Here's an Easy Dress



Pattern 1658

A simple mesh with puff stitch dots is quickly and easily crocheted into this charming dress. Use mercerized cotton in fresh Spring colors. Pattern 1658 contains directions for making the dress in sizes 4 to 8 (all given in one pattern); an illustration of it and of all stitches used; material requirements; photograph of detail of stitch.

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

Please write your name, address and pattern number plainly.

More Combinations

CROP combination is useful with vegetables such as tomatoes. melons or corn, as well as with "small garden" crops like radishes, lettuce and carrots which require comparatively less space. The following combinations are etable expert of the Ferry Seed

Institute: Sow dwarf peas early in rows four to six feet apart; plant radish between rows of peas, and plant one row of cucumbers between

every two rows of peas. Set cauliflower early in rows two feet apart; one foot on each side of each cauliflower row plant spinach; sow radishes between spinach rows. When radishes are used set tomato plants in the space thus vacated. Peppers or egg plant may be substituted for to-

- matoes. Sow early turnips in rows three to four feet apart; later plant a row of corn between the turnip

Give ground ample supplies of fertilizer when combined cropping is practised extensively.

One After Another "Oh, what a time we had! just don't know how I ever came through! First I got an angina pectoris, and then pneumonia, followed by arterio sclerosis and phthisis, after which they gave me hypodermics. Then I had barely recovered from these when I got tuberculosis, with appendicitis, followed by tonsillotomy. Yes, indeed, it was the hardest spelling test I've ever had."-Pathfinder Magazine.



Perfection Trifles make perfection, and perfection is no trifle.

"INSIDE INFORMATION" For Indigestion or CONSTIPATION CLEANSE INTERNALLY the tea-cup way. Garfield Tea acts promptly, pleasantly,



MOTHERS, ATTENTION! In your child has WORMS, the best remedy to drive them out is Dr. Peery's "Dead Shot" Vermifuge. Good for grownups also. 50c a bottle at drug-

gists or Wright's Pill Co., 100 Gold St., New York, N. Y.



HOTEL YORK 7th AVE. at 36th ST.

FIREPROOF-NEWLY DECORATED

· Opposite Macy's

Near Pennsylvania Station

LITERARY GEMS-

Reveals Keen Colonial Mind

By ELIZABETH C. JAMES RENJAMIN FRANKLIN was born in Boston in 1706, of immigrant parents. His father was a candle and soap maker, and Benjamin was one of 17 children. With only two years of schooling, he set out on a career later chronicled in his "Au-

First he worked as a printer, finally owning his own shop. At one time in his youth he was sent to London by a merchant to buy a new printing press, but things went wrong and he was stranded in

a foreign country. Months of manual labor were necessary before he was financially able to buy passage home. At forty-two he sold his shop for 18,lived the rest of his life on the income this sum.

Statesmanship be-

came his chief in-

Elizabeth

terest in life. His James influence in the American cause during colonial and revolutionary strife was extensive, necessitating personal correspondence with men of the 13 states and with Englishmen.

If there is a secret for the great success of Franklin it might be sifted to the one word: attitude. In the first place, he enjoyed life; but not in a dilatory manner. He appreciated and valued life and took advantage of every new situation that came to him. Yet he did not strain after new opportunities.

Franklin believed in himself and in the application of the ideas that came to him. For that reason the list of his accomplishments is a long one. Time to him was not money, but time and money were both elements for the enjoyment of life; so he was thrifty with both.

Was Self-Educated. help of teachers and schools. To quires ten pounds of water in more water than the weight of absolutely essential to all fine suggested by Harold Coulter, veg- learn to write well he read the constant circulation. "Spectator" papers and tried to imitate Addison's style. He and Collins, his friend, wrote letters on current topics and criticized each other. In order to learn to speak

> FRANKLIN—THE DIPLOMAT The life of Benjamin Franklin spans both the Colonial and Revolutionary periods. His writings were done in the former, for foreign affairs occupied the latter time. He was colonial agent to France and to England, carrying the weight of foreign relations for the fighting colonies.

Yet along with a busy political life, Franklin wrote Poor Richard's Almanae and his own bi ography, and established the Pennsylvania Gazette, which has come down with a continuous history and lives today as the Saturday Evening Post. Thus Frank lin was the first great man of letters, in addition to being first in many other enterprises.

to a group of people and to think on his feet, he organized the Junto, a club of young men who had the same desire. This club was the laboratory for self expression.

Many incidents are included in his autobiography that reveal a keen analysis of people. One story relates how he won the friendship of an enemy. He wanted to overcome the man's dislike, so he wrote a note and requested the man to lend him a special book, much discussed at the time. The book came at once, and Franklin read it and in a week returned it with an expression of appreciation. He was applying the fact that a person who does you a favor likes you, for you have made him feel that he is kind.

"I Believe" Habit. Franklin needed tactfulness very badly, for he was positive by nature. He observed that university men had enemies as a result of their attitude of "I know," so he cultivated the "I believe" habit, and always asked the opinion of his conversationalist. He applied this formula to the business of getting subscriptions for the first public library in this country, that of Philadelphia, and instead of saying, "I have an idea that I think will benefit the city," he said, "Some men, book lovers of the city, have decided that this plan is a good one," and there was no personal antagonism

toward the idea or toward himself. Public Spirited Citizen. The contributions to progress made by Franklin are too many to name; but he is given credit for establishing the first fire department, the first public library, the University of Pennsylvania, and the Saturday Evening Post; he wrote "Poor Richard's Almanac," invented many useful household utilities, and experimented with electricity. Of all the great statesmen of the American Revolutionary period, Franklin is the only one who signed all four of these documents: the Declaration of Independence, the treaty of alliance with France, the treaty of peace with England, and

the Constitution. @ Bell Syndicate.-WNU Service. White Rose of the Miamis Ma-con-a-quah means White Rose of the Miamis. The name was given to Frances Slocum, a white child kidnaped and adopted by the tribe. She married the chief and refused to return to civilization when opportunity offered. Some of her descendants lived in and near Peru,

Habits of King Salmon The king salmon of the Yukon river often swims 2,000 miles upstream

before it spawns.

For You to Crochet Franklin Book What to Eat and Why

C. Houston Goudiss Discusses WATER--the Elixir of Life

By C. HOUSTON GOUDISS 6 East 39th St., New York.

F ALL the elements required to support life and maintain I health and efficiency, water takes precedence. Without it, the protein, carbohydrates, fats, minerals and vitamins, which build and repair tissues, provide motive power for the body engine, and regulate the complex processes necessary to existence would be utterly useless.

Water is the magic stream ever-ready messenger which of damaging the kidneys which redistributes heat, moisture and body-building material, where body-building material, where often constipation can be traced and as it is needed. to a deficiency of water, which is necessary to soften the contents * * * of the intestinal canal.

Man Is a Sponge Our bodies are like water-logged sponges, for we carry water to the limit of our capacity. A human

How Much Is Enough? two - thirds water, quires about four quarts of water min C, you should eat plenty of and this proportion every 24 hours. That requirement citrus fruits, tomatoes, strawbermust be main- varies somewhat with the season. ries and raw, leafy vegetables, tained, if health In hot weather there is a greater such as cabbage. and strength are to elimination of water through per-There is enough replaced. weighing 150 drink four quarts of water a day. stimulant than is found in a cury pounds to fill a 15. For part of our needs are sup- of tea or coffee.

* * *

* * *

Foods Rich in Water

ups and zwieback.

Avoid the Dry Habit

water. Women often have the mis-

taken notion that water will make

them fat. To demonstrate the fal-

lacy of this idea, a world-famous

physician once remarked that if

It is possible to drink too much

amount required. But most nor-

mal people could increase both

mental and physical efficiency by

Drink Water with Meals

digestion. It has also been dem-

wise to drink water with

taking more of this magic fluid.

ter, the brain 85 per cent. Even First, water taken as a drink or that milk will increase their bone is made up of more than in other liquids; second, water weight, but this fear is not justione-third water, so you can see supplied by foods, especially fruits fied, since a pint of milk, or two that the old adage "dry as a and vegetables, for although solid large glasses, only supplies 340 bone" is not strictly accurate. foods appear dry, most of them calories. No cell can function unless it is are in fact from 75 to 95 per cent constantly bathed in fluid. Fur- water; third, water formed in the thermore, the cells depend upon tissues in the combustion of fuel water to transport their foods foods. Fat gives the most water

We may term these functions least. an incoming service. But it is equally important as an outgoing stream. The cells need water to bon dioxide.

sonous substances would remain cooked greens, milk, onions, channels of physical existence- stews, tomatoes and squash. even while we sleep, for it constantly passes from the body per cent water include butter, through the lungs and skin, as cakes, candies, ready-to-eat cerewell as through the bowels and als, crackers, dried fruits, nuts, kidneys.

* * * Water Starvation

Where do we get all this water? When we are thirsty, we take a drink and there the interest of most people ends.

Few individuals give proper consideration to supplying the body with all the water it needs. Yet, when the water content of the body diminishes, health and life are in danger. A loss of 10 per cent of body water is a serious matter and a loss of 20 per cent is usually fatal.

that were true, poor people would It is only in rare instancessuch as when lost in a desert— long ago have adopted the practhat man actually dies of thirst, for even when no fluids are drunk, water and those who are suffering water is consumed with food. But from disease should be guided by all about us we see men and womtheir physician in determining the

WE OFFER * A New Food Department

* All the accumulated knowledge and experience of C. Houston Goudiss, the man who | it for 30 years has exerted a wide | meals?" The answer is "Yes." influence on the food habits of There is evidence that the drinkthis nation, are now available | ing of a reasonable amount of wato homemakers through the se- | ter with meals by normal individries of articles now appearing uals stimulates the secretion of in this newspaper. These dis- gastric juice, thereby improving cussions are as fascinating as fiction, as up to date as to- onstrated that it aids in the abmorrow, and, above all, au- sorption of food by the body and thoritative. For no matter what | retards the growth of intestinal aspect of food is under dis- bacteria. cussion, C. Houston Goudiss knows whereof he speaks.

tion to the study of food, both from the productive and the manufactured standpoint. He believes that better food means -to be the best available guide in the most important of all matters that affect the homes of the readers of this newspaper-for health, happiness and talk over old times. prosperity depend first of all upon food.

* Every homemaker will want to clip these articles, and save them. She will find them invaluable aids in keeping her family properly fed.

Have You a Question? Ask C. Houston Goudiss

C. Houston Goudiss has placed 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 C. Houston Goudiss at 6 East 39th Street, New York City.

through which all nutritive en suffering from the effects of as conscientious in providing her elements are carried into and through the body and there held in suspension. It is the held in suspension. It is the and scalp. There is also danger must be included in the list of establishment. Some indications of this are dryness of the with adequate amounts of the other water and scalp. There is also danger must be included in the list of establishment. must be included in the list of es-

Questions Answered

C. D. L., Jr.-Pyorrhea seems None of these ill effects may be to be associated with a mild vitafeared if you take enough water. min C deficiency which has gone on over a long period of time. To A healthy, normal individual re- obtain adequate amounts of vita-

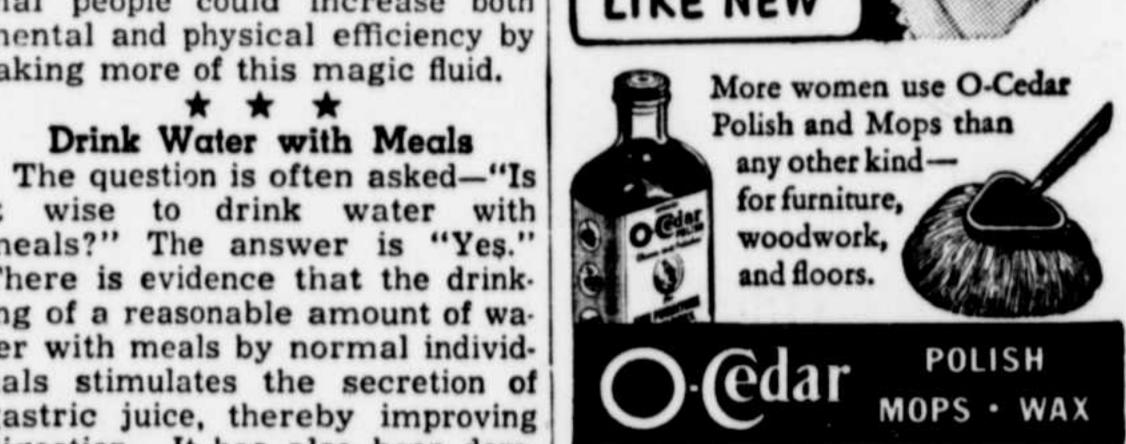
Miss T. P. G .- Yes, there is a spiration and that loss must be stimulant in cocoa that closely resembles caffeine in coffee. But a However, it is not necessary to cup of cocoa contains less of the

gallon barrel. Muscles, liver and plied by food. The body draws Mrs. A. R. M.-No, milk is not kidneys are about 80 per cent wa- upon three sources for its water: fattening. Women especially fear

© WNU-C. Houston Goudiss-1938.

And here, home-makers, His education was without the through the blood. This alone re- when burned. In fact, it produces why: The oil element in polish is the original fat. Sugar gives the wood! For the same reason that we oil machinery-water our plants-massage cream into the face—is oil polish used! The same A half-pound potato contains principle applies-for wood defiflush away their waste products. nearly a full glass of water. Some nitely requires this attention to And if the surface of the lungs is other foods that are more than keep it "alive!" The best oil polnot kept moist, there can be no in- 70 per cent water are asparagus, ish has a fine, non-greasy oil base take of oxygen, no output of car- berries, string beans, cabbage, -and it is just this-when rubbed cauliflower, celery, cucumber, or massaged into the furniture-Without water, no waste would eggs, citrus fruits, cherries, that prevents the wood from be carried out of the body. Poi- grapes, melons, apples, raw and checking, drying out, splitting or cracking. Furniture will not do to wreck the system within a short | cooked green peas, boiled pota- any of these things, when cared time. Water flushes the countless toes, sauerkraut, shell fish, meat for-and it is the combination of the "oil" and the "rubbing" that prevents it! For the quality oil-Foods containing less than 30 polish "feeds" the hungry finishkeeps the wood young! Other polishes may give a quick, easy-toachieve luster-but a little time potato chips, sausage, bacon, syrand energy (it should not be labor) on the part of the housewife, will pay dividends in the looks and long life of her furniture and In addition to the water consumed with food, every normal woodwork. All experts agree that individual should drink about six an oil polish properly used (apply on damp cloth—as directed) is not glasses of liquid daily—as water, only better-it is vital! And so, milk, coffee, tea or other beverhome-makers, take this important tip: Always use an oil polish-and Most people drink far too little

> POLISHES, PRESERVES-KEEPS FURNITURE -LIKE NEW



With Deliberation Be slow in choosing a friend, slower in changing.-Franklin.

Now I Iron the

The homemaker should be just * His work has been a devo- | George Changed Line-But Not the Results

"The boys" had made a habit of meeting one evening a week for a a better nation. Sharing these chat over their doings, but recentviews, we have secured him to assist in carrying out our aims ly many of the old faces had disappeared as their owners got appeared as their owners got work in different parts of the

One evening, Bill and Bob found themselves alone and began to "That reminds me!" said Bill. "What happened to George after he failed as an architect?"

"Oh," replied Bob, "he went on the stage!' "How's he doing there?" "Still drawing poor houses,

was Bob's unkind reply.

EASY WAY with my Coleman HEATING TON saving Coleman Iron. Genuine instant-lighting. Entirely self-heating. Entire ironing surface is evenly heated, with a hot point and hot edges. Iron with less effort, in one-third labor saver. See it at your dealer's. WRITE! Send post-THE COLEMAN LAMP AND STOVE CO.

For Brighter, Cleaner Teeth Use Pepsodent with IRIUM

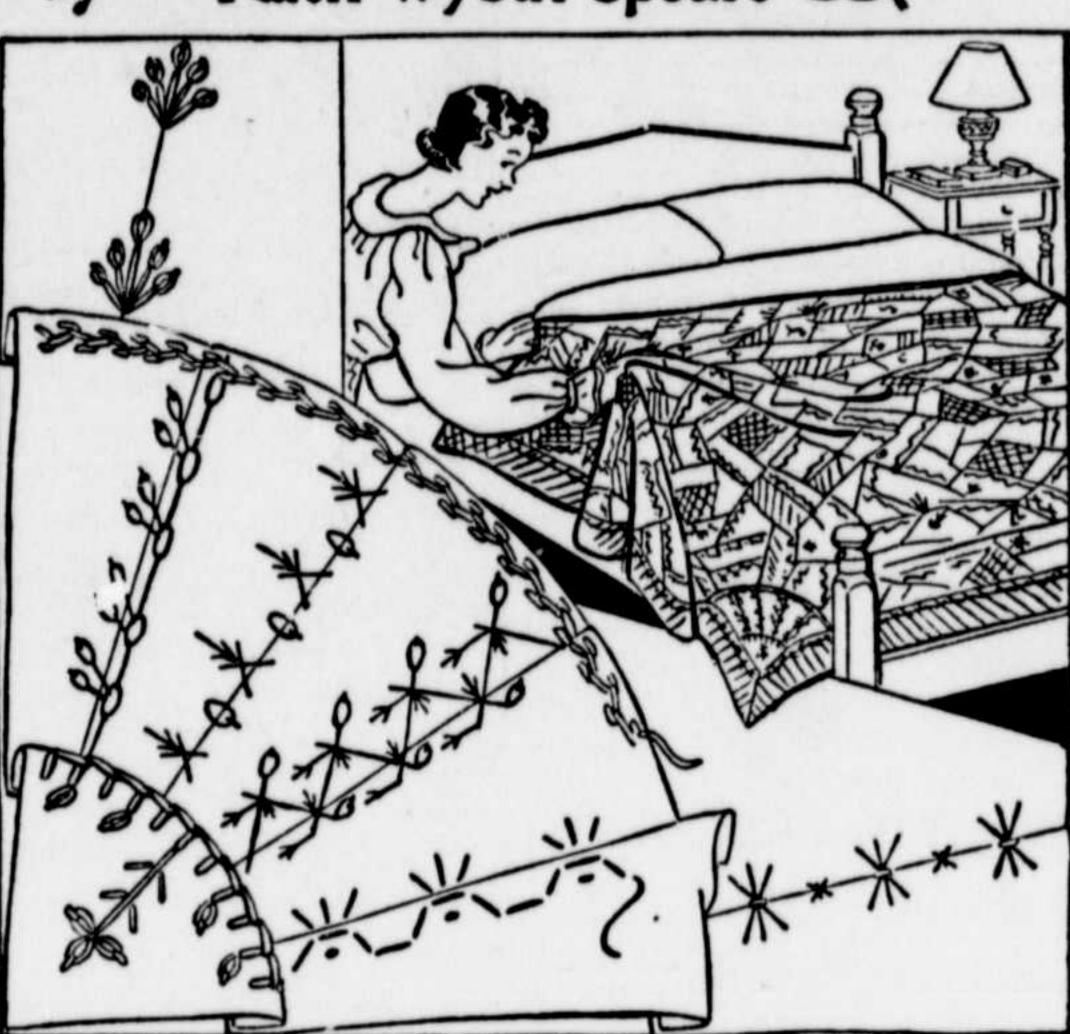
Irium contained in BOTH Pepsodent Tooth Powder and Pepsodent Tooth Paste

 Thank your lucky stars—that Pepso-dent now contains remarkable Irium! For this wonderful new cleansing agent -found only in Pepsodent - promises your smile a new beauty! For Irium makes Pepsodent extra

effective . . . enabling it to gently brush away unsightly surface-stains ... restoring teeth to their full natural radiance. Pepsodent with Irium is thorough...yet utterly SAFE. It contains NO BLEACH, NO GRIT, NO PUMICE! Try it!



by Ruth Wyeth Spears &



Silk Patchwork for the Guest Room

foundation-only I am using the Victorian home arts. best parts of several worn blan- NOTE: Mrs. Spears' latest book kets. I plan to join the blanket on SEWING-Gifts and Embroidsections with whipped seams and ery-is now ready. Ninety emthen arrange my final patches broidery stitches are illustrated;

along the joinings."

▲ LETTER comes from a read- used to sew the pieces in place, er enclosing rough sketches of you will find them in the new stitches from a silk patchwork book offered herewith. Be among quilt. She writes, "I inherited this the first of your friends to make quilt from a great aunt and it is one of these gay quilts. It is the the final touch of luxury in my smart thing to use one anywhere guest room. It never occurred to that you would use an afghan. me that I could make one like it | Collecting and arranging the luxuntil I saw your article about urious bits of silk and inventing patchwork stitches in the paper. new embroidery stitch combina-I am following your advice about | tions is just about the most exusing an old wool blanket as a citing of all the new revivals of

also table settings, crochet; em-Depend upon a modern home- broidery designing; fabric repairmaker to figure out efficiency ing; novelty gifts and dress acmethods! And here are the cessories. Forty-eight pages of stitches she sends. The many- step-by-step directions. Available hued silk, satin, and velvet pieces to readers who will send name foundation with lapped edges and address and enclose 25 cents turned as shown here. If you (coin preferred). Just address would like to know how to make Mrs. Spears, 210 S. Desplaines St., more of the fascinating stitches Chicago, Ill.

Items of Interest

and leave no marks.

such as olive or vegetable, in the refrigerator. They are likely to become rancid when opened unless they are kept chilled.

When Beating Foods .- Place a until the cloth is dry. folded cloth under the dish which contains foods to be beaten. The cloth saves the table and helps Only cooked pineapple should be keep the dish steady.

When substituting sour milk and gelatin and does not allow it to soda for sweet milk and baking | jell. powder in cooking, use the same quantity of milk plus one tea-

. . . which have become slimy should hastily prepared miscellany. be soaked in vinegar overnight, then rinsed thoroughly in hot water and hung out of doors to dry.

Tasty Applesauce.—Applesauce made out of tasteless apples may be enlivened by adding a little nutmeg, cinnamon and cloves, or adding lemon juice for tartness. But if the sauce has a fresh apple flavor, such extra seasonings are unnecessary-in fact, they will blot out the apple's own flavor.

When Cooking Eggs .- In cooking eggs and egg dishes temperature is most important. When the protein in egg is heated it coagulates or becomes firm. If this

Strange Facts No Such Thing As a Tree

TREES are the oldest things on earth. You have seen hundreds of them. They grow in great abundance in all but a few sections of the United States. Yet there is no such thing as a tree as a matter of scientific classifi- | clogged with poisons as the re-

This oldest living thing gives us not only shelter, food and heat, but such a strangely wide variety of products as clothing material, furniture, paper, rubber, dyes, chewing gum, rosin, turpentine and alcohol. Because trees provide for so many of man's needs and because they live for hundreds, sometimes thousands of years trees have figured in the folklore and religions of many nations. The Algonquin Indians and the early peoples of Scandinavia both believed that their ancestors were descended from an ash tree. To the early inhabitants of England and Italy the oak tree was

We use the word tree to refer to the giant sequoias and redwoods of California, we use it to refer to the great oaks and beeches of America and Europe and to the slender palm and the little fig tree. But as a matter of scientific classification there is no such thing as a tree because the word may be given with equal accuracy to any plant ten feet tall that grows with a singly woody step and lives more than two

Britannica Junior.

To Remove Gum .- To remove | heating takes place slowly, evenchewing gum from fabrics, rub ly, at a moderate temperature, with ice and the gum will roll off the eggs will be tender when they are done. But with high temper-

ature the protein in them shrinks Storing Food Oils .- Store oils, and makes the eggs tough. Refreshing Cakes .- Dry cakes can be made fresh by wrapping them in a damp cloth and placing in a moderately warm overs

Cooked Pineapple for Gelatin .used with gelatin in desserts or salads, for fresh pineapple con-Using Sour Milk and Soda .- tains a substance that acts on the

A Nourishing Breakfast .- The spoon of soda for each cup of sour family that gets a satisfying, nourishing breakfast is more likely to be in tune with the world Cleaning Sponges. - Sponges than the family that has only

Do you feel so nervous you want to scream?

Are you cross and irritable? Do you scold If your nerves are on edge, try LYDIA E-PINKHAM'S VEGETABLE COMPOUND. another how to go "smiling through" with Lydia E. Pinkham's Vegetable Compound. It helps Nature tone up the system, thus lessen-Make a note NOW to get a bottle of world-famous Pinkham's Compound today WITH-OUT FAIL from your druggist—more than a million women have written in letters re-Why not try LYDIA E. PINKHAM'S VEGETABLE COMPOUND?

CPRAINS Yager's Liniment. A Doctor writes that he uses it for backaches, sprains and rheumatic pains. Buy Yager's Liniment today. Let it help you rub aches and pains away. In use over 50 years. 25c and 50c bottles.

When the system becomes sult of constipation, quick relief may be had by taking Wright's Indian Vegetable Pills. Reliable remedy for nearly a century. 25c a box at druggists or Wright's Pill Co., 100 Gold St., N. Y. City.

Sentinels of Health

Don't Neglect Them! Nature designed the kidneys to do a marvelous job. Their task is to keep the flowing blood stream free of an excess of toxic impurities. The act of living—life itself—is constantly producing waste matter the kidneys must remove from the blood if good health is to endure.

When the kidneys fail to function as intended there is retention as waste that may cause body-wide dis-tress. One may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel tired, nervous, all

Frequent, scanty or burning passages may be further evidence of kidney or bladder disturbance. The recognized and proper treatment get rid of excess poisonous body waste. Use Doan's Pills. They have had more than forty years of public approval. Are endorsed the country over. Insist as Doan's. Sold at all drug stores.