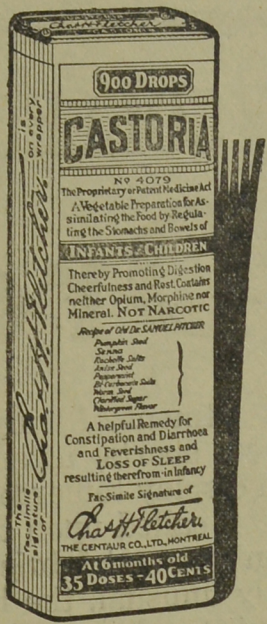


When Babies CRY

Babies will cry, often for no apparent reason. You may not know what's wrong, but you can always give Castoria. This soon has your little one comforted; if not, you should call a doctor. Don't experiment with medicines intended for the stronger systems of adults! Most of those little upsets are soon soothed away by a little of this pleasant-tasting, gentle-acting children's remedy that children like.

It may be the stomach, or may be the little bowels. Or in the case of older children, a sluggish, constipated condition. Castoria is still



the thing to give. It is almost certain to clear up any minor ailment, and could by no possibility do the youngest child the slightest harm. So it's the first thing to think of when a child has a coated tongue; won't play, can't sleep, is fretful or out of sorts. Get the genuine; it always has Chas. H. Fletcher's signature on the package.

CREAM SAUCE

THE TALLY

1-4 cup butter
1 cup powdered sugar
1-2 teaspoon vanilla
1-4 cup heavy cream
1 egg white

Cream the butter, add the sugar gradually, vanilla, cream, beaten until stiff, and the stiffly beaten egg white.

When I'd disarm
The foes of sleep
I try the charm
Of counting sheep.

Then I do awake;
I have slipped a cog,
What's my mistake—
Did I count the dog?

—JACK HORNER.

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The Capital Bottling Co.

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WOMEN'S COLUMN

BUTTERSCOTCH PIE

3 egg yolks
1 cup brown sugar
3 1-2 tablespoons cornstarch
2 cups milk
1 teaspoon vanilla extract
3 tablespoons butter
1 teaspoon vanilla extract
Beat egg yolks with sugar; mix cornstarch with a little water to make a smooth paste; add to first mixture, then add milk and salt. Cook in double boiler until thick. Remove from fire; add butter and vanilla. Cool; add beaten whites of eggs, or reserve for a meringue. Pour into a baked crust. If meringue is used, spread on top and return to oven to brown. Otherwise spread top with sweetened whipped cream.

HARTFORD SAUCE

1 cup mayonnaise
1-2 cup chili sauce
Chili powder to taste
Combine mayonnaise and chili sauce and season generously with chili powder. Serve with cold lobster, crab or salmon.

SPANISH STEAK

2 pounds round steak
4 to 6 ripe tomatoes or 2 cups canned tomatoes
2 green peppers
2 tablespoons butter
Place steak on broiler and when brown on both sides, remove with drippings to skillet, then add butter, tomatoes and green peppers. Cook for fifteen minutes or until peppers are tender. Season with salt and pepper and serve on platter with parsley.

CORN FRITTERS

2 cups grated corn
2 eggs
3-4 cups flour
Pepper
Salt
Beat the eggs, add the corn, flour and seasoning. Drop by spoonfuls on a well-greased griddle and cook like pancakes on both sides.

AMERICAN CHOP SUEY

1-4 cup rice
3 medium-sized potatoes diced
3 tablespoons fat
2 chopped onions
1-2 pound chopped beef
2 cups tomatoes
Salt
Pepper
Boil the rice ten minutes, add the diced potatoes, and cook until soft. Melt the fat, add the onions and meat, and cook until brown. Drain the rice and potatoes and mix with the meat, add the tomatoes and seasoning, and pour the mixture into a greased baking dish. Bake in a hot oven (500 degrees Fahrenheit) until brown. Left-over cooked meat may be used.

CHOCOLATE NUT PUDDING

1 egg, beaten
1 cup sugar
1 cup milk

WHEN A CHILD IS FEVERISH, CROSS, UPSET



Colic, gas, sour belching, frequent vomiting, feverishness in babies and children, generally show food is souring in the little digestive tract.

When these symptoms appear, give Baby a teaspoonful of Phillips Milk of Magnesia. Add it to the first bottle of food in the morning. Older children should be given a tablespoonful in a glass of water. This will comfort the child—make his stomach and bowels easy. In five minutes he is comfortable, happy. It will sweep the bowels free of all sour, indigestible food. It opens the bowels in constipation, colds, children's ailments. Children take it readily because it is palatable, pleasant-tasting.

In buying, be sure to get genuine Phillips Milk of Magnesia. Doctors have prescribed it for over 50 years.

Learn its many uses for mother and child. Write for the interesting book, "Useful Information". Address The Chas. H. Phillips Chemical Co., Windsor, Ont. It will be sent FREE.

2 to 3 squares (ounces) chocolate, melted
2 cups flour
4 teaspoons baking powder
1-4 teaspoon salt
1-4 cup melted shortening
2-3 cup chopped nuts
Break egg into mixing bowl and beat until very light. Add slowly, beating consistently. Add milk. Sift in all dry ingredients except one-quarter cup of the flour and the baking powder, add melted shortening and chocolate, stir vigorously until smooth, sift in rest of flour and baking powder and add nuts. Stir in well. Pour into greased baking dish or mold. Steam two hours or bake in moderate oven 35 minutes to 40 minutes. Serve with cream sauce.

A fire has reduced Pogranichinaya on the Manchurian border to ashes, and will leave a gap for a time in the war dispatches.

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