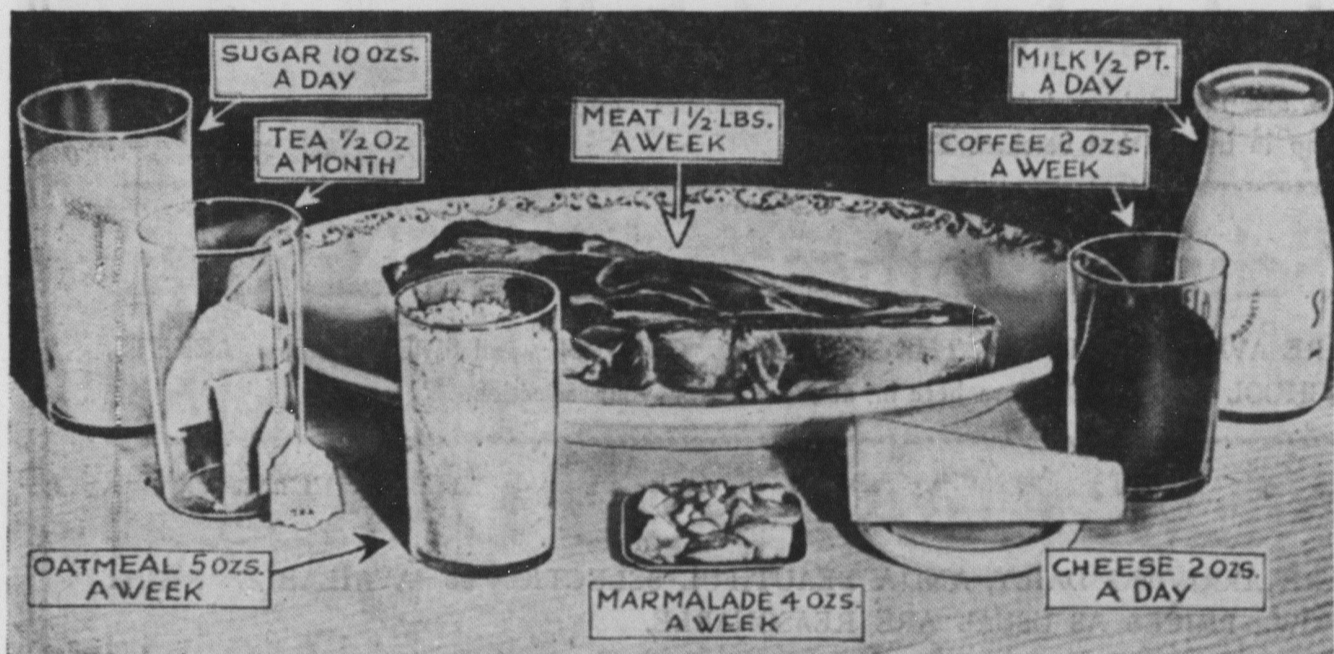


Prisoners of War 'Somewhere in Poland'



In this photo, radioed from Berlin and censored by the Nazi censor, Polish prisoners are pictured, hands held high, following their capture "somewhere in Poland" after opening hostilities on the Polish border. German soldiers trot after the prisoners of war, their rifles ready for instant use in case of attempted escape.

Shopping Made Easy Under Reich Ration Plan



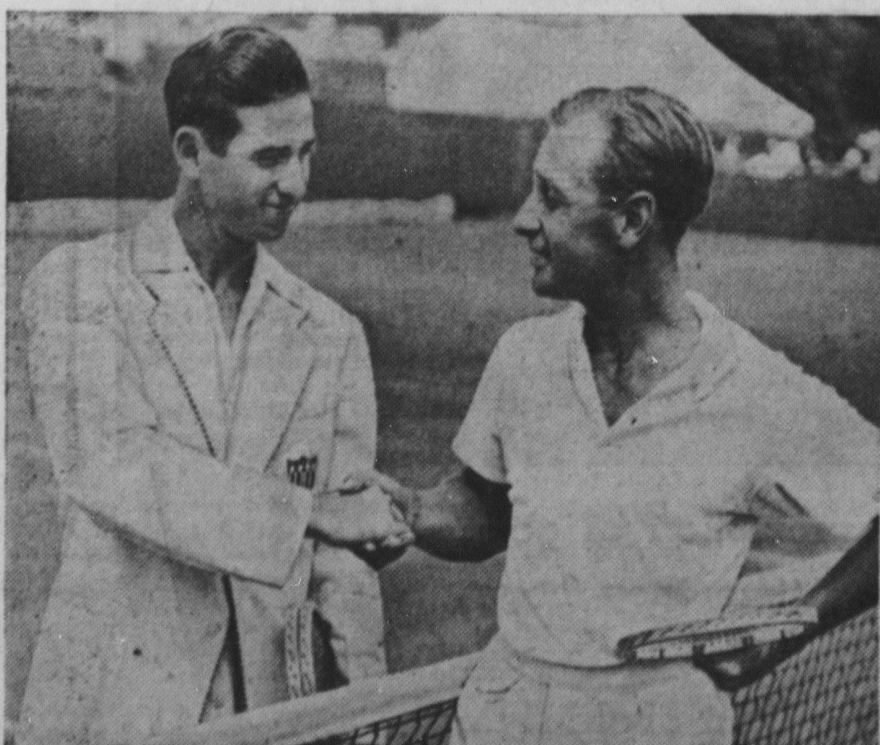
Dietary restrictions imposed on Germany's inhabitants are illustrated here in actual quantity. A pound and a half of meat—that's a week's supply. Also allowed is a half pint of milk per day and two ounces of cheese—enough to bait a mouse trap. Groceries are obtainable only under the Reich ration-card system. Each housewife must present her card at the grocery store when making purchases, and merchants maintain strictest adherence to limitations. In addition to food restrictions, the amount of clothing each citizen may buy is regulated by Nazi edict.

Europe Lines Up for Second World War



Map shows lineup of nations under present European alliances. Poland, France and the British empire are aligned against Germany in the conflict, with Italy and Russia listed as "doubtful." Spain, hitherto considered pro-Nazi, is expected to remain neutral as a result of the Nazi-Soviet non-aggression pact.

History Repeats Itself—Australians Win



Bobby Riggs, left, of the U. S., and Adrian Quist, of Australia, shake hands after their singles tennis match at Haverford, Pa., which helped decide the Davis cup championship. History repeated itself, for just 25 years ago Australia won the cup, and the winners marched off to war. This year's victorious Australians, Quist and John Bromwich, received their sailing orders one hour after their triumph.

Diamond Safety



Bob Hunter, baseball writer, demonstrates the new protective headgear for batters which may be mandatory next season in the Pacific Coast league if President W. C. Tuttle's drive is approved by club owners. Simplicity of the lightweight helmet may be seen in the lower photo. The practical safety device fits over the player's cap.

Helping Hand



These two London children took grim evacuation preparations as a lark. Part of the 3,000,000 children, women and invalids who were first evacuated, they help each other don knapsacks containing gas mask and emergency rations.

Household News

By Eleanor Howe



DESSERTS IMPORTANT IN MENU

(Recipes Below.)

Desserts That Are Different

Build up your menu with an interesting climax with a new and delicious dessert! Desserts really play an important part in the menu, and in nutrition, too. Sweets, provided in proper amounts and in the proper place in the diet, are just as necessary to good nutrition as milk, meat, fruits, vegetables and cereals. Plan the dessert to fit the menu—a light sweet for the close of a hearty dinner, and a richer, heavier dessert to wind up the meal that is fairly simple. Consider the weather, too, and when it's hot and humid, serve sweets that are temptingly dainty. When the temperature drops and appetites perk up accordingly, desserts may be sweeter, richer and more substantial. You'll find in this collection of untested recipes from my own kitchen a dessert for almost any occasion.

Queen of Puddings.

- 2 cups milk
 - 1 cup soft bread crumbs
 - 1 tablespoon butter (melted)
 - 2 egg yolks (well beaten)
 - 3 tablespoons sugar
 - 1 teaspoon vanilla extract
 - Dash salt
 - Currant jelly
 - 2 egg whites
 - 1/4 cup granulated sugar
- Scald milk and pour over the soft bread crumbs. Add melted butter, and allow the mixture to stand 10 minutes. Then beat egg yolks and add to the mixture, together with 3 tablespoons sugar, the vanilla extract and the salt. Pour this mixture into a buttered baking dish, place in a pan of hot water, and bake in a slow oven (275 degrees Fahrenheit) for 45-50 minutes or until custard is firm. Cool and spread with a layer of currant jelly or strawberry jam. Cover with meringue made by beating egg whites and adding sugar slowly. Brown meringue in a slow oven (300 degrees Fahrenheit) for 18 minutes. Serve hot, warm or cold.

Lemon Meringue Pie.

- 1 cup sugar
 - 1/4 cup cornstarch
 - 1/4 teaspoon salt
 - 3/4 cup cold water
 - 1/2 cup boiling water
 - 3 egg yolks
 - 1 tablespoon butter
 - 1/4 cup lemon juice
 - 1 teaspoon grated lemon rind
- Combine sugar, cornstarch and salt. Add cold water; stir until smooth. Add boiling water and cook, stirring constantly, until mixture is clear and thick. Cook 3 minutes longer. Beat egg yolks; stir cooked mixture into them. Add remaining ingredients, return to flame and cook 1 minute. Pour immediately into baked pie shell. Top with meringue.

Meringue.

- 3 egg whites
 - 6 tablespoons sugar
 - 1/4 teaspoon salt
- Beat egg whites partially; then add sugar slowly, beating until mixture is stiff. Bake in slow oven (300 degrees) for 18 minutes.

Maple Cake.

- 1/2 cup shortening
 - 1 1/2 cups brown sugar
 - 3 eggs (separated)
 - 2 teaspoons maple flavoring
 - 2 cups cake flour
 - 3 teaspoons baking powder
 - 1/4 teaspoon salt
 - 1/2 cup milk
- Cream shortening thoroughly, add sugar in small amounts, creaming after each addition. Add egg yolks, one at a time, continuing to beat well. Blend in the flavoring. Sift dry ingredients together, and add to

the creamed mixture alternately with the milk. Beat egg whites until stiff but not dry. Fold gently into the batter. Pour into two well-greased cake pans, 9 inches in diameter and 2 inches deep. Bake in a moderate oven (350 degrees) for about 40 minutes. Note: This cake is especially good with a fig filling and maple-flavored frosting.

Steamed Chocolate Pudding.

(Serves 5)

- 1 1/2 cups pastry flour
- 1/4 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1 1/2 squares bitter chocolate
- 3 tablespoons butter
- 1/2 cup sugar
- 1 egg
- 1/2 cup milk
- 1/2 teaspoon vanilla extract
- Vanilla or peppermint candy ice cream

Sift flour, salt and baking powder. Melt chocolate and butter in top of double boiler and pour in bowl. Cool slightly; then add sugar, un-beaten egg, milk and vanilla extract. Beat well. Add sifted dry ingredients and stir until smooth. Pour into top of a well-greased double boiler and steam for 1 1/2 hours. Serve with ice cream.

Graham Cracker Ice Cream.

- 1 cup graham cracker crumbs
 - 3/4 cup sugar
 - 2 cups coffee cream
 - 1 cup milk
 - 1 teaspoon vanilla extract
- Combine the cracker crumbs and the sugar; add cream, milk, and vanilla. Pour the mixture into the freezing container of a modern ice cream freezer; assemble the freezer, and cover. Pack with a mixture of 3 parts of crushed ice to 1 part of rock salt. Turn the crank slowly and steadily, for about 5 minutes, or until turning becomes difficult. Then carefully remove the cover, lift out the dasher, and pack down the ice cream with a spoon. Replace the cover, draw off the water, and replenish with ice and salt. Cover, and allow to harden for at least an hour before serving.

Good Old Fan Dowdy.

- 1 cup light molasses
 - 1/4 teaspoon allspice
 - 1/4 teaspoon clove
 - 1/2 teaspoon nutmeg
 - 2 teaspoons cinnamon
 - Apples
 - 1/2 cup sugar
 - 2 tablespoons butter
 - Rich pastry
- Combine molasses and spices. Arrange pared and sliced apples in a baking dish, sprinkle with sugar, and dot with butter. Pour molasses mixture over this, and cover with a rich pastry, rolled rather thick. Bake in a moderate oven (350 degrees) for about 45 minutes. Then cut the baked pastry top in 2-inch squares and push them down in the molasses and apple mixture. Let cool slightly. Serve with thick cream.

Send for This Clever Book.

Turn to Eleanor Howe's easy-to-use homemaker's guide, "Household Hints," for the answers to those tricky questions which pop up even in the best-run households. How to prevent cereals from lumping; how to wash feather pillows or adjust curtain tie-backs; how to remove mildew from colored clothing—you'll find the answers to these and many other puzzling questions in Eleanor Howe's book, "Household Hints." Send 10 cents in coin to "Household Hints," care of Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois, to get your copy of "Household Hints" now.

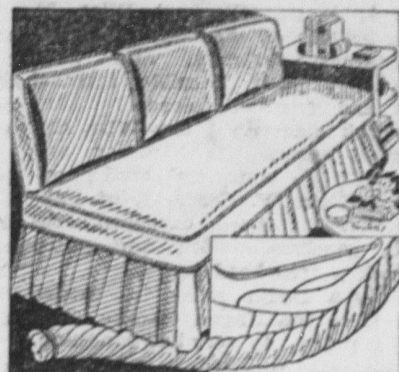
Perhaps it isn't literally true that the way to a man's heart is through his stomach but good, wholesome food attractively served goes a long way toward keeping him healthy and happy! Next week Eleanor Howe will tell you about "Foods Men Like to Eat" and will give you some of her own recipes which are favorites with men.

(Released by Western Newspaper Union.)

An Amateur Decorator Uses a Curved Needle

By RUTH WYETH SPEARS

"DEAR MRS. SPEARS: Some time ago in an article you suggested using a curved needle, such as upholsterers use, for sewing heavy cord trimming in place. I found that these needles are also used in making candle wicking bedspreads and are on sale in most notion and fancy work departments. Mine has been very useful to me; especially when re-upholstering an old chair. This is just one of the many useful



hints I have found in your articles and books. Thank you so much for all of them.—G. H."

Here is the picture of the curved needle used to sew bright contrasting cord to an upholstered couch. It is a useful tool when you are sewing to fabric that is stretched tightly. Everyone who finds pleasure in making a home attractive needs to know these little tricks that give work a professional touch.

Original ideas with complete directions for slipcovers; draperies and other furnishings are in the new Sewing Book No. 3. Every homemaker should have a copy; as well as everyone who likes to make gifts, and items for bazaars. The price is only 10 cents post-paid. Send coin with name and address to Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

Giving Sympathy

Give to the afflicted those words from the heart which temper the bitterness of tears. There are no sufferings which sympathy does not alleviate. The sorrows of life are dispersed by the rays of brotherly love, as the frosts are melted in the morning at the rising of the sun.—F. de Lamennais.

NERVOUS?

Do you feel so nervous you want to scream? Are you cross and irritable? Do you scold those dearest to you? If your nerves are on edge and you feel you need a good general system tonic, try Lydia E. Pinkham's Vegetable Compound, made especially for women. For over 60 years one woman has told another how to get "smiling again" with reliable Pinkham's Compound. It helps nature build up more physical resistance and thus helps calm quivering nerves and banish discomfort from annoying symptoms which often accompany female functional disorders. Why not give it a chance to help YOU? Over one million women have written in reporting wonderful benefits from Pinkham's Compound.

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