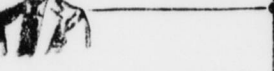


THE LARGEST SELLING GOLD TABLET IN THE WORLD!



GROVE'S

SNAPPY FACTS ABOUT RUBBER



In spite of wartime restrictions, American motorists traveled 280 million passenger miles in 1943, a drop of about 44 per cent from the all-time high set in 1941. Steam railroad passenger miles traveled in 1943 were 2000 per cent below 1914.

Another proof of the importance of rubber in tires: 34 large cities in the U. S. receive all their milk by motor trucks.

A single truck can take as much as 100 miles off a tire. Wartime speed and careful driving will prevent this mileage waste.

Jerry Law

In war or peace

B.F. Goodrich

FIRST IN RUBBER

Why Suffer?

FOR RHEUMATISM AND PAINS OF RHEUMATISM NEURITIS-LUMBAGO

MENEIL'S MAGIC REMEDY

BRINGS BLESSED RELIEF

AT FIRST SIGN OF A

COLD

USE **666**

Solid Preparations as directed

To relieve distress of MONTHLY

Female Weakness

(Also for Stomachic Tonic)

Wipe fish with damp cloth. Brush with melted butter and season with salt and pepper. Arrange on broiler pan and broil until fish is well browned. Spread with anchovy butter when ready to serve or garnish with lemon.

Baked Fish With Mustard Sauce.

1 1/2 pounds fillet of haddock
2 tablespoons melted butter
1 tablespoon flour
1 cup boiling water
1 tablespoon lemon juice
1 tablespoon prepared mustard
1/2 cup dried bread crumbs
Salt and pepper

Lynn Says:

Have Sauces with Fish: Combine melted butter with lemon juice and chopped parsley. Serve at once.

Take 1 cup hot white sauce (medium) and mix with 2 hard-boiled eggs and 1 chopped dill pickle. Keep hot until served.

Mix mayonnaise with an equal amount of sour cream and then add drained, chopped cucumber to it. Season with salt and pepper.

Mayonnaise may also be mixed with scraped onion, parsley, chopped pickle and chopped pimiento.

Add grated American cheese to heated tomato soup and blend lightly. Serve over baked fish.

Mix one cup of mayonnaise or white sauce with the finely chopped whites of two eggs. Put the yolks through a sieve and sprinkle over the top of the sauce.

Mix 1/2 cup finely chopped and drained cucumber with one cup of sour cream. Sprinkle with paprika or minced parsley before serving on fish.

DR. PORTER'S ANTISEPTIC OIL



INFECTION WORKS FAST!

Don't take chances! Any cut or abrasion should be treated promptly by cleansing, followed by applications of Dr. Porter's Antiseptic Oil. This wonderful oil to act as a healing process has been a stand-by for years in treatment of minor cuts, bruises, burns, chafing, sunburn, non-poisonous insect bites, etc. Keep it on hand in your medicine chest always for emergencies and use only as directed in 3 different sizes and at your drugist!

THE GROVE LABORATORIES, INC.
ST. LOUIS 3, MISSOURI

HOUSEHOLD MEMOS... by Lynn Chambers



Crisply-Coated Fish Takes It Easy on the Budget
(See Recipes Below)

Serve Fish Often

As civilian meat supplies grow leaner, fish will again come to the rescue as a good protein food. Fish is easier to prepare than meat, and it bakes, broils, fries and cooks quickly.

Fish is at its best when it's perfectly cooked. By that, I mean, the bones separate from the delicate flesh, and the coating is crisp and golden brown if the fish is pan-fried or broiled.

This delectable food is available in large quantity now, and it's wise to plan to serve it not once a week, but several times, to lessen the drain on real points. When served with a garnish of lemon and parsley or one of the excellent sauces, fish can become a regular family favorite.

Condiments should be used wisely so that fish can take on an agreeable flavor. Their flavors should be subtle rather than pronounced so that the delicate flavor of the fish is not completely lost.

Baked Whitefish.
3 pounds whitefish
2 1/2 cups bread crumbs (dry)
2 tablespoons bacon, minced
1 teaspoon green pepper, minced
Onion, large, minced
5 slices bacon
1/2 teaspoon salt
Pepper

Mix bread crumbs, minced bacon, green pepper, onion and seasonings and lay on fish. Place a slice of bacon on top and fold over fish. Place on rack in open pan and lay remaining bacon over top. Bake 35 minutes in a very hot oven (450 degrees), basting often with fat in pan. Serve with green pepper and lemon slices. For sauce, mix together the following: 3 teaspoons minced green pepper, 3 tablespoons catsup, and 5 tablespoons mayonnaise.

Broiled Halibut.
Anchovy butter or lemon
Halibut
Salt and pepper

Wipe fish with damp cloth. Brush with melted butter and season with salt and pepper. Arrange on broiler pan and broil until fish is well browned. Spread with anchovy butter when ready to serve or garnish with lemon.

Baked Fish With Mustard Sauce.
1 1/2 pounds fillet of haddock
2 tablespoons melted butter
1 tablespoon flour
1 cup boiling water
1 tablespoon lemon juice
1 tablespoon prepared mustard
1/2 cup dried bread crumbs
Salt and pepper

Lynn Says:

Have Sauces with Fish: Combine melted butter with lemon juice and chopped parsley. Serve at once.

Take 1 cup hot white sauce (medium) and mix with 2 hard-boiled eggs and 1 chopped dill pickle. Keep hot until served.

Mix mayonnaise with an equal amount of sour cream and then add drained, chopped cucumber to it. Season with salt and pepper.

Mayonnaise may also be mixed with scraped onion, parsley, chopped pickle and chopped pimiento.

Add grated American cheese to heated tomato soup and blend lightly. Serve over baked fish.

Mix one cup of mayonnaise or white sauce with the finely chopped whites of two eggs. Put the yolks through a sieve and sprinkle over the top of the sauce.

Mix 1/2 cup finely chopped and drained cucumber with one cup of sour cream. Sprinkle with paprika or minced parsley before serving on fish.

Lynn Chambers' Point-Saving Menu

- *Baked Fish With Cheese Sauce
 - Baked Carrots - Mashed Potatoes
 - Whole Wheat Rolls
 - Green Bean Salad
 - Orange Chiffon Pie
 - Beverage
- *Recipe given.

Cut fillets in six servings. Season lightly with salt and pepper. Lay in shallow, well greased pan. Make sauce of 1 tablespoon butter, flour, water, lemon juice and mustard, stirring constantly until thickened. Add remaining tablespoonful of butter to bread crumbs and sprinkle over fish. Bake in a hot oven (400 degrees) for about 20 minutes.

When much fish is served, it is good to vary the method of cooking and serve it as a souffe occasional.

Fish Souffe.
(Serves 6)

- 1 package flounder or similar fish
- 1/2 cup boiling water
- 1/2 teaspoon salt
- Heavy cream
- 2 1/2 tablespoons flour
- 2 tablespoons butter or substitute
- 1/2 teaspoon pepper
- 4 egg yolks, stiffly beaten
- 4 egg whites, stiffly beaten

Cook the fillet of flounder in boiling, salted water until tender. Drain, reserving liquid.

Add the cream to make 1 cup. Separate fish into fine flakes. Combine butter, flour, salt and pepper. Add cream and cook until smooth and thick. Add fish and cool. Blend in beaten egg yolks, mixing well. Fold in beaten whites. Turn into buttered casserole. Place in a pan of hot water and bake for 1 hour in pre-heated 350-degree oven.

Stuffings add interest to any type of fish. Bread stuffings or those with celery, mushrooms, or chestnuts may be used. In the following, rice stuffing is suggested with pike:

Fish With Rice Stuffing
(Serves 4)

- 1 3-pound pike
- 2 tablespoons butter
- 1/2 pound mushrooms, chopped
- 2 tablespoons chopped onion
- 1/2 cup bacon drippings
- 1 cup cooked rice
- Salt and pepper
- 1/2 teaspoon poultry seasoning
- 2 beaten eggs

Place fish in shallow pan and broil under moderate heat for 15 minutes, basting with the 2 tablespoons of butter. Turn; broil 10 minutes. Season with salt and pepper. Cook mushrooms and onions in bacon drippings until tender. Add rice, seasonings and eggs; mix well and mound the stuffing in center of serving platter. Place fish, skin side up over stuffing. Fish may also be baked with stuffing, in a moderate oven for 45 minutes, basting with butter. Garnish with lemon slices.

Cheese sauce is an excellent accompaniment for fish as in this case:

***Baked Fish With Cheese Sauce.**
(Serves 4)

- 1 chopped onion
- 1/4 pound sliced cheese
- 1 2 1/2-pound pike, halibut or perch
- 1 1/2 teaspoons Worcestershire sauce
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup milk

Place onion and half of cheese in fish cavity. Place remaining cheese on top of fish. Add remaining ingredients and pour over fish. Bake in hot oven (400 degrees) for 25 minutes.

Get the most from your meat! Get your meat roasting chart from Miss Lynn Chambers by writing to her in care of Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Ill. Please send a stamped, self-addressed envelope for your reply.

Released by Western Newspaper Union.

Spotlight
by GRANTLAND RICE

A QUERY comes in from far away Leyte in the Philippines to this effect—"What is the distance record for the forward pass?"

This is one of the most interesting, and one of the most unproved records in sport. Years ago this forward-passing distance crown was given to Brick Muller of California who was credited with a 65-yard pass against Ohio State, as we recall the faint and faraway details. Brick Muller is still credited with the distance record, registered as 70 yards in many dust-covered guides.



Grantland Rice

Later on along the West coast many conceded a new record to Kenny Washington, U. C. L. A. star, who was supposed to have thrown a completed pass for 68 yards against Southern California.

"It was in that neighborhood," Howard Jones of Southern California told me later. "It may have been 65 yards—it may have been 70 yards. It was too long for me. I couldn't tell you the exact distance."

Brick Muller and Kenny Washington were undoubtedly two of the great long-distance passers on the West coast—probably two of the best in football history.

Isbell's Long Peg

The longest completed pass I ever saw came in a game between the professional All Stars against the Green Bay Packers in California several years ago. Green Bay in this game had the ball on its one-yard line with only a few seconds left to play. Cecil Isbell of Green Bay faded back of his goal line and whipped a long, high one through the bulky California air.

Don Hutson was already under way. He galloped down the field with two All Stars alongside. Suddenly Hutson, with his amazing speed, put on full steam, ran away from his guardians and took the ball around the mid-field strip at least 65 yards from the spot where Isbell had thrown the pass. It was an easy touchdown. I happened to be sitting on the Packers bench where I could measure the throw.

All of this still doesn't answer the Leyte sergeant's question. There probably isn't any answer. I was talking this problem over with Eddie Dooley, Dartmouth's long-distance passer.

A 75-Yard Toss

"We had a contest at Dartmouth once," Eddie said, "for distance passing. I was to pass against Swede Oberlander. We had no following wind. In this contest I passed on the carry for 75 yards and Swede hit the 75-yard mark. This is the only occasion I recall where forward passes were accurately measured. But remember, this was not in competition. It may be that someone has passed the ball over 75 yards on a carry, without a favoring wind. I doubt it. Of course, if you have a favoring gale at your back it would not be difficult to pass 80 or 85 yards."

The main trouble is this—if you can pick up a passer who can heave the ball over 60 yards—how can you find a Hutson or another end who can ramble that far and catch it? I recall, vaguely, one pass in a Dartmouth game against Cornell, where Eddie Dooley, from his own 36-yard line, hit Bjorkman on the shoulder, 65 yards away, and just at the goal line.

The great passers of more modern times have been Sammy Baugh, Sid Luckman and Glenn Dobbs. And it might be mentioned that Cecil Isbell and Arnie Herber were no punks. Two of the most accurate passers I've ever known were Benny Friedman and Sammy Baugh. They were not 65-yard marksmen. But they could hit a gnat in the eye from 10 to 30 yards. So could little Davey O'Brien. There is another great and now forgotten passer.

There is no set or proved record on the longest pass ever thrown in actual competition—a pass that was caught and held. Maybe Brick Muller of California is the man. Maybe Kenny Washington of U.C.L.A. It might be Isbell to Hutson. I know of no other end who could go as far to catch one as Hutson of the Green Bay Packers. I only know that Eddie Dooley could cover 75 yards through the air and Eddie today can hit the 65-yard mark, long after he has been away from the Green of Hanover.

Stars in Service

All this matter about service training, rough life in the barracks, lack of time to play or practice, said to be wrecking skill timing, is about 97 per cent bunk.

It doesn't take any too long to swing back to the matter of touch and timing or to the more important fundamentals. Army sergeants Ferrier and Harrison, and Sammy Snead, late of the navy, have already proved this point in recent golf tournaments.

SEWING CIRCLE NEEDLEWORK
Lively Polka Dots for Gift Apron



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Splendid Cough Relief Is Easily Mixed at Home

No Cooking. Makes Big Saving. To get quick and satisfying relief from coughs due to colds, mix this recipe in your kitchen. Once tried, you'll never be without it.

First, make a syrup by stirring 2 cups granulated sugar and one cup of water a few moments, until dissolved. A child could do it. No cooking needed. Or you can use corn syrup or liquid honey, instead of sugar syrup. Then get 2 1/2 ounces of Pinex from any drugstore. This is a special concentrated form, well-known for its prompt action on throat and bronchial membranes.

Put the Pinex into a pint bottle, and add your syrup. This makes a full pint of splendid medicine and you get about four times as much for your money. It never spoils, and tastes fine. And for quick, blessed relief, it is amazing. You can feel it take hold in a way that means business. It loosens the phlegm, soothes the irritated membranes, and eases the soreness. Thus it makes breathing easy, and lets you sleep. Money refunded if not pleased in every way.

Gift Apron

MADE in red and white polka-dotted cotton and trimmed with a band of green edged in red—here you have a delightful, colorful apron that makes a most acceptable gift at any time. You'll want one or more for yourself too!

To obtain complete pattern, finishing instructions for the Gift Apron (Pattern No. 5802) send 16 cents in coins, your name, address and the pattern number.

HOUSEHOLD HINTS

A large soda bottle may be used as a substitute for a rolling pin (but not on hubby).

Cut the material with which you wish to cover your ironing board on the bias. This will prevent wrinkles.

When the rope clothesline needs washing, wrap it around a washboard and scrub with a stiff brush, rinsing thoroughly. Give the clothespins an occasional dip too.

Cheese will not mold or dry out if the cut surface is rubbed with salad oil and waxed paper pressed against it. It should be stored in a cold place, closely covered, and away from moist air.

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soothes fast with **COLD HEAT* ACTION**

In cases of **MUSCULAR LUMBAGO OR BACKACHE** due to fatigue or exposure

MUSCULAR PAINS due to colds

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Naturally a man looks old beyond his years when he's sore from lumbago or other muscle pains. The famous McKesson Laboratories developed Soretone Liniment for those cruel pains—due to exposure, strain, fatigue or over-exercise. Get the blessed relief of Soretone's cold heat action:—

1. Quickly Soretone acts to enhance local circulation.
2. Check muscular cramps.
3. Help reduce local swelling.
4. Dilate surface capillary blood vessels.

Soretone contains methyl salicylate, a most effective pain-relieving agent. There's only one Soretone—insist on it for Soretone results. 50¢. A big bottle, only \$1.

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"and McKesson makes it"



*Though applied cold, rubefacient ingredients in Soretone act like heat to increase the superficial supply of blood to the area and induce a glowing sense of warmth.