WHEN "ACID INDIGESTION" STARTS



CARRY YOUR ALKALIZER WITH YOU ALWAYS

The fastest way to "alkalize" is to carry your alkaliizer with you. That's what thousands do now that genuine Phillips' comes in tiny, peppermint flavored tablets—in a flat tin for pocket or purse. Then you are always ready. Use it this way. Take 2 Phillips' tablets—equal in "alkalizing" effect to 2 teaspoonfuls of liquid Phillips' from the bottle. At once you feel "gas," nausea, "over-crowding" from hyper-acidity begin to ease. "Acid" headaches, "acid breath," over-acid stomach are corrected at the source. This is the quick way to ease your own distress—avoid offense to others.



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