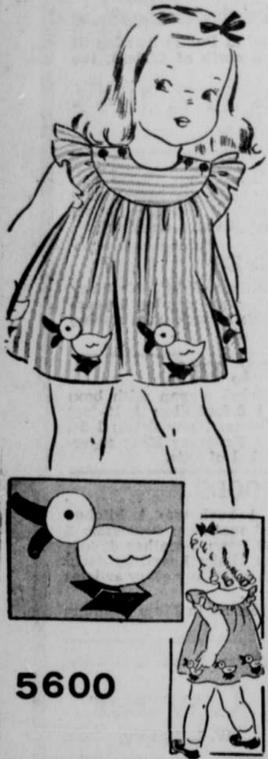


Baby Duck Applique For That Play Frock



5600

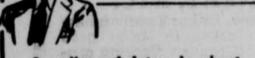
FOUR buttons, a wisp of soft striped cotton and a gay little duck parade—they all add up to make the nicest little play frock in town! Use bits of yellow and brown scraps for the baby-duck appliques. The pinafore frock includes sizes for 2-3-4 years.

To obtain complete pattern for the Play Frock (Pattern No. 5600) applique Baby Duck and finishing directions, send 16 cents in coin, your name and address and the pattern number.

Send your order to:
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MEDICATED Soothe the itch of simple rashes by sprinkling on Mexana, the soothing, medicated powder. Relieves diaper rash.

SNAPPY FACTS ABOUT RUBBER



A gallon of latex is about one-third rubber and two-thirds water.

GR-S, the synthetic rubber now used in civilian tire manufacture, requires more time in being fabricated at factories. With the equipment and labor shortage, this means that the industry has a tremendous problem ahead of it to make the 30 million new tires scheduled for 1944.

Back in 1823, when rubber shoes were shipped here from Brazil, they were not made according to sizes or for left and right feet. Just thick rubber coverings that were stretched over the regular leather shoes. They were solid in winter, gooey in summer.

Jerry Shaw

In war or peace

B.F. Goodrich

FIRST IN RUBBER

AT FIRST SIGN OF A **COLD** USE **666**

666 TABLETS, SALVE, NOSE DROPS

Kidneys Must Work Well-

For You To Feel Well

24 hours every day, 7 days every week, never stopping, the kidneys filter waste matter from the blood. If more people were aware of how the kidneys must constantly remove surplus fluid, excess acids and other waste matter that cannot stay in the blood without injury to health, there would be better understanding of why the whole system is upset when kidneys fail to function properly.

DOAN'S PILLS

New Revolution Stirs China as Farmers Learn Modern Methods From U. S. Expert

Primitive Tools, Hand Cultivation Limit Yield of Tiny Plots

By **BARROW LYONS**
Western Newspaper Union Correspondent

Probably no man has planned practical farming on so vast a scale as Dr. Walter C. Lowdermilk, assistant chief of the U. S. soil conservation service, who has just returned from a year in China.

His plans envisage revolutionizing the agriculture of Chinese provinces the size of several states; of freeing several hundred millions of farmers from the soil so that they can build new industries for China; of seeding 30,000,000 acres of eroded hillsides with grasses, legumes and hardy trees; of educating the masses away from the farming traditions of many centuries through demonstrations of what can be done.

Dr. Lowdermilk has a record of solid achievement behind him. With other experts of our Soil Conservation service, he has helped American farmers increase the yields of their own fields. The average in-

About 2,000,000 mow on the outwash plain along the river is fertile with plenty of available water. The Peng river is diverted to this land by irrigation ditches of carefully laid stones without cement or other bind-



TERRACED SLOPES, built with much painful labor, are being ruined by erosion, as gulleys cut through the steep lands. This scene is in the province of Shensi. Dr. Lowdermilk is standing in the foreground, making a survey.

ing. The spring floods generally wash out many of the stones and wreck the diversion works, so that, on the average, only one-third of the area can count on a water supply each year.

Another 2,000,000 mow on the sides of the lower mountains consist of steep slopes, some of them 80 per cent slopes, which are cultivated, but suffering rapid soil erosion. About 3,000,000 mow are too high for agriculture, but are capable of growing forests, if properly cared for, and now produce abundant water supply.

Concrete Highway Needed. The farmers have cleared the intermediate slopes and are raising meager crops upon them. These slopes can be used for growing grass upon which sheep can pasture. But there is at present no means of marketing the sheep from the lower hills, or lumber from the higher hills. Concrete highways will be the answer.

But in handling the land surface the lessons learned from the Tennessee Valley experiment point the way to reclamation. Penghsien is to be a model guinea pig county for China. Dr. Lowdermilk and his experts laid the foundations for a vast demonstration of replacing loose stone diversion ditches with cement channels and making over the face of the valley so that its crops will never fail.

Near Sian, in the Province of Shensi, an actual demonstration was begun. Bench terracing that would conserve both soil and moisture was put in with improvised plows and tools; grass was planted along the



A BULLOCK DRAGGING a stone roller is the threshing machine for these people in Shensi.

ridges and crests to stop erosion; nut and fruit trees were planted on steeper slopes seeded with grass. Over an area of some 10,000 mow the yield was increased between May and October, and erosion was virtually stopped.

Chinese farmers from miles around watched at first with deep skepticism—but in the fall, when the crops were gathered, they came to praise—even to ask that similar work be done on their own farms.

Three-Acre Farms. One of the great handicaps to modern farming in China lies in the fact that farms are all small. The average farm in most of China is about 3.3 acres. In the Northwest the farms are larger—about five acres each. This means that modern machinery cannot be used economically unless villages can pool their land, and farm cooperatively.

This is the pattern that is being advocated by the Chinese government, and is beginning to find acceptance. As the tremendously increased efficiency and profit of the use of modern machinery become evident, there is no doubt that this type of farming will spread as rapidly as machinery can be obtained. (Farm machinery manufacturers take note.)

But there, resistance arises from the intense individuality of the Chinese farmer. He is even more independent and individualistic than the American farmer. He likes to work his little farm by himself without even hired labor, in most cases.



When farmers try to work together, they generally get to quarreling, he feels. He is likely not to like the way his neighbor does things.

Just the same, when he sees the village next to his, which has adopted the new ways of farming, prospering as he never thought possible, he is moved to giving consideration to the advantage of cooperative action. Then, too, he has heard of the strange things that are happening in the cities, where cooperative industries have sprung up to make implements of war for Chiang Kai-shek's armies. And when he thinks about it for a while, cooperation becomes worth trying, although at first the hazards seem extreme.

'Bombing' With Grass Seed. Perhaps the most spectacular of the plans developed by Dr. Lowdermilk and his experts is the project for reclaiming almost a third of China, which has been ruined for cultivation by deforestation and erosion. These intrepid pioneers propose that after the war, when airplanes and pilots become available, this land be seeded with clay pellets which contain the seeds of grass and leguminous herbs and hardy trees.

After the war the Chinese hope to drop millions of seeds upon the washed out slopes of China when they are damp and soft after rains, so that the pellets will sink in and stick, and the seeds will grow. The chief difficulty will be to obtain enough seeds. In one year the United States Soil Conservation service managed to get 800,000 pounds of grass seed for soil reclamation in



ANOTHER VIEW of terraced land from a greater distance shows the character of this type of cultivation. As much of China is hilly, this method must be used.

this country; but much more will be needed, if the job is to be done quickly in China.

Cattle and Sheep Land. Beyond the Great Wall of China, built to keep out the nomad tribes that wandered over the great grassy areas of the west and north, still other food possibilities are open for the Chinese. Here they can raise blooded cattle and sheep for beef and mutton in great quantities.

So the program shapes up like this, 1. soil conservation through bench terracing and the planting of grass; 2. fruit and nut trees for the steeper slopes that should not be farmed with grain or row crops; 3. better irrigation; 4. reforestation of the mountains and development of water power; 5. improvement in fertilizers; 6. cooperative farming, which makes possible the introduction of modern machinery; 7. cement highways to make possible the exchange of products; 8. reclamation of eroded lands with soil saving dams and revegetation; and 9. beef raising for the grassy plains and sheep for the hillsides.

"I have utmost faith that the Chinese will do these things and solve their own problems," said Dr. Lowdermilk. "They are the best farmers in the world, in the sense that they understand the nature of growing things and are extremely hard working. Their government is led by men determined to rehabilitate their country and develop its resources, agriculturally and industrially."

"Let the rest of the world watch to its laurels when the Chinese have achieved their goals. Americans need not be smug. In our country we have the greatest area of fine farm land that exists on the face of the earth—not even excepting the rich farm lands of the Ukraine. If we believe that no other nation is envious of this richest of all heritages, we are living in blissful ignorance."

"It would be easy for us to take out of cultivation the poorest of our farm lands and still support a population of 300,000,000 from the best of our farms. Some day we shall need that many people to defend our shores from young, strong nations envious of our wealth. That is a thought for our farmers and business men and industrial workers to think about. It is also worth making the Chinese our allies."

HOUSEHOLD MEMOS
by Lynn Chambers



Keep to Low Point Foods on Lunches
(See Recipes Below.)

Luncheon Aids

If you don't have the points for traditional staples to make up the children's mid-day lunches, then glance over the suggestions I'm giving you today. They're low on points, good on nourishment and high in health-giving vitamins and minerals.

Homemakers with growing children who must feed them at home during lunch, and then feed a very hungry husband at dinner, frequently find themselves low on points for these two important meals. They must be well balanced and satisfying or the family will suffer in days lost at school or at work and that's sabotage on the home front.

Sandwiches are an old stand-by and children look forward to them. To give a well-balanced lunch, they should be served with soups or salads.

It is smart to save bits of leftover vegetables from dinner, even if they amount to only a quarter of a cup, and then to use them for a soup for luncheon the next day. Think of the colorful soups that you can create from green peas, spinach and carrots. And as for nutrition, that's there in vegetables without saying!

Creamed Soup.
(Leftover Vegetables)
(Serves 4)

- 1/2 cup pulp (onions, carrots, celery, peas, string beans or lima beans)
- 1 tablespoon flour
- 2 tablespoons butter or substitute
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups milk

Add milk and seasonings to vegetable pulp. Blend butter with flour and add to milk and vegetable pulp. Bring to a boil and cook slowly for 4 minutes.

***Cream of Corn Soup.**
(Serves 6)

- 2 cups corn (canned or leftover)
- 2 cups boiling water
- 2 cups milk
- 1 slice onion
- 2 tablespoons butter
- 2 tablespoons flour
- Salt and pepper

Place corn, boiling water, milk and onion in a saucepan. Simmer for 20 minutes. Rub through a sieve. Brown flour and butter together. Stir in corn mixture. Simmer 5 minutes. Serve very hot.

When making sandwiches, there's a tendency to fall into the same pattern and create real monotony. New ideas can quickly pep up lunches whether they're at home or in the lunch box. It's easy to achieve variety if you use low-point cream cheese or some of the wedges cut with pimento, relish and chives. These furnish nutritious butter fat too, and you can take it easy on butter for spreading:

Lynn Says

Escort Ideas: The little things you do for food are as important as the big things you do for them in cooking correctly. For example, the bread pudding may be good, but it will be better with a spoonful of spicy apple butter on top, or a dab of grape jelly.

Make your meat casseroles interesting by leaving the vegetables in larger pieces. When you make a biscuit topping, use different types of cutters for biscuit dough—hatchets, diamonds, cloverleaves, etc.

Apple slices fried in bacon add fragrance to your kitchen, and have that hard-to-resist flavor when served with old-fashioned griddle cakes.

Save Those Used Fats;
Take Them to Your Butcher.

Luncheon Suggestion

- *Cream of Corn Soup
- *Cream Cheese and Peanut Sandwiches on Boston Brown Bread
- *Date and Orange Salad
- *Recipes Given

***Cream Cheese and Peanut Sandwiches.**
(Makes three)

- 1/2 six-ounce wedge cut of cream cheese
- 1/2 cup chopped salted peanuts
- 1/2 teaspoon lemon juice
- 1/2 teaspoon salt
- 6 slices white or whole wheat bread

Cream the cheese until soft. Add nuts, lemon juice and salt. Spread between slices of bread.

The other half of the wedge can be mixed with 2 tablespoons of lemon juice and pulp and 2 tablespoons of finely chopped nutmeats. This will give 1/2 cup of sandwich spread.

Devilled Cheese Sandwich Spread.

- 1/2 pound mild cream cheese
- 1 small onion
- 3 canned pimientos
- 3 hard-cooked eggs, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 4 tablespoons mayonnaise

Grind the cheese, onion and pimiento. Add chopped eggs, seasonings and mayonnaise and mix well.

Liver Sandwich Spread.

- 1 chopped onion
- 1 tablespoon butter
- 2 hard-cooked eggs, minced
- 1/2 pound liver
- 1/2 cup cream
- Salt and pepper

Brown onion in melted butter. Mix well with liver, blend in cream and seasoning and mix well. Keep spread in cool place until ready to use.

Cottage Cheese Spread.

- 1 cup well-seasoned cottage cheese
- 1 cup finely chopped peanuts
- 1 tablespoon mayonnaise
- 1/2 teaspoon salt

Combine all ingredients. Use either white bread or Boston brown bread.

Cheese and Dried Beef Spread.

- 1/2 pound American cheese
- 1/2 cup drained canned tomatoes
- 1/2 cup butter or substitute
- 1/2 pound dried beef, chopped

Melt cheese in top of double boiler. Add tomatoes gradually, stirring occasionally. Add butter and blend thoroughly. Add dried beef and mix well. Store in refrigerator.

Chopped Meat Spread.

- 1 cup leftover meat, chopped
- 1 teaspoon mustard
- 2 finely chopped hard-cooked eggs
- Chopped pickle or vinegar
- Mayonnaise to moisten

Mix all together. Spread generously on buttered bread.

A fruit salad all quivery and delectable with fruit makes a perfect foil for a sandwich luncheon and gives your menu plenty of variety:

***Date and Orange Salad.**
(Serves 4)

- 1 package orange-flavored gelatin
- 1 cup boiling water
- 1/2 cup cold water
- 1 tablespoon lemon juice
- 12 pitted dates, quartered
- 2 oranges, sectioned
- Letuce
- Salad dressing

Dissolve gelatin in boiling water. Add cold water and lemon juice and chill to the consistency of thick syrup. Fold in dates and orange sections. Pour into lightly oiled mold and chill until firm. Serve on lettuce with salad dressing mixed with lemon or orange juice, or both.

Are you looking for salad ideas? Send a stamped, self-addressed envelope to Miss Lynn Chambers at Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Illinois. Released by Western Newspaper Union.

HOUSEHOLD TIPS

Work clothes will keep clean longer if they are starched. Factory managers recommend a hard finish because it is safer around machines.

After washing cooking utensils used for fish, rub with orange or lemon rind to remove any lingering odor of fish.

Do not paint over whitewash. Wash off the whitewash with clear water and allow the walls to dry thoroughly before applying the paint.

Two pounds of waste cooking fats will produce enough glycerine required to fire five 37-mm. anti-tank shells. Save waste fat.

Keep the leather of your shoes soft and pliant. That means polishing your best shoes and greasing or oiling your work shoes with nee's foot oil, castor oil, tallow or wool grease, slightly warmed.

RUB FOR COLD MISERY

Spread Penetro on throat, chest, back—cover with warm flannel—eases muscular aches, pains, coughs. Breathed-in vapors comfort irritated nasal membranes. Outside, warms like plaster. Modern medication in a base containing old fashioned mutton suet, only 26c, double supply 35c. Get Penetro.

Flies With Young
When frightened, the mother woodcock often flies off with a chick between her legs.



Olivia de HAVILLAND
star of the Warner Bros. picture, "Strawberry Blonde," recommends Calox Tooth Powder for teeth that shine.

Threads in Greenbacks
The threads in our paper money, formerly made of silk, are now made of dyed cotton.



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than any other dry yeast we ever used, say 8 out of 10 women recently surveyed

