

CHICKS Laying Strains

guaranteed.
OULTRY FARMS
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E CHILDREN chance of being ch for the symp-g the teeth, pick-trils, disordered

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1rs. Florence John-

Co., Box 7, Lexington, Ky.

STUFFED SPARERIBS WITH SWEET POTATOES



Appetizing and Inexpensive Roast Spareribs,

Pork spareribs are one of the less

expensive meat cuts which can be made most appetizing if carefully prepared. A stuffing containing tart apples adds greatly to the flavor and The meat, like any cut of pork, must

be well done without being dry. After browning spareribs quickly in a hot oven, reduce the temperature and cook slowly at moderate heat until tender. Do not add water. The full directions given by the bureau of home economics of the United States Department of

Roast Stuffed Spareribs.

2 sections of spare- 1/2 cup chopped ribs
1 cup fine dry bread crumbs
4 cup diced salt pork
4 cup chopped cel4 cup chopped cel4 cup chopped cel4 cup sugar
6 cup sugar
8 tsp. salt
1 stp. pepper

Select well-fleshed rib sections that match. Have the breast bone cracked so that it will be easy to carve be-tween the ribs. Wipe the meat with a damp cloth. Prepare the stuffing as follows: Fry the salt pork until crisp and remove the pieces from the skilparsley in the fat for a few minutes and remove them. Put the apples into cover, and cook until tender, then remove the lid and continue to cook un-

(Prepared by the United States Department | of apple are candied. Mix the apples with the bread crumbs, crisp salt pork, cooked vegetables, salt, and pepper, Lay one section of the ribs out flat, sprinkle with salt and pepper, and spread with the hot stuffing. Cover with the other sections and sew the two together. Sprinkle the outside with salt and pepper and rub with flour. Lay the stuffed ribs on a rack in an open roasting pan and sear in a hot oven (480 degrees Fahrenheit) for 20 minutes, or until the meat is lightly browned. Reduce the oven temperature rapidly to very moderate heat (300 to 325 degrees Fahrenneit) and continue to cook for about an hour longer, or until the meat is tender. Remove the strings before serving the stuffed spareribs on a hot platter. Surround with candied sweet po-

tatoes, prepared as below: Candied Sweet Potatoes.

Boil six medium-sized sweet potatoes until they are fairly tender, but not done. Allow the potatoes to cool, skin them, and cut them lengthwise in halves. Arrange the pieces in one layer, in buttered baking dishes or a shallow pan, and do not pack them close together. Boil one cupful of corn sirup or maple sirup, one-half cupful of brown sugar, three tablespoonfuls let. Cook the celery, onion, and of butter, and one-fourth teaspoonful salt until slightly thickened. Pour the sirup over the sweet potatoes. Bake the skillet, sprinkle with the sugar, in a moderately hot oven (375 to 400 degrees Fahrenheit) 45 minutes to one hour. Turn the pieces carefully while til the juice evaporates and the pieces | cooking and brown them on all sides.

DRESS BALANCED AT THE SHOULDER

Garment Not Hung Properly Never Looks Well.

(Prepared by the United States Department of Agriculture.)

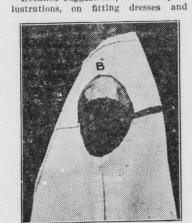
A dress that does not hang properly from the shoulders never looks well. On rather stout or on round-shouldered figures alterations sometimes have to be made in a foundation pattern before the material is cut. The



A. Method of Balancing Dress at

Shoulder and Underarm. illustration shows how this may affect the shape and size of the armhole unless special attention is given to it. In illustration A the back was raised at the shoulder seam so that the shoulder line was kept in the original position while the dress was balanced at the underarm seam. The extra goods at the bottom of the armseye remained unaltered. This change can be made after the material is cut, but all changes are best on a foundation pattern which serves for future uses.

As the changes in illustration B necessitate cutting they can only be made on a foundation pattern. A dart which has been taken in the front is equalized by cutting and separating the parts of the pattern in the back. These changes do not alter the size of the armhole. If the armscye is altered the sleeve will have to be altered an equal amount in order to keep the same relation between the edge of the sleeve and the armscye. Detailed suggestions, with many il-



B. Balancing a Foundation Pattern by Taking a Tuck in the Front and Slashing the Back.

blouses, may be obtained by writing to the bureau of home economics of the United States Department of Agriculture, which has prepared a helpful bulletin on the subject, No. 1530-F. | time.

BRAISED CELERY MOST EXCELLENT

Problem of Disposing of Coarser Stalks Is Solved.

(Prepared by the United States Department of Agriculture.)

When you buy celery you generally serve the heart and the tender stalks next to it as a relish, to be eaten raw with salt. Sometimes a few of the middle stalks can be stuffed with cream cheese or roquefort and passed with salad; or chopped up and put into a salad. But the coarser outside stalks often constitute a problem They may be usable for salad, but they are better cooked as stewed celery or used as the basis for a milk-

celery soup.

Another way of preparing them so they will be appetizing is suggested in the recipe for braised celery from the bureau of home economics of the United States Department of Agriculture. This is an excellent way to use these outer stalks, and it also makes use of left-over gravy or meat

Braised Celery.

1½ quarts celery cut into pieces 3 tbs, flour 1½ cups cold wa-ter juice from roast Salt and pepper

Put the celery into a shallow baking dish. Melt the meat drippings in a skillet, add the flour, stir until well blended, and then gradually add the water and continue to stir until smooth. Add salt and pepper to taste and pour this hot gravy over the ·celery, or use an equal quantity of left-over slightly thickened gravy or meat broth. Cover the dish and bake in a moderate oven for 45 minutes, or until the celery is tender. During the last 15 minutes remove the cover from the dish, so that the gravy cooks down and browns slightly. Serve in the baking dish.

Excellent Change in the

Way of Green Vegetable Who ever heard of cooking lettuce? The bureau of home economics of the United States Department of Agriculture, among others interested in trying out new ways with familiar foods. Braised lettuce, preferably of the iceberg type, is an excellent change in the way of a green vegetable. The suggestion of bacon flavor given by using bacon fat makes the lettuce especially tasty. Here's how it's pre-

large hard heads 4 tbs. bacon fat salt Pepper

Cut each head of lettuce into four pieces, taking care that a portion of the center stem is left on each section to hold the leaves together. Heat the fat in a large skillet, put in the lettuce, cover, and cook for 30 minntes, or until the lettuce is tender. If much liquid is drawn out of the lettuce, discard some of it during cook-Turn carefully if necessary. Sprinkle with salt and pepper and serve on a hot platter.

Color Lost by Cooking

The bright, attractive coloring and firmness of texture of vegetables often are lost by poor methods ot cooking, especially poor methods of boiling. All vegetables become soft or mushy and discolored when cooked a long

TO ELIMINATE UNEMPLOYMENT

By FRANCES PERKINS, N. Y. State Industrial Commissioner

ANY significant and successful American industries have eliminated unemployment. Others can. Unemployment in the industrial body is comparable to an infection in the physical body. If not checked it will spread as infection does, and unemployment in one industry soon becomes the cause of unemployment and business depression in other industries. We must take drastic steps for its cure when it is on us, but more important still, we must initiate the plans and the programs which will prevent it in the future. There are two phases to a program for action at such a time as this. One must be directed to immediate relief measures and the other to long-time planning for the solution of this purely economic trouble of unemployment.

I attribute the present situation to the cumulative effect of three major causes: seasonal unemployment, technological unemployment caused by the displacement of men by labor-saving machinery and increased efficiency in production methods, and unemployment due to the cyclical business depression regularly recurrent in American economic life. And I believe the problem could be solved, difficult though it seems.

In this country we have overcome the child labor problem. We have cut infant mortality in half. We have raised the standard of living of the working man to an enormous degree. If we can accomplish those almost impossible things I am sure that we can eliminate that other economic trouble-unemployment.

Public officials have been told often in what direction their duties lie at such a time:

The speeding up of public works to offer employment. The advertisement and expansion of public employment offices so that a complete clearing house may be maintained without cost between workers and such jobs as there are.

The co-operative advertisement of actual relief-giving by municipal and private agencies.

Each industry should carry the cost of its own fluctuations and instability out of a special unemployment reserve fund. I also advocate development of the wage-earner market by steady work, short hours and

FAMILY NATION'S FOUNDATION

By MELVIN J. BALLARD, Mormon Apostle.

The foundation of our life, church and state depends entirely upon the stability of our family institution. Such things as childless marriages and the facility with which divorces are obtained are doing more to undermine the family institution than any other causes. Even though we of the United States have a greater divorce rate than any country in the world there are those among us who are endeavoring to make looser the already weakened bonds of marriage. The divorce rate of the people of our church is only one-fifth as great as that of people throughout

In this age when there is so much dissension among religious leaders and so many different theories, it is a joy to find that our church has followed a plan for more than one hundred years and that will also work out well in the future. We have the first Sunday of every month as a fast day and we find it to be beneficial not only physically, as it gives the internal organs a rest, but it also helps to exercise control over the impulses of the body. Fasting gives us a feeling of sympathy for the poor, as we are better able to appreciate the way they too often are forced to feel. The money that is saved by doing without these two meals is given to the poor in such a manner that the recipients of the money are in no way humiliated.

JESUS AHEAD OF HIS TIMES

By PROF. WILLIAM LYON PHELPS, Yale University.

It is often said that no one can speak or write for posterity, but it is certain that Jesus talked over the heads of His audience and that people of the Twentieth century understand Him much better than those who first heard Him. He was a trouble maker, a challenging and provocative nuisance. Many people hated Him, many could not understand Him, but nobody forgot Him.

Instead of giving explanations He aroused questions in people's minds. The world has been trying to live up to Him, but for nineteen centuries we have still failed to catch up with Him, because He is 10,000 years ahead of this present time. The most liberal, progressive and advanced thought and action today would be to go straight back to Jesus and imitate Him. He was no political revolutionist, but He started a revolution in every individual heart.

He meant to turn people from selfishness to unselfishness, from cowardice to courage, from vulgarity to purity. He always emphasized the spirit above everything else. There was a certain recklessness about Him. He had no prudence, no caution. He told people that they must give themselves to religion with no reservation.

"ADS" AS BUSINESS TONIC

By LOUIS WILEY, Business Manager New York Times.

There is an unfailing tonic that will sustain business in the continuous progress which makes prosperity. The tonic is intelligent advertising. Business "turned a corner" in 1929, and as a result the machine of prosperity has slowed down temporarily. Since advertising is a fundamental part of this machine, it must contribute to the restoration of

Advertising has new worlds to conquer. We do not yet know all of the profitable possibilities of this amazing aid of business, so successful in the two-line classified advertisement in a single daily newspaper, or in a schedule which may embrace full pages in hundreds of newspapers, double trucks in color in magazines, and appropriations of millions of dollars to keep a thousand-million-dollar company operating profitably.

The lesson of advertising to business in 1930 is work. Do not advertise if you are not ready to work, to accept the business rewards which good advertising brings. Do not advertise if you want to let your business remain stationary or grow smaller.

If you are ready to go ahead to achieve that rate of progress which is prosperity, well-planned advertising is the tonic.

"Everyone Raves About My Rolls, Cakes and Breads," Says Mrs. Galloway

"They Could Make Just As Good, If They Used Gold Medal 'Kitchen-tested' Flour"

I won twenty prizes. A first on Cloverleaf Rolls, third on Nut Bread as well as several seconds and several thirds on different cakes—all made with Gold Medal 'Kitchen-tested' Flour. Everyone raves about my rolls, cakes and breads, but I tell them they could make just as good if they used GOLD MEDAL 'Kitchen-tested' Flour. I can surely recommend it as an all-purpose flour."

A Boon to Women All Over the Country

THOUSANDS of women all over the country now know how to bake prize cakes, pies, breads and biscuits every time. They use a new-type flour for all baking purposes—Gold Medal "Kitchen-tested" Flour—that simplifies baking remarkably and banishes the cause of most baking

Failures, experts found, were mostly due to the fact that 2 sacks.

"At the Iowa State Fair last year of the same flour often acted differently, even with the same recipe... it was not uniform in oven action.

So now all GOLD MEDAL Flour is 'Kitchen-tested" before it comes to you. As each batch comes through the mill it is tested by actual baking-bread, cakes, biscuits, pas-



tries-in an oven just like yours. Only flour which acts the same perfect way every time is allowed to go out to you. Thus you know in advance exactly what your

results will be:

Special "Kitchen-tested" Recipes In Every Sack

(Changed Every Three Months) Please accept, free of charge, sinplified recipes for 12 of Betty Crocker's most delicious baking creations. Recipes for the daintiest cakes, the finest cookies, the most popular pastries known Each one is "simplified" until it is remarkably easy, too.

All 12 of these simplified "Kitchentested" recipes are inside every sack of GOLD MEDAL "Kitchen-tested" Flour. You can get a full set today —simply ask your grocer for GOLD MEDAL "Kitchen-tested" Flour. WASHBURN CROSBY COMPANY

"Listen in to Betty Crocker 10:45 to 11:00 A. M. Tuesday and Thursday, Eastern Standard Time. Stations: WCAE or WGR."

GOLD MEDAL FLOUR

"Kitchen-tested" Always sold in trade-marked sack-never in bulk

Make Plans to Salvage

Tin From Ocean Depths The tin mines of Cornwall, Eng-

off the Cornwall coast. of the North Atlantic have been ham- Water was very scarce there, and mering at the rugged coasts of Corn- at each end of the barracks assigned wall and pulverizing the rocks to to us was a barrel of water for sand. On shore men have worked out drinking purposes. suckers discharge the sand mixed wait any longer. with water to flow it down to the "We'll drink out of the other barrel

Belligerent Owl A struggle between an owl and the ngineer of an electric express train New York Telegram, has been reported at Linkoeping, in southern Sweden. The bird, probably attracted by the headlights of the locomotive, burst against one cab win-

You Remember the Latter You often see a girl with a month you would like to kiss, but you'll also often see a member of the gentler sex with a mouth you'd like to slap.

-Cincinnati Enquirer.

borrow plenty.

proche.—Dublin Opinion.

Cleanliness, but Hard on Rest of the Outfit After a 12-day voyage we arrived

land, supposed to be pretty well at Brest, France, in July, 1918. We worked out, are to be supplemented by dredging up the sands of the sea that afternoon. Our outfit was asff the Cornwall coast.

Through the ages the fierce waves ise of a bath on Wednesday.

the alluvial deposits and tin production has decreased by half. And now o'clock in the morning and leave the it is discovered that the sands under barracks. On my return I saw Mike the sea are full of tin, sometimes as Connors in the barrel taking a bath, much as 10 per cent. So they have I told him that he should have known constructed a tunnel out under the waves at St. Ives and built a big there. He said he knew that, but he concrete funnel into which the sand- really did need the bath and couldn't

> then," I commented. "I got my clothes in that one,"

Mike assured me.—John J. Boyle in

Islands to Meet Planes Concrete "islands" that may be floated to meet planes crossing the dow and broke the glass. Well in-side, it sank its claws into the shoul-Charles de Frassee, a French in-308 Superior Building. Cleveland. ders of the motorman and attacked ventor, whose model of the novel him with its bill. The engineer could "seaports" was recently exhibited by not leave his grip on the switch, and the Chamber of Commerce of France. a fierce battle ensued while the train De Frassee says that his islands raced on its way. At last the motor. would be seaworthy enough to take man succeeded in strangling the bird, up stations as half-way stops in transwhich was an unusually large speci- oceanic flights. Planes would land or them for refueling and take on with the aid of catapults similar to those now used for launching planes from ships. The islands would have hangars and living quarters for perhangars and living quarters for perhangars.

giant 2,500 horse power motors would propel them to their locations. A torpid liver prevents proper food

Any man who can make money can the nerve to walk down the street sucking on a lollipop.

Would you like to try this doctor's laxative free of charge?

Every family has occasional need of a laxative, but it should be a family laxative. One that can't form a habit, but can be taken as often as needed. When breath is bad or tongue coated. Or appetite fails. Only a doctor knows the right ingredients. Dr. Caldwell discovered the correct combination years ago. Dr. Caldwell's Syrup Pepsin combines harmless herbs and pure senna. It starts muscular action and soon corrects constipation. Gently, but surely, it relieves a bilious or sluggish condition. It is mild. Delicious. Effective. All druggists keep this famous prescription ready, in big bottles. Or write Dr. Caldwell's Syrup Pepsin, Monticello, Ill., for a free trial bottle postpaid.



Winning Argument Youth-1 say, old thing-how en earth did you manage to talk your people around? Fiancee-Never said a word-just

kept slammin' the doors.-Passing Show. Kelieve COUGHS Boschee's

AGENTS WANTED

Hatching by the most approved methods in force draft fresh air incubators assures strong beather chicks. We offer pure bred White Legongs, White and Barred Rocks, Reds, Buff Orps and Giants. Hatched right and priced right.

THE CRESTLINE HATCHERY Creatline

PHOTO FORMULAS

16 for 25c coin, Babe in Bottle. Lightning,
Sun, and others. Unique and Novel. Fine
for Kodakers or Professional. L. F. Craven,
3010 Marimont Drive, Dayton, Ohio. Good Night!

Epitaph for a dead cat in a laneway? Sans purr, but not sans reproduce.—Dublin Opinion.

A torpid liver prevents proper food assimilation. Tone up your liver with Wright's Indian Vegetable Pills. 25c a box. 372 Pearl St., N. Y. Adv.

A torpid liver prevents proper food assimilation. Tone up your liver with White and Col. Wyandottes. White and Col. Wyandotte Most grown people wish they had Ladies Easily Make Money Selling PIXTES.

Invest for Large and Permanent Income without risk in legitimate proposition; limited as to time and amount rare opportunity; valuable information free. Box 227, Herndon, Va.

Agents. New article, ladies marcel wave their own hair in 15 minutes; sample \$2.50; guaranteed satisfactory or money back. Sim-plex Marcel Waver Co., 3117 N. Broad. Phila. Pa.

Cabbage Plants \$1 1,000; Tomate plants \$1.50 1,000.Stone Mountain Watermeion seed \$1 lb. Watsons 60c. High quality, prompt shipment. Farmers Exchange, Pave. Ga.

Wanted—Local representative whole or part time; financial institution; exceptional op-portunity; wonderful future; write Allied Securities Co.,20 Central Ave., Newark, N.J. Young Lady sell finest grade full-fashioned kosiery. Permanent income. FOR-GET-ME-NOT HOSIERY CO.,510 N.3rd, Beading.Pa.

W. N. U., Pittsburgh, No. 17-1930.