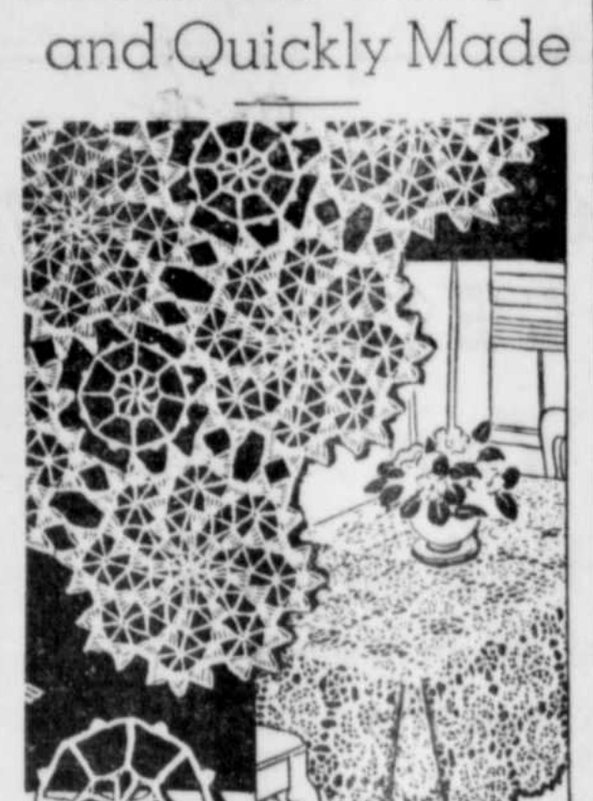
Medallions Easily and Quickly Made



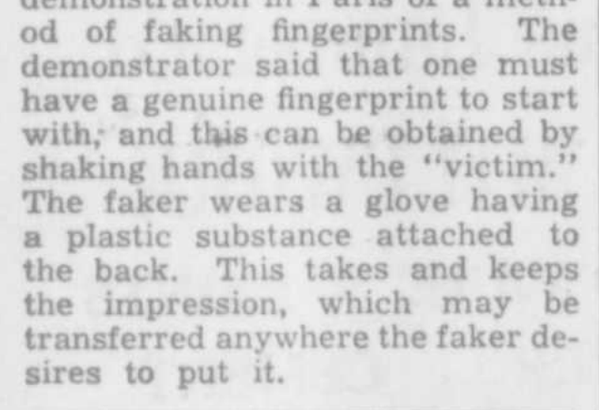
Pattern 1651

These two medallions . . . the small one very open to set off the spirals of the larger one . . . can be used to form any number of lovely household treats . . . dinner cloths, bedspreads, scarfs, or doilies. Delightful pick-up work . . . so easy to do, your crochet hook will just fly from one to another. Pattern 1651 contains directions for making a 6½ inch and a 2 inch medallion (size in string) and joining them to make a variety of articles; illustrations of the medallions and of all stitches used; material requirements; a photograph of medallions.

Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York.

Fingerprints Faked

French police are baffled over a demonstration in Paris of a method of faking fingerprints. The demonstrator said that one must have a genuine fingerprint to start with, and this can be obtained by shaking hands with the "victim." The faker wears a glove having a plastic substance attached to the back. This takes and keeps the impression, which may be transferred anywhere the faker desires to put it.



BEAUTY CONTEST for PLANTS!

HAVE you ever wondered why most of the finest gardens in your locality are grown from Ferry's Seeds? Here's why:

All Ferry's Seeds are the result of many years of careful breeding, selecting and improving. In developing a new strain, the seed experts of the Ferry-Morse Seed-Breeding Institute hold "plant beauty contests" to select the finest plants. Their seeds are planted for the next crop. Thus, year after year, weaknesses are eliminated and desirable qualities encouraged.

Select your flower and vegetable seeds from the Ferry's Seeds store display. All have been tested this year for germination and tested for *trueness to type.* 5c a packet and up. Ferry-Morse Seed Co., Detroit, San Francisco.

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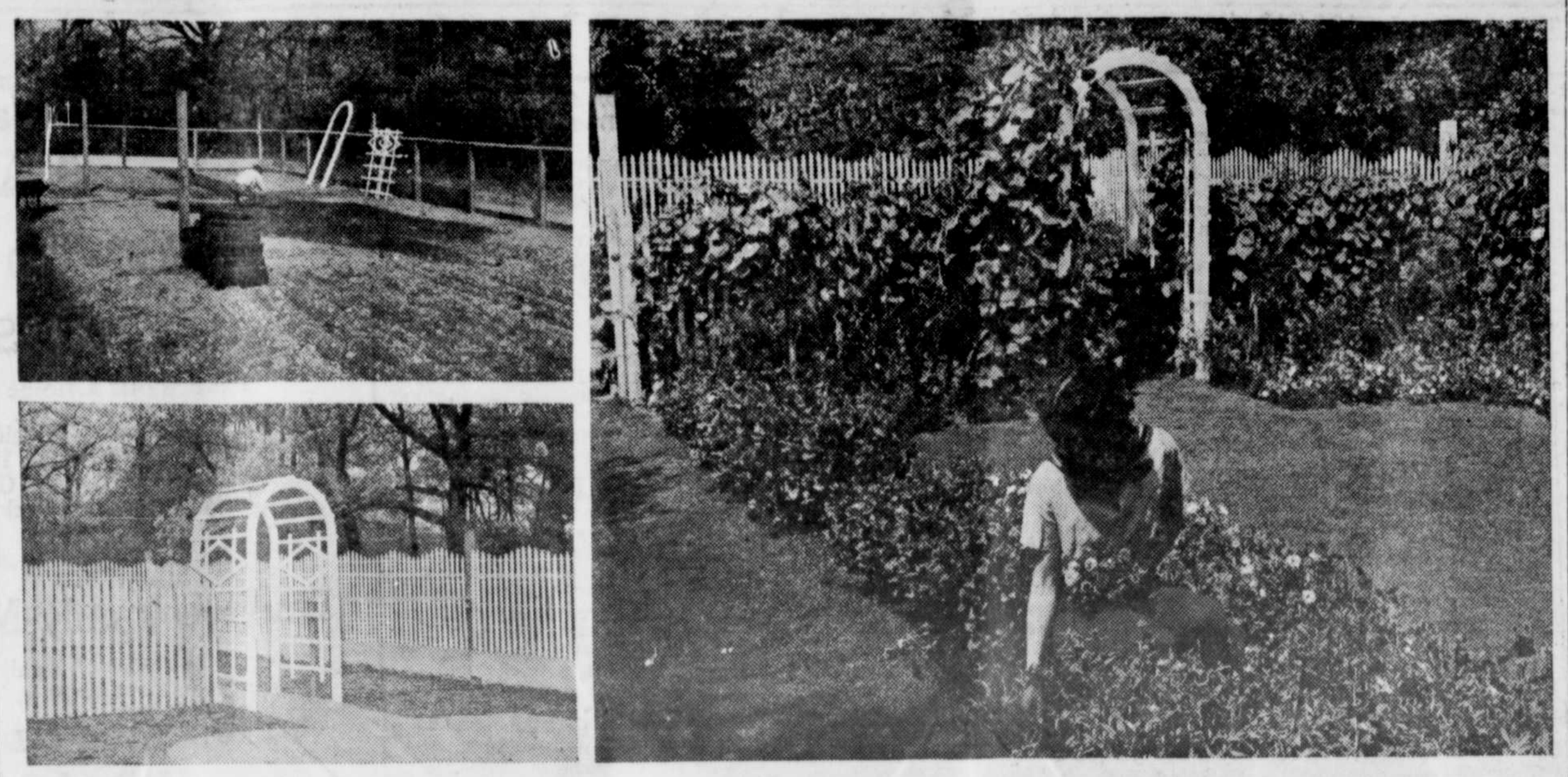
I. M. WIESE Manager

Hotel Herald Square

116 WEST 34th STREET · (Opposite Macy's)

NEW YORK

Creating an Outdoor Living Room for the Summer



Barren Backyard Plot Can Be Converted Into Attractive Garden at Amazingly Low Cost—If You Work Carefully and Plan Details in Advance

HOW a distinctive flower and vegetable garden can be grown on the smallest backyard lot was demonstrated last summer by the National Garden Bureau. Current observance of National Garden week focuses attention on this fascinating work. Illustrated above are the barren plot in early spring, then the half-finished project, and next the same garden a few months later.

This plot was divided in two and separated by an archway. On one end was a flower garden, on the other a vegetable patch. Common annuals were grown, started in seedboxes or flats during early spring. Flowers ranged from the prolific morning glory which covered the fence to miniature zinnias in the border.

The vegetable garden was laid out in rows, with an aisle of sod down the middle. Twenty-one vegetables were grown by conserving space. Beans and cucumbers climbed the fence, stakes kept tomatoes in the air and "succession" plantings were made.

The demonstration showed that a beautiful garden can be grown anywhere, no matter how small the area, if it is planned in advance. Close advance attention should be given to flowers, their height, color and length of bloom. The same applies to vegetables.

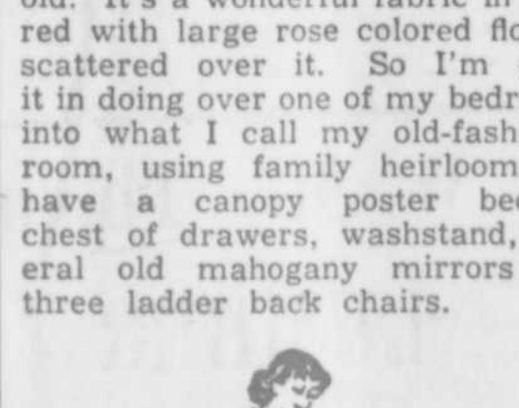
Prepared in Illinois, this tiny garden cost less than $10 to plant, including the price of seed and fertilizer. Some of the vegetables were being eaten in 20 days. Flowers bloomed in 36 days. Full maturity of the garden was reached in about 80 days, and it lasted a full seven months. Vegetables alone were valued at $75, according to the market, and were of course much higher in quality because they could be used when needed and were garden fresh at all times.

Prospective garden planters are urged to lay out their plot on paper before attempting actual spade work. This simplifies the work and gives much more effective results.

Hundred-Year-Old Chintz Is Useful

By BETTY WELLS

"I was digging in an old trunk the other day," writes Mrs. M. S. S., "and I ran across a piece of glazed chintz more than a hundred years old. It's a wonderful fabric in dark red with large rose colored flowers scattered over it. So I'm using it in doing over one of my bedrooms into what I call my old-fashioned room, using family heirlooms. I have a canopy poster bed, a chest of drawers, washstand, several old mahogany mirrors and three ladder back chairs.



Chintz a hundred years old.

"I have had the walls papered in a pale pink with a pattern of old time dark red and tan flowers. How shall I curtain the windows? There are two of them side by side. What use shall I make of the chintz?"

How lucky to have that old chintz! I think it would do nicely for the bedspread.

For the windows, you could get light blue window shades, then use sheer lace net curtains over them, looped in lovely wide swoops. Then if you could have a soft gray-blue plain rug, that would be nice. You could use light gray-blue in quilted material for slip covers for a pair of easy chairs—if you've any red chintz left, you can add little fat round cushions of it.

© By Betty Wells.—WNU Service.

A STORY FOR BEDTIME

By THORNTON W. BURGESS

BUSTER BEAR was feeling lonesome. The truth is, Buster Bear had felt lonesome most of the time since coming down to the Green Forest from the Great Woods, where he used to live. Up there everybody knew him, and they were so used to him that they were not so terribly afraid of him. They knew that as long as they kept out of his reach they had nothing to fear.

So Buster was feeling rather lonesome as he prowled through the Green Forest and had almost decided to go back to the Great Woods from which he had come. Presently he came to the pile of brush under which Peter Rabbit had hidden when he was chased by Reddy Fox, and as he walked around it found Reddy hiding. Reddy sprang away with a frightened yelp and sat down at a safe distance. Then Buster Bear found Old Man Coyote hiding, and Old Man Coyote snarled angrily as he ran on a little way and sat down to watch. After that the same thing happened with Granny Fox. Then, happening to look



"There must be something under it that they're watching for," thought he.

up, Buster saw Hooty the Owl keeping watch from a tall pine tree.

Buster knew right away then that there must be something very special about that old brush pile for Reddy and Granny Fox and Old Man Coyote and Hooty the Owl to be so interested in it.

"There must be something under it that they are watching for," thought he. "Perhaps if I take a hand and help them they will not be so afraid of me, but will be more friendly." So he walked around the pile of brush, sniffing.

"Ha!" said he. "So it's a rabbit dinner they are waiting for. I wouldn't mind a rabbit dinner myself." Then he began to chuckle. You see, it struck him very funny to think how four such famous hunters should be waiting around for just poor little Peter Rabbit. It would be great fun to play a joke on them. No one loves a joke better than Buster Bear. And that put an idea into Buster's head. "If you all will come up close so that whoever is under here cannot get away, I will pull over that pile of brush," said he, talking to no one in particular, but loud enough for all to hear.

"If whoever is under here is smart, and I guess he is, to keep you all here so long, he is going to get away when I pull this brush pile over unless you all come closer," said he.

Granny Fox looked at Reddy and came a few steps nearer. Reddy looked at Old Man Coyote and came a few steps nearer. Old Man Coyote looked at Hooty the Owl and came a few steps nearer.

"The one who is closest is the one who will be the most likely to catch that dinner you all seem to be waiting for," said Buster.

Granny Fox looked at Reddy and then she came up very near. Reddy looked at Old Man Coyote and then he came up very near. Old Man Coyote looked at Hooty the Owl and then he came up very near. Hooty the Owl looked at all three and didn't move. It certainly seemed as if poor Peter Rabbit hadn't a chance in the world.

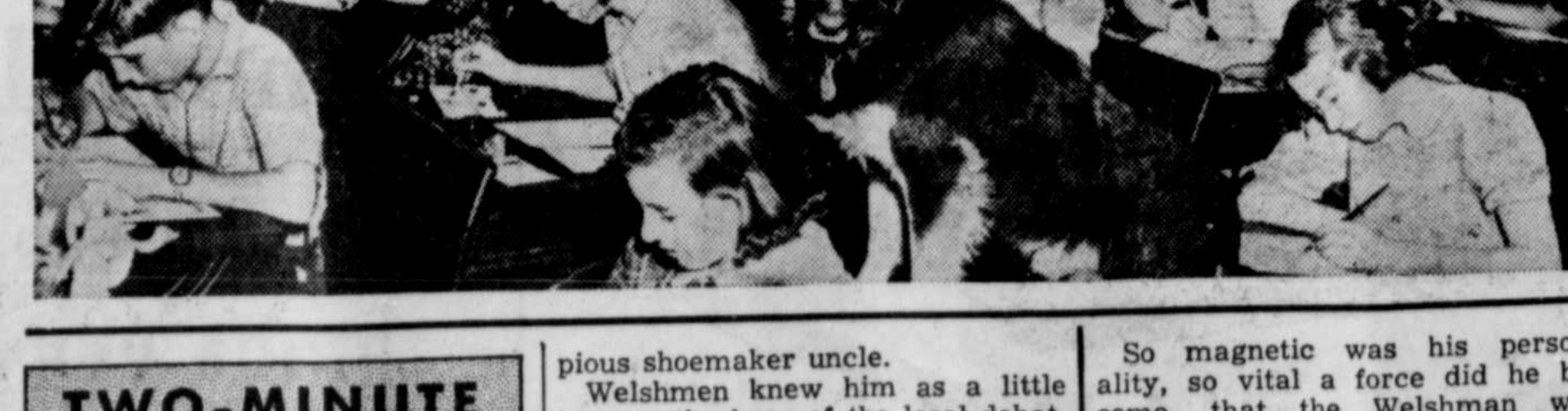
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AMAZE A MINUTE

SCIENTIFACTS ~ BY ARNOLD



(Copyright, by The Bell Syndicate, Inc.)



'Doggy' Student In Georgia Class

Decatur, Ga.—Unconcerned at his presence, students in the seventh grade at the Ponce de Leon school here go about their drawing lessons while Dynamite—nonchalant as they—occupies his desk in the classroom. Dynamite, an old resident of the seventh grade, scorns promotions to higher institutions of learning.

TWO-MINUTE BIOGRAPHIES

DAVID LLOYD GEORGE

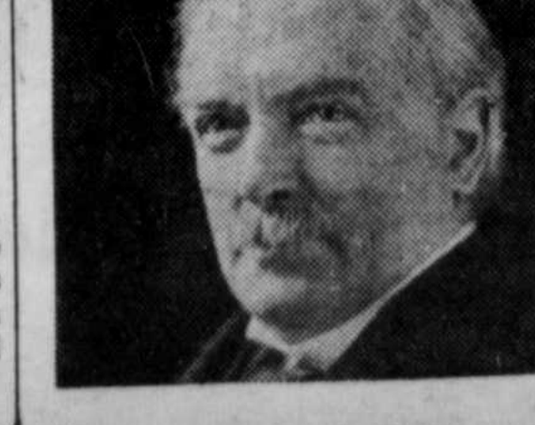
At seventy-five, the stormy little Welshman of British wartime fame has become more kindly and philosophical, completely retired from the active political scene where he reigned until 1922. An orphan, David Lloyd George was raised by a pious shoemaker uncle.

Welshmen knew him as a little boy, as the hero of the local debating society and a young lawyer of 21, and as the unimpressive fellow they sent to the house of commons in 1890. Today, nearly 50 years later, he still represents Carnarvon.

Lloyd George may not have been impressive looking, but he has always possessed boundless physical vitality and was the strangest person the house of commons had ever seen.

So magnetic was his personality, so vital a force did he become, that the Welshman was named prime minister in 1916, a Napoleon of his times. He was one of the triumvirate, consisting also of President Wilson and Premier Clemenceau.

At Versailles he was a leader, and his last important act was to defend the "freedom of the Straits of the Dardanelles" in 1922. Then the Tories left the coalition and Lloyd George resigned.



New and Pretty Fashions

AND you can make them for yourself with the greatest of ease! Send for the patterns right off—even if you haven't done much sewing, they're quick and easy to follow. Each is accompa-



nied by a complete and detailed sew chart that answers your every question.

Gay and Perky Apron.

It's exactly right to call this pretty apron a "fashion," because it fits as well as a dress and has an animated charm of its own. It positively will not slip off the shoulders when you have both hands in the dishpan—or any other time—and it completely protects your dresses from spatters and spots. Make it of linen, gingham or percale and trim it with bright braid.

Dress With Bolero.

This charming dress has details that belong in the very forefront of fashion—you see them in the most expensive models. The shirring at the waistline, the flare of the skirt, the wide shoulders, with puff sleeves, the whole effect of swing and gayety, make it smartest of the smart! In silk print, flat crepe, taffeta or (for summer wear) linen or sheer silk, this dress will be lovely. Be sure to wear a flower at the neckline, too.

The Patterns.

1479 is designed for sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 1⅞ yards of 35-inch material, with 5 yards of bias banding or braid to trim.

1478 is designed for sizes 14, 16, 18, 20, 40 and 42. Size 16 requires 4⅞ yards of 39-inch material for the dress and 1¾ yards of 39-inch material for the jacket.

Spring-Summer Pattern Book.

Send 15 cents for the Barbara Bell Spring and Summer Pattern Book which is now ready. It contains 109 attractive, practical and becoming designs. The Barbara Bell patterns are well planned, accurately cut and easy to follow. Each pattern includes a sew-chart which enables even a beginner to cut and make her own clothes.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each.

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Secret of the Sphinx

In Greece is a famous town called Thebes. The story goes that a riddle was asked the inhabitants by a female monster called the Sphinx, who murdered everyone who could not give the correct answer. The word "sphinx" means "strangling one," and the Sphinx had the body of a lion with the upper part of a woman. She sat on a rock waylaying every Theban who passed by, and the Thebans promised the kingdom to anyone who would slay her. This was the riddle: "A being with four feet has two feet and three feet, and only one voice; but its feet vary, and when it has most it is weakest."

Oedipus solved it by saying it was man, who crawls on all fours as a child, walks upright as a man, and creeps about with a stick as an old man. The Sphinx immediately threw herself down from the rock and was killed, and Oedipus became king.

ARE YOU ONLY A 3/4 WIFE?

Men can never understand a three-quarter wife—a wife who is lovable for three weeks of the month—but a hell-cat the fourth.

No matter how your back aches—no matter how loudly your nerves scream—don't take it out on your husband.

For three generations one woman has told another how to go "smiling through" with Lydia E. Pinkham's Vegetable Compound. It helps Nature tone up the system, thus lessening the discomforts from the functional disorders which women must endure.

Make a note NOW to get a bottle of Pinkham's today WITHOUT FAIL from your druggist—more than a *million* women have written in letters reporting benefit.

Why not *try* LYDIA E. PINKHAM'S VEGETABLE COMPOUND?

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PLENTY OF DATES NOW...DENTON'S FACIAL MAGNESIA MADE HER SKIN FRESH, YOUNG, BEAUTIFUL

Romance hasn't a chance when big ugly pores spoil skin-texture. Men love the soft smoothness of a fresh young complexion. Denton's Facial Magnesia does miracles for unsightly skin. Ugly pores disappear, skin becomes firm and smooth.

Watch your complexion take on new beauty

Even the first few treatments with Denton's Facial Magnesia make a remarkable difference. With the Denton Magic Mirror you can actually see the texture of your skin become smoother day by day. Imperfections are washed clean. Wrinkles gradually disappear. Before you know it Denton's has brought you entirely new skin loveliness.

EXTRAORDINARY OFFER —Saves You Money

You can try Denton's Facial Magnesia on the most liberal offer we have ever made—good for a few weeks only. We will send you a full 12 oz. bottle (retail price $1) *plus* a regular sized box of famous Milnesia Wafers (known throughout the country as the *original* Milk of Magnesia tablets), *plus* the Denton Magic Mirror (shows you what your skin specialist sees) . . . all for only $1! Don't miss out on this remarkable offer. Write today.

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Ask Me Another

A General Quiz

The Questions

1. How is the date of Easter determined?
2. By what name is the Chinese philosopher K'ung Fu Tze usually known to the Western world?
3. What were the "Three Estates" in France prior to the Revolution?
4. Who makes the laws for the District of Columbia?
5. How many lawyers are there in the United States congress?
6. How much raw silk does the United States import?
7. What is the greatest depth to which a diver has descended?
8. How can Anna May Wong be a citizen of the United States when she is a Chinese?
9. How much steel was used in the United States during 1937?
10. What is the cleanest animal?

The Answers

1. It is the first Sunday after the full moon on or next after March 21.
2. Confucius.
3. Nobles, clergy and common people.
4. Congress.
5. Seventy-one out of the ninety-six senators and 249 out of 435 representatives are lawyers.
6. During the calendar year 1937, 57,815,573 pounds of raw silk was imported, with an import value of $106,594,358.
7. The greatest depth reached by any diver was attained by Dr. William Beebe in his bathysphere, in which he reached 3,028 feet below the surface, August 15, 1934.
8. Anna May Wong was born in Los Angeles, Calif., and is therefore a citizen of the United States. The only Chinese who can be citizens of this country are those who are born here.
9. One billion tons of steel in all forms was in use in the United States during the past year, according to the Scientific American. This total represents an average of 17,800 pounds in use for every man, woman and child.
10. The raccoon is considered the cleanest of all animals.

Peasant-y



Purple, red and white combine stunningly in the peasant influenced dress designed by Dolly Tree for Virginia Bruce in "The First Hundred Years." The tight jacket centers interest in front detail and sleeve treatment. The skirt swings in fullness and the Puritan hat is of purple felt with red grosgrain tie.

Our Presidents

Thomas Jefferson and John Quincy Adams were elected by the house of representatives.

Grover Cleveland, son of a Presbyterian minister, succeeded Chester A. Arthur, son of an Episcopalian minister.

Zachary Taylor did not hear of his nomination until one month after the convention adjourned.

Thirty-one men have served as Presidents of the United States.

Herbert Hoover was the first President born west of the Mississippi river. He was born in West Branch, Iowa.

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Barred Plymouth Rocks	2.25	4.00	7.50
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New Hampshire Reds	2.25	4.00	7.50
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A GARDEN FULL of CUSHION MUMS 79¢

Expect a garden full of gorgeous color from midsummer to frost, from thousands of 2" to 2½" blooms in pink, white, red and bronze, on plants as big as bushel baskets the first year, when you plant these four big, easy to raise, disease-free, hardy cushion mums for only 79c postpaid. 3 each of 4 (12 in all) $1.95 postpaid. Send your order today. Have all the blooms you want next fall when flowers will be scarce.

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Nearly all his life, when he was ill, Mark Twain was inundated with letters from well-wishers, one offering this, and another offering that marvelous remedy for his malady, whatever it might be, says his daughter, Clara Clemens (in "My Father: Mark Twain").

He tried to acknowledge all such messages and sometimes did so in a whimsical way. Here is one of his replies:

"Dear Sir (or Madam): I try every remedy that is sent to me. I am now on No. 67. Yours is No. 2,653. I am looking forward to its beneficial results."

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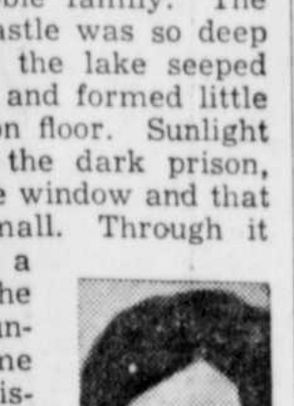
NEW YORK

THE BOOK SHELF

'Living Death' In Prison Cell Told by Byron

By ELIZABETH C. JAMES

LORD BYRON'S "The Prisoner of Chillon" is a story of dungeons and chains, of cruelty and death. Beside Lake Leman in Switzerland stands a castle that once saw the imprisonment and death of the last members of a noble family. The dungeon of this castle was so deep that the water of the lake seeped through the walls and formed little pools on the prison floor. Sunlight never came into the dark prison, there was only one window and that was high and small. Through it came light during a short part of the day, but the sunshine never came through, and the distorted light gave a wan and ghostly appearance to the interior of the deep dungeon.



Elizabeth James

Into this prison were placed three brothers. They were the last members alive of their honorable family. There had been seven in the beginning, but the father had been burned at the stake, two brothers had died on the field of battle and their mother had died of a broken heart.

Placed so that they could not see each other, each man was chained to a rock pillar. Now the three of them languished in their chains which were so fastened that their bodies were soon indelibly scarred.

One Brother Dies.

After a time the voice of the second brother, the active, out-of-door one, grew more and more despondent; he spoke more softly and less often. Then he did not speak at all. When the keeper came to bring their water and prison food, he found this brother dead.

The two remaining brothers, the oldest and the youngest sons of the family, talked with each other of the battles and the insurrection that had brought them to this prison. But one day the youngest of the family did not answer to his brother's voice. There was only quietness in the dungeon, broken by the hysterical cries of the eldest son shrieking to his brother to stay with him. But he had died.

LORD BYRON A PLAYBOY

Two handicaps attended George Gordon, Lord Byron: his family environment and his own vanity. Gordon grew up without training, for his mother, being deserted by her willful husband, the rowdy Captain Byron, declined into melancholia so overwhelming that at times her mind seemed doomed. The parents left the boy to grow up alone.

Byron's natural pride was enhanced by his unexpected inheritance of the estate and title, for which there had been two heirs ahead of him. His attractiveness combined with his lack of principle kept him in mix-ups with women all his life.

His marriage to a lovely woman of England went happily for only a short time. Soon after their daughter was born, Lady Byron left her husband, never to return to him. She steadfastly refused to give any reason for this, but London soon heard of his behavior in a scandal. He was ostracized, and fled to Italy.

Until the end of his life, Byron lived on the continent.

Terror, Then Calm.

For a time he was stunned with grief; he lost track of time or place. He was not conscious of anything except vague oblivions. Then gradually his senses returned to remind him that he was alone in the prison cell. When the keepers came and found that he had burst his chains they did not consider that it was worthwhile to chain him fast again, so they left him free to walk about the dungeon.

Then he wanted to see the world again, and he made steps up the side of the uneven rock wall until he could clutch the ledge of the window and pull himself up to look out through the little opening. Across the waters of Lake Leman and opposite the castle, he saw in the distance an island, green and bright in the summer sun.

Freedom Meaningless.

Then one day he was set free. Someone came to the castle and made negotiations. After a time a keeper opened the heavy barred door and told him that he could now go free.

The prisoner stood alone on the shore of the lake. Where could he go? He had no one in the world to whom he could return. Every kinsman had been killed, there was no friend left who would welcome him. He was still as much alone as if he were yet chained to his pillar in the dungeon.

Lord Byron wrote his poem, "The Prisoner of Chillon," from a true story. There was a prisoner, one Francois Bonivard, kept for four years in the dungeon of the Castle of Chillon, near Lake Geneva.

© Bell Syndicate.—WNU Service.

Invented Safety Pin

The first safety pin was invented by Walter Hunt, of New York, who obtained Patent No. 6281, April 10, 1849. Within the short period of three hours he conceived the idea, made a model and sold his patent rights for $400. The pins were manufactured in New York city.

The Gadsden Purchase

The Gadsden purchase, by which a large slice of Mexican territory was added to Arizona, cost the United States $10,000,000.

What to Eat and Why

C. Houston Goudiss Discusses LAXATIVE FOODS ★

Nationally Known Authority on Food Shows How Right Diet Can Help You to Avoid Health Hazards of Faulty Elimination

By C. HOUSTON GOUDISS

6 East 39th Street, New York.

THOUSANDS of men, women and children are alive today because we have learned how to prevent many types of infections and how to cure diseases which once caused untimely deaths.

We have reason to be proud of the achievements of science in fighting disease and lengthening the span of life. *But we should be ashamed of the fact that hundreds of thousands of individuals are not getting the most out of life—indeed they are not realizing half their potentialities—because improper eating and faulty habits of hygiene cause them to suffer from that great evil of civilization—constipation.*

★

EVILS OF CONSTIPATION



Someone has called constipation the most deadly disease, and while this may seem like an extreme statement, it becomes justifiable when one realizes the untold misery and wretchedness that may result when food residues remain to stagnate and putrefy in the body.

Constipation muddies the complexion, dulls the eye and befogs the brain. It causes a general feeling of discomfort and fullness in the abdomen, lack of appetite, bad breath, coated tongue, a feeling of lassitude and a tendency to become easily fatigued.

By weakening resistance, it opens the way to numberless diseases. Serious complications, such as irritation of the appendix, may occur as a result of the friction of hard masses of waste against the delicate walls of the intestine. Piles have frequently been laid at the door of faulty elimination.

Do you wonder that I consider prompt, regular elimination the keystone of good health.

Its importance is readily understood when you consider the processes by which food is digested and absorbed.

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FATE OF FOOD IN THE BODY

From the mouth, food passes down the esophagus into the stomach, where it is penetrated by the gastric juice. It then passes into the small intestine where it is mixed with the secretions of the liver and the pancreas. Here the nutritive elements are absorbed by minute, hair-like tubes which line the intestinal walls. These tubes converge into the blood vessels and lymphatics which transport nourishment to all parts of the body.

Undigested residues pass into the large intestine or colon, where they are normally moved along by a series of muscular contractions known as peristalsis, and finally evacuated

The amount of the evacuation varies in bulk with the amount of indigestible roughage contained in the food. When there is insufficient bulk to promote normal peristalsis, waste accumulates and we have the condition known as constipation with all its resulting evils. Bacteria prey upon the stagnating material, producing poisons which may be absorbed by the body.

There is not the slightest excuse for allowing this condition to develop. For the misery and wretchedness of constipation may easily be avoided by including in the daily diet sufficient laxative foods, that is, those rich in fiber or cellulose.

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BULK OR FIBER ESSENTIAL

Because of their fibrous framework, plant foods are our chief source of cellulose or bulk, and therefore, our greatest aid in promoting normal elimination. Vegetables and fruits are sworn foes of constipation, and unrefined cereals are also extremely valuable.

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SOME LAXATIVE FOODS

Foods with an exceptionally high residue include raw fruits, especially those with skins and seeds; dried fruits, as apricots, prunes, figs and raisins; raw vegetables; such cooked vegetables as onions and leafy greens; the legumes, that is, dried peas and beans; whole grain cereals and bran.

Among the vegetables, don't overlook cabbage, lettuce, celery, spinach, brussels sprouts, string beans and green peas.

Foods which tend to form a little gas in the intestines, including spinach, onions and cauliflower, are also useful stimulants to intestinal movement.

In addition to providing cellulose, the acid fruits, such as oranges, lemons and grapefruit, act as a mild stimulus to increased peristaltic motions.

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NEED FOR VITAMIN B

Another important factor in promoting normal elimination is vitamin B, which has been shown to be essential for good muscular tone and activity of the digestive tract. Investigations with experimental animals have demonstrated that it requires twice as long to empty the large intestine when the diet is deficient in vitamin B. Yeast, egg yolk, milk, whole grain cereals, liver and green leafy vegetables are good sources of this vitamin.

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LIQUIDS ESSENTIAL

A sufficient quantity of liquids is likewise necessary to prevent the contents of the lower intestine from becoming too hard for easy evacuation. In addition to water, the diet should therefore contain an abundance of milk, fruit juices and other beverages. Acidophilus milk and buttermilk are especially beneficial.

Fats and oils, used in moderation, act as gentle lubricants.

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REGULAR HABITS

It is most important to eat at regular hours and to establish regular times for evacuation, as this is a great aid to body rhythm.

Guard carefully against overeating, for this practice is a frequent cause of constipation. When the digestive system is overworked, none of its functions can be efficiently performed.

The homemaker is largely responsible for safeguarding her family against the dangers of faulty elimination. For she has it in her power to plan meals that will help normal individuals to avoid the curse of constipation.

Have You a Question?

Ask C. Houston Goudiss

C. Houston Goudiss has put at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen Laboratory in New York city. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address him at 6 East 39th Street, New York City.

Questions Answered

Mrs. B. T. M.—Do not worry if your child prefers the egg yolk to the white. The white is chiefly protein, and he can easily obtain protein from other foods, especially milk. But the yolk contains an abundance of minerals and vitamins in addition to protein and fat. Nutritionists have determined that the inclusion of one egg yolk daily in an otherwise adequate diet is an effective method of balancing the intake and output of iron in a child's diet.

Miss S. B.—No, the generous use of cream cannot be considered as a substitute for taking milk as a beverage or in cooked dishes. Cream is much higher in fat and contains less protein, minerals and vitamins, with the exception of vitamin A. Cream deserves to be included in the dietary for its vitamin A content, but it should not replace milk.

Mrs. A. McK. — Strawberries contain vitamins A, B and C. Recent experiments indicate that they rank with citrus fruits and tomatoes as a source of vitamin C.

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Do You Want to Learn How to Plan a Laxative Diet?

Get This Free Bulletin Offered by C. Houston Goudiss

READERS of this newspaper are invited to write to C. Houston Goudiss, 6 East 39th Street, New York City, for a free copy of his bulletin, "Helpful Hints on Planning a Laxative Diet."

The bulletin gives concrete suggestions for combatting faulty elimination through correct eating and proper habits of hygiene. It gives a list of laxative foods *and contains a full week's sample menus. A post-card is sufficient to carry your request.*

AROUND THE HOUSE

Preserving the Oilcloth.—Bind the edges of oilcloth used for table coverings with bias tape. This will keep the edges from tearing or becoming ragged.

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Hemming Sash Curtains.—Make the hems of sash curtains the same at the top and bottom. You can then use them either end up.

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Preparing Baked Potatoes.—Baked potatoes look much nicer if scooped from the shell, mashed with butter, pepper and salt, a well-beaten yolk of an egg, then placed back in the half shell and browned in the oven. They not only look nicer, but taste better.

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Rinse Silks Well.—Silk underthings should be washed in water that is barely warm, and should be rinsed in at least three fresh rinsing waters.

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To Retain Juices in Meats.—To keep flavor and juices in meat when baking or frying, expose it to extreme heat first, then reduce the temperature and cook more slowly.

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For That Musty Odor.—To remove a musty odor from a room, put a drop of oil of lavender into the corners.

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Attractive Garnish.—As a garnish, lemon slices may be sprinkled with paprika, rolled in chopped parsley, or mint or striped with pimiento.

Hidden Benefits

Few housewives realize the underlying advantage of the use of a good light-oil furniture polish! Most polish is used only for the luster it bestows on the chairs, tables, piano, woodwork in the home. Rubbing the polish on cleans the furniture—works up a glow—and the outward effect is fresh and sparkling! But that is only part of the housewife's reward. For out of this domestic routine comes definite benefit to the furniture! A reputable polish, with a light oil base, does what is known as "feeding" the finish. The "massage" causes the oil to penetrate, seep into the pores of the wood—just enough to lubricate—and keep it healthy! Here, it is important to note that cheap polishes are made with a heavy oil base—and are "greasy" and unpleasant to use. The best polish—made with a fine light-oil base—is never greasy. Applied on a damp cloth (according to directions), it is neat to use and proves a boon to the furniture! Lack of polishing—or the use of a poor polish—will cause the finest wood to dry out, crack, split—for wood is a product of Nature and needs a certain amount of oily moistness. So polish the furniture regularly! Use a quality oil polish—it pays! For not only does the furniture look better—it is better! Its life is preserved!

Uncle Phil Says:

All That's Left Untaxed

If people will morbidly attend murder trials, why not charge them $1 admission?

Utopia is impossible because we are not Utopians. We ought to know that.

Bear in mind that privileges generally involve taking on responsibilities.

Sentiment Is Their Ticket

People "let themselves in" for a good part of their troubles.

A grouch salvages only one privilege: He doesn't get picked on.

A man may be proud of his "superiorities," but it may be only his glands.

A Time for Anger

"Always a soft answer" is poor philosophy. Anger, righteous anger, is as important and necessary as lightning is to cleanse the atmosphere.

"Reading makes a full man," as Bacon said, and observation makes an original one.

When a young man sows his wild oats he often mixes too much old rye with them.

WHEN YOU CLEAN HOUSE USE O-CEDAR—THE POLISH THAT CLEANS AND *PRESERVES* YOUR FURNITURE

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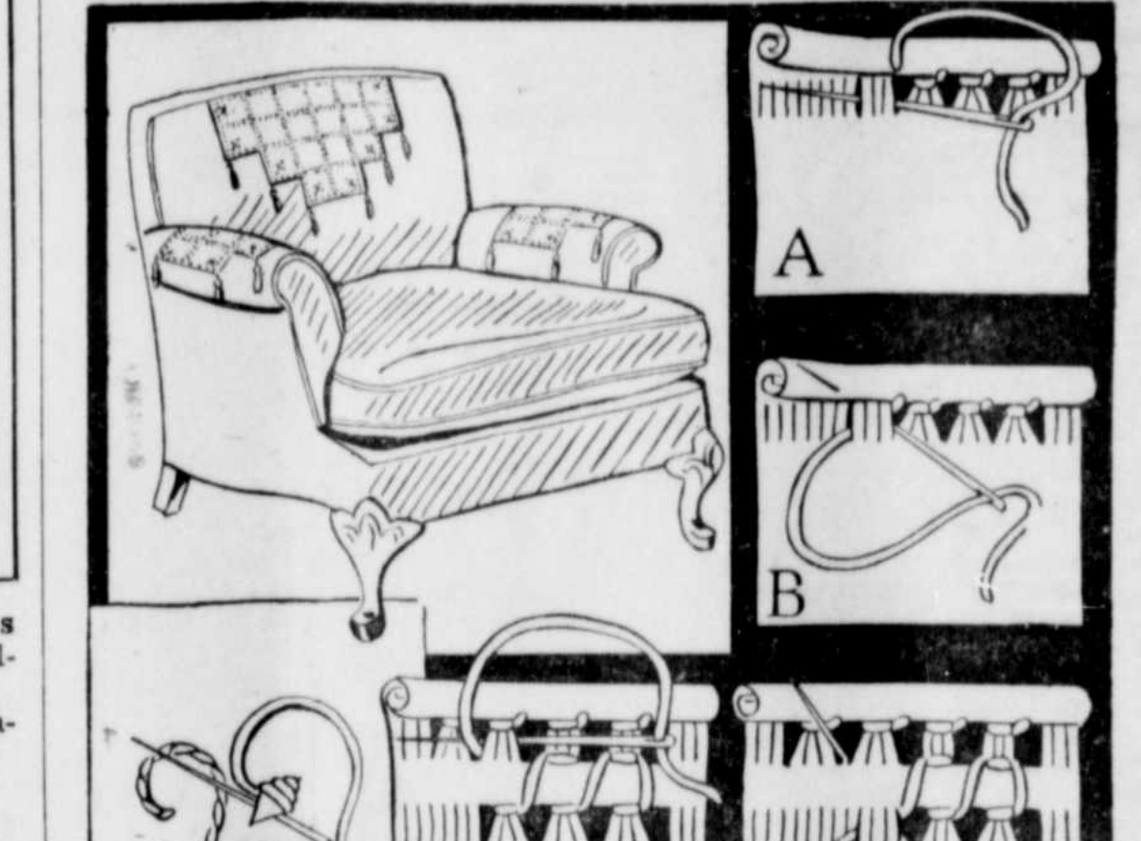
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HOW TO SEW

by Ruth Wyeth Spears



Italian Hemstitching for a Chair Set

THE chair set shown here is made of an even meshed cream linen, marked off in squares of Italian hemstitching. Tiny scrolls in outline stitch with two diamonds in satin stitch are embroidered in all the outside corners. The scroll motif is shown at lower left. The tassels are made by raveling strips of the material and then rolling them.

The chair back piece measures 15 by 10 inches finished, and the chair arm pieces 7½ by 7½ inches. Allow ⅝-inch at all edges for the rolled hems. The hemstitched squares measure 2½ inches. Mark them in pencil. The method of hemstitching the rolled edges is shown here at A and B. Remember that a moist thumb always helps in rolling an edge evenly. Italian hemstitching is really just two rows worked together as shown at C and D. To prepare the rows, draw two threads, skip four and then draw two more.

Readers who have received their copy of Mrs. Spears' book on Sewing, for the Home Decorator, will be pleased to know that Book No. 2 is now ready. Ninety embroidery stitches; fabric repairing; also table settings; gifts; and many things to make for yourself and the children. If you like hand work you will be pleased with this unique book of complete directions for every article illustrated. Postpaid upon receipt of 25 cents (coin preferred). Just ask for Book No. 2 and address Mrs. Spears, 210 South Desplaines St., Chicago, Ill.

Hard Nut to Crack

Despite the vast literature on seeds and seed dispersal, the botanical world does not yet know how Brazil nuts propagate naturally, because they grow—in groups of about a dozen—in a hard, thick, woody case which, so far as is known, can only be opened by the hand of man.—Collier's Weekly.

Smiles

That Depends

She—Do you think kissing is dangerous, Claude?

Claude—Where's your father?

Suspicious

Bunchuck—Let me give you a piece of advice.

Dzudi—What's the matter with it, that you are willing to give it to me?

Diner (to waiter)—Could I see your menus for the past week? I'd like to get the recipe for this wonderful hash.

Unreasonable

Cuthbert — I don't understand your father.

Roberta—Why, dear?

Cuthbert—Because he tells me not to lose sight of my object in life—and then he kicks when I call on you seven nights a week.

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