

For lovers of green tea

"SALADA" GREEN TEA

Featuring Butter and Eggs in the Daily Menu

Domestic Science Expert Present Complete List of Menus for the Week. Also Some Recipes for Puree of Green Peas and Baked Bread and Cheese.

Eggs and butter are at their lowest prices for the year just now. It is a consolation which we deserve on account of the continuing high price of meat. Southern asparagus has replaced



(By Edith M. Barber)

the California shipment on the market. Spinach, string beans and summer squash are being offered at attractive prices.

- Sunday—Breakfast**
Stewed Rhubarb
Cedfish Cakes Hot Rolls
Marmalade Coffee
- Dinner**
Strawberry Cocktail
Radishes Young Onions
Roast Lamb, Mint Sauce
Browned Potatoes
String Beans in Cream
Asparagus Vinaigrette
Coffee Ice-Cream Sponge Cake

BLACKHEADS

Don't squeeze blackheads—dissolve them. Get two ounces of peroxine powder from any drug store and rub gently with wet, hot cloth over the blackheads. They simply dissolve and disappear by this safe and sure method. Have a Hollywood complexion.

- Friday—Breakfast**
Orange Juice
Ready-to-Eat Cereal
Omelet Toast Coffee
Luncheon
Salmon Souffle
Radishes Onions
Stewed Rhubarb Tea
Dinner
Baked Stuffed Fish
Baked Potatoes Dandelion Greens
Chocolate Ice-Cream
Cookies
- Saturday—Breakfast**
Stewed Apricots
Ready-to-Eat Cereal
Bacon Toasted English Muffins
Coffee
Luncheon
Scalloped Fish
Cabbage and Pineapple Salad
Ginger Cake Tea
Dinner
Broiled Steak
Fried Onions
Scalloped Potatoes Buttered Squash
Butterscotch Pie
Puree of Green Pea

- 1 pint split peas
2 slices onion
1 quart water
2 tablespoons butter or bacon fat
2 tablespoons flour
1 teaspoon salt
Pepper
2 teaspoons sugar
Dash of nutmeg
1 pint milk
Cook peas and onion in one pint of water until soft. Mash them with the water in which they were cooked, strain and add the remaining liquid. Melt butter or bacon fat, stir in flour and seasonings and when well blended, stir in milk and cook until smooth and thick, stirring constantly. Let boil one minute. Combine the white sauce with the pea mixture, reheat and serve.

Baked Bread and Cheese

- 1/2 small loaf of bread
Butter as needed
1/2 pound American cheese
1/2 teaspoon salt
1/2 teaspoon paprika
2 eggs
1 1/2 cups milk
Cut the bread in slices, spread with butter and cut in squares. Cut the cheese in thin slices and arrange alternately squares of bread and slices of cheese in a baking dish, sprinkling each layer with salt and paprika. Beat the eggs, add the milk and pour over the bread and cheese. Bake in a pan of hot water in a moderate oven (375 degrees F) about thirty minutes or until firm in the centre.
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Huntingdon Gleaner.—It did not take long for Jimmy Kimball, 13, Independence, Ia., to be overcome by homesickness, after starting in at a boarding school in Mario, Ia. He enrolled in the morning and by the time darkness approached all he wanted was home and mother. Starting out on foot, he hiked five miles to Cedar Rapids, showed Walter Raver, cab driver, his total cash—35 cents—and assured Raver "mother'll pay the rest if you take me home." Raver took a chance. He drove Jimmie 30 miles to Independence and, of course, his mother paid him the balance, \$6.



That Body of Yours

Don't Worry About Your Heart
When you feel a pain in the region of the heart—directly over it, below it, above it or to one side—and you are not doing any work, and it is not after eating a heavy meal, it is not likely that there is anything wrong with your heart.

Again, you find yourself getting out of breath easily, and you have been rightly told that this is the first sign of a failing heart. If, however, you have been eating too much acid foods—eggs, bread, cereals, meat, fish—the blood and tissues are likely to be acid and are asking for more oxygen which would mean having to breathe oftener.

Perhaps, also, you find your heart beating rapidly, perhaps at a rate of 84 to 90 instead of the usual 72 beats to the minute. If you are under any tension or strain, or have just eaten a hearty meal, it is normal or natural for the heart rate to increase.

However the thought is not that you should ignore or tell yourself to "forget" the pain in the chest or under the breast bone, the getting out of breath easily or the rapid beat of the heart. The very fact that you have these symptoms and they "get on your nerves" should cause you to say to yourself, "I've either got heart disease or I haven't and I'm going to find out about it."

Fortunately your family physician can tell you in a very few minutes whether or not your heart is sound. And if he finds it sound then you can give the pain, shortness of breath, and the rapidity, even some irregularity, no more thought. And even if he finds some actual heart trouble, does this mean that you are doomed to the life of an invalid till you pass away?

By simple tests—exercise, holding the breath, and others—or by means of the electrocardiograph and fluoroscope, your doctor is able to estimate just what your heart can do "safely." He will give you some simple instructions as to rest, exercise, and food; (medicine is sometimes given to steady a heart, and also to a great extent to steady the upset mind).

By following this simple advice faithfully there is no reason why you should not live your allotted span of life.

So, don't worry about your heart. It is sound or it isn't. Even if not sound, all you need to do is to follow the doctor's advice, and so live "safely."

Why Worry About Your Heart?
Is it skipping beats? Is it murmuring? Is it large? Is it small? Send to-day for this instructive booklet (No. 102) by Dr. Barton which tells the story of your heart in a simple and satisfying way. Enclose ten cents to cover service and handling and be sure to give your name and full address. Send your request to The Bell Library, in care of The Porcupine Advance, 247 West 43rd Street, New York, N.Y. For an additional ten cents you may also secure Dr. Barton's splendid booklet, "Eating Your Way to Health" (No. 101).
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Some Stories About the Little Princess

Had an Early Appreciation of Her Own Importance.

(From World Digest)
A curly-headed little girl was walking through a London Park. She dropped a dainty handkerchief. When a middle-aged woman rushed forward to pick up the handkerchief the little girl didn't move. When the lady returned the handkerchief, the little girl merely nodded her head. This same little girl often drops her handkerchief in public places, so older women always rush to pick it up.

That curly-headed little child some day may rule all England. She is Princess Elizabeth, oldest child of Queen Elizabeth and King George VI. Little Elizabeth has already displayed an independent spirit, a strong will and a regal attitude. Elizabeth's father and mother have noticed these traits, and they have tried to correct her, but it's too early to tell whether their efforts have been successful.

About a year ago the reception room of the Duke of York's London house was crowded with titled guests. The double doors connecting the reception room with the rest of the house swung open. Princess Elizabeth swept into the room with a royal flourish. Cried the Princess:

"Make way for the future Queen of England."

The little girl must have been endowed with prophetic vision, for one year later her mother became Queen of England, and she, heir apparent. English people love to tell the one about the time Princess Elizabeth went shopping in a London department store with her grandmother, Queen Mary. The gray-haired stately Queen was always a slow shopper. The curly-headed girl became impatient. Tugging at her grandmother's long skirts, Elizabeth declared:

"Please, please hurry."

The stern Queen looked down on the little girl and asked:

"What's your hurry, Elizabeth?"
The reply came quickly—"There are lots of people waiting outside to cheer me."

Another incident happened when Princess Elizabeth was only five years old. The Princess' mother punished her for being rude to her governess. The next day Elizabeth came down to her

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BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



OLIVIA DE HAVILLAND has formed the excellent habit of using a refreshing eye lotion every time she makes up, after powdering and after a motor or train trip. This keeps her eyes clear and bright.

No Reason to Abuse Eyes

Let's see how many reasons you can think of for saving your sight, for treating your eyes kindly. Good vision helps you to feel well, and alive. Poor vision may lower vitality, certainly it affects efficiency, often it impairs health. Think of all the pleasures your eyes bring you—pleasure which we humans all too often take for granted. Books, sports, shows, travel, colourful people and colourful things, sunsets and stars, lights and shadows and motion. Think what a joy it is to see things in their full beauty, definite outline, actual colour, instead of through a seeming fog.

And think how important good vision is to getting and keeping a job (if you have to depend on a job to live and enjoy life). Poor vision has been the cause of many a slow child in school. Poor vision has meant many a mistake and even the loss of a job to an adult.

More reasons for saving your sight? Certainly! Our pet subject—the little matter of beauty that seems to make the world go round. Our eyes are our most potential bidders for beauty. They've been called windows of the soul, mirrors of the spirit and so on. They are our most mobile, expressive

feature. They often say things much more eloquently than tongue can. But to draw attention and hold it, they have to be clear, steady eyes, bright and sparkling.

Eyes that are dull, eyes that are constantly red-rimmed or bloodshot, eyes that are sad because they cannot see well seldom attain full beauty.

Glasses Again
Which brings us to the subject of glasses again. Many women would rather strain their eyes than wear glasses, would rather squint and add insult (in the form of wrinkles) to injury (impaired eyesight). The only excuse they can possibly offer might be the beauty angle. But that excuse is as outmoded as the old-fashioned heavy, tortoise-shell rim. Glasses need no longer detract. In fact, they can add a note of sophistication or dignity or make one look piquant, depending upon the style chosen.

Furthermore, with a few makeup and coiffure tricks one can offset any possibility of the glasses detracting from the beauty of face and eyes.

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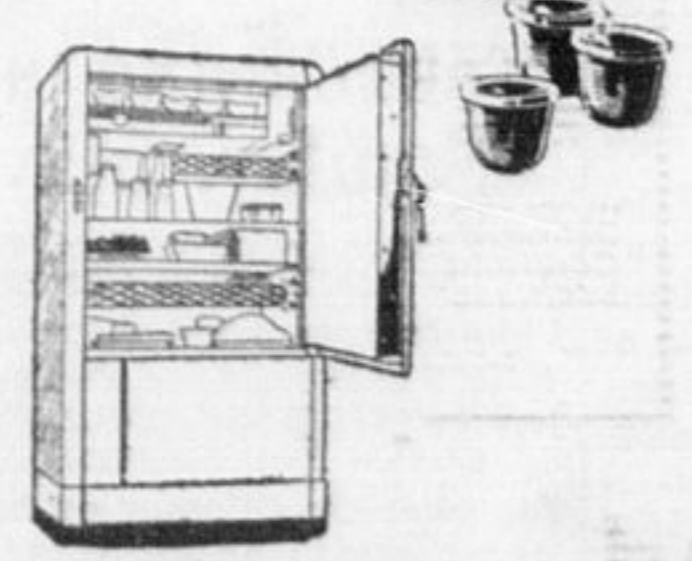
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