



Tea for You, With Delicious Cranberry Pastries! (See Recipes Below)

This Week's Menu

Pork Kidneys with

Scrambled Eggs

Lettuce with French Dressing

Whole Wheat Muffins

Apple-Cheese Crisp

Beverage

Orange Drop Cookies.

(Makes 60 cookies)

2 tablespoons grated orange rind

1/4 cup butter or substitute

3 teaspoons baking powder

Old-Fashioned Molasses Cookies.

3% cups sifted all-purpose flour

Sift together dry ingredients.

Cream together butter and sugar,

add egg and beat together until light

and fluffy. Add apple butter and

cookie sheet and bake in a moderate

(375-degree) oven for 10 minutes.

These cookies are crisp when baked,

get soft if stored in tin for a day or

Honey and sour cream are an un-

beatable combination in a cupcake,

and here they are lined up with

Honey Spice Cupcakes.

½ cup butter or substitute

2 teaspoons ground cloves

1 cup thick, sour cream

muffin tins in a moderate oven (350

degrees) 30 minutes or in two

Your icing for the cupcakes should

be a halo of white swirls of honey

icing which will not crack-and can

Royal Honey Icing.

1 egg white, stiffly beaten

To the stiffly beaten egg white,

add honey slowly, beating continu-

ally until icing will stand in peaks.

What problems or recipes are most

to Lynn Chambers for expert advice on your particular problem, at Western Newspaper Union, 210 South Desplaines

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enclose a stamped, self-addressed en-

velope for your reply. Released by Western Newspaper Union.

your mind these winter days? Write

be whipped up in a hurry:

14 teaspoon vanilla

1/2 cup honey

Fold in flavoring.

spices for an extra deliciousness:

1 cup brown sugar

1 cup honey

3 egg yolks

2 cups flour

¼ teaspoon salt

1 teaspoon soda

3 egg whites

greased cake tins.

2 teaspoons allspice

2 teaspoons cinnamon

dients. Chill for 2

hours or more.

Roll as thinly as

possible and cut

into large cook-

ies. Place on a

lightly greased

2 teaspoons baking soda

34 cup butter or substitute

1/2 teaspoon salt

3/3 cup sugar

1 cup molasses

1 egg

1 teaspoon ginger

¼ cup apple butter

1 cup maple syrup

2 cups sifted flour

½ teaspoon salt

2 eggs, beaten

up to make a drop cookie:

Mashed Potatoes Diced Beets

. . . And Cookies, Too!

You may not serve tea, and you have coffee, but you still like that pause in the afternoon with a few good friends, to over the happenings of the day, to get philo-

sophical over the events that touch all of us. But have that pause whenever possible, even if you have just fruit juice and a few cookies or cakes. It's as im-

portant as the bigger things you do. Have a hot or cold drink as the climate dictates, flavor them with honey if the sugar supply is low. Some supplies of tea are still obtainable for the hot or iced beverage, if you use the coffee ration at

breakfast. Chocolate and cocoa are obtainable now and then and make excellent hot beverages. Made with milk, they're nourishing, too. And if you make them with canned milk they're delightful. Somehow, the canned until lightly browned. milks have an affinity with chocolate

Fruit juices have been a summer standby, but you should discover | come in for a grand encore: their winter uses, too! Hot lemonade is delightful as are combinations of lemon, orange, grapefruit and pineapple juice.

Those of you who like spending cold afternoons in front of the open fire will enjoy a small glass of a cool drink with a few tasty cookies. For this purpose, try mixing equal quantities of cranberry and orange juice or apricot and pineapple juice served in pretty glasses with cook-

Small cakes and cookies are an attractive accompaniment with refreshing drinks. Our first one to- molasses and blend together thorday is a sugar-saver, butter-saver, oughly, then mix in sifted dry ingrequickly and easily made:

Cranberry Fingers. (Makes 24 fingers)

- t tablespoons butter or substitute
- 2 cups sifted all-purpose flour 3 tablespoons sugar
- 1 egg
- 1 1-pound can jellied cranberry sauce

Grated rind of 1/2 orange

Work shortening and sugar into

flour, and mix to a light dough with beaten egg and milk, using only enough milk to moisten. The mixture should be dry rather than wet. Divide into two portions. Roll one portion to an

eighth of an inch thickness, place on a greased cookie sheet, and spread with crushed cranberry juice. Sprinkle with grated orange rind. Wet edges and cover with remaining dough, rolled to fit, pressing edges firmly together. Brush with milk, sprinkle with sugar and bake in a moderately hot (375-degree) oven about 30 minutes. When cool, cut into finger strip size for serving.

Oranges enter the picture again, whites of eggs. Bake in greased this time combined with maple syr-

Lynn Says: Handy Hints: When a recipe calls for sifted sugar or flour sift the ingredient before you meas-

ure it, so you'll get an accurate measurement. In mixing cakes, add flour mixture to creamed sugar, shortening and egg before adding the moist ingredients, then alternate and add dry ingredients last.

You'll get a better grained cake. Muffins are beaten just enough to blend ingredients together.

Don't overbeat. Greasing cookie, cake and muffin tins with a mixture of pancoat, made by blending 1/2 cup shortening with 1/4 cup flour prevents sticking.

ARTHRITIS, RHEUMATISM

When it was first found that infected teeth and tonsils caused rheumatism or arthritis (inflammation of a joint), many physicians felt that all

cases could thus be cured. There were many cases in which the removal of the infection did not relieve the signs and symptoms of arthritis that some physicians began to doubt that infection was the cause or a

It is interesting to read in all the articles by research workers in arthritis that injury, diet, cold and exposure, sluggishness of liver and bowel and other conditions are given as causes. There may be a few physicians who do not mention infection of teeth and tonsils as a cause but the great majority still include infection of teeth and tonsils, but do not emphasize

this infection as much as formerly. Among the causes as mentioned above are cold and dampness, injury, diet and surgical removal of infection-teeth, tonsils, gall blad-

Some months ago Dr. Frank H. Krusen, Rochester, Minn., in the Journal of the American Medical Association pointed out that there are three groups of physical measures which can be used, after the cause has been removed insofar as this is possible. These three are: thermal (heat and cold); massage, manipulation and resting the joint by splinting, and exercise, postural training (teaching the patient to sit and stand properly), and rest. Whether these methods are used at home, or in hospital, they should be continued for some time after signs and symptoms have apparently disappeared. Thus those who have been treated in hospital should continue to have these treatments when they arrive home.

In regard to heat or thermal treatment, any kind of heat applied in Cream together orange rind, various ways-heat lamps, bakers, shortening, maple syrup. Add beathot tub baths, or placing affected en eggs, then flour sifted together part alternately in hot and cold wawith baking powder and salt. Drop

the batter by spoonfuls onto a As to massage, a member of the greased baking sheet and bake in a moderately hot (375-400-degree) patient's family should be instructed in the simple methods of massage. oven and bake about 10 minutes or Heat, then massage, then heat again is usual method of using massage Molasses 'n apple butter were fatreatment. Heat and massage prevorite ingredients of cookies in vent permanent stiffness. grandmother's time, and now they

Various Causes of High Blood Pressure

In former days before the invention of the machine to measure blood pressure, the physician placed his fingers on the blood vessels in wrist or elsewhere and if they were hard (like a pipestem) the blood pressure was said to be high and a stroke of apoplexy might be expected; if soft, the patient was not likely to have a stroke.

Although a hardened vessel means that more pressure is needed to push the blood through it and the pressure will increase as the vessel becomes harder, nevertheless it is now known that hardened blood vessels (where elastic tissue in wall of blood vessel has been replaced by hard tissue) is not the only cause of high blood pressure. There are other causes for high blood pressure, one of which causes the elastic tissue in the blood vessel to contract or tighten and the blood needs increased pressure to pass through these vessels made smaller by having their elastic walls tightened.

What causes the muscles everywhere to tighten or contract? Excitement, anxiety, fear, overwork, will cause tenseness and tightening of nerves and muscles. And just as the large muscles of the body become tensed by the emotions, so do the tiny muscles of the blood vessels (though not under control of the will) become tightened, thus raising the blood pressure.

It can thus be seen that when your blood pressure has been tested and found to be above normal, the high blood pressure may be due to some organic disease or change in the walls of the vessels caused by infections.

Cream butter, add sugar and hon-On the other hand, the high blood ey, creaming well. Add egg yolks, pressure may be due to the emoone at a time and beat well. Sift tions causing a tightening of the dry ingredients and add alternately blood vessels making them smaller with sour cream, beating after each and so making increased pressure addition. Fold in stiffly beaten

If the high pressure is due to damage to the walls of the vessel-organic disease-treatment is rest and guarding against further infections by regular visits to your physician and dentist.

QUESTION BOX

Q. Would a doctor tell a patient he did not have syphilis if he did have it? My physician told me my test showed no syphilis was present, but I am doubtful and would like to set my mind at ease.

A. If the physician told you that you did not have syphilis you should stop worrying. If syphilis were present he would see that you were under treatment at once. However, you can go to your nearest hospital clinic and get another blood test,

Discarded Silk Stockings Help Keep U. S. Guns Booming

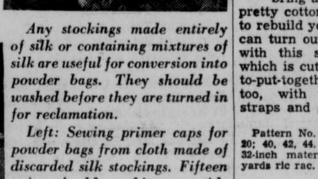
American ingenuity has scored another triumph. Millions of pairs of discarded silk hosiery, hitherto useless for textile reclamation, are now serving an important war purposepowder bags. Woven from reclaimed silk, powder bags are used to hold explosive matter to generate the power to discharge shells from major caliber guns. Silk burns completely and leaves no embers, hence eliminating the necessity of cleaning the barrel during action.

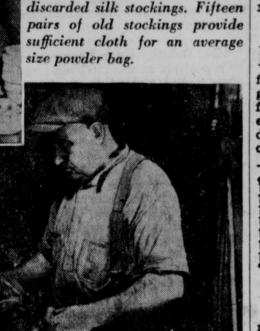
In the first month of the collection campaign American women turned in 2,500,000 pairs of discarded silk stockings.



for conversion into powder bags. Many women's clubs, too, are engaged in this important work.

Right: Removing the cotton parts from discarded silk stockings before processing into powder bags. Here Mrs. Mary Gladu cuts and sorts material.





Old stockings, after having cotton parts removed, are fed into a picking tender which shreds the material. Here Daphis Duchaine, age 67 and with four sons in the service, feeds the machine.



It takes husky men to lift the heavy powder bags into the big guns. Hold your ears! Here go those silk stockings!



Layers of silk cloth are cut to specifications with a power knife.

PATTERNS

SEWING CIRCLE



Plain New Aprons

WHEN January fabric sales bring all sorts of serviceable, pretty cottons down in price, plan to rebuild your apron supply! You can turn out all you need rapidly with this simple apron pattern which is cut with just a few easypowder bags. They should be to-put-together pieces. It is pretty washed before they are turned in too, with its curved shoulder straps and gay pockets.

Left: Sewing primer caps for powder bags from cloth made of po

School Outfit

HERE'S the answer to the school outfit or every-day outfit you want to make your little girl. You can expect long wear from the gracefully shaped jumper-if you make it in rayon gabardine, corduroy, flannel or wool crepe. You'll have variety, too, if

ASK ME ANOTHER A General Quiz

The Questions

1. When did congress fix the number of stripes in our flag at 13? 2. What name is given to the green coloring matter of plants? 3. How many states were there

in the Confederacy? 4. What state is known as the "Mother of Presidents"?

5. What is the only New England state having no coastal area? 6. For every American and Briton who can read and write Japanese, how many Japanese can

read and write English? The Answers

- 1. The year 1818.
- 2. Chlorophyll.
- Eleven. 4. Virginia.
- 5. Vermont. 6. At least 10,000 Japanese.

Lengthy Train

Longest train on record was worn by Catherine the Great of Russia, at her coronation. It was 225 feet long and required 50 attendants to carry it.

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Rays of Friendship

True friendship cannot be among many. For since our faculties are of a finite energy, 'tis impossible our love can be very intense when is in sizes 14, 16, 18, divided among many. rays must be contracted to make them burn.-John Norris.

COLDS'MISERIES

Wise in Silence Blessed is the man who, having nothing to say, abstains from giving in words evidence of the

Pull the Trigger on Constipation, with Ease for Stomach, too

fact.—George Eliot.

When constipation brings on discomfort after meals, stomach upset, bloating dizzy spells, gas, coated tongue, and bad breath, your stomach is probably "crying the blues" because your bowels don't move. It calls for Laxative-Senna to pull the trigger on those lazy bowels, combined with Syrup Pepsin for perfect ease to your stomach in taking. For years, many Doctors have given pepsin preparations in their prescriptions to make many Doctors have given pepsin preparations in their prescriptions to make medicine more agreeable to a touchy stomach. So be sure your laxative contains Syrup Pepsin. Insist on Dr. Caldwell's Laxative Senna combined with Syrup Pepsin. See how wonderfully the Laxative Senna wakes up lazy nerves and muscles in your intestines to bring welcome relief from constipation. And the good old Syrup Pepsin makes this laxative so comfortable and easy on your stomach. Even finicky children love the taste of this pleasant family laxative. Take Dr. Caldwell's Laxative Senna combined with Syrup Pepsin, as directed on bined with Syrup Pepsin, as directed on label or as your doctor advises, and feel world's better. Get genuine Dr. Caldwell's.

Faithless Fair weather faith is no faith



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