

**ASK ME ANOTHER?**

A General Quiz

**The Questions**

1. The earl of Beaconsfield is best known by what other name?
2. What are belles-lettres?
3. Where is the world's most famous whirlpool?
4. Why do our men in the Arctic avoid standing up too suddenly?
5. What is a raconteur?
6. What percentage of the U. S. population is in uniform?
7. How did rhinestones get that name?
8. Where was the first petroleum well drilled in the United States?

**The Answers**

1. The earl of Beaconsfield is best known as Disraeli.
2. Polite or elegant literature.
3. The maelstrom off Norway.
4. The sky and white ice and snow so blend as to destroy the horizon and cause the men to topple backward, because they cannot tell when they are standing erect.
5. A story teller.
6. About 8 per cent.
7. They were first made along the Rhine.
8. In Titusville, Pa.

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**HOUSEHOLD MEMOS... by Lynn Chambers**



**Cheery Beginners for That Morning Starter**  
(See Recipes Below)

**Breakfast Patterns**

A recent survey made tells us that 65 per cent of the doctors and 88 per cent of the teachers say the average person eats too little for breakfast.

Other interesting facts reveal that most people believe they get about 20 per cent of their daily nourishment from breakfast. Doctors and teachers here again estimate they get about 28 per cent nourishment from breakfast.

One of the reasons, perhaps, for skimping on breakfast is that time is limited. The survey goes on to say that people themselves estimate they spend around 12 minutes eating breakfast with farmers spending more than that, factory workers less. On Sundays, when there is no work to dash to, the time for breakfast stretches enormously, and so probably does the nourishment.

These, then, are the findings. Here are the facts—a breakfast is one of the three meals of the day and as such should provide a third of the day's food requirements—calories, vitamins, minerals, etc. In fact, planned correctly, the breakfast can take care of that serving of cereal, that citrus fruit or juice and the egg a day requirements. If the worker has a heavy schedule, the food can be made extra nourishing, such as cooking the cereal in milk, or at least serving with cream or rich milk and sugar. Have both eggs and cereal for breakfast if the calorie intake has to be upped, and serve jellies or jam with toast in addition to the butter.

**Why Breakfast?**

Breakfasts, good breakfasts, are important if we are to keep mental and physical energy at the highest level during morning hours. The time elapsing between dinner and breakfast is the longest interval between any meal. The stretch between the evening meal and the morning meal is usually as long as 12 hours. Sleep consumes energy, too, for the very process of living, while asleep requires approximately 65 calories for the average-sized adult.

Now here are some breakfast patterns that will fit nicely into your schedule even if you have only 12 to 15 minutes in which to take breakfast:

**Pattern I.**  
Stewed Fruit  
Cooked Cereal Milk and Sugar  
Toast and Marmalade  
Coffee or Milk

**Pattern II.**  
Half Grapefruit  
Ready-to-eat Cereal  
Milk and Sugar  
French Toast  
Syrup  
Coffee or Milk

**Pattern III.**  
Orange Juice  
Cooked Cereal with Milk and Sugar.  
Eggs or Bacon  
Rolls and Jelly  
Coffee

**Pattern IV.**  
Fresh Applesauce  
Wheat Flakes with Cream and Sugar  
Fried Ham Slice  
Muffins and Butter  
Coffee or Milk

**Company Breakfast**  
Fruits-in-Season  
Cereal with Cream and Sugar  
Scrambled Eggs with Chives  
Bacon Curls  
English Muffins with Butter  
Jelly  
Coffee

There need be no monotony in breakfasts with all the variety avail-

**LYNN SAYS**

**Color Notes:** Use different colored dishes and pottery jugs for breakfast to make the morning as bright and gay as possible. Here's how:

Mix orange juice with cranberry juice for unusual effect.

Fleck scrambled eggs with bits of parsley, chopped chives or of bacon curls.

Add raisins to oatmeal and serve with yellow butter and sugar.

Apricot halves go well with wheat cereal; yellow peach halves complement brown bran flakes.

Contrast the crisp brown of sausages with fried red-skinned apples.

Splash grape jelly on golden fried cornmeal mush.

able in fruits, juices, cereals, and breads. Here are some top-of-the-morning recipes to give your family a grand send-off:

**Flake Griddle Cakes.**  
(Makes 12 cakes, 4 inches in diameter)

- 1 cup sifted flour
- 2 1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 1 tablespoon sugar
- 1 egg
- 1 1/2 cups milk
- 1 cup slightly crushed bran, wheat or corn flakes
- 3 tablespoons melted shortening

Sift together flour, baking powder, salt and sugar. Combine well beaten egg and milk and add to dry ingredients. Beat until smooth. Add cereal flakes and shortening. Bake on hot, lightly greased griddle. Serve with syrup, honey or jelly.

**Variation:** Butter thin hot pancakes, spread with tart jelly and roll. Serve at once with additional jelly or thin syrup.

**Coffee Cake.**

- 1 1/2 cups sifted flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 1 egg
- 1/2 cup milk
- 3 tablespoons melted shortening

Sift together dry ingredients. Beat egg, add milk and shortening. Stir together with dry ingredients, mixing only enough to moisten flour. Pour into lightly greased 8-inch square pan. Sprinkle with streusel topping. Bake in a hot oven (400 degrees) 25-30 minutes.

**Streusel Topping.**

- 3 tablespoons melted butter
- 1/4 cup brown sugar
- 1 cup crushed cereal flakes
- 1 teaspoon cinnamon

Combine all ingredients by rubbing between fingers until mixture crumbles. Sprinkle over coffee cake batter before baking.

**Prune Bread.**  
(Makes 1 loaf)

- 1/2 cup shortening
- 1 cup sugar
- 2 eggs, beaten
- 3/4 cup chopped cooked prunes
- 2 cups sifted enriched flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup milk
- 1/2 cup chopped nuts (if desired)

Cream together shortening and sugar. Add beaten eggs to creamed mixture. Blend in prunes. Sift together flour, salt, baking powder and cinnamon. Add to creamed mixture alternately with milk. Add chopped nuts. Pour into greased loaf pan. Bake in moderate oven (350 degrees) 1 hour and 15 minutes.

Do you have recipes or entertaining suggestions which you'd like to pass on to other readers? Send them to Miss Lynn Chambers, Western Newspaper Union, 218 South Desplaines Street, Chicago 6, Ill.

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**IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON**

By HAROLD L. LUNDQUIST, D. D.  
Of The Moody Bible Institute of Chicago.  
Released by Western Newspaper Union.

**Lesson for October 29**

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**THE CHRISTIAN MOTIVE FOR LIVING International Temperance Sunday**

LESSON TEXT—Psalm 4:5-8; Luke 4:4; John 6:35; Romans 12:1, 2; 13:12-14.  
GOLDEN TEXT—Seek those things which are above.—Colossians 3:1.

Disciplined living should be the goal of each of us. Life is not to be lived carelessly, influenced by chance events or passing impulses. Such discipline of life would keep men from the temptations which lead them into intemperance and sin.

A life can be properly disciplined, only as it is controlled by Christian motives. Such a life has—

**I. Spiritual Gladness (Ps. 4:5-8).**

The psalmist had faced the distressing questioning of men who derided him for his faith. They were unbelievers who demanded of him what good his religion did (v. 6). He has an answer, and it is the testimony of his own experience.

Those around him sought gladness in the harvest of grain and in the wine which was supposed to give a lift to their spirits. This was their joy. Well, the man of God had something infinitely superior. He had gladness in his heart. It was not dependent on outward circumstances—it was within.

Then note, too, that it did not rest on something that happened, or on some fellow man. "Thou (God) hast put gladness in my heart." That means real joy and satisfaction.

**II. Spiritual Food (Luke 4:4; John 6:35).**

It is delightful to have true gladness, but man needs food if he is to grow and to work. That is true spiritually, for he must have the needed nourishment of life here also.

Jesus when tempted (Luke 4:4) because He was hungry saw beyond the temporal need, and declared that life should be controlled by a higher principle. The spiritual has a place of supremacy over the physical in the life of the Christian man or woman. The body with its desires is to be subject to the definite control of the spirit, which takes its orders from God.

The explanation of the awful alcoholic debauchery of our day is found right here. Men have given their bodies the supreme authority and they are driven by the lusts of their flesh. What they need more than legal reform or restriction of sale of liquor (and we believe in both) is the regeneration of their souls by the grace of God in Christ Jesus. Let us bring them the gospel.

John 6:35 makes known the fact that Jesus, the bread of life, satisfies every need of man. Every normal hunger and thirst finds full satisfaction in Him. Have you tried Him as the One to meet the need of your hungry heart?

**III. Spiritual Service (Rom. 12:1, 2).**

"Reasonable service," says the Authorized Version; "spiritual service," says the Revised Version. Both are right. The man who is really reasonable will be spiritual and will render to God a sacrificial service.

Note that it is a "living sacrifice" that is said to be "holy, acceptable to God." This is not a case of a single act of deep devotion (great as that may be), but a going on in the daily walk to live for Christ. That calls for grace and power, and He is ready and willing to give both to each of His children.

That experience with God means a non-conformity to the world, which is too little spoken of and less practiced in the church today. The one who professes to follow Christ is simply not to be conformed to the ways of this wicked world. There is to be a completely transforming experience of the grace of God, that takes you out of this world while you are still in it.

**IV. Spiritual Walk (Rom. 13:12-14).**

Christians are the children of the morning. They walk in the light (I John 1:7). This world walks in darkness. No one needs any argument to prove that point—just look about you.

The deeds of darkness are evil deeds, and men dwell in darkness because they love evil (John 3:19). That means that the children of light must walk circumspectly and "becomingly" (that's a good word!) in this world. Thus we may attract others out of the darkness into the light, so that they too may put aside "reveling and drunkenness," yes, and also "strife and jealousy." Those go together.

The way to victory is to be clothed with the Lord Jesus and His righteousness (v. 14). That is a real "armor of light" with which we may be protected.

Note also that we are studiously to avoid making any provision for the desires of the flesh. Put such things away, and with them will go the temptation to use them. Some professing Christians need to heed this word by destroying some beverages which they may have on hand—just to give one example.

**SEWING CIRCLE PATTERNS**

**Princess Lines Flatter One Jumper Frock, Simple Blouse**



**Trim Morning Frock.**

**OUR** idea—and yours too—of something pretty in a morning frock! Your favorite princess lines, so flattering and trim, will make you look nice and feel comfortable too. There's added interest in the little rolled collar and pocket design. You'll like it in all cheery cottons or gingham.

Barbara Bell Pattern No. 1242 is designed for sizes 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 4 1/2 yards of 39-inch material; for trimming, 4 yards of ric-rac.

For this pattern, send 25 cents in coins, your name, address, pattern number and size wanted.

**With Puff Sleeves.**

**A** GAY, pretty little jumper frock which has the easiest, simplest blouse to make, wear and launder you've ever encountered. Notice that the "puffs" of the sleeves and the gathers of the neckline are just pulled up by means of a ribbon drawstring.

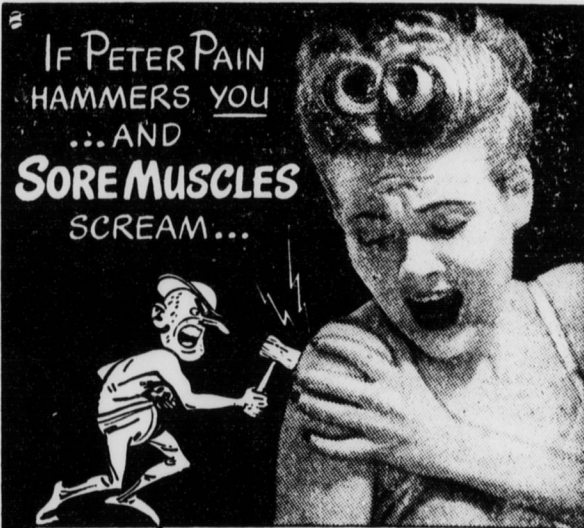
Pattern No. 8690 is in sizes 3, 4, 5, 6, 7 and 8 years. Size 4 jumper requires 1 1/2 yards of 39-inch material; blouse, 5/8 yard.

**Election Precincts**

The United States has about 125,000 precincts or elections districts the potential voters of which range in number from some 200 to 2,000.

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