Patterns Practical As Well as Smart

NO. 1840. Do you take a large size? Then the beautifully long-line dress (1840) is one that you should make up right away. With slenderizing panels, it has the high-bosomed, narrow-hipped effect most becoming to you. It's smart for afternoon wear and every day, too. Make it of wool broadcloth, wool crepe or faille, with the vestee in contrast, or choose crepe-satin, using the crepe side for the dress and the satin for the vestee—a new and smart combination.

With Slight Military Air.

No. 1839. For juniors, the basque-waisted frock with flaring skirt (1839) is ideal to wear to

school and to business. The little-boy collar enables you to keep it always fresh and new-looking, and it's such an easy style to make. This tailors beautifully in wool plaid, challis, velveteen or wool crepe.

The Patterns.

No. 1840 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 4¾ yards of 39-inch material with long sleeves; 4⅜ yards with short; ⅝ yard for vestee.

No. 1839 is designed for sizes 11, 13, 15, 17 and 19. Size 13 requires 2⅝ yards of 54-inch material with long sleeves; 2⅜ yards with short; ⅓ yard for collar in contrast.

Fall Pattern Book.

Special extra! Send today for your new Fall Pattern Book with a stunning selection of a hundred perfect patterns for all shapes and sizes. Save money and know the keen satisfaction of personally planned, perfectly fitted garments by making your own frocks with these smart, carefully cut designs. You can't go wrong—every pattern includes a step-by-step sew chart to guide beginners. Price of Pattern Book, 15 cents.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each.

(Bell Syndicate—WNU Service.)

Man Outdoes Nature

In the arts of life man invents nothing; but in the arts of death he outdoes Nature herself, and produces by chemistry and machinery all the slaughter of plague, pestilence and famine.—Bernard Shaw.

DRINK *these 10 herbs in your daily cup of* **HOT WATER**

Add the juice of GARFIELD TEA's 10 herbs to loosen harmful undigested, *clinging* wastes. Makes your cup of hot water taste better and work more THOROUGHLY to clean out intestinal wastes and help you look, feel and work better. *At druggists—10c & 25c.*

FREE! SAMPLE. • Send 1 cent postal for FREE SAMPLE—to Garfield Tea Co., Inc., Dept. 43, Brooklyn, N. Y.

GARFIELD TEA

WNU—4 44—39

Life a Pastime

To maintain oneself on this earth is not a hardship but a pastime, if only one will live simply and wisely.—Thoreau.

That Nagging Backache

May Warn of Disordered Kidney Action

Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—throws heavy strain on the work of the kidneys. They are apt to become over-taxed and fail to filter excess acid and other impurities from the life-giving blood.

You may suffer nagging backache, headache, dizziness, getting up nights, leg pains, swelling—feel constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.

Try *Doan's Pills. Doan's* help the kidneys to pass off harmful excess body waste. They have had more than half a century of public approval. Are recommended by grateful users everywhere. *Ask your neighbor!*

DOAN'S PILLS

DOLLAR MAKERS

One Method Of Advancing Is to Retreat

By GEORGE T. EAGER

TONS of rock and dirt must be excavated before a diamond is found. It is just as unusual to find among thousands of salesmen that rarity among those who sell—the man who believes in the selling power of understatement.

A coffee salesman startled the retail grocers of a large city by beginning his sales talk with the statement, "This is the second best brand of coffee on the market." Grocers naturally asked, "Who makes the best brand of coffee?" to which the salesman would reply, "Each of my many competitors makes the best brand and they all will tell you so." Admitting having the second best brand evidently placed him in a position where he was without competition and his sales results proved it.

A large baking company has successfully marketed a brand of bread in markets long held by established competitors. The new bread was well advertised in local newspapers. But under instructions from a president who knew the power of underselling, salesmen sold each grocer one or two loaves less than the store's normal demand. Grocers were soon telling late afternoon customers, "I'm sorry we are all sold out of that bread." It was not very long before storekeepers as well as customers unconsciously thought of it as the fastest selling brand and therefore the best bread. Grocers unconsciously recommended it to customers and customers soon began demanding it of grocers and its success was assured.

UP-TO-DATE 'REVOLUTION'

THERE could be no more convincing way for the historian of the future to point out the high standards of living prevailing in this country than to contrast today's demands of those who want to overthrow our institutions with the demands of the revolutionists of other eras in the world's history. The French masses cried for bread and failing to get it brought on the French revolution. But when a present day advocate of revolution in this country recently made a speech he said: "Why should the citizens—at least 90 per cent of them—be imprisoned behind the cruel bars of want when within their grasp there are plenty of shoes, of clothes, of motor cars, of refrigerators to which they are entitled?"

From this point of view it is the salesmen who sell modern conveniences who are our most important national asset for the prevention of revolutions. We have 7 per cent of the world's population and starting with a wilderness have created and own today more than half of the world's wealth. Intelligent salesmanship and mass production have distributed this wealth so widely that stringent immigration laws are required.

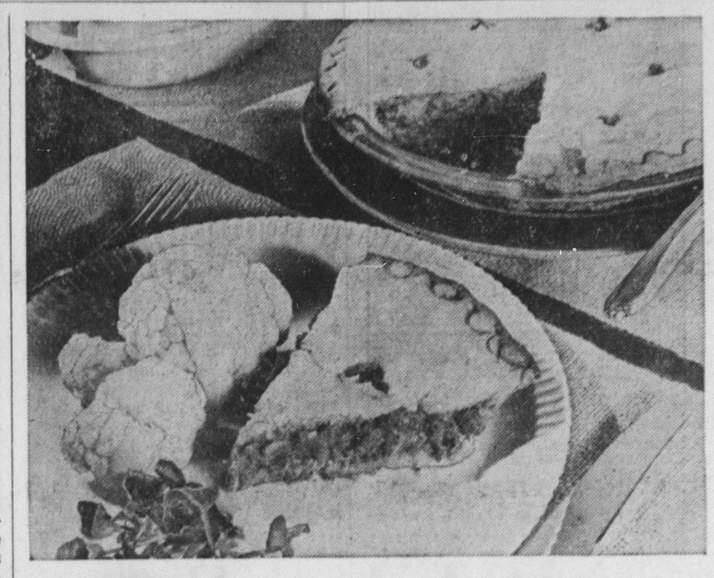
The new industries created and developed in this country in the past 50 years now give employment to 10,000,000 men and women. Each new industry, whether it be automobiles, radio or rayon represents a new idea that has had to be first sold to the American people. It is significant that in this same period foreign countries, that have not developed their newspapers and publications as advertising vehicles for the dissemination of new ideas about things to buy, have not developed a single great new industry. If the United States has reached the point when revolutionists must cry for motor cars and refrigerators to get attention, it would seem that we are well on our way to prosperity.

(Bell Syndicate—WNU Service.)

Chemist Devises Method For Hunting Submarines

VINEYARD HAVEN, MASS.—A chemical process by which the course and position of submarines could be checked is being considered by the war department, according to Dr. Max Trumper, Philadelphia bio-chemist.

He said that certain gases discharged by a submarine when it rises to the surface to obtain fresh supplies of oxygen and recharge its batteries mingle with the water. A surface ship, by dropping certain chemicals which cause the water to change color on mixing with the gases could check the submarine's position.



SATURDAY NIGHT MEAT PIE
See Recipes Below.

Hurry-Up Meals

What a feeling of satisfaction it creates to be able to confront the family with an attractive and substantial meal, even after a long afternoon of shopping or of bridge. It takes a bit of planning to accomplish that!

A selection of "Hurry-Up-Menus," planned to economize on time, without sacrificing quality, is the answer to that problem. Choose foods which can be prepared for cooking several hours in advance. A casserole dish requiring little cooking is a wise selection for the main dish of your meal; or, if you like, plan a broiler dinner or "grill" which can be cooked in little more time than it takes to set the table.

Appetite teasing meals, and meals that can be put together in only a few minutes' time, can be built around these popular and satisfying main dishes. In most instances all that's required to complete them is bread, a beverage, and a simple fresh fruit dessert.

Hasty Oven Baked Beans.
(Serves 6)
1 large can baked beans
¼ pound bacon
¼ cup light brown sugar
2 tablespoons tomato catsup

Pour ½ can of baked beans in greased baking casserole. Dice ⅔ slices bacon and sprinkle over the beans. Add catsup, and then cover with remainder of baked beans. Sprinkle with brown sugar, and top with bacon strips. Bake in hot oven (400 degrees) for 30 minutes. Serve at once.

Hasty Noodles.
(Serves 6)
1 package noodles
8 slices bacon
2 eggs (well beaten)
½ teaspoon salt
⅛ teaspoon pepper

Cook the noodles in boiling, salted water until tender. Drain, and place in a slow oven to keep warm. Pan fry the bacon until crisp, and remove from drippings, and cut into small pieces. Drain off all but two tablespoons of the bacon fat, then place the bacon and noodles in the frying pan. Add well-beaten eggs and seasoning, and cook, folding gently, over a low fire for about five minutes, or until the eggs are set. Serve very hot. A crisp salad makes an excellent accompaniment for this meal.

Corn and Mushroom Omelet.
(Serves 6)
1 No. 2 can corn
3 eggs
½ teaspoon salt
½ teaspoon baking powder
2 tablespoons diced green pepper
1 can button mushrooms
1 tablespoon flour
2 tablespoons butter

Drain the corn. Separate eggs. Add salt to egg yolks and beat until very thick. Add baking powder to egg whites and beat until stiff. Fold egg whites into the egg yolk mixture. Add corn and green pepper and mix lightly. Pour into a hot buttered frying pan and cook slowly until omelet is browned and thoroughly cooked through. Dry lightly in warm oven (300 degrees). Drain mushrooms and dredge with flour. Saute in melted butter. Pour mushrooms over the omelet, fold, and place on hot platter. Serve immediately.

Mixed Grill.
(Serves 5)
¼ pound sliced bacon
1 pound pork sausages
5 fresh tomatoes
1 No. 2 can French lima beans
1 No. 2 can pineapple rings

Broil bacon and sausages Hollow out tomatoes and fill with French lima beans. Top with buttered bread crumbs and bake until tomato shells are tender but will still hold their shape. Fry pineapple rings in butter. Serve as mixed grill and garnish with sprigs of parsley.

All-in-One Dinner.
(Serves 6)
6 link sausages
1 large onion (chopped fine)
2 tablespoons green pepper (minced)
½ pound ground beef
½ pound ground pork
1 No. 2 can tomatoes
1 No. 2 can kidney beans
½ cup uncooked rice
½ cup hot water
1½ teaspoons salt
¼ teaspoon pepper

Brown the sausages in a heavy frying pan. Remove, and drain off all but ¼ cup of the fat. Saute the onion and the green pepper in the fat. Then add the ground meat and cook until brown. Add remaining ingredients, cover, and cook until the rice is tender (about 35 minutes). During the last 15 minutes, reheat the sausages on top of the mixture. Serve with a green salad.

Grilled Ham Sandwiches.

Toast slices of bread and place thin slices of ham on untoasted side of bread. Cover with cheese slices and spread with prepared mustard. Top with slices of fresh tomato and grill under broiler until cheese melts. Serve with watercress and stuffed olives.

Saturday Night Meat Pie.
4 tablespoons onion (minced)
1 pound ground beef
1 can condensed tomato soup
½ teaspoon salt
⅛ teaspoon pepper
Pastry for 2-crust pie
Butter (melted)

Cook the onions in a little butter until soft. Add the ground beef and cook until barely brown. Blend in the soup. Sprinkle with salt and pepper, and mix. Line pie pan with rich pastry, rolled to ⅛-inch thickness. Moisten the edges of the crust with cold water. Fill the pie shell with the meat mixture. Cover with the top crust, prick top, brush with melted butter, and bake in a 375 degree oven for one hour, or bake in a hot oven (450 degrees) for 15 minutes, then decrease heat to 350 degrees and bake 15 minutes longer.

What is the first thought that comes to your mind when you think of "entertaining"? Hard work? Expense? Formality? It should mean none of these! Rather, that word "entertaining" stands for friendliness, and warmth, and sociability. Eleanor Howe will tell you next week how to make entertaining easy. Be sure to look for the article, "Let's All Have Tea."

Send for Copy of This Cook Book.

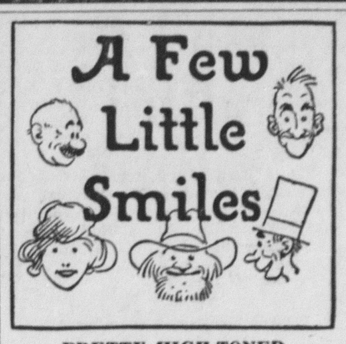
Spareribs with Apple Stuffing, Barbecued Steak, Clam Chowder, and the old-fashioned Apple Dumplings that men love—you'll find recipes for these and many other family favorites in Eleanor Howe's cookbook, "Feeding Father." To get your copy of this popular cookbook now send ten cents in coin to "Feeding Father," care of Eleanor Howe, 919 North Michigan Ave., Chicago, Ill.

(Released by Western Newspaper Union.)

Corner Shields Are Big Help in Cleaning Rooms

Hard-to-clean corners can be conquered for the housewife through installation of supple metal shields which, when pushed into the angle will eliminate the business of keeping corners free of dirt and dust.

Especially suitable for the corners of shelves, the shields can be painted over to escape notice. No nails or screws are necessary for installation, as the shields contain metal teeth which clamp to the surface and secure it firmly.



PRETTY HIGH-TONED

Mr. A., who discovered two mice in a trap, addressed the lady of the house in the following brief language: "Estimable madam, immediately disengage these obnoxious rodents from the shackles which have environed them and promptly convey their pestiferous carcasses across the street where the neighbor's happy feline may indulge in their luscious substance and partake of their most delightful and stimulating qualities which appeal to his marvelous appetite and enrich his inner propensities for the devouring of these detestable and troublesome creatures which inhabit our domicile."

ATTRACTIVE GIRL

She—Her father is a steel magnate, of course you know?

He—That's why she's so attractive to me, I suppose.

Trouble Ahead

The lady of the house suspected that one of her two sons was paying attention to the maid. Anxious to find out which one, she said to the girl: "Norah, supposing you had the opportunity of going to the movies with one of my sons, which one would you prefer?"

"Well," replied Norah, "it's hard to say, for I've had grand times with the both of them, but for a real, rollicking spree, give me the master!"

Call Out the Guards

An angry woman rushed into the clerk's office. In her hand she bore a license. Turning to the clerk: "Did you, or did you not, issue this license for marrying me to Albert Briggs?" she demanded.

"Yes, I believe I did. Why?"

"Well, what are you going to do about it?" she stormed. "He's escaped."

It All Adds Up

Visitor—Well, your baby is certainly a cute little rascal. Does he take after his father?

Mother—Well, yes, in a way. His father is not quite so cute, but much more of a rascal.

WATCH YOUR STEP

Mr. Kallow—Yes, ma'am, I've just taken my degree. I'm a Bachelor of Arts.

Mrs. Wise—That's nice. But let me warn you it takes many arts for a young man to remain a bachelor.

Correct Audience

Professor—I am going to speak on liars today. How many of you have read the twenty-fifth chapter of the text?

Nearly every student raised his hand.

Professor—Good. You are the group to whom I wish to speak. There is no twenty-fifth chapter.

Clinging Gowns

Dolly—Does your husband like clinging gowns?

Molly—He sure does. He likes one to cling to me for about five years.

Head of the Class

Professor—Now class, how many make a dozen?

Class—Twelve.

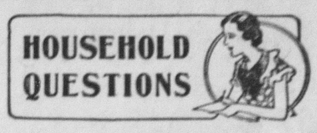
Professor—How many make a million?

Class—Very few these days.

You Would Too

Physical Culture Instructor (to new pupil)—Your chest expansion is extraordinary.

Pupil—I've just had a salary increase, and the girl I love has accepted me at last.



Fitting Candles.—A candle may be made to fit any candlestick if dipped for a moment into very hot water. This will soften the wax and it can then be easily pushed in.

• • •

Care of Lamp Shades.—Silk and parchment lamp shades should be dusted frequently with a soft brush or the vacuum cleaner.

• • •

Blending Fruit Juices.—Grapefruit juice blends well with pineapple and raspberries. This combination is good served as a cocktail or partially frozen for dessert.

• • •

Shoes That Pinch.—If a patent shoe pinches any part of the foot, a rag well soaked in boiling water should be placed over the part. If this is done while the foot is in the shoe, the leather will soften to the shape of the foot.

• • •

Improving Veal Roast. — Veal roasts are improved by rubbing them with powdered ginger, black pepper and onion salt before cooking.

What's in a Name?

IN CHINA, the more distinguished a man is, the shorter is his title. One might wonder how Mr. Burionagonatotorecagageazcoecha (it's his real surname, believe it or not) would rate in that far-off land. But then Mr. Burionagonatotore—etc., etc., is not a Chinaman, but a Spaniard of Madrid. Wonder what he was called for short at school.

Mr. Konstantinow Georgin Kallochrictianakis, a Greek immigrant of Spokane, Wash., found the burden unbearable, so he recently obtained permission to change his name to Gus Elf. Well, that lightens the load considerably.

How To Relieve Bronchitis

Bronchitis, acute or chronic, is an inflammatory condition of the mucous membranes lining the bronchial tubes. Creomulsion goes right to the seat of the trouble to loosen germ laden phlegm, increase secretion 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 that you are to like the way it quickly allays the cough or you are to have your money back.

CREOMULSION
for Coughs, Chest Colds, Bronchitis

Both Strengthened

He that aids another, strengthens more than one.—Lucy Larcom.

CONSTIPATED?

Here is Amazing Relief of Conditions Due to Sluggish Bowels

Nature's Remedy NR-TABLETS-NR If you think all laxatives act alike, just try this all vegetable laxative. So mild, thorough, refreshing, invigorating. Dependable relief from sick headaches, bilious spells, tired feeling when associated with constipation. **Without Risk** get a 25c box of NR from your druggist. Make the test—then if not delighted, return the box to us. We will refund the purchase price. That's fair. Get NR Tablets today. NR TO-NIGHT TOMORROW ALRIGHT

Encouragement

Tell a man that he is brave and you help him to become so.—Carlyle.

CHANGE OF LIFE

Raleigh, N. C. — Mrs. L. H. Simon, 33 S. Swain St., says: "At middle-life my nerves were bad. I could not eat or sleep and became weak. I took Dr. Pierce's Prescription and it stimulated my appetite and thus strengthened me; in no time I was enjoying life again." Buy it in liquid or tablets from your druggist. See how much calmer and stronger you feel after taking this tonic.

666 LIQUID-TABLETS SALVE-NOSE DROPS *relieves misery of Colds fast!*

MERCHANTS

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buys something more than space and circulation in the columns of this newspaper. It buys space and circulation plus the favorable consideration of our readers for this newspaper and its advertising patrons.

LET US TELL YOU MORE ABOUT IT