Removing Stains.

ACID stains on cloth can be successfully removed by first applying lemon juice to soften them and afterward soaking the discolored parts with chloroform.

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Works for everyone. Never fails. So simple a child can do it. This Kill-Fear Secret formerly cost $1.00. Method fully explained in October issue of REJUVENATION, edited by Sydney B. Flower. The regular price of this 64-page magazine is 20 cents. *Not sold on newsstands.* Dr. Brinkley, of Milford, Kan., writes exclusively for REJUVENATION (an article in every issue) on his amazing gland-transplanting work.

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Scientist Discovers Skin Laxative

WOMEN, give thanks to Mr. McGowan—an English scientist, scarcely out of his twenties. His discovery means that a beautiful skin is now a mere matter of personal cleanliness: made beautiful while you wait! The element he has found physics one's skin. Its action is gentle, but positive. Its use is delightful, for it is applied outside.

Cleanses Pores and Beautifies Any Complexion in Forty Minutes!

Put it on; slip into your easy chair; in less than an hour the skin pores *move*. Impurities clogging your facial pores are instantly banished; even the pores themselves are contracted and rendered invisible. The new bloom of color and velvetey texture of skin are simply marvelous.

The scientific name of this new element is Terra-derma-lax. It is blended into a soft, plastic clay of exquisite smoothness. Place it on the face like a poultice. Soon you feel this laxative working on every inch of skin. In half an hour wipe off with a towel—and with it every blackhead, pimple-point, speck and spot of dirt. That's all. Terra-derma-lax must be fresh, so every jar is dated and shipped direct.

Amazing Offer! No Laboratory Charge for First Jar!

Prescription cost of this marvelous beauty clay has been $5. But so all may try it just one jar (full size) will be sent for $1.88—the bare cost of materials, plus postage! See offer below:

With each jar (two months' supply) comes McGowan's own directions. Pay postman the small actual cost charges of $1.88, plus the few cents postage on delivery; or if you expect to be out, $2 bill enclosed will bring jar prepaid. In either case, anyone whose skin and complexion does not receive instantaneous and astonishing benefits, may have money back.

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Please send me two-months' supply of freshly compounded Terra-derma-lax. I will pay postman $1.88 plus postage. My money to be refunded unless results delight me within five days. (168)

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The Bride's Cooking Primer

(How to Buy and Cook Vegetables)

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

PROBABLY the next most common item in the menu after meat is vegetables. Therefore it is equally important to know how to market for them and prepare them in the most nutritive way and also with variety. Potatoes are a true vegetable, but owing to the great amount to be said about them alone we will not include them in to-day's talk but give them a lesson all to themselves later.

The first point I think I should urge on the young housewife is to demand and buy only those vegetables which are in season. It is a mistake to ask for celery in May and radishes in January. Even if you are able to obtain them or any other out-of-season food (and always at a very high price) they never taste as flavorful, nor do they have the same food value as if eaten at the time or season when they normally ripen.

The early shopper gets the fresh vegetables when they are most free from handling, dust and the wilting which invariably comes a few hours after they are picked or taken from a cold storage car. Right here let me say that it is a bad habit to go about on the stalls poking the food and pinching it to see if it is ripe. You can judge their quality just as easily with the eye and it is unfair to other buyers and the dealer to thus tamper with his goods.

Again be careful how the products are sent or carried to your home, since the placing of heavier packages on top of soft, green foods and many fruits will bruise and even rot them rapidly. The moment they arrive in your kitchen store them properly. If root vegetables, a cool cellar or any dark, cool place is best. A covering of sand will keep them fresh and firm in Winter. Or if of a more perishable type, wash or cleanse at once and lay in refrigerator or cooling box. Never allow a bag of several pounds of spinach, let us say, to remain packed in the bag, as it will readily spoil and decay, whereas if the same contents were opened, scattered on a tray so as to become aired, this would not happen.

Vegetables may be divided into two main groups: Root or starchy vegetables and green or watery vegetables. Both consist chiefly of water and various mineral salts and acids held together in a pulp or mass of fibres known as cellulose. And by all means the most valuable part of the vegetable is the "salts" and not the fibres. That is why the only right cooking methods are those which most greatly preserve the "salts" instead of wasting them.

What I like to call "the great American sin" consists of boiling vegetables in a huge pot of water, draining off the vegetable and throwing the most valuable and precious water down the sink! You would not think of eating an orange if all the juice had been sucked out, would you? But why do so many people then take delicate vegetables such as spinach, carrots, asparagus or peas, and after boiling them in about four times the water necessary, throw the water away and eat what practically corresponds to the sucked orange? Lay it down as a rule, broken by only a few exceptions, that you should save the water in which all vegetables are cooked; use it either as a sauce to the vegetable or in soup, but save it anyway!

Lay it down as another rule that all vegetables should be cooked in boiling water, in order to keep their color and prevent the juices from being overly extracted. This means, of course, when a boiling method is used, but boiling is the poorest of all ways, just for the reason that it extracts too much of the "salts." A better method is steaming, as this does not extract as large an amount of soluble material, and the best method is baking. This latter preserves the flavor as does no other.

Let us finish this point by saying that only enough of water should be used (when boiling) to just cover the vegetable or even a little less. Be sure that the fire is not too hot, otherwise the very rapid boiling coarsens the flavor. In many cases the lid should not be kept on while cooking, because this will retain the volatile odors and let them fall back and coarsen the food. For example, many persons cook cabbage in a large chunk in a closed pot for a long time. The result is like eating a piece of red sandstone with a coarse flavor. Try the plan of shredding the cabbage very fine, dropping piece by piece into boiling water, having no lid on the pot, and cooking for not more than a half hour. It will taste like the most delicate cauliflower and be white in appearance.

It is not a good plan to continually use baking soda in cooking vegetables. This softens them, it is true, but it also kills the vitamines—their most valuable element. It is sometimes desirable to change the water, especially on turnips, bringing to the boil in one water, pouring away and adding fresh. In every case the water should be salted before the vegetables are dropped in, as this keeps the color and checks the flow of juice.

I spoke a moment ago of baking vegetables. It may surprise many to know of the excellent and economical plan of *boiling vegetables in an oven.* This means that the vegetable is placed in the usual utensil with water, and the whole placed in the oven with its slow, dry heat. Many new gas ovens have one burner in the oven especially for such use. This method adds greatly to the flavor and saves the "salts." It is comparable to the old French way of cooking vegetables in covered casseroles in the brick oven. Try it next time you have carrots or onions or beets.

I am so keen on this subject of the value of vegetables in the diet and the possibility of making them appetizing and serving them in a great variety of ways that I am willing to bet, yes, *bet,* that I could convert anyone from saying, "Oh, I don't care for vegetables!" Persons who say this simply never had them served and cooked right! And the beginner housewife might just as well cook them right as wrong—especially when the right way is generally easier!

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	*Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*	*Breakfast*
Cantaloupe, Creamed Potatoes with Minced Ham, Muffins, Coffee.	Stewed Fruit, Smoked Herring and Potato Cakes, Raised Rice Biscuits, Coffee.	Cereal, Top Milk, Broiled Finnan Haddie, Relish, Buttered Whole Wheat Toast, Coffee.	Steamed Prunes and Apricot Sauce, Corn Fritters, Cream Sauce with Minced Salt Pork (Pork Fried Until Brown Before Adding to Sauce), Coffee.	Oatmeal, Top Milk, Grape Marmalade, Coffee.	Cantaloupe, Summer Sausages, Bread Crumb Griddle Cakes, Coffee.	Baked Apples, Fried Chicken, Cream Gravy, Hashed Potatoes, Hot Biscuits, Buttermilk Waffles, Coffee,
Luncheon	*Luncheon*	*Luncheon*	*Luncheon*	*Luncheon*	*Luncheon*	*Dinner*
Prune and Pecan Nut Salad, Whole Wheat Bread and Butter Sandwiches, Hot or Iced Tea.	Duck Timbales, Celery Sauce, Potatoes, Squash Pie.	Baked Stuffed Tomatoes (Syrian Style), Nut Bread, Honey, Rich Buttermilk.	Boston Baked Beans, Mustard Pickles, Tea, Wafers.	Hot Chicken Sandwiches (Left-over Chicken), Bread Pudding, Top Milk.	French Omelet, Muffins, Orange, Leeks and Lettuce Salad, French Dressing. Tea.	Beef and Rice Balls, Gravy, Creamed Onions or Cauliflower, Spinach, Sugared Carrots, Caramel Sponge, Thin Cream. Tea.
Dinner	*Dinner*	*Dinner*	*Dinner*	*Dinner*	*Dinner*	*Supper*
Shoulder of Lamb (Cooked in Fireless), Buttered White Turnips, Boiled Corn, Apricot Shortcake, Mock Cream.	Cream of Chestnut Soup, Croutons, Cold Sliced Lamb (left over), Potatoes O'Brien, Buttered Asparagus, Ginger Pudding, Vanilla Sauce.	Roast Filet of Veal, Browned Potatoes, Eggplant (Southern Style), Apple Snow, Custard Sauce.	Stewed Chicken with Paprika Dumplings, Orange Gelatine, Whipped Cream.	Ragout of Veal (Left-over Veal), (Seasoned with Brown Sauce, Onion Juice, Cayenne and Worcestershire Sauce), Brussels Sprouts, Fruit Salad,	Potato Croquettes, Mushroom Sauce, Buttered String Beans, Mashed Turnips, Stuffed Pears. Coffee.	Cinnamon Toast, Tea, Cocoa or Milk.

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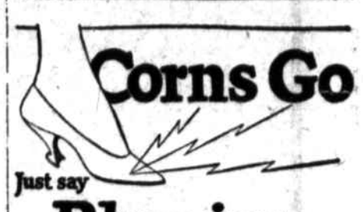

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Pain Stops Instantly

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One thing your mirror can never tell you ~

IT will tell you that the line of your nose is fairly good, that your eyes are bright, and that your newly-brushed hair is pleasing to see. It will say that your face is attractive.

Your mirror can reflect the shapes of your features—the form of you, but it is hopelessly unable to reflect *you*—that individual charm that is *yours* only because it is you.

The true secret of this charm will always be secret. The developing of this charm is as plain as these words you are reading.

Dress will help you — a little. But the greatest help you could have is that there shall be something about you as indefinable yet as real as the perfume of flowers—a delicate Fragrance, almost unnoticed, yet with an effect that cannot escape notice.

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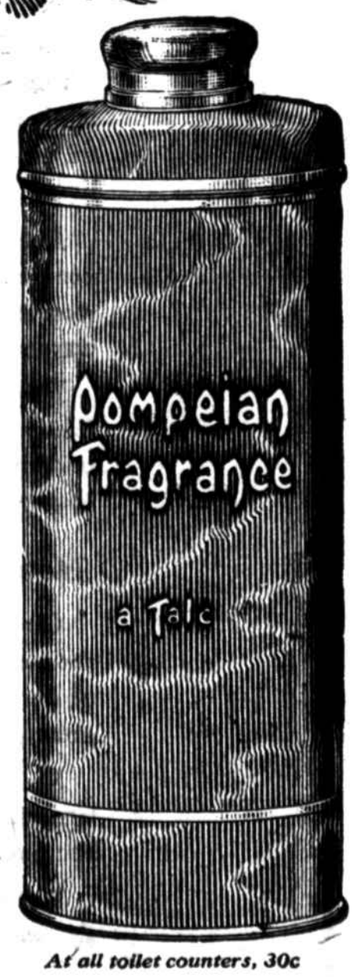

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A SIMPLE PRETTY GOWN (4123). The pattern is cut in 7 sizes: 36, 38, 40, 42, 44, 46 and 48 inches bust measure. A 38-inch size requires 7½ yards of one material 44 inches wide.

A PLEASING FROCK FOR MOTHER'S GIRL (4116). The pattern is cut in 4 sizes: 6, 8, 10 and 12 years. A 10-year size requires 3 yards of 40-inch material.

A POPULAR APRON MODEL (4130). The pattern is cut in 4 sizes: Small, medium, large and extra large. A medium size requires 3⅛ yards of 36-inch material.

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