

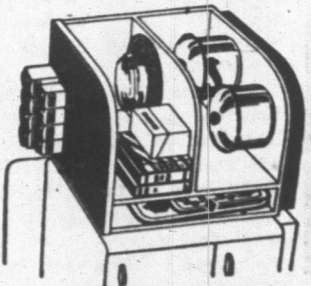
Gems of Thought

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.

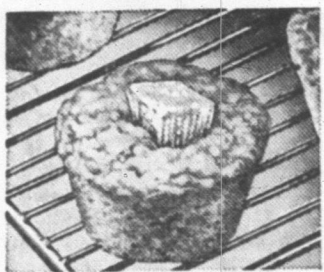
Kitchen Helper Has Double Duty Purpose



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 pattern on lumber specified, saw and assemble. Full size pattern shows exactly where to nail or screw each piece and size of nails and screws to use. You'll have fun building this piece and save many steps using it.

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



NEW! BRAN MUFFINS WITH TANGY PINEAPPLE

Grand Idea For Sunday Night Supper

Aah! Crunchy toasted Kellogg's All-Bran dotted with tangy pineapple! Different and delicious!

- 1/4 cup shortening 1/2 teaspoon salt
1 egg All-Bran
1 cup sifted flour 1 cup undrained
2 1/2 teaspoons crushed
baking powder pineapple
- Blend shortening and sugar; add egg and beat well.
 - Sift flour with baking powder and salt; add All-Bran. Stir into first mixture alternately with pineapple. Mix only until combined.
 - Fill greased muffin pans 3/4 full. Bake in moderately hot oven (400° F.) 25 to 30 minutes.

Yield: 10 muffins — 2 1/4 inches in diameter.

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

Yodora checks perspiration odor

THE SMOOTHINGEST 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, high-strung, tired? Then do try 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 that permits poisonous waste to accumulate. For truly many people feel tired, weak and miserable when the kidneys fail to remove excess acids and other waste matter from the blood.

You may suffer aching backache, rheumatic pains, headache, dizziness, getting up nights, leg pains, swelling. Sometimes frequent and scanty urination with smarting and burning is another sign that something is wrong with the kidneys or bladder.

There should be no doubt that prompt treatment is wise when neglect. Use Doan's Pills. It is better to rely on a medicine that has won country-wide approval than on something less favorably known. Doan's have been tried and tested many years. Are at all drug stores. Get Doan's today.

DOAN'S PILLS



By DR. KENNETH J. FOREMAN
SCRIPTURE: Acts 19:23-41
DEVOTIONAL READING: Romans 15:13-16

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 noise 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.

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?

Abiding By the Law
THE TOWN CLERK of Ephesus had a simple idea, vastly better than these other two. He saw no sense in the mass meeting, he seems not to have been taken in by the silversmiths' crocodile tears. If anything was wrong in Ephesus, he said, the courts were open, and trials were open, and trials could be held. We have laws—let us live by them; that was the gist of his idea. That is not bad advice.

All honor to the honest servants of the public who now as then give their best efforts to seeing that good laws are made and well enforced.

Changing Lives
SPEAKING OF LAWS, there are three kinds of people in the world. One kind will not obey the laws whatever they are. These are the criminal classes. A second kind say "inside the law" but they never advance a step beyond them. A third kind, too rare, will go far beyond the law's requirements in personal living and in social helpfulness.

Now Paul had been in the city of Ephesus for some months, and he had nothing to do with the laws of that city. Yet what he was doing was more effective in making that city better than anything the courts could have done.

For what he was doing was nothing less than changing lives. "The trouble with people is that they're people," and the business of Christianity first of all is changing people. It is no use hanging out the slogan "For a Better City" unless you are working for better people. A tree is no healthier than its roots, and a community's roots are the characters of her people. And from St. Paul's day to this, the one and only organization which sets out to change people from the inside, is the Christian church.

(Copyright by the International Council of Religious Education on behalf of Protestant denominations. Released by WNU Features.)

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 therefore they must be placed in an inferior 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 created equal—Abraham Lincoln.



Varying Basic Recipes Assures Interesting Meals (See recipes below)

Basic Recipes

"IS THERE any simple way to learn how to be a good cook?" asks a young woman now starting out to keep house. Older homemakers have asked me the same question just as often, so the problem seems to be a common one.

The answer is simply yes. The method is to learn certain basic food preparations, then to vary these, and you certainly will have a good storehouse from which to select for meals of all kinds—for family and for guests.

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 or 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.

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 hot (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.

NUT MUFFINS: Use plain muffin recipe, adding one cup finely chopped nuts to other ingredients.

ORANGE MUFFINS: Use plain muffins, increasing sugar to four tablespoons, reducing milk to three-quarters cup, and adding one-quarter 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-quarters cup of fresh blue-

LYNN CHAMBERS' MENU
*Baked Tomato Macaroni
Tossed Greens with French Dressing
Whole Wheat Muffins Jam
*Orange Charlotte with Chocolate Sauce
Beverage Nut Hecce Cookies
*Recipe Given

berries or thawed, frozen blueberries in plain muffin batter.

A SIMPLE DISH like macaroni and cheese has several good variations that you can use frequently. Here, again, when you learn how to make the dish to perfection, you can be certain to enjoy the food no matter what variation you use.

Macaroni and Cheese (Serves 6)
1 8-ounce package macaroni
3 tablespoons butter
1/4 cup flour
1/2 teaspoon salt
1/2 teaspoon pepper
2 cups milk
1 1/2 cups grated American cheese

Cook macaroni in boiling salted water until tender. Melt butter in top of double boiler, blend in flour and seasonings, then add milk and cook until thick. Add grated cheese and stir until melted. Combine sauce and macaroni and turn into a greased casserole. Bake in a moderately hot (400-degree) oven until golden brown, about 20 minutes.

HAM AND MACARONI: Take one-third package macaroni, place in casserole, top with thin slices of leftover ham, sprinkle with a little dry mustard, dot with butter and pour some of sauce on top of that. Repeat with layer of cheese, ham and sauce twice. Bake as above.

MACARONI WITH MEAT: Use basic recipe, with one cup sliced tongue, chicken or corned beef in layers.

BAKED TOMATO MACARONI: Arrange three skinned, thinly sliced tomatoes in layers with macaroni and cheese sauce in casserole.

MACARONI WITH CHIPPED BEEF: Shred one-quarter pound of dried beef and cover with hot water; let stand 10 minutes. Arrange beef on macaroni layers. Use cheese sauce on top.

Scrambled Eggs (Serves 4)
2 tablespoons fat
6 eggs
1/2 teaspoon salt
Pepper
1/2 cup rich milk or cream

Melt butter in skillet; beat eggs and add remaining ingredients. Cook slowly, stirring gently until mixture sets. Serve with ham, sausages or bacon.

WITH CHEESE: Make scrambled eggs, adding one-half cup of grated cheese with two teaspoons minced onion before cooking.

WITH MEAT: Use recipe for scrambled eggs, adding one-half cup of diced ham or tongue, shredded dried beef or chicken before cooking.

Released by WNU Features.

Bake popovers while you heat some creamed chipped beef on top of the stove. Split the popovers and serve with the creamed beef.



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 knotholes. 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 against odds are being smiled on. There is an enormous section for lost sheep and prodigal sons.

The harps are put aside for brassier instruments and for tin horns and super-noise makers. Gabriel himself leads a cheer and the Bambino enters. He is dazed and needs a few minutes to get things straight, to realize that the doctors are gone, the men with the stethoscopes and the tubes and the instruments, the nurses and the charts, the agonies and the darkness.

He rubs his eyes. "It's all right," a voice of infinite tenderness tells him. "What's all this? Where am I?" asks the Bambino, young and vital. "It would take too long to explain," says the Voice, "and you might not find it easy to understand. We're not too sure whether this is just the proper thing or not but we are scrambling up values, standards and the rules a little."

"But I don't rate all this," stammers the Babe. "I was a pretty tough one in my time. The reformatory type, remember?"

"And a bad actor in plenty of spots. There was that time when..."

"Shut up and come in," says a fellow with a great shock of hair. "And remember you never got anywhere talking back to me."

"Judge Landis!" exclaims the Babe.

"Get into action," says the Judge. "It's been lovely up here, but, well, a little too quiet without you."

"Look, is this a dream? Did the doc give me too many dope pills last night?" pleads the Babe.

"Take it from us. This is all the real thing," comes from a trio of familiar voices.

"Colonel Huston! ... Jake! ... Miller Huggins!" cries the Bambino.

"Welcome!" says Colonel Ruppert. "And no salary talks!"

The Babe looks himself over. He sees that he is a youngster again. He observes that he is in the No. 3 uniform. He feels the old surge of power. But he still stands a little befuddled.

"Have a bat, pal!"

"Lou! ... Lou! ... Lou Gehrig!"

"Yeah, I've been expecting you, Babe."

Now the Babe hears such cheers as he never heard before, mighty cheers from the throats of old timers, departed buddies, the great host of kids who were called too soon, Brothers Matthias and Gilbert—the great company of men who love a game better, a big hearted guy, a fellow whose chief mistakes came from being too human.

He's at the plate once more—and on such a ball field!

The Bambino has come home!

Chet Bowles, former head of OPA, has been named as the Democratic candidate for governor of Connecticut. He is all for the return of rationing and it is obvious that if he wins over the GOP candidate it will be on points.

VANISHING AMERICANISMS
"I'm glad you complained; the waiter will bring you a new order at once."

"The boss knows what he is doing."

"The fellow who was hired as a comedian was funny."

Fur coat sales are reported off 25 to 40 per cent. Who wants to buy one these days when its such fun sitting by the phone waiting for the radio to ring you up and give you one free?

Tennis Ball won a race in New England recently. Plenty of bounce, we assume.

Does Harry Truman contend that it is not a woman who leaped from that consulate window, but a red herring?

Jack Dempsey thinks he has discovered a heavyweight in Jo Weiden, an Austrian. The first decision to make is whether to tab him the Austrian Assassin, the Danube Destroyer or the Vienna Volt.

Slim Shirtwaist Frock Has Gay Panelled Skirt



Extended Shoulders.

NEATLY tailored and slim as can be is this well-mannered shirtwaist frock. Extended shoulders are extremely comfortable; the panelled skirt is a favorite with women everywhere. Note the clever button closing.

Pattern No. 8356 comes in sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38, 44 yards of 39-inch.

Send 25 cents for your copy of the Fall and Winter FASHION. It's smart, colorful—and filled with sewing ideas for every home sewer. Free doll pattern printed inside the book.

SEWING CIRCLE PATTERN DEPT.
530 South Wells St., Chicago 7, Ill.
Enclose 25 cents in coins for each pattern desired.

Pattern No. _____ Size _____
Name _____
Address _____

Life of Samuel Colt
After being expelled from Amherst, Samuel Colt was sent to sea. The ship's paddle wheel gave him an idea for the revolving pistol cylinder. At the age of 14 he whittled out a model and it worked. Later, he quit his father's dye plant to seek his fortune as "Dr. Colt". In 1832 he sent his plan of a gun to the U. S. patent office, and was awarded a patent in 1836. After the original company failed, Colt invented the submarine "mine", while still in his twenties. He died wealthy at the age of 48.

Red Star QUICK RISING Dry Yeast
QUICKER - EASIER - FOR BAKING

QUICK METHOD BREAD
3 packages Red Star Dry Yeast
1/2 cup warm water
1/4 cup sugar
5 teaspoons salt
2 1/2 cups lukewarm water
1 1/2 cups sifted flour
5 tablespoons shortening

Dissolve 3 packages Red Star Dry Yeast in 1/2 cup warm water. Let stand 2 to 3 minutes. Place 1/2 cup sugar, salt thoroughly and add to this mixture. Add half the flour and mix well. Add melted and cooled shortening, stir well mixed. Place dough on lightly floured board and knead 5 to 7 minutes. Shape into smooth ball and place in greased bowl. Brush top lightly with shortening. Cover and let rise in warm place for 45 minutes. Punch dough down; shape into loaves and place in greased pans. Let rise in warm place for 45 minutes. Bake in moderately hot oven (400° F.) for 30 minutes. Makes 4 loaves.

KAY ROGERS SAYS: "You too, can bake prize winning bread and rolls with RED STAR. This wonderful yeast gives extra rise and extra flavor. Try this RED STAR Quick Method bread recipe today."

RED STAR DRY YEAST

DeLuxe CHAMPION PASSENGER

TRANSPORT TRUCK

CHAMPION GROUND GRIP TRACTOR

SAVE 3 WAYS ON THREE GREAT TIRES

Get Firestone TIRES

FOR YOUR TRACTOR, TRUCK & CAR

You Save

When YOU BUY Firestone

Tires because your used tires are worth more in trade at Firestone.

You Save

When YOU USE Firestone

Tires because there's extra miles, extra months of safe, dependable service built into them.

You Save

When YOU RETREAD Firestone Tires

because the tire bodies are strong enough to outlast several new treads.

SEE YOUR FIRESTONE DEALER OR STORE

Listen to the Voice of Firestone Monday evenings, NBC

WANTED: COMMUNITY DIVIDENDS!

Sure, our town needs improving, but how? That's easy. If all the dollars that are spent in out-of-town trade were spent right here, our town's business would prosper and make our town a better place in which to live.

Does Harry Truman contend that it is not a woman who leaped from that consulate window, but a red herring?

Jack Dempsey thinks he has discovered a heavyweight in Jo Weiden, an Austrian. The first decision to make is whether to tab him the Austrian Assassin, the Danube Destroyer or the Vienna Volt.