

**Fascinator Topped
By Cluster of Roses**

7623



HERE'S a fascinator crocheted in wool for fall that has a "different look." A cluster of roses atop your pompadour gives a "finished," cat-like effect. A double shell stitch edging ripples round your face. The pattern stitch is finished quick as can be.

Pattern No. 7623 contains instructions for fascinator; stitches; list of materials. Due to an unusually large demand and current war conditions, slightly more time is required in filling orders for a few of the most popular pattern numbers.

For this pattern send your order to:
Sewing Circle Needlecraft Dept.
564 W. Randolph St. Chicago 86, Ill.
Enclose 15 cents (plus one cent to cover cost of mailing) for Pattern No.
Name
Address

GRANDMA AND COLDS' COUGHS
She rubbed on medicated mutton suet—then covered with warm flannel. Today, mother uses Penetro, modern medication in a base containing old fashioned mutton suet. Double action: inside, vapors soothe the stuffy nose—outside, warms like comforting plaster. For colds' muscle aches, demand Penetro.

Underaged Soldiers
The army, navy and marine corps have discovered, discharged and sent home, in the past three years, more than 6,000 patriotic but underage youths who had been able to enlist by misrepresenting the date of their birth.

AT FIRST SIGN OF A
COLD
USE **666**
666 TABLETS, SALVE, NOSE DROPS

Doughnuts As Invitations
Doughnuts serve as wedding invitations in some parts of Macedonia. Families of the bride and bridegroom have young boys distribute doughnuts to the townspeople.

**SNAPPY FACTS
ABOUT
RUBBER**

Crude, or natural, rubber has been defined as a substance found as liquid latex in many types of trees and plants and being characterized by the physical qualities of stretch, bounce, and impermeability to water.

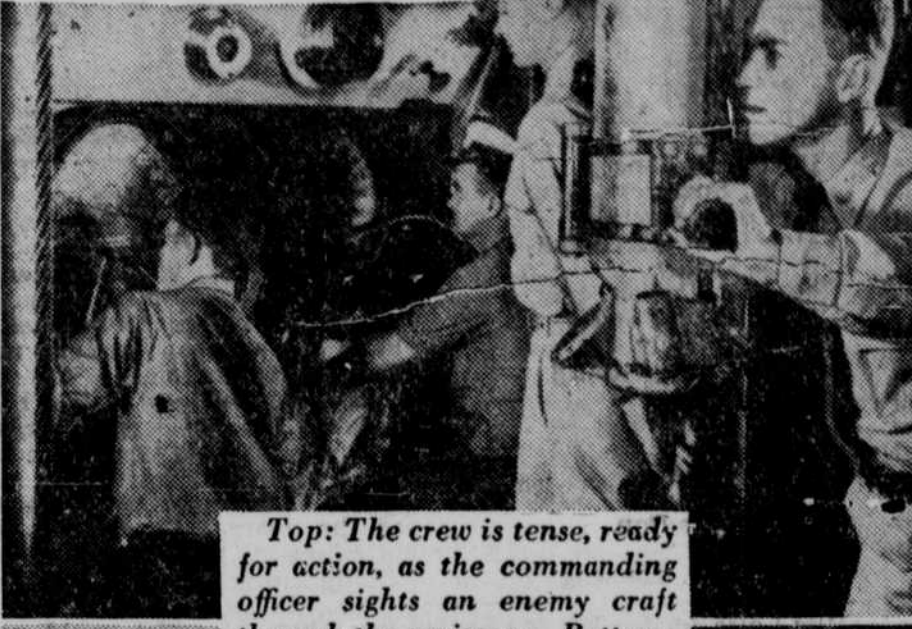
In 1939 crude rubber was the most important single commodity imported into the United States on a dollar basis. Gross imports then were 499,616 long tons, valued at \$178,489,142.

A small test plot of land in a Pacific Coast experimental project last year produced at the rate of 50 pounds of rubber per acre from Russian dandelion.

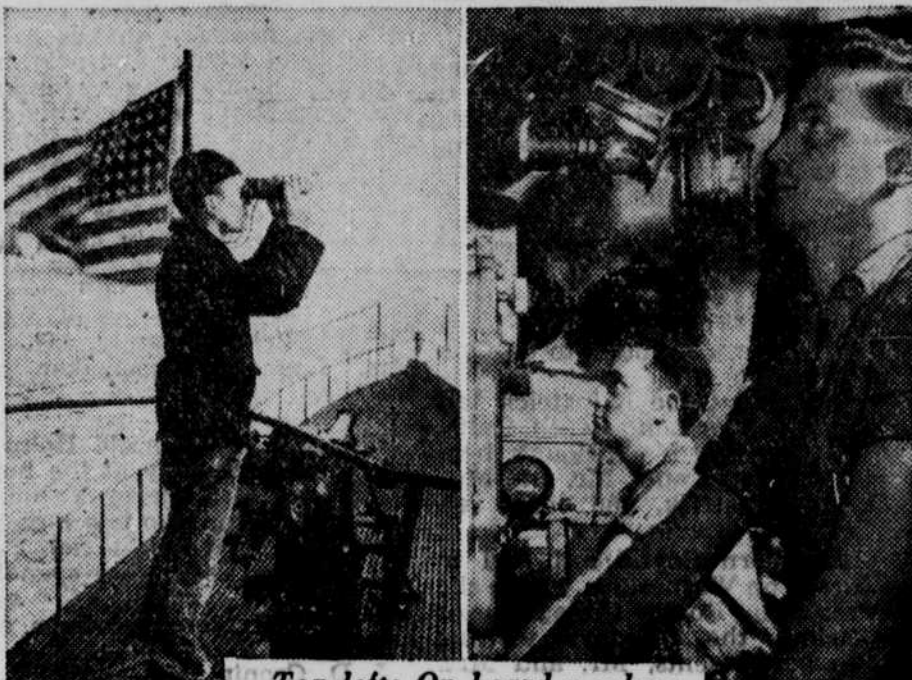
In war or peace
B.F. Goodrich
FIRST IN RUBBER

Indoor 'Cold Front'

Trained to fight and live below the surface of the sea are the sailors who man our submarines. So carefully do they guard military secrets that they have become known as members of the "Silent Service."



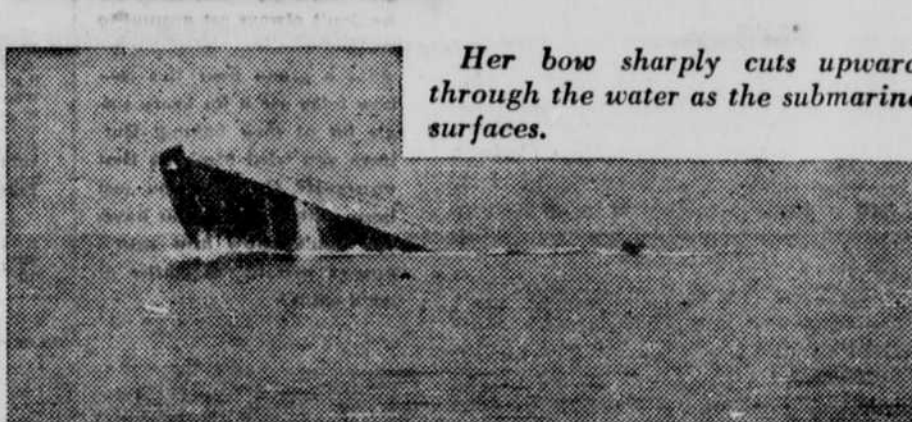
Top: The crew is tense, ready for action, as the commanding officer sights an enemy craft through the periscope. Bottom: Flawless speed is essential when the gun crew battles the enemy.



Top left: On board a submarine men can always be found carefully watching for enemy ships and planes. Top right: Other men constantly check the many intricate meters. Bottom: Giant Diesels are checked.



Food served on submarines is famed throughout the navy. Left: A cook is shown cooking a turkey. Space on submarines is at a minimum, yet there is room for a radio and a combination mess and recreation room.



Her bow sharply cuts upward through the water as the submarine surfaces.



**TO YOUR
Good Health**
By DR. JAMES W. BARTON
Released by Western Newspaper Union.

BUSY PHYSICIANS

Every civilian physician is and has been very busy for many months, and with hospital laboratories also busy he often has had to wait some time for reports.

In an endeavor to help his fellow physicians, many of whom "are carrying a killing load," Dr. Walter C. Alvarez, Mayo Clinic, in the Journal of the American Medical Association, has some "diagnostic time-savers, for over-worked physicians."

Dr. Barton

Among these "timesavers" are hints on recognizing functional illnesses. "Good signs of a neurosis are the inability of the patient to say what the main complaint is, a tendency to answer the physician's questions with statements that have nothing to do with these questions, to complain of little things, to break in and not let the physician finish a sentence, to keep consulting a long written list of symptoms, to tremble and weep as the story is told or tell the physician how to diagnose and treat the disease."

There are certain symptoms that practically always mean a neurosis. Symptoms such as jitteriness, the fear of not being able to get a deep breath, fluttering or burning in the abdomen, oft repeated belching, distress and bloating after eating or especially after drinking cold water or "pop," attacks of pain and soreness in lower abdomen, together with passage of mucus, distresses that come before breakfast, bloating that disappears during the night without the passage of flatus (gas), and pains that persist even after several operations.

Dr. Alvarez points out that there are some of us who almost from childhood have had one illness after another without any cause that can be found. These illnesses are headache, weak eyes, indigestion, constipation, back-ache, sleeplessness and "aches and pains all over." "Poor nervous heredity and the contractor's having put in poor materials are usually the best explanation for these symptoms."

Among the other "illnesses" mentioned by Dr. Alvarez as being caused by lack of nervous balance are nervous breakdown, extreme fatigue, food allergy, migraine, stomach and intestinal ulcer.

**Scabies Parasite
May Attack Anyone**

One of the ideas we had as boys at high school was that any boy with blackheads or pimples could not be as clean about his body as he should be. If he would wash his skin with soap and water, and perhaps use a skin brush, he would remove the blackheads from his "pores" and the skin of his face would come out on the surface of the skin. Today we know that having pimples and blackheads is not a matter of cleanliness, but is caused by gland changes in the body which interfere with the proper use of certain kinds of foods, usually fats and starches.

Fortunately, acne was not thought due to any lack of intelligence in these students with acne because their class standing was at least equal to that of the class average.

In the army, in schools or other institutions, patients suffering with scabies (the itch) have usually been considered of low intelligence despite the fact that there were so many exceptions.

In the British Lancet, Drs. K. Mellanby, A. L. Northedge and C. Johnson report the results of their investigations as to the intelligence of several hundred patients suffering with scabies. The results of this investigation showed that men with scabies were mentally a normal sample from the army. There was nothing to suggest that the group suffering with scabies had a larger percentage with low intelligence than those not afflicted with scabies.

"There was no significant difference in intelligence between men who reported themselves sick, those who were discovered during the regular or routine physical inspections, those with a few parasites or those with or without infection following an attack of scabies."

From the above we learn that the parasite, the itch mite, the female of which buries itself under the skin, giving the appearance of scratches, makes no special choice as to its victims. The itching is due to substances given off by the parasites and their eggs.

QUESTION BOX
Q.—What causes excessive sweating of the hands?
A.—Sweating of the hands is usually a sign of nervousness or emotional disturbances. A single dose of X-rays may correct condition for months.
Q.—What is meant by crepitation?
A.—Crepitation is that crackling noise you hear when there are adhesions about a joint. Also hear it when bone is first broken. Often hear it in old rheumatic conditions.

**FIRST-AID
to the
AILING HOUSE**
By ROGER B. WHITMAN

Roger B. Whitman—WNU Features.

POLISHING OLD COINS

Question: I have some old silver and copper coins that have become discolored and tarnished. How can I brighten them up again?

Answer: Good silver polish always is a stand-by for shining silver. Another method that sometimes is used is to put the silver in an aluminum pan, cover with hot water and add baking or washing soda; the amount will depend on the other quantities—for an ordinary dishpan, about a tablespoonful may be right. You may have to follow up by some rubbing with silver polish. Tarnished copper can be cleaned by washing with ordinary vinegar (hot is better than cold) in which salt has been dissolved; use as much salt as will be absorbed. Follow by rinsing thoroughly with clear water; do not leave any traces of the solution on the metal. Wipe the copper dry. If necessary, follow by rubbing with metal polish.

Paper Over Insulation

Question: We wish to paper the walls of our seven-room house. The walls are finished with insulating board. Should we first apply glue sizing?

Answer: Not only will the wall-board have to be sized, but the joints will have to be filled and a layer of lightweight dry felt applied over the surface before wallpapering. Because of space limitations, I cannot give you a complete description of this process. Most manufacturers of insulating boards, however, publish leaflets giving complete instructions on the right method; which they will send to you or your local dealer may be able to supply you with such a pamphlet.

**WEATHERPROOFING
OLD CHIMNEY**

Question: What mixture should I use to fill in the loose bricks on the part of my chimney that is exposed to weather above the roof? I should like to make the chimney weatherproof.

Answer: Begin by raking out the crumbling mortar between the bricks to a depth of a half inch or more. Brush out all loose cement.



Soak the brickwork with water and then pack with a mixture of one part cement, one part hydrated lime and five parts clean, coarse building sand, adding only enough water to make a workable mixture. You can get a colorless waterproof coating or cement base paint to apply to the chimney.

Roof Gutters

Question: Is it advisable to use asphalt paint on the inside of roof gutters, and does the paint dry hard? Can the outside of the gutters be coated with the same material?

Answer: Yes, it is advisable to coat the inside of the gutters with an asphalt paint. They will remain more flexible and will not be affected by water over long periods of time. Use a good quality outside house paint on the outside of the gutter. But if it is made of galvanized metal, first coat the metal with red-lead paint. New galvanized metal should be allowed to weather for six months or more before painting.

Holes in Roof Gutter

Question: Is there any way of repairing small holes in a metal roof gutter without taking it down?

Answer: Clean the area around the holes. Then spread on some asphalt roofing cement and place a piece of heavy asphalt felt over the holes. Then spread more of the roofing cement over the felt. Another method is to clean the metal and solder a metal patch over the hole.

Split-Rail Fence

Question: We have a split-rail fence in our yard. Would the life of the fence be prolonged if given a coat or two of stain? What kind would you advise?

Answer: Yes, two coats of a good quality creosote shingle stain will preserve the wood. If you do not object to a brown color, you can apply a soaking coat of coal-tar creosote.

**PATTERNS
SEWING CIRCLE**



8507
3-8 yrs.

Has Shapely Midriff.
MAKE this frock with the shapely midriff for your favorite niece! It can be lovely in velvet or taffeta—as a party frock or it can be cute as an every-day frock, in calico!

Pattern No. 8507 is in sizes 3, 4, 5, 6, 7 and 8 years. Size 4 requires 1 1/2 yards 35 or 38-inch material, 1 1/2 yards machine made pleating.
Due to an unusually large demand and current war conditions, slightly more time is required in filling orders for a few of the most popular pattern numbers.
Send your order to:

SEWING CIRCLE PATTERN DEPT.
530 South Wells St. Chicago
Enclose 20 cents in coins for each pattern desired.
Pattern No. Size
Name
Address

**SOOTHES CHAFED SKIN
MOROLINE
WHITE PETROLEUM JELLY**

When to Be Silent
If it requires great tact to know how to speak to the purpose, it requires no less to know when to be silent.—La Rochefoucauld.

Gas on Stomach

Relieved in 5 minutes or double money back
When excess stomach acid causes painful, suffocating gas, sour stomach and heartburn, doctors usually prescribe the fastest-acting medicine known for symptomatic relief—medicines like those in Bell's and Tablets. No inactive. Bell's also brings comfort in a 50¢ or double your money back on return of bottle to us. 50¢ at all drugists.

NOSE MUST DRAIN

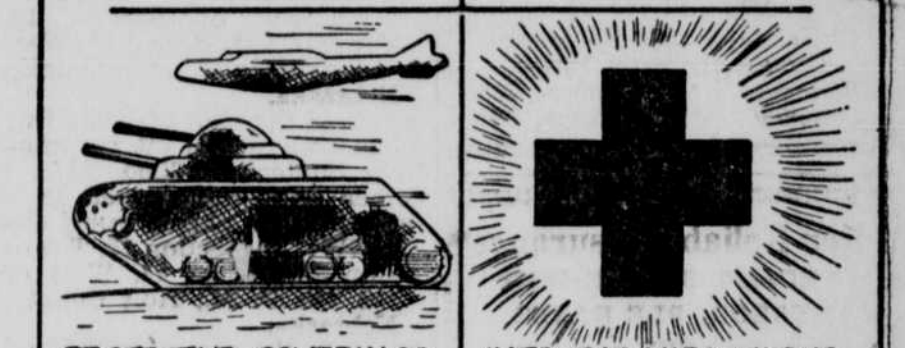
To Relieve Head Cold Miseries
When head colds strike, help nose drain, clear the way for freer breathing comfort with KONDOR'S NASAL JELLY. At drugists.

MUNITIONS from KITCHENS

GLYCERINE MADE FROM YOUR SALVAGED FAT
GOES INTO THE MAKING OF EXPLOSIVES BUT DO YOU KNOW



GLYCERINE IS USED IN SURGICAL DRESSINGS AND MANY ANTISEPTICS
THE DEFENSE WORKER USES GLYCERINE IN PRODUCTION



PROTECTIVE COVERINGS FOR BATTLESHIPS, TANKS, PLANES CONTAIN GLYCERINE
INTO THE MIRACULOUS LIFE-SAVING SULPHUR DRUGS GOES GLYCERINE

SAVE FAT
A TABLESPOONFUL A DAY

