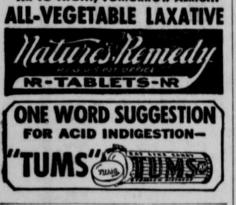




Low Moods Are Often **Related To Constipation** Yes, depressed states and constipa-

tion often go together! Take Nature's Remedy (NR Tablets). Contains no chemicals, no minerals, no phenol de-rivatives. NR Tablets are differentrivatives. NR Tablets are different— act different. Purely vegetable—a combination of 10 vegetable ingredi-ents formulated over 50 years ago. Uncoated or candy coated, their ac-tion is dependable, thorough, yet gentle, as millions of NR's have proved. Get a 25¢ Convincer Box. Caution: Take only as directed. NR TO-NIGHT; TOMORROW ALRIGHT



QUICK RELIEF FOR HEAD COLD MISERY

When nostrils are clogged, nose feels raw, membranes swollen, reach for cooling Mentholatum. Speed-ily it (1) Helps thin out thick, stubborn mucus; (2) Soothes irritated membranes; (3) Helps reduce swollen pas-sages; (4) Stimulates local blood supply, right to "sick" area. breath brings relief! Jars, tubes, 80¢.



6-45

WNU_U



Help Them Cleanse the Blood of Harmful Body Waste

Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work-do not act as Nature intended-fail to re-move impurities that, if retained, may poison the system and upset the whole only machiner ody machin

Symptoms may be nagging backache, Symptoms may be nagging backache, persistent hesdache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength. Other signs of kidney or bladder dis-order are sometimes burning, scanty or too frequent urination

There should be no doubt that prompt eatment is wiser than neglect. Use oan's Pills. Doan's have been winning pw friends for more than forty years. hey have a nation-wide reputation. re recommended by grateful people the untry over. Ask your neighbor!



eggs when they're seasoned with pimiento, parsley and lemon. Try this:

*Deluxe Creamed Eggs. (Serves 4 to 6) 14 cup chopped onion 2 tablespoons flour 1½ cups milk Salt and pepper 1 teaspoon minced parsley 2 tablespoons lemon juice 1/2 cup grated American cheese 6 hard-cooked eggs 4 toast slices

Cook onion in small amount of fat until soft and yellow. Add flour and

men folk:

3/4 cup milk

blend. Add milk and cook slowly, stirring constantly until thick and smooth. Add salt, pepper, parsley, pimiento and lemon juice. Heat. Add cheese and stir until melted. Arrange egg slices on hot buttered toast. Pour

over cheese sauce. Sprinkle with 1 quart oysters paprika and serve. 1/2 cup catsup 1 teaspoon worcestershire sauce Rice, eggs and cheese, when com-1/2 teaspoon salt bined together in proper proportion make a mouth-watering dish that's

Dash of pepper 1/2 cup grated American cheese hearty enough to satisfy even the 1 tablespoon butter or substitute To the catsup, add the worcester-Rice 'n' Eggs. shire sauce, salt and pepper. Place (Serves 4) the oysters in a buttered casserole

1/2 cup uncooked rice or baking dish, cover with the cat-4 hard-cooked eggs sup mixture, sprinkle with cheese 1/4 cup grated American cheese and dot over with butter. Bake in 2 tablespoons minced pepper a moderate (350-degree) oven un-1 teaspoon minced onion til cheese is melted and oysters are 2 tablespoons catsup curled. Serve with slices of sweet Salt and pepper pickle.

34 cup grated American cheese

Wash rice thoroughly. Cook in boiling, salted water until tenderabout 20 minutes. Drain and rinse. Place in shallow baking dish. Halve eggs lengthwise. Remove yolks; mash; add the ¼ cup cheese, green

until tender and serve as is or

water for 8 to 10 minutes if you

want it at its best. It will be ten-

Carrots need little water for

cooking, just one inch. To save

vitamins and minerals near the

skin, pare thin, or better still.

Before cooking parsnips, re-

Quarter or slice and cook in one

of boiling, salted water.

move the tough, woody core.

scrape no more than skin deep.

der-crisp and delicate in flavor.

mashed and seasoned.

Lynn Says:

Cook Vegetables Correctly: Potatoes are richest in vitamins and minerals right underneath their skins. If you must peel them, pare paper thin. Don't soak in Serve on toast. water. Or, when baking, bake Fish Stuffing. slowly to make them mealy.

2 eggs

Turnips should not be showered with water. Cook in salted water other fat 14 teaspoon salt Cook cabbage in one inch of

> Pepper to taste Few drops of onion juice 1/4 cup chopped celery

Get the most from your meat! Get use send a stumped, self-addressed

Released by Western Newspaper Union.

and good looks at a new high. The result is a collection of tea-gowns protectively but very intriguingly. (yes, they're in style again), lounging pajamas and hostess dresses designed especially for comfort plus ultra chic and eye appeal.

The illustration presents a trio of interesting at-home fashions. For many a season the word "tea-gown" was almost obsolete, but this year it reappears in fashion's vocabulary in all its former glory. Milady to the right in the picture, makes a most gracious appearance in an attractive tea-gown. The sleeves in contrast color are long and full in true Cossack fashion, thus imparting a distinctive Russian accent. The jewel bracelets and the matching

jewel ornament on the shoulders add the final glamour note. The tea-gown to the left is of instant appeal to discriminating taste

because of its exquisite simplicity and air of refinement. A princess style, it molds the figure closely and flares out in a wide skirt. The handsome crepe sleeves, narrowing at

Linen Is Big News

While smart home fashions are being created of most any available South America does the equator material, ranging from satins to vel- run? vets and stunning cottons, chief

among which are corduroys and velveteens, the top choices are either handsome rayon weaves or pure wools. It is characteristic of the wools that they are as a rule styled with classic simplicity depending upon line, color and originality for distinction. For instance an ensemble that tops long close-fitted trousers of pink flannel with a beautifully cut floor-length coat, or rather robe, of azure blue wool. Yellow is quite a favorite for long

house coats, either honey colored or sulphur-toned wool. Mauve crepe makes an exquisite robe and is particularly apropos now that the promise of spring is in the air. When ornate styles are shown they are apt to be very ornate, with bead embroidery and various glitter themes. Released by Western Newspaper Union.

Takes in Everything

sailor hat is causing! Already it is proving the "smash hit" of the early spring season. The type that outranks them all is the little "Sissy sailor." Narrow of brim and high of crown, it has a way of making the wearer look bewitchingly feminine and lovely whether worn smack on the back of the head as the younger set do, or forwardtipped. You love them the more because of their stunning ribbon trims, and their provocative little veils which add coquetry in that the filmy mesh is often tied in a huge butterfly bow over one ear. Wide plaid ribbons about the tall crown, brought to the back where it goes all aflutter with animated loops and ends, does something to these little sailors in way of chic and charm that baffles description. These little flirtatious sailors are going to team up with the new spring suits to perfection.

Designful Pockets Adorn Spring Mode

When you begin to plan your This spring designers are focusing early spring frocks, the thing to do their genius on pockets. Eye-catchis to think in terms of pure linen. ing embroidery or braiding or fan-It's big news that pure Irish linen ciful design of all types are being is available now for spring and lavished on pockets, making them summer fashions. This is something a trimming theme of outstanding that has been sadly missed in the importance. Just one simple breast last several seasons. For this goodpocket embellished with design imlooking navy blue town dress, pure parts to a simple suit a sophisti-Irish linen as sheer as a handcated look that women of fashion kerchief is used. It is dramatized covet. Unique motifs, like whimsiwith a white collar in sawtooth motif cal little basket or heart-shaped nov--the same repeated on the short elties, or pockets made of ribbon sleeves. The button front and shiror lace, trim youthful davtime ring at the waistline of this dress frocks. You can buy these pretty gives it a soft look, in keeping with trimmings at novelty and dry goods stores.

in Washington, D. C., burn? 2. Through which country in

3. Which is wider at its widest point, North America or South America? 4. What was the nationality of

the man who devised the universal language, Esperanto? 5. What is a limited edition of a

book? 6. What did Sarah Bernhardt

use as her motto? 7. What state in the United

States is bound by only one other state? 8. What is the average depth of

the ocean?

The Answers

1. In 1814 (during the War of 1812).

4. Russian (Dr. L. Zamenhof).

5. An edition of which the publisher guarantees there will be no

more copies printed after the first stipulated and comparatively small amount. 6. Quand meme (In spite of all).

7. Maine (by New Hampshire). 8. About 2½ miles.

Relief, Iry This **Home Mixture** Saves Big Dollars. No Cooking. This splendid recipe is used by mil-

lions every year, because it makes such a dependable, effective medicine for coughs due to colds. It is so easy to mix-a child could do it.

From any druggist, get 21/2 ounces of Pinex, a special compound of prov-en ingredients, in concentrated form, well-known for its soothing effect on throat and bronchial membranes.

Then make a syrup by stirring two cups of granulated sugar and one cup of water a few moments, until dis-solved. No cooking needed. Or you can use corn syrup or liquid honey, instead of sugar syrup.

Put the Pinex into a pint bottle and add your syrup. This gives you a full pint of cough medicine, very effective and quick-acting, and you get about four times as much for your money. It never spoils, and is very pleasant -children love it.

You'll be amazed by the way it takes hold of coughs, giving quick relief. It loosens the phlegm, soothes the irritated membranes, and helps clear the air passages. Money refunded if it doesn't please in every way.

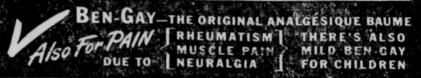
-Buy War Savings Bonds-





... RUB IN Ben-Gay QUICK

• Feel the soothing warmth of Ben-Gay ... as it goes to work, relieving those cold symptoms. Doctors know about the two famous pain-relieving agents in Ben-Gay-methyl salicylate and menthol. Ben-Gay contains up to 21/2 times more of these ingredients than five other widely offered rub-ins. For fast relief, get genuine quick-acting Ben-Gay.



(Serves 4 or 5) 2 cups canned or stewed tomatoes 1 cup grated cheese 1/2 small grated onion 1 green pepper, chopped 2 tablespoons shortening 1 teaspoon salt Mix tomatoes, cheese, onion juice

and chopped pepper. Melt the shortening in a double boiler, add the mixture and when heated, add the well-beaten eggs. Cook until eggs are of creamy consistency, stirring and scraping from bottom of pan.

Cheese and Tomato Rarebit.

Salad is a good choice when you

want to make use of cottage cheese

for your main dish. Serve it with

fresh, seasonable vegetables and

Oysters are delightful for adding

variety to the diet. In this recipe

they are baked and seasoned with

spicy foods to give them the name

Baked Oysters, Mexican Style.

(Serves 5 or 6)

tangy, french dressing.

of Mexican.

2 cups dry bread crumbs 1/4 cup melted bacon drippings or

1 teaspoon chopped parsley

Mix ingredients in order given. This makes a dry, crumbly stuffing.

your meat roasting chart from Miss Lynn Chambers by writing to her in care of Western Newspaper Union, 210 South Desplaines Street, Chicago 6, 11. the trend for more feminine treat-

Little Sailor Hat

What fuss and furore the little



ment of beloved classics.

^{2.} Colombia. 3. South America.