

# Coughing COLDS

Believe Distress This Modern Way  
Here is a simple way, Mother, to relieve the coughing misery of your child's cold. At bedtime, rub Vicks VapoRub on the throat, chest and back... and at once VapoRub starts to work to bring welcome relief as it...

**PENETRATES**  
to upper bronchial tubes with its special medicinal vapors.

**STIMULATES**  
chest and back surfaces like a warming poultice.

VapoRub's penetrating-stimulating action (pictured above) keeps on working for hours to relieve muscular soreness or tightness, help clear congestion and irritation in upper breathing passages and bring welcome comfort.

**ONLY VAPORUB Gives You this special double action.** It's time-tested, home-proved... the best known home remedy for relieving the misery of children's colds.



# HOUSEHOLD MEMOS... by Lynn Chambers



Thanksgiving Favorite... Turkey With Cranberries! (See Recipes Below)

### Turkey Talk

This time every year we set aside a day of thanks—thanks for the bounty of the year, our good fortune, our harvest. We may have worried about ration points, about balancing the budget, but hasn't it been a good year in spite of it all? Yes, so good!

Our day of thanks is appropriately celebrated with as good a feast as can be set upon the table. The turkey is frequently the queen bird that sets the tone for the whole dinner, so let it be proud and beautiful.

### To Roast Turkey.

Rub inside cavity with salt, 1/2 teaspoon or less to each pound of bird. Place enough dressing in the neck to fill the cavity nicely. Fasten skin to the back. Stuff cavity well but do not pack too tightly. Truss, then grease skin with unsalted fat which has been melted. Lay in pan on a rack, preferably on one side, back up. Or, place in V-shaped rack breast down, and keep in this position throughout the roasting period.

Cover with fat moistened cloth, then roast at constant temperature until tender, turning bird to the opposite side, still back up. Turn bird breast up when about half done. Do not sear, cover or add water to the pan. Sprinkle melted fat on cloth as it dries out.

Cut trussing string between drumsticks after about an hour of roasting. This releases the drumsticks slightly for better cooking of the thigh, improves the appearance of the bird on the platter and facilitates carving.

### Testing for Doneness.

Move the leg by grasping end bone. If the drumstick joint hinges break or move easily, the turkey is done. If a thermometer is used, it should register an internal temperature of 190° F. when placed inside in center of inside thigh muscle. If placed in the center of the stuffing, it should register 180 degrees F.

### Roasting Time Table

Weight	Oven Temperature	Total Roasting Time
8-10 lbs.	325 deg. F.	3-3 1/2 hrs.
10-14 lbs.	325 deg. F.	3 1/2-4 hrs.
14-18 lbs.	300 deg. F.	4-5 hrs.

### Speaking of Stuffing

There are several different types of stuffing which may be used for the bird. There is the basic bread stuffing which may be varied in at least five different ways:

### Bread Stuffing

(For 12-16 lbs. of turkey)  
1 1/2 pounds loaf bread, stale

### Lynn Says:

**Trussing Turkey:** Insert needle through breast through rib at the base of the thighs. Draw cord through and pull string across by pulling cord through openings formed by folding wings triangular shaped onto the back. The needle does not go through the flesh here. Tie cord at the side (where needle was first inserted) making body of bird compact.

Put in part of dressing through vent opening. Then insert needle between two bones at each drumstick joint and bring cord around to the tail, through the backbone. Tie securely.

The neck opening offers a place to insert part or all of the stuffing which should be filled to make breast and neck well rounded.

Fold neck skin under wing tips and string to keep in stuffing and make a nice appearance. After roasting remove cord before serving.

### Thanksgiving Dinner.

- Apple Juice
- \*Roast Turkey With Oyster Stuffing
- Giblet Gravy
- \*Spiced Cranberries
- Sweet Potato Casserole
- Hot Rolls
- Green Beans with Brown Butter Sauce
- Orange-Onion Salad with French Dressing
- Celery Curls Pickle Fans
- Olives
- \*Pumpkin Pie Beverage
- \*Recipes Given

1/2 pound butter or substitute  
1 1/2 teaspoons salt  
1 1/2 teaspoon each, marjoram, sage or  
1 teaspoon poultry seasoning  
1/4 cup minced onion

Cut bread into small cubes, with crust removed, if desired. Drop into a large mixing bowl. Add butter which has been cut into cubes. Measure seasonings and blend with bread and butter. Mix in onion and stuff bird.

### Variations

**Celery:** Add 2 cups finely chopped celery which has been sauteed partially.

**Egg:** Add 4 well beaten eggs.

**Oysters:** Add 1 pint or more of drained oysters, chopped or left whole if small.

**Sausage:** Add 1/2-1 pound sausage meat or tiny sausages cooked until brown and thoroughly done. Break meat into small chunks before cooking. Omit or reduce butter.

You can add more holiday spirit to your meal if you bring glorious red cranberries, spiced with lemon and cloves to your turkey dinner as a relish:

### Spiced Cranberries.

- (Makes 1 quart)
- 2 1/2 cups sugar
- 1/2 cup water
- 2 2-inch sticks cinnamon
- 1 teaspoon whole cloves
- 2 tablespoons lemon juice
- Grated rind of 1 lemon
- 4 cups fresh cranberries

Combine sugar, water, spices, lemon juice and rind and boil together 5 minutes. Add cranberries and cook slowly, without stirring until all the skins pop open. Chill to serve.

In the matter of pumpkin pie, either pumpkin or cooked squash may be used. Be sure that it is seasoned according to the recipe as most people object to a too prominent flavor of spices that jumps out at them when they eat the pie:

### Pumpkin Pie.

- 3/4 cup brown or white sugar
  - 1/2 teaspoon salt
  - 1 teaspoon cinnamon
  - 1/2 teaspoon ginger
  - 2 whole eggs or 4 yolks, beaten
  - 1 1/2 cups sieved pumpkin
  - 1 1/2 cups scalded cream or milk
- Mix sugar, salt and spices thoroughly. Add eggs. Blend and then beat in pumpkin pulp. Add scalded cream. Have previously prepared pastry lined pan that has been allowed to dry in a refrigerator for several hours. Pour in about 1/2 of the pumpkin mixture. Place on bottom of preheated oven, 400 degrees F. from which rack has been removed. Quickly pour in remaining mixture. Bake 10-12 minutes. Place pie on a rack quickly replaced in oven. Bake until custard is set. Cool on a rack.

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.

# 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 November 19

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### CHRISTIANITY AND DEMOCRACY

LESSON TEXT—Mark 12:13-17; Romans 13:8-10; 1 Peter 2:13-17.  
GOLDEN TEXT—Bear ye one another's burdens, and so fulfill the law of Christ.—Galatians 6:2.

No form of government can claim divine authority, for God's Word does not prescribe any special form of government. But (and this is most important) the principles upon which government should be established are clearly given in God's Word, and the form of rule which best fits into the teaching of the Word necessarily calls for our interest and support.

We find in the Bible the declaration that men are equal in the sight of God, that government is to be a ministry for God (see last week's lesson), receiving its authority from Him and serving Him in exercising that power. Men are to be loyal to the government because they are loyal to God.

Our lesson carries forward the teaching of last Sunday. It tells us that:

### The Christian Citizen Is— I. Subject to Both God and Country (Mark 12:13-17).

His devotion to God and the things of God is to be expected of the Christian. We must say that it is taken for granted, and sometimes that is so true there is no reality in his life. But surely if he is a follower of Christ he must be devoted to Him and to His cause.

But what about his country? That relation appears anew in the striking story of Christ and those who came to test Him, yes, to trap Him with a skillfully worded question.

The Pharisees, who hated Rome for its domination of Palestine, and the Herodians, who supported Rome in its control of the land, were enemies, but they joined forces to tempt Christ. They knew that if He said "Yes" to their question, the Jews would be angry, and if He said "No," He could be condemned as a traitor to Rome.

The trap was set, but it caught only the crafty hunters. Taking their own pocket money He declared that if they used Caesar's money they ought to pay taxes to Caesar. The coin stood for an orderly government, benefits of which they enjoyed and which they ought to support.

No real Christian will evade his duty to his country whether it be to pay taxes, to take part intelligently in its government, to defend it, to pray for it, or otherwise to show his love. One of the blots on the Christian church is the lack of civic righteousness on the part of many of its members.

### II. Devoted to Both Brother and Neighbor (Rom. 13:8-10).

The Christian loves his brethren; indeed that love is one of the tests by which we may know that a man is truly born again (1 John 3:14).

But that love reaches out beyond the circle of the brethren and touches every man who has need of it. The teachers of the Jewish law had sought to circumscribe that word "neighbor," but the Lord effectively dealt with that viewpoint in the story of the Good Samaritan (Luke 10).

All the commandments concerning the vital matter of personal relationship are summed up in the one admonition, "Love thy neighbor as thyself" (v. 9). When love controls, there will be no social dishonesty, strife or ill-will. There will be no violence to the person or property of another, for "love worketh no ill to his neighbor."

This is the real "good neighbor policy." Even between nations, we need more real love and less effort to impress one another by diplomacy and good will expeditions. Let there be less political manipulation and more loving, and we shall find our neighbor, both personal and national, responding in kind. Love draws out love from another.

### III. Submissive to Both the Law of God and Man (1 Pet. 2:13-17).

"Fear God" (v. 17); that is, be eager that there is no failure on your part to please Him by obeying His law. That we expect of the Christian. But we expect more; he is to be a law-abiding citizen, obeying the laws of his country "for the Lord's sake" (v. 13).

The believer may, by his godly faithfulness to his government, effectively witness against the ignorant criticism of foolish men who would have us think that being a Christian makes a man a weakling, or so other-worldly that he is useless in this world.

Our freedom in Christ is not an excuse for careless or wicked living. Not at all—just the opposite in fact. We "honor all men." How can that be done? Only by the grace of God; but by His blessing we can do it. That makes for the real appreciation of man, which is the very foundation of our democracy. If it means anything, it must have as its foundation principle the supreme value of human life and the dignity of the soul of man.

# Pineapple Holder For Pots and Pans



5789

Symbol of Hospitality. As GOOD-LOOKING as a real, golden-skinned pineapple! It is a crocheted potholder, 7 inches high and 5 inches wide, made of yellow crocheted thread. The green leaves at top are crocheted separately and then sewn on. Very easily crocheted and makes a most unusual shower or Christmas gift. The pineapple, you know, is a symbol of hospitality! So give your friends this lucky "pineapple" holder at the Christmas season.

To obtain complete crocheting instructions for the Pineapple Potholder (Pattern No. 5789) sketch of stitch used, send 16 cents in coins, your name, address and the pattern number. Send your order to:

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530 South Wells St. Chicago.  
Enclose 16 cents for Pattern  
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# For Quick Cough Relief, Mix This Syrup, at Home

No Cooking, No Work, Real Saving.

Here's an old home mixture your mother probably used, but, for real results, it is still one of the most effective and dependable for coughs due to colds. Once tried, you'll swear by it. It's no trouble at all. Make a syrup by stirring 2 cups of granulated sugar and one cup of water a few moments until dissolved. No cooking is needed. Or you can use corn syrup or liquid honey, instead of sugar syrup.

Now put 2 1/2 ounces of Pinex into a pint bottle and add your syrup. This makes a full pint of truly splendid cough medicine, and gives you about four times as much for your money. It keeps perfectly and tastes fine.

And you'll say it's really amazing, for quick action. You can feel it take hold promptly. It loosens the phlegm, soothes the irritated membranes, and helps clear the air passages. Thus it eases breathing, and lets you sleep.

Pinex is a special compound of proven ingredients, in concentrated form, well-known for its prompt action on throat and bronchial membranes. Money refunded if not pleased in every way.

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Happy, peppy and as full of vim and vigor as the day you were married? Or, has making a home, raising a family and hard work made you feel like an old man or old woman? If you're always tired out, feel lousy and run-down—your system may be functioning under a vitamin-mineral deficiency. Try the Vita-Berles 10 day treatment—A special combination of essential minerals and 2,000 units of Vitamin B-1. No reason why married folks shouldn't be as peppy and romantic as the day they were married. Vita-Berles only \$1.00 at your drug store.

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# HOW TO HOLD A HUSBAND!

BOB: O.K., can't resist. But I'll always be late to market if we have buns good as these every morning!

PEG: Well, we can... easily. And my new, quick recipe uses Fleischmann's Yeast, which puts in extra vitamins!

HM...MM... AND JUST THINK, FOLKS! FLEISCHMANN'S IS THE ONLY FRESH YEAST THAT HAS BOTH ADDED VITAMINS A AND D AS WELL AS VITAMIN B COMPLEX

ALL THOSE VITAMINS GO RIGHT INTO YOUR BREADS WITH NO GREAT LOSS IN THE OVEN. BUT BE SURE IT'S FLEISCHMANN'S YEAST!

I'M FREE! SEND FOR ME... FLEISCHMANN'S NEW, REVISED EDITION OF THE FAMOUS "BREAD BASKET"! FULL OF RECIPES FOR DELICIOUS, EASY BREADS, ROLLS, AND SWEET BUNS THAT WILL MAKE YOUR MEALS MORE INTERESTING. WRITE NOW!

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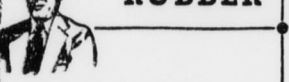
# WHEN CHEST COLDS COME AND PETER PAIN ATTACKS...

## ..RUB IN Ben-Gay QUICK

Ben-Gay acts fast to relieve cold symptoms. Ask your doctor about those famous pain-relieving agents, methyl salicylate and menthol. Ben-Gay contains up to 2 1/2 times more of these ingredients than five other widely offered rub-ins. Mild Ben-Gay was especially developed for children's delicate skin. Get genuine Ben-Gay!

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# SNAPPY FACTS ABOUT RUBBER



Many rubber items in common use are shaped at the factories in giant extruding machines, which in general appearance and action are much like the ordinary kitchen meat grinder. Rubber, mixed with chemicals, is extruded in any shape desired—round, square, rectangular or tubular.

The critical operating temperature in a tire is about 240 degrees at its hottest point, and is reached quicker in a synthetic rubber tire than in one made of natural rubber. Speed, load and inflation are chief factors in developing tire heat, which accounts for tire users being cautioned about respecting them.

*Jerry Shaw*

In war or peace

# BE Goodrich

FIRST IN RUBBER

# PEPTO-BISMOL

when your stomach is UPSET

So gentle with upset stomach. Don't add to the upset with overdoes of antacids or harsh physics. Soothing PEPTO-BISMOL is not laxative, not antacid. It helps calm and soothe upset stomach. Pleasant to the taste—children like it. Ask your druggist for PEPTO-BISMOL when your stomach is upset.

A NORWICH PRODUCT

Mother says:

# PAZO PILES

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Get PAZO Today! At Drugstores!

Why Suffer?

FOR MINOR ACHES AND PAINS OF RHEUMATISM NEURITIS-LUMBAGO

# MENEIL'S MAGIC REMEDY

BRINGS BLESSED RELIEF

Large Bottle (4 oz.) \$1.25—Small Size 60c  
CAUTION: USE ONLY AS DIRECTED  
BY THE 1000 STORES IN 17 CITIES IN RECEIPT AT OTHER CITIES, DRUG CO., INC., JACKSONVILLE 4, FLORIDA

AT FIRST SIGN OF A

# COLD

USE 666

Cold Preparations as directed