Time to Plan Sewing Program

By CHERIE NICHOLAS

WHY not start your spring sewat-home program now and "avoid the rush?" Those who are in a position to know declare that women are turning back to the art of sewing at home with an enthusiasm such as has not been manifest for years. Make-it-yourself clothes are not only a sure means of self expression, these enthusiasts say, but they offer the best answer to being really well dressed on a limited budget.

And there's the new spring fabrics! 'Nuff said! No further argument is needed. So here's taking a look toward the new materials. Such ravishing colors, subtle textures and glorified patternings as the spring prints, the cottons, the linens, the piques, the gabardines, the shantungs, the silks, the satins and so on ad infinitum are flaunting is enough to entice anyone into bringing home rolls of yardage, and it follows like the night the day that you will eagerly and without delay be joining the sewing-bee clan.

Of course when one starts in to do spring sewing the really sensible thing is to tackle the simplest garments first, made of inexpensive wash materials. So let's betake ourselves to the wash goods sections and see what's doing in the way of pretty prints or "what have they." Never were sturdy cottons so novel, so amusing and so irresistably likable. The best of it is, if you ask for the right kind you can get materials that are guaranteed against shrinking and that's something not to be lightly considered.

The new cottons and linens and other wash prints run the gamut of design from sportsy little designs for house, active sports and spectator wear to gorgeous multicolored large florals that look handblocked, for evening dresses. There is a set of cunning classroom prints that are delightful for school and home wear. These prints are practical as well as youthful. History, geography, algebra, even music print supply motifs for these clever prints. What could be more befitting to wear during study hours and easier for the amateur seamstress to begin with than a two-piece pajama outfit made of one of these interesting prints such as we are picturing to the left in the group illustration.

A house coat of cotton so fine it rustles like silk and washes without a tremor because it is sanforized shrunk, as in fact are the materials in each of the garments pictured, is shown to the right. An effective light navy blue is its color with white cord and buttons. Any girl can make herself such a garment, since it requires no close-fitting.

It is especially encouraging to home-sewing enthusiasts to know that smartly new fabrics that wash perfectly yet look formal enough for any type of wear have come into their own in a big way. The dress centered in the group can be very easily made, especially after you have mastered the making of the pajama outfit and the house coat as shown. This is a broad-shouldered frock on the popular shirtwaist dress order. It has crisp youthful lines and contrasting color accents. Use swagger broadcloth, which is one of the shantung-like new cottons now available in all wash goods sections and this frock will cost you next to nothing. The original style is developed in brown swagger broadcloth with belt, vest and neck trimmings of the same material in rust shade. Can be sent to the laundry week after week without loss of fit or style through shrinkage.

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Whims of Fashion

Low necklines are fashion news.

Evening gowns of crocheted lace are attractive.

Sheer frilly lingerie blouses exploit fine handwork.

Black stands out at any gathering of smart Parisians.

Red flannels—shades of the 1880's—are back in fashion here.

Every tailored garment must be finished by a scarf this season.

There has been a considerable brightening of color schemes in the new collections.

One of the most outstanding creations in the new Vera Berea collection is a beaver evening coat worn with a brown and white gown.

Simplicity That Intrigues

THIS is the problem: Sister wants to entertain the Girl Scouts, it's Jule's turn to have the Bid-or-Bi club and Rose insists she can't put off the Laff-a-Lots a minute longer. And each of them has just finished a new dress and is anxious to wear it for the occasion.

Sister's Choice.

Sister's bit of intrigue is, as you can see, a dress worth wanting to show off (Pattern 1223). It is made of velveteen. The smart collar, flattering flared skirt and puff sleeves are good reasons for this frock's popularity. It comes in sizes 6 to 14 years. Size 8 requires 2⅛ yards of 39 inch material.

Jule's Entertaining Dress.

Jule knows a neat trick when she sees one whether on the table or in a page of fashions, and she didn't miscue in choosing Pattern 1998. She chose broadcloth and it will look more trig and lovely after each washing. The diagram shows why a few hours is all that's needed to sew this grand number. You may have it in sizes 34 to 46. Size 36 requires 4⅜ yards of 35 inch material. With long sleeves 4⅞ yards.

It Was Easy, Says Rose.

They didn't believe Rose when she said she made this startlingly pretty dress (Pattern 1224). She did though, even the button holes! However, the same stunning effect can be had by sewing the buttons on for trimming only. The elegance of the princess-like lines, the eclat of the heart shaped sleeves and withal its ease of construction makes the question read "How can I help but make this dress?" It is available in sizes 12 to 20 (30 to 40 bust). Size 14 requires 4⅝ yards of 39 inch material, plus ⅝ yard contrasting. With long sleeves 4⅞ yards required.

New Pattern Book.

Send for the Barbara Bell Spring and Summer Pattern Book. Make yourself attractive, practical and becoming clothes, selecting designs from the Barbara Bell well-planned, easy-to-make patterns. Interesting and exclusive fashions for little children and the difficult junior age; slenderizing, well-cut patterns for the mature figure; afternoon dresses for the most particular young women and matrons and other patterns for special occasions are all to be found in the Barbara Bell Pattern Book. Send 15 cents (in coins) today for your copy.

Send your order to The Sewing Circle Pattern Dept., Room 1020, 211 W. Wacker Dr., Chicago. Ill. Patterns 15 cents (in coins) each.

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BRAIDED JACKET

By CHERIE NICHOLAS

This two-piece daytime dress is of satin-back bemberg and acetate crepe, a material you will love to wear during the midseason and coming months. It is simply but very effectively styled with all-over soutache braid trim on the jacket. The ascot and breast pocket handkerchief lend bright color accent

Value of a Smile

The thing that goes the farthest toward making life worth while, that costs the least and does the most, is just a pleasant smile. It's full of worth and goodness, too, with hearty kindness bent. It's worth a million dollars and—it doesn't cost a cent.

DO THIS FOR A COLD

1 Take 2 Bayer Aspirin tablets with a full glass of water at first sign of a cold.

2 If throat is sore also, gargle twice with 3 Bayer tablets dissolved in ½ glass of water.

Quick Relief with 2 Bayer Aspirin Tablets

The modern way to ease a cold is this: Two Bayer Aspirin tablets the moment you feel a cold coming on. Repeat, if necessary, in two hours. If you also have a sore throat due to the cold, dissolve 3 Bayer tablets in ½ glass of water and gargle with this twice. The Bayer Aspirin you take internally will act to combat fever, aches, pains which usually accompany a cold. The gargle will provide almost instant relief from soreness and rawness of your throat. Your doctor, we feel sure, will approve this modern way. Ask your druggist for genuine Bayer Aspirin by its full name — not by the name "aspirin" alone.

15¢ FOR A DOZEN
2 FULL DOZEN FOR 25c
Virtually 1c a Tablet

Big Task

Philosophy's chief duty is to reconcile the contradictions of our experience.

When Women Need Cardui

If you seem to have lost some of your strength you had for your favorite activities, or for your housework . . . and care less about your meals . . . and suffer severe discomfort at certain times . . . try Cardui!

Thousands and thousands of women say it has helped them.

By increasing the appetite, improving digestion, Cardui helps you to get more nourishment. A strength returns, unnecessary functional aches, pains and nervousness just seem to go away.

Watch Your Kidneys!

Help Them Cleanse the Blood of Harmful Body Waste

Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery.

Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength.

Other signs of kidney or bladder disorder may be burning, scanty or too frequent urination.

There should be no doubt that prompt treatment is wiser than neglect. Use *Doan's Pills*. *Doan's* have been winning new friends for more than forty years. They have a nation-wide reputation. Are recommended by grateful people the country over. *Ask your neighbor!*

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