

Beware Coughs from common colds That Hang On

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

Bombers Have Street Addresses

The maps of Berlin used by the Royal Canadian air force when bombing that city show the strategic buildings by their street addresses, which the R. C. A. F. obtained from a Berlin classified telephone directory, borrowed from the New York Public Library.

SOOTHES CHAFED SKIN
MOROLINE
WHITE PETROLEUM JELLY

Mechanical Christener

One of the shipbuilding firms on the eastern seaboard now uses a bottle-swinging machine — which has been nicknamed "Christine" — in the christening of its smaller vessels.

Voted Best!

FARM WOMEN, TOWN WOMEN...
85% of them in a recent survey who used amazing new Fleischmann's Dry Yeast in their own kitchens, rated it better than any other dry yeast they'd ever used.

Rises Fast!

FOR BLITZ BAKING, use Fleischmann's new Dry Yeast. Acts fast... makes delicious hot rolls and breads seem so easy. A real help for wartime, any time!

Always Dependable!

WANT TENDER, even-grained bread and rolls every time? Don't risk precious ingredients. Same good baking results always with Fleischmann's new Dry Yeast!

FLEISCHMANN'S DRY YEAST

No Ice-Box Needed!



HOUSEHOLD MEMOS

by Lynn Chambers

Eating Guide Assures Health For Your Family



Meat is a first class protein food and deserves a high place in your diet. It's used to build and repair body tissues and is necessary for both children and adults.

Nutritionally speaking, we aren't exactly on our toes. Doctors tell us that nutritional diseases constitute our greatest medical problem, not from the point of view of deaths, but from disability and economic loss.

You as homemakers can do much to give the doctors a big helping hand in this matter if you firmly resolve to feed the family according to the rules laid down by the National Nutrition Council. The rules are few, easy to follow, and flexible enough to fit any food budget. So, how about it, homemakers, are you willing to give out a big heaping plate of health to your family? Your reward will be happier, healthier and better people to live with.

Here's the guide to good eating. Read it over and over until you have fastened every rule in your mind and you will automatically include food from each of the classes in your menus every day.

Milk is first on the list for it's the most nearly perfect food. See that the grownups get two or more glasses daily and the children have three to four glasses.

Vegetables and fruits regulate and protect the body. They should not ever be skipped for they are easily worked into the diet. Of the vegetables you should have two besides potato, preferably one green and one yellow, and one of these raw.

Eggs are expensive right now but you should provide each person with 3 to 5 per week. When the price goes down and we have more on hand give them at least one a day as that's preferred. It doesn't matter how you have them—as eggs or incorporated into food.

Cereals and bread should be enriched or whole grain; they're necessary every day.

The butter requirement is about 2 tablespoons daily. Other foods may be included in the diet to satisfy the appetite and complete growth and activity needs. This, of course, includes sweets and candies or extra quantities of the above depending upon the activity of the body.

One of the most important classes of foods which must be included in

Lynn Says

The Score Card: The vital problem of saving used fats so they can be utilized for explosives falls to the homemaker. Save them in tin cans; when you have a pound take them to your butcher, who will weigh them, pay for them in both points and money.

You can save on foods if you refrigerate them properly. Eggs, for example, belong in the coldest spot in the refrigerator. If you want to separate them, do it as soon as you take them from the refrigerator. Whites beat more quickly at room temperature.

Cheese should be well refrigerated. To keep any of it and the precious points on it from wasting, cover cut surface with melted paraffin. Wrap well before storing.

Milk should go to the coldest spot in the refrigerator and should stay out only when being poured. Bacteria develop 10 times faster at 55 degrees than at 40.

Save Used Fats

Lynn Chambers' Point-Saving Menu

- Chicken-Fried Heart
- Creamed Potatoes
- Buttered Spinach
- Whole Wheat Rolls Beverage
- Waldorf Salad *Cherry Cake
- *Recipe Given

the diet are the protein foods including meat, cheese, fish, poultry or legumes. Although placed last on the list, they are one of the most important and I want to talk particularly about them in today's column because two of the most important of protein foods are rationed.

Proteins are part of every living cell. The body must have them if it is to grow or build or repair itself. You can see the necessity for giving plenty of protein-rich foods to children. Adults need them, too—although their bodies have been built, they are torn down with the work they do, and the tissues must build and repair themselves.

Fish, poultry, cheese and meat are "first class" protein foods. Legumes, in which class we include, roughly speaking, those plants that grow in pods, and consist of navy beans, black-eyed beans, pinto beans, kidney beans, black beans, lima beans and soy beans; dried split peas, peanuts and lentils, are what we call "second class" protein foods and that means they do an excellent job of body building but can't take the place of meat entirely. Possible exceptions to this are peanuts and soybeans, both of which are now being considered complete proteins.

While meat is rationed and point values high, we will have to include plenty of all the proteins in our diet. Meats with lower prices and lower point values are just as good for you, nutritionally speaking.

Here's our round-up of recipes today. They'll stretch meat and points and show you delicious ways of fixing the second-class proteins:

- #### Dinner Complete. (Serves 6)
- 2 cups sliced raw potatoes
 - 2 cups chopped celery
 - 2 cups ground beef (1 pound)
 - 1 cup sliced raw onions
 - 1 cup finely cut green pepper
 - 2 cups cooked tomatoes
 - 2 teaspoons salt
 - ¼ teaspoon pepper
- Place meat and vegetables in layers in greased baking dish. Season layers with salt and pepper. Place green pepper slices on top for garnish. Bake in a moderate (350-degree) oven for 2 hours.



Vegetables and fruits belong in the dietary daily. If possible have one of each raw so that you can get all the vitamins possible. Long cooking will destroy many precious vitamins.

Country Baked Limas. (Serves 8)

- 2 cups lima beans
 - ¼ pound bacon, cut small
 - 1 medium onion, sliced
- Place lima beans, bacon and onion in layers in pot. Combine the following:
- ¼ cup light molasses
 - 1½ tablespoons brown sugar
 - 2 teaspoons salt
 - 1 teaspoon dry mustard
 - 2 tablespoons chili sauce
 - 1 cup tomato juice
- Pour the mixture over beans. Bake 4 to 6 hours in a slow (250-degree) oven. Uncover for last ½ hour.

*Cherry Cake.

- ½ cup shortening
 - 1½ cups sugar
 - ½ teaspoon vanilla
 - ¼ teaspoon lemon flavoring
 - ½ cup finely chopped, drained maraschino cherries
 - 1 cup milk
 - 3 cups sifted cake flour
 - 3 teaspoons baking powder
 - ¼ teaspoon salt
 - 4 egg whites
- Cream the shortening and sugar. Add the flavoring and chopped cherries, then mix. Add sifted dry ingredients alternately with milk. Beat only until smooth, then fold in egg whites beaten stiff. Place in a greased, shallow, floured pan and bake 45 minutes in a moderate oven (350-375 degrees). Cool and ice with boiled icing.

If you want sugar-saving suggestions, write to Lynn Chambers, Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Illinois. Don't forget to enclose a stamped, self-addressed envelope for your reply. Released by Western Newspaper Union

Feathered Gobs



When accidents, mechanical failure, or the presence of enemy craft silence radio activity, our navy has another dependable means of wireless communication—homing pigeons. These birds, guided unerringly by instinct, have been released as far as 500 miles from the home station. Their average speed on a flight home is 50 miles an hour.

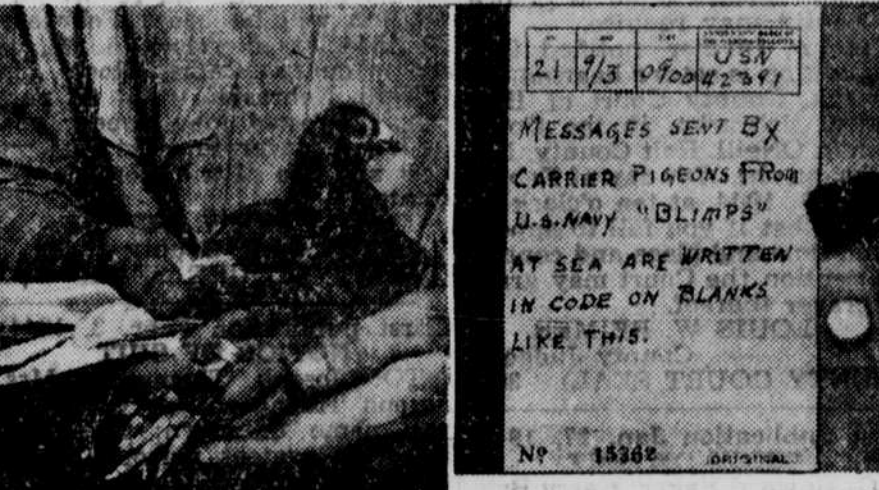
In top picture a flock of pigeons is released far out at sea for a practice flight to the Homing Pigeon service at Lakehurst, N. J.



Above: Two crates of pigeons are carried to a blimp about to leave on anti-submarine patrol duty.



The pigeons are placed aboard the blimp. Our navy breeds its own birds for the dispatch carrier flock.



Messages are fastened to the bird's leg with a tiny leather strap as is shown here.



Seaman Don Adams feeds his feathered mates. He is a bird lover with the ideal job.



When holding the bird, the attendant gently but firmly gathers in wingtips and tail so bird cannot be hurt if it struggles.

ON THE HOME FRONT

With RUTH WYETH SPEARS

THIS horse head is a copy of an Early American hobbyhorse. It is full of dash and spirit yet it is so simple that the original craftsman probably cut it out with an ordinary handsaw and a pocket knife.

A toddle bike is more up-to-date than a hobbyhorse because we know now that it is better for tiny tots to learn to use their legs than to get a sense of motion by rocking. The bike is easy to make of scraps of lumber; or when you have cut out the head and stenciled it you may decide to mount it on a broomstick as shown at the upper left.

NOTE—Mrs. Spears has prepared an actual size pattern (No. 257) for this authentic Early American hobbyhorse head

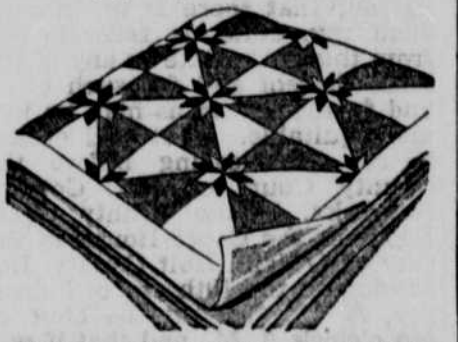


and also all the parts of the toddle bike. The pattern includes stencil designs for painting, a color guide, and complete directions. Pattern is 15 cents postpaid. Address:

Indian Arrowhead Patchwork Quilt

INTERESTING patchwork is here for your doing. Arrowheads of color and white are held together by diamond bouquets appliqued over the joinings. It's new—it's different—it's the Indian Arrowhead pieced quilt.

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.



Sixty-four blocks and a six-inch border make a quilt of 101-inch size. The pattern with accurate cutting guides and complete directions may be had as Z9594, 15 cents. Send your order to:

AUNT MARTHA
207W Westport Rd., Kansas City, Mo.
Enclose 15 cents for each pattern desired. Pattern No.
Name
Address

Household Hints

If milk turns sour, make it into cottage cheese. Let it stand until it wheys, then turn it into a cheese-cloth bag and hang up to drain dry.

Did you burn something in a favorite pan? Here's an easy remedy which does wonders. Simply boil apple peelings in it—then wash thoroughly in hot soapsuds.

Place a flat dish under the ash-tray and if a cigarette should fall off the tray it merely drops to the dish instead of on the tablecloth.

A clean burlap sack folded twice to make four thicknesses and blanket-stitched around the edges with yarn or cord, makes a washable, durable door mat.

Just 2 drops Penetro Nose Drops in each nostril help you breathe freer almost instantly. Relieve the head cold nasal misery. Only 25c—2 1/2 times as much for 50c. Caution: Use only as directed. Penetro Nose Drops

Streamlined Planes
America's P-38 fighting plane is so streamlined that nearly two-thirds of its air resistance is in the retractable landing gear.

"NO MORE TROUBLE WITH CONSTIPATION!"

Says Long-Time Sufferer Who Tried Laxative Cereal!

If you, too, are disappointed with pills and purgatives, be sure to read this unsolicited letter!

"For several years I was afflicted with common constipation. I tried various remedies, but got only temporary relief. Several months ago, I started eating KELLOGG'S ALL-BRAN each morning, drinking water freely through the day. I have since never had the slightest trouble with constipation. My gratitude to KELLOGG'S ALL-BRAN is not a purgative. Doesn't 'sweep you out'! It's a gentle-acting, 'regulating' food.

Scientists say KELLOGG'S ALL-BRAN can really 'get at' a common cause of constipation—lack of sufficient 'cellulosic' elements in the diet—because it is one of Nature's most effective sources of these elements! They work by helping the friendly colonic flora fluff up and prepare the colonic wastes for easy, natural elimination. KELLOGG'S ALL-BRAN is not a purgative. Regularly. Drink plenty of water. See if you, too, don't cheer its welcome relief! Insist on genuine ALL-BRAN, made only by Kellogg's in Battle Creek.

Initialed Locusts
The outline of the letter "W" can be seen on each wing of the 17-year locust.



-DUE TO MUSCULAR PAINS!

SORETONE

soothes fast with **COLD HEAT ACTION**

in cases of **MUSCULAR LUMBAGO OR BACKACHE** due to fatigue or exposure
MUSCULAR PAINS due to colds
SORE MUSCLES due to overwork
MINOR SPRAINS

1. Quickly Soretone acts to enhance local circulation.
 2. Check muscular cramps.
 3. Help reduce local swelling.
 4. Dilate surface capillary blood vessels.
- For fastest action, let dry, rub in again. There's only one Soretone—insist on it for Soretone results. 50¢. Big bottle, only \$1.

MONEY BACK—IF SORETONE DOESN'T SATISFY

"and McKesson makes it"

Though applied cold, Soretone acts like heat to increase the superficial supply of blood to the area and induce a glowing sense of warmth.