Charming Way to Use Cross Stitch

Pattern 5740

Even amateurs will have no difficulty in turning out this finished looking chair or buffet set—with this easy-to-do pattern. And what compliments they'll get on this cross-stitched peacock done in all the glory of its natural coloring or in two shades of a color for a more subdued effect. The crosses are 10 to-the-inch—the colors are clearly given in a color chart. With two patterns a handsome scarf could be made. In pattern 5740 you will find a transfer pattern of a large motif 13 by 16 inches, and two smaller ones 4½ by 6 inches; material requirements; color chart and key; illustrations of all stitches used.

To obtain this pattern, send 15 cents in stamps or coins (coins preferred) to The Sewing Circle Household Arts Dept., 259 W. Fourteenth St., New York, N. Y.

Write plainly your name, address and pattern number.

Constipated 30 Years

"For thirty years I had stubborn constipation. Sometimes I did not go for four or five days. I also had awful gas bloating, headaches and pains in the back. Adlerika helped right away. Now I eat sausage, bananas, pie, anything I want and never felt better. I sleep soundly all night and enjoy life." —Mrs. Mabel Schott.

If you are suffering from constipation, sleeplessness, sour stomach, and gas bloating, there is quick relief for you in Adlerika. Many report action in thirty minutes after taking just one dose. Adlerika gives complete action, cleaning your bowel tract where ordinary laxatives do not even reach.

Dr. H. L. Shoub, New York, reports: "In addition to intestinal cleansing, Adlerika checks the growth of intestinal bacteria and colon bacilli."

Give your bowels a real cleansing with Adlerika and see how good you feel. Just one spoonful relieves GAS and stubborn constipation. At all Leading Druggists.

Wheel of Fortune

Luck is defined as fortune, good or bad. Tell me what dependence can be placed on a thing that is just as liable to go as it is to come.—Van Amburgh.

Beware Coughs from common colds That Hang On

No matter how many medicines you have tried for your cough, chest cold or bronchial irritation, you can get relief now with Creomulsion. Serious trouble may be brewing and you cannot afford to take a chance with anything less than Creomulsion, which goes right to the seat of the trouble to aid nature to soothe and heal the inflamed membranes as the germ-laden phlegm is loosened and expelled.

Even if other remedies have failed, don't be discouraged, your druggist is authorized to guarantee Creomulsion and to refund your money if you are not satisfied with results from the very first bottle. Get Creomulsion right now. (Adv.)

Admitting Errors

A man should never be ashamed to own he has been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.—Swift.

Poorly Nourished Women—They Just Can't Hold Up

Are you getting proper nourishment from your food, and restful sleep? A poorly nourished body just can't hold up. And as for that run-down feeling, that nervous fatigue,—don't neglect it!

Cardui for lack of appetite, poor digestion and nervous fatigue, has been recommended by mothers to daughters—women to women—for over fifty years.

Try it! Thousands of women testify Cardui helped them. Of course, if it does not benefit YOU, consult a physician.

WNU—4 8—37

HELP KIDNEYS

To Get Rid of Acid and Poisonous Waste

Your kidneys help to keep you well by constantly filtering waste matter from the blood. If your kidneys get functionally disordered and fail to remove excess impurities, there may be poisoning of the whole system and body-wide distress.

Burning, scanty or too frequent urination may be a warning of some kidney or bladder disturbance.

You may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel weak, nervous, all played out.

In such cases it is better to rely on a medicine that has won country-wide acclaim than on something less favorably known. Use *Doan's Pills*. A multitude of grateful people recommend *Doan's. Ask your neighbor!*

DOAN'S PILLS

Newest Silk Prints Go Pictorial

By CHERIE NICHOLAS

As a sure antidote to winter gloom, as a reviver of crest-fallen spirits, as an unfailing means of buoying one up with that grand and glorious feeling that spring is nigh we recommend that you go stepping in a brand new silk print frock, the gayest, the brightest, the most animated in its patterning and coloring you can find to wear under your somber fur coat.

Hurry up if you want to secure the choicest, the most distinctive and outstanding from among the hundreds and thousands of prints now on display. Seriously is this word of advice offered for it is a fact the new silk prints are that intriguing and alluring we have known it to be a fact that certain particularly attractive patterns are unpacked, priced and displayed in the morning and by nightfall they are sold, not even a remnant left to tell the tale.

The new silks look new—distinctively new! Those that unmistakably bear a new-this-season stamp follow along unique lines of thought. They are more than mere dress media in that they have gone pictorial, illustrative, interpretative. They portray ideas, they entertain, they amuse. Some of the better high-class silk prints even go by name as an artist would entitle a picture which makes them all the more interesting. There is, for example, a clever looking new silk print called "film modes." The French love of American films inspired Schiaparelli to design this amusing print with the names of famous stars printed on colorful scrolls simulating cinema film. The attractive daytime frock centered in the illustration herewith is made of this star-enscrolled silk print, the color scheme being peacock blue and coral on black. The beret topping this costume is worn far back on the head in latest approved manner, so as to show a perfectly groomed hairdress with latest style-correct off-face movement.

The silk for the dress shown to the left by the same artist designer registers as "subway of Paris," and its motif carries out the idea quite realistically. This silk tunes perfectly to the gay young dress pictured to the left in the trio. The dashing cavalier hat is a resort fashion such as bespeaks a coming springtime vogue. The turn-up-at-side silhouette is exploited in several Paris collections.

Strawberries, fresh strawberries! At any leading silk department where smartest silk prints are flaunting their fascinating colors and breathtaking patternings ask for "fresh strawberries," and the knowing salesperson will bring out a perfectly charming silk crepe print such as is used for the making of the winsome dress shown to the right in the group. Appliques of the strawberries on net introduce an ornate accent in the bodice. The strawberry corsage is dyed to match the color of the berries in the print.

Others among the new and novel pictured prints now so fashionable are enlivened with animated figures, such as golf players teeing off, or "doggie" silks with frolicsome Scotch terriers performing tricks, galloping horses, quaint undersea fish, butterflies on the wing and other motifs too numerous to itemize. Most unusual and of high-style importance are the new landscape prints; marine scenes, too, grace these silks. It is indeed a versatile story of romance, history, music and what not that the smartest prints of the season are telling.

First-choice silks for immediate wear play up vivid splotches of striking florals in breathtaking colors against black or some other preferred dark background. The wide-spaced flower motifs look newest, these in huge single flowers or in wide-set bouquets. A new and lovely silk print has artful bowknots in gay colors. In Paris black and white prints are acclaimed.

© Western Newspaper Union.

EASY-MADE DRESS

By CHERIE NICHOLAS

If you are feeling that make-it-yourself urge which the displays of lovely, crisp, fresh-looking spring materials always bring to the woman who can sew, here is just the type dress that will start the home-sewing program off with a flourish. Almost boyish in its neat, trim lines this make-it-yourself dress of dubonnet nubcord, a sporting modern cotton fabric with no hidden tendency to shrink, since it has been sanforized-shrunk in the finishing of the cloth, offers plenty of reward in chic to the home dress-maker. It has a zipper neck closing and inverted pleats in sleeves, center back and pockets. A smooth black leather belt adds to the effect of tailored smartness.

VEILS CONTINUE TO BE IMPORTANT NEWS

By CHERIE NICHOLAS

Veils continue to be news in Paris. With the flood of holiday parties, women seem always to wear little hats, oftenest of felt, with double veils floating over their faces. And that is the preferred position for the filmy things for lunch time, too.

Cocktail parties give a divided allegiance to veils, some of them over the face, but many draped over the back of the hat, making a frame for the face. Particularly amusing is one of Therese Peter's new creations. The tiny pointed skull cap—for it is actually that—is of hand-knitted gold thread. Two tiny feather nightingales ornament it at either side of the front, and hold the veil which is also embroidered in nightingales and sweeps back over the entire hat, hanging almost to the shoulders.

Violette Marsan, who is definitely a partisan of the small hat dipping a bit over the forehead, prefers her veils to be quite stiffened so that they may be turned back from the face or extended out from the face. These are shorter, not extending beyond the nose.

Co-Eds Bring Ear Muffs Back Into Fashion Again

When you hear a girl talking about getting out her ear muffs, don't think that this is the key line of a joke. For ear muffs are in vogue once more and before many weeks the chances are that most college girls and many others will be wearing them.

The bare-headed fad on college campuses has started the trend, but no one knows where it may lead to.

New Type Heels Out

Among the new covered heels, soon to make their appearance on smart dress shoes, are two models which owe their chic to sharp projections which jut out from the top of the inner surface and fasten under the instep.

Manure, Straw, Needed by Soil

Careful Return of Manure Is an Aid to Land That Needs Potash.

By L. B. Miller, Associate in Soil Experiment Fields, University of Illinois.—WNU Service.

Careful return of manure and straw to fields provides a "soil security program" for those lands that are on the verge of a potash deficiency. In the growing of corn and grain crops, fully two-thirds of the potash content is in the cornstalk and straw. If these by-products of the farm are left on the land or are applied as manure, they return some potash to the "soil bank" to be used again.

A study of crop yield data over a 20-year period on six soil experimental farms on the gray soils shows that yield levels were as high with manure as with potash, basic treatments of limestone and phosphate having been used in each case. The manure was applied at the rate at which with careful management it could be accumulated on any live stock farm.

For the farmer who markets his crops as grain, the problem is somewhat different. At one soil experiment field the corn yields on limed gray silt loam on tight clay for the rotation ending in 1928 were 28 bushels. Since that time yields have declined to 21 bushels.

This decline appears to be caused by potash deficiency for, with the application of oats straw at the rate of two tons an acre for each four-year rotation since 1929, the corn yields have been revived to an average of 45 bushels for the last four - year period. This treatment seems also to have satisfied the potash needs of other crops in the rotation. Analysis of the straw showed that each two-ton application contained about as much potassium as is supplied by 110 pounds of muriate of potash.

After limestone and clovers have boosted crop yields above submarginal levels, farmers will do well to watch for potash deficiency. Not that legume farming is a breeder of potash shortage in the soil, but as yields go up, greater demands are made upon soil minerals. When crop growth is sufficient to exhaust the supply of any one of the plant nutrients, the crop is handicapped.

A minimum acreage of soil-depleting cultivated crops such as corn and soy beans, together with the return of manure and straw, will go a long way toward making farms self-sufficient in their potash requirements.

Sash Greenhouses Make Plant Growing Less Work

Sash greenhouses have so many advantages over hot beds for growing plants from seed that every commercial vegetable grower should have one, believes C. H. Nissley, extension professor of vegetable growing at the New Jersey college of agriculture, Rutgers university.

In sash greenhouses, which are usually heated by a wood stove or with a hot water system, seed sowing and transplanting may be done in comfort, even during extremely cold weather, and watering and ventilating are easier because of the larger air space under the glass.

Last winter many of these structures were built. Some of them are located in the garage. With this arrangement, the heat is furnished to the garage and to the washing and packing house as well as to the greenhouse.

These structures are not expensive to build. An 18-sash greenhouse complete with boiler and head house, new sash and new materials should cost less than $300, not counting labor. Where sash is on hand, there may be no need of buying new. Instead of purchasing a new boiler, a good second hand one, purchased at a low price, may be used. For permanent structures, a concrete or hollow tile foundation and walls are recommended. Wooden sides may also be used if lumber is available.

In the Feed Lot

Dairymen who make the highest income from their herds plan their business so that the volume of milk production is maintained in winter months when prices are normally best.

• • •

An annual farm inventory will show a farmer just where he stands financially whether he is gaining or losing, and how much. The inventory also provides a valuable property list in case of fire.

• • •

A cemetery for cows on Langwater farm near North Easton, Mass., stands as a monument to some of the greatest dairy cows ever bred.

• • •

About 2½ million farmers are now marketing some or all of their farm products co - operatively through their 8,400 associations.

• • •

Horses free from parasites breed better, work better, are easier to handle and require less feed to keep them in good condition.

• • •

The locust makes good fence posts and, being a legume, improves the soil. It grows well on almost any type of soil.

Worthy of Your Pride!

Mother, between you and me Sis is getting to be a little show-off. Last night when Dick called, there she sat, big as life, right in the middle of things chirping about the new dress you made her: how you used a remnant left over from one of your dresses, and got it finished in one afternoon—she even had Dick feel the material.

Well, Elsie, you can't blame the child's appreciating herself in a new dress. How about ourselves? Didn't you say your jumper was the talk of the Tennis Club meeting yesterday? And haven't I been spending more time before the mirror since I made my new "Stylish Stout" model? I actually feel like a new person in it—imagine me being vain at my age!

Flatters Stout Figure.

Oh, Mother, you're not vain and you're as young as any of us. You just were lucky to find a particularly flattering style for your figure. That soft jabot makes you look lovely and the whole thing is so slenderizing. But only an expert like you could make such a dress.

It isn't being expert, Elsie, it is choosing a pattern that is deftly designed and giving full step-by-step instructions on how to proceed.

Several Blouses.

I'm going to make another blouse for my jumper soon, Mother. I always admired that white pique shirt of Dick's, so I think I'll try it for my blouse, since the pattern is a lot like a man's shirt in design.

The Patterns.

Pattern 1229 comes in sizes 14 to 20; 32 to 42 bust. Size 16 requires 3⅛ yards of 39-inch material for the jumper and 1⅝ yards for the blouse. Pattern 1847 is available in sizes 36 to 52. Size 38 requires 4¾ yards of 39-inch material.

Pattern 1882 is designed for sizes 2 to 10 years. Size 4 years requires 1¾ yards of 39-inch material.

New Pattern Book.

Send for the Barbara Bell Spring and Summer Pattern Book. Contains 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., 247 W. Forty-third street, New York, N. Y. Patterns 15 cents (in coins) each.

© Bell Syndicate.—WNU Service.

FOR QUICK HEADACHE RELIEF

15c FOR 12 2 FULL DOZEN FOR 25c

Demand and Get Genuine

BAYER ASPIRIN

Belittling Is Useless

The foolishest thing is to belittle genius. Genius IS.

DISCOVERED

Way to Relieve Coughs

QUICKLY

IT'S BY relieving *both* the irritated tissues of the throat *and bronchial tubes*. One set of ingredients in FOLEY'S HONEY & TAR quickly relieves tickling, hacking, coughing . . . coats and soothes irritated throat linings to keep you from coughing. Another set *actually* enters the blood, reaches the affected bronchial tubes, loosens phlegm, helps break up cough and *speeds recovery*. Check a cough due to a cold before it gets worse, before others catch it. Check it with FOLEY'S HONEY & TAR. It gives quick relief and *speeded-up recovery*.

Clogged intestines take away the joy of life. Restore regularity without griping. TAKE Wrights' INDIAN VEGETABLE Pills "THE TONIC-LAXATIVE"

25c a box at druggists or Wrights Pill Co., 100 Gold St., N.Y. City.

Calotabs Help Nature To Throw Off a Cold

Millions have found in Calotabs a most valuable aid in the treatment of colds. They take one or two tablets the first night and repeat the third or fourth night if needed.

How do Calotabs help Nature throw off a cold? First, Calotabs are one of the most thorough and dependable of all intestinal eliminants, thus cleansing the intestinal tract of the germ-laden mucus and toxines. Second, Calotabs are diuretic to the kidneys, promoting the elimination of cold poisons from the blood. Thus Calotabs serve the double purpose of a purgative and diuretic, both of which are needed in the treatment of colds.

Calotabs are quite economical; only twenty-five cents for the family package, ten cents for the trial package. (Adv.)

Read Them! *Heed Them!*

ADVERTISEMENTS Are Your Guides to Value

6111