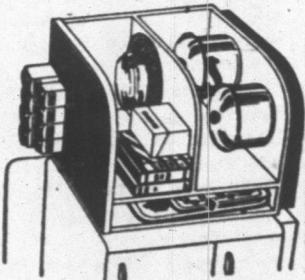


Gems of Thought

He who lives for himself alone lives for a mean fellow.
He who tells a secret is another's servant.
The superior man's strength is revealed by the winds of adversity. It is only when winter comes that we know the pine and cypress to be ever green.

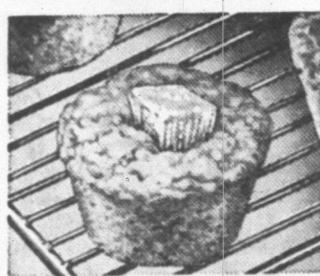
Kitchen Helper Has Double Duty Purpose



THIS practical kitchen helper is really very easy to build from the full size pattern. Once you've used it, chances are that you'll make another to go alongside your stove or sink. It not only provides many square inches of additional table top working space, but it also does double duty as a large tray holder. Salad bowls and mixers can also be stored on its wide shelves.

The materials which the pattern specifies are obtainable at any lumber yard. Trace the pattern, cut it out, sandpaper and assemble. Full size pattern shows exactly where to nail or screw each piece and where to fasten screws to use. You'll have fun building this piece and save many steps using it.

Send 50 cents to Step-Saver Kitchen Unit Pattern No. 3 to East-Bild Pattern Co., Dept. W, Pleasantville, N. Y.



NEW! BRAN MUFFINS WITH TANGY PINEAPPLE

Grand Idea for Sunday Night Supper

Ash! Crunchy toasted Kellogg's All-Bran dotted with flavorful pineapple! Different and delicious!

1/4 cup shortening 1/2 teaspoon salt
1/2 cup sugar 1 cup Kellogg's
1 egg All-Bran
1 cup sifted flour 1 cup undrained
2 1/2 teaspoons crushed
1/2 teaspoon dried
1/2 cup crushed pineapple

1. Blend shortening and sugar; add
egg and beat well.

2. Sift flour with baking powder and
salt; add All-Bran. Stir into first

mixture alternately with pineapple.

3. Fill greased muffin tins 2/3 full.

Bake in moderately hot oven

(400° F.) 25 to 30 minutes.

Yield: 10 muffins — 2 1/2 inches in diameter.

America's most famous natural laxative cereal — try a bowlful tomorrow.



Yodora checks perspiration odor

THE SOOTHINGEST WAY

Made with a face cream base, Yodora is actually soothing to normal skins.

No harsh chemicals or irritating salts. Won't harm skin or clothing.

Stays soft and creamy, never gets grainy.

Try gentle Yodora — feel the wonderful difference!



CHANGE of LIFE?

Are you going through the functional "middle age" period peculiar to women (38 to 52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, hightension, tired? Then do the "Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound also has what Doctors call a stomachic tonic effect!

LYDIA E. PINKHAM'S COMPOUND

When Your Back Hurts -

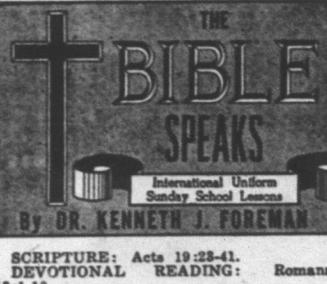
And Your Strength and Energy Is Below Par

It may be caused by disorder of kidney function, or by the accumulation of waste to accumulate. For truly many people feel tired, weak and miserable when the kidneys fail to remove excess waste and other waste matter from the blood.

You may suffer from rheumatism, rheumatoid arthritis, or discoloration, getting up nights, leg pains, swelling. Sometimes frequent and scanty urination, with swelling and pain. Remember that something is wrong with the kidneys or bladder.

There should be no doubt that prompt medical treatment is the best. Use Doan's Pills. It is better to rely on a medicine that has won countrywide approval than to depend on a quack. Doan's have been tried and tested. Many years. Are at all drug stores. Get Doan's today.

DOAN'S PILLS



SCRIPTURE: Acts 19:23-41. DEVOTIONAL READING: Romans 13:1-10.

By DR. KENNETH J. FOREMAN

For a Better City

Lesson for September 19, 1948

"FOR A BETTER CITY" is a good slogan. No one would think of objecting to it. If the great city of Ephesus, capital and metropolis of the wealthiest and most thickly populated province of the Roman Empire, had had a chamber of commerce, no doubt they would all have been in favor of a Better City. There would be no argument about that.

The question is: What makes a city better? Four different ideas on that line—two very bad ones and two good ones—can be seen in the story of Acts 19.

You should read the story itself before looking over these comments. Because we are beginning toward the end of the story, with the very lowest and silliest of the four ideas how to make a city better. It is a very simple idea: Just "holler," yell, make a demonstration. Make it long, make it loud, and the city will be the better for it. For two mortal hours that absurd mass-meeting kept the uproar going: "Great is Diana of the Ephesians!"

A curious thing, the mob-mind. If something is true, how can no one make it true? If a thing is a lie, how can all the shouting in the world make it respectable? But the mob-mind thinks that if a thing is said loudly enough and by enough people, it is bound to be true.

So that theater-full of fools wasted a good afternoon shouting a lie into the deaf blue heavens. It did Diana no good. She was as dead as Marley's ghost, she had never lived, in fact. It was no use drumming up the decibels. Do you know people who think they can make your town better by shouting about it? It won't work. You can make a town or country famous if you shout long enough; but you won't make it better.

The idea is to learn the basic recipes so well that it becomes as much a part of you as any simple habit. You'll memorize the ingredients if you repeat the recipe often enough, and the method is even easier to learn. Then it's no trick at all to make an infinite variety of variations of the basic recipe.

Once you have learned a recipe in this way, you'll always remember it, no matter how rushed you are in whose kitchen you are making it. You will have arrived at perfection once you polish the technique of making it, and that is true satisfaction.

Perhaps you've heard that Mrs. Jones is the muffin maker of the community, especially because of her orange muffins. You can become famous for any one of several of your recipes just by learning to follow basic recipes, and trying out their variations.

Do you know people like that today?

MAKING MONEY

THE SILVERSMITHS there in Ephesus had another theory. The way they looked at it, the big thing is money. They used to make money selling their little silver shrines. Now this fellow Paul had come along, persuading people that hand-made gods are no gods at all, and the trade in "sacred" trinkets had fallen off. It looked like a bad year for the silversmiths. To make things better, they decided, they needed more money. More business! More production! The fact that what they produced was not only worthless but actually harmful, did not seem to bother them.

Do you know people like that today?

• • •

HERE ARE SEVERAL good basic recipes with their appropriate variations which can form a good backbone to your collection:

Plain Muffins (Makes about 14)

2 cups sifted flour

3 teaspoons baking powder

1/2 teaspoon salt

2 tablespoons granulated sugar

1 egg, well beaten

1 cup milk

4 tablespoons melted shortening or salad oil

Sift together dry ingredients.

Combine all remaining ingredients.

Add all at once to flour mixture,

stirring, not beating, quickly and

vigorously until just mixed but still

lumpy in appearance so that muffins will have good texture. Fill

greased or oiled muffin pans, one-

half full, and bake in a (425-degree)

oven about 25 minutes.

• • •

WHOLE WHEAT MUFFINS:

Use above recipe, reducing flour

to one-quarter cup, adding one cup

unsifted whole wheat flour.

Increase sugar to four tablespoons and use four teaspoons baking powder.

Bake in a moderate (375-degree)

oven for 35 minutes.

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NUT MUFFINS:

Use plain muffin recipe, adding one cup finely

chopped nuts to other ingredients.

• • •

ORANGE MUFFINS:

Use plain muffin recipe, adding one cup

orange juice and one-quarter cup

grated orange rind.

• • •

CHEESE MUFFINS:

Add one cup grated American cheese, lightly

packed, to dry ingredients.

• • •

BLUEBERRY MUFFINS:

Mix three-quarter cup of fresh blue-

berries or thawed, frozen blue-

berries or plain blueberry compote.

• • •

LYNN SAYS:

Use Quickie Recipes

For Short-Cut Meals

Coarsely grated potatoes may be

mixed with chopped onion and ham.

Ham, ham, ham!

• • •

Lincoln's Advice

Let us discard all this quibbling

about this man and the other man

— this race and that race, and the

other race being inferior, and there-

fore they must be placed in an in-

ferior position — discarding our

standard that we have left us. Let

us discard all these things, and

unite as one people throughout this

land, until we shall once more stand

up declaring that all men are ere-

stated equal.—Abraham Lincoln.

by Lynn Chambers

International Uniform Sunday School Lessons

By DR. KENNETH J. FOREMAN

SCRIPTURE: Acts 19:23-41. DEVOTIONAL READING: Romans 13:1-10.

THE BABE GOES HOME

Whatever means as much as an "all-hot" is getting quite a play

today in that Valhalla to which baseball folks go. The angels, we like

to think, have set aside their wings

and are in shirt sleeves. The bars

have been let down somewhat. St.

Peter is not so strict on the gate;

those not quite eligible are permitted

knobholes. Arguments are not

frowned on and a little ribbing goes.

For the first time, perhaps, it is

all right up there to throw a pop

bottle.

Diadems are a little tilted.

The sun is shining at its brightest,

there is the snap of flags in the breeze,

the grass was never greener. George Herman

Ruth has come home.

It is curious how many potentates

and great ones of the earth are in

the bleachers and how many folks

who were not great shakes when on

earth have the box seats. It's very

special. The scores have been kept

with great care. Those who did it

the hard way, who triumphed over

handicaps, who came through

odds are being smiled on. There

is an enormous section for lost

sheep and prodigal sons.

It is curious how many potentates

and great ones of the earth are in

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