

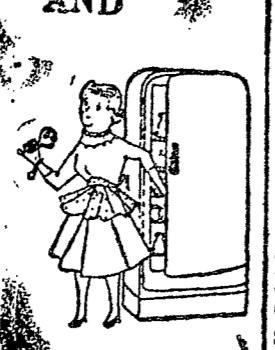
Sugar Is A Girl's Best Friend!

Eating is fun . . . but carrying around the results of excessive eating isn't. After a season of fun, relaxation and big country-sized dinners, you're up to an uncomfortable size 44. Any ideas as to how to do this big job of slimming down?



NOT THIS . . .
It takes a lot of energy, will power and real hard work over a long period of time to get even slight results from exercises alone. How and what you eat is all important . . . no matter what else you do.

NOT THIS . . .
Cheating at the refrigerator or anywhere else reaps just one person of beauty and good health . . . and that's you. Why not try a sensible and scientific way of living — by eating the right foods in the right way for good health and a good figure.



TRY THIS . . .
A sweet trick that you can remember always . . . that will keep you from getting hungry, is to nibble a sweet before you eat. What's the reason? This will raise your blood sugar level and curb

your appetite. Healthy people get hungry when their blood sugar level is low.



Sugar raises the blood sugar level faster than any other food. So . . . to keep from overeating, eat or drink the good foods and beverages that contain sugar. One teaspoon of sugar has only 18 calories. Put a teaspoonful into a cup of coffee or tea around 11 AM and see how easy it is to refuse second helpings at noon. Do

AND, LOOK AT THIS . . .

Of course you have to be sensible and honest about your diet. A workable reducing diet, one that doesn't set you apart from others at mealtime must include all of the basic foods needed for a balanced diet. You simply don't eat as much of each . . . thanks to having sugar beforehand. See how you can have your cake and your pretty figure too!

Halloween Tricks For Your Table



When the doorbell rings for "trick or treat," invite the young revelers inside for a table masquerade. Serve open-faced sandwiches cut in the shape of masks, spread them with flavorful Apricot Jam, and top with a dab of cream cheese. Make miniature Jack o'-lanterns too by removing the pulp from oranges and grapefruit and fill with other jams and jellies ready to spoon over cake or ice cream.

Have a clever trick ready to serve as a treat for the youngsters, so try this recipe for Apricot Jam or select from the recipe insert that comes with each purchase of natural fruit pectin. At this time of year, you'll especially like those using dried or frozen fruit and bottled juices.

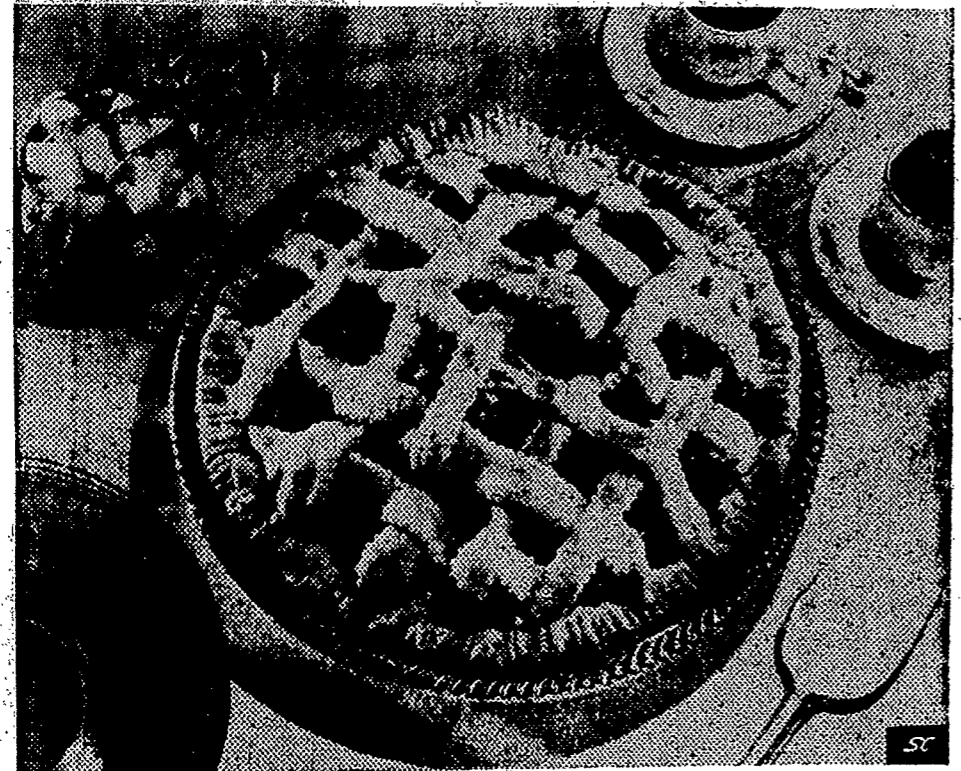
Apricot Jam

- Yield: about 10 medium glasses
- 5 cups prepared fruit (1/2 lb. dried apricots)
- 6 cups sugar
- 1 box Sure-Jell powered fruit pectin

First, prepare the fruit. Add 5 cups water to 1/2 pound (about 1-3/4 cups) dried apricots. Cover and let stand 4 hours or overnight. Drain, reserving liquid. Grind apricots or chop very fine; combine with liquid. Measure 5 cups into a very large saucepan.

Then make the jam. Measure sugar and set aside. Add powdered fruit pectin to fruit in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil, and boil hard 1 minute, stirring constantly. Remove from heat and skim off foam with metal spoon. Then, stir and skim by turns for 5 minutes to cool slightly to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with 1/8 inch hot paraffin.

Autumn Treat: Carolina Hallowe'en Pie



Colorful orange and black yam-and-prune pie is especially appropriate for Hallowe'en, but the Carolina homemakers who have carried this recipe in their family cook-books from generation to generation use it any time. For a hearty dessert, it's a timely autumn favorite; that's when the old crows are flying at their noisiest, and maybe they remind a back-country mother that it's time to treat the family.

Here are the "mixin's":

- 6 cups of cooked yams, diced (two cans, or about 3 lbs.)
- 1 cup of dried prunes
- 1-1/2 cups of sugar
- Your own pastry mix for 2-crust pie (or 1 pkg. prepared mix)
- 2 tablespoons of flour
- 1 teaspoon cinnamon
- 1/4 teaspoon all-spice
- 6 tablespoons melted butter
- 1/2 cup Old Crow bourbon
- 1/4 cup prune juice

Prepare pastry mix, using half the dough for the bottom shell of an 8-inch pie; save the remaining pastry for lattice strips. Before dicing, raw yams should be boiled till cooked, but firm. Cook the prunes as package directs, drain them and remove pits, saving the juice. Sliced or diced yams and prunes should be arranged in alternate layers in the unbaked pie shell.

Make a sugar-flour-spice mixture and sprinkle it over each layer. Prune juice and Old Crow, in a liquid mixture, are poured over the completed pie. Then drizzle two-thirds of the melted butter on it, and criss-cross with strips of pie-crust. Press the strips into the edge of the pie shell, and make a fluted edge.

Brush the pastry with the rest of the melted butter and bake at 400 degrees F. for 30 minutes. As the Carolina women say, "You'll know it's ready when the old crow caws sweetly and the pastry is golden brown and the pie is bubbling hot."

The Debunker

BY JOHN HARVEY FURBAY, PH.D.

PAINT WON'T STOP WOOD FROM ROTTING. 159

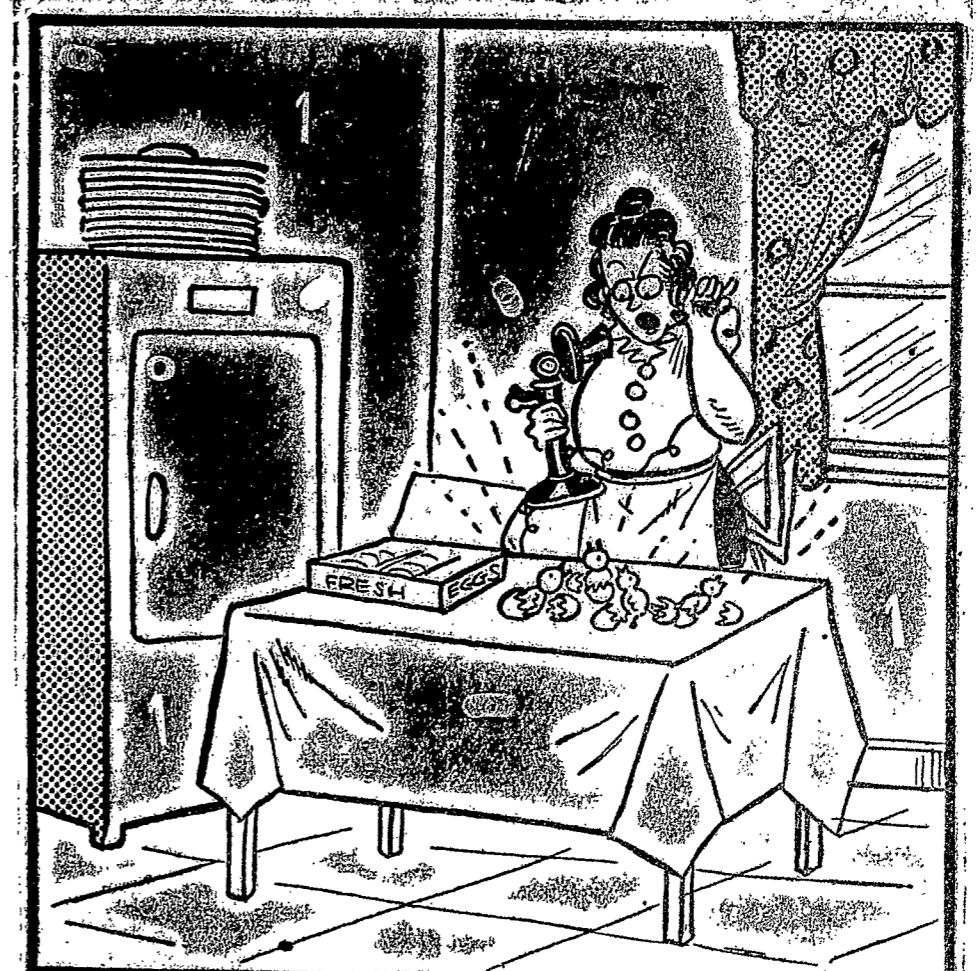


Many people erroneously believe that if a board or wood object begins to rot, an application of paint will preserve it. This is bunk, as the rotting goes right on under the paint, unless it is entirely removed before applying the paint. The same is true of painting iron objects that have started to rust. They will continue to rust unless the rusted part is removed before painting.

DOREY'S ATTEND TV SCHOOL

Mr. William Dorey and son Edward have received their certificates of attendance at the Burlington TV school which was taught by Mr. Davis of the New Hampshire Technical Institute.

LIFE IN THE ROAR by KANE



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Doctors' tests show amazing preventive relief of pain, backaches, nervous feelings

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ern in action. It exerts a remarkably calming effect on the uterus—without the use of pain-deadening drugs! The effectiveness of Lydia Pinkham's needs no proof to the millions of women and girls whom it has benefited. But how about you? Do you know what it may do for you? Take Lydia Pinkham's! See if you don't get the same relief from cramps and weakness . . . feel better both before and during your period! Get either Lydia Pinkham's Compound, or new, improved Tablets, with added iron! Lydia Pinkham's is wonderful for "hot flashes" and other functional distresses of the "change of life," too!

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