Practical and Pretty At-Home Wearables

YOU'LL be indoors more from now on—busy at your own fireside. So it's time to make yourself some pretty new work clothes. Here are some that combine comfort and practicality, and they are so easy to make that even if this is your first sewing venture, you'll succeed beautifully.

Slenderizing House Dress.

Everything about this dress is designed for working comfort. The waistline, although it looks slim because it's drawn in by darts, is

unhampering and easy. The skirt gives enough leeway to stoop and climb and stretch. The armholes are ample, the sleeves short and loose. This dress is easy to do up, too, because it fastens in the front, and can be laid out flat on the board. Its utter simplicity, long lines and deep v-neck make you look slimmer than you are. Make it of calico, percale, linen or gingham.

Three Pretty Aprons.

Any of the three of them will be mighty handy to have all fresh and ready, when you want to prepare afternoon tea or a hasty pick-up supper for unexpected guests. Each of them protects the front of you efficiently, and looks so crisp, feminine and attractive. Make several sets—you'll want some for yourself, and also to put away for gifts. They're so pretty for bridge prizes, and for engagement remembrances. Choose batiste, dotted Swiss, lawn or dimity.

The Patterns.

1615 is designed for sizes 34, 36, 38, 40, 42, 44, 46, 48 and 50. Size 36 requires 4¾ yards of 35-inch material. Contrasting cuffs would take ⅓ yard.

1595 is designed for sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires, for apron No. 1, 1⅞ yards of 35-inch material and 6 yards of ricrac braid; for apron No. 2, 1½ yards of 35-inch material with 5¼ yards braid; for apron No. 3, 1⅝ yards of 35-inch material, with 11 yards of braid.

Fall and Winter Fashion Book.

The new 32-page Fall and Winter Pattern Book which shows photographs of the dresses being worn is now out. (One pattern and the Fall and Winter Pattern Book—25 cents) You can order the book separately for 15 cents.

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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Recognizing Friends

Happy is the person who recognizes his friends when he meets them, especially when they come in the garb of disappointment.

NERVOUS?

Do you feel so nervous you want to scream? Are you cross and irritable? Do you scold those dearest to you?

If your nerves are on edge and you feel you need a good general system tonic, try Lydia E. Pinkham's Vegetable Compound, made *especially for women*.

For over 60 years one woman has told another how to go "smiling thru" with reliable Pinkham's Compound. It helps nature build up more physical resistance and thus helps calm quivering nerves and lessen discomforts from annoying symptoms which often accompany female functional disorders.

Why not give it a chance to help YOU?

Over one million women have written in reporting wonderful benefits from Pinkham's Compound.

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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!*

DOAN'S PILLS

Fashion Embarks on Wild Color Career in Fall Garb

By CHERIE NICHOLAS

FASHION is about to go on a great color spree. For that matter the new clothes have already started out on a mad color career that promises to outcolor even the most colorful seen for many a year.

Not that this color orgy writes finis to the simple black foundation dress that provides such dramatic setting for stunning costume jewelry and for accessories that splash color accents in vivid highlights. No indeed! The black dress with dashes of color is holding its own.

The intriguing thing about the colors exploited this season is that they are distinctively out of the ordinary.

The colors heard most about and seen dramatized throughout Paris collections are the purples and plums, the mauves and violets and fuchsia shades. In fact the entire gamut of violine shades is run. Comes next in the limelight the much talked of teal blue and fog blue and that rapturous blue made famous in the ever-beloved Blue Boy portrait painting. In fact, we are to enjoy a season of "blues" that are subtle and lovely beyond description.

The suit of refined elegance which you see pictured to the right in the picture is made of an imported wool in an exquisite scarab blue tone. It is trimmed with sheared beaver, a fur which is very much in use this fall. Self bows tie at the collar and belt which is significant for much emphasis is given to tie-fastenings throughout current costume design. Two wide bands of shirred, matching silk are set into the top part of the dress underneath.

Wine dregs is a shade that is making special appeal with American women. There are also a number of fascinating greens in the present fashion spectrum, notably bronze, hunter, laurel and tapestry greens. Autumn rust and coppery tones are also going big.

Coats are yielding to color to a surprising degree. Leading stores are devoting entire window displays to coats in purples and deep plum or wine-dreg tones. These are superbly colorful and with opulent furs present about the handsomest array of coats ere seen.

As to the gorgeous plaid or striped wool coats so outstanding in the new fashion picture, the only way to resist them is to close your eyes and flee their color glory. Better still, why not make up your mind to indulge in a richly colorful plaid or striped (fashion favors both) wool coat at the very start. The striped coat centered in the group above reflects rich autumnal colors that take on an added note of luxury in a trim of luxuriant fur.

The swank jacket suit pictured to the left abounds in color intrigue. The color formula adopted is blue spruce and dark brown. The dress, the trimming on the coat and the hat are of lightweight woolen in the subtle blue spruce. The short swagger coat is brown in a new deep pile wool that looks velvety and soft. The velvety wool weaves are among the smartest shown this season and fashion is placing considerable emphasis on them.

© Western Newspaper Union.

Fur Jacket Adds Chic to Costume

For ultra chic on an autumn day the smartest formula calls for a dress of an alluring wool weave topped with a youthful and jaunty fur jacket. No-end versatility is expressed in these voguish fur-jacket costumes.

A likable model includes a conservative black dress of handsome dull-finished velvety surfaced deep pile wool. With this milady wears a swank short skunk jacket. There is a huge gold jewelry piece at the throat and the belt of the dress is detailed in gold.

A gray tweed coat dress is topped with a gray kidskin lumber jacket. A bolero of sheared beaver surmounts a dress of brown cloque weave and so on.

Even Trimmings Turn to Jewels

The flair for jewelry display is reflected in the new jewelled trimmings that are worked about the necklines of many of the newest daytime dresses. The latest models are arriving, bedecked with necklace effects that are jewel-appliqued right on the very fabric itself. So realistically is this done to all appearance it seems like an actual necklace or perhaps huge pendant suspended from a chain.

The idea is clever and presents no-end opportunity for ingenious design. Not only jewels but metal cabochons and locket effects and leaf motifs combine to add a decorative note.

Femininity Note

The feminine lingerie effect is not limited to blouses and vestees but frequently characterizes the whole dress.

Trends for Fall

Day dresses for fall show a tendency to wider flared skirts with accentuated hip lines.

Drape Technique

Much of costume design in the new fall fashions is based on a draped technique that is designed to slenderize the figure. Below in the picture is an example of adept draping in slate blue silk jersey which sort of intertwines the material in a manner much approved by designers. Illustrated at the top is an unusual draping of royal blue acetate jersey against the black sheer of a sheathlike frock done in the latest bi-color manner. In every dress collection the bi-color theme is widely exploited. The ostrich trimmed tricorne and the doeskin gloves are royal blue.

Star Dust

★ *Seal Steals Show*
★ *Tyrone Power Leads!*
★ *Infant Publishers*

By Virginia Vale

IT BEGINS to look as if the various actresses who refused to play the heroine in "Spawn of the North" were smart girls. They probably remembered that it's dangerous to work in a picture with a clever animal, because nine times out of ten the animal steals the picture.

Mention "Spawn of the North" to someone who has seen it, and he—or she—won't reply: "Wasn't the battle between the salmon fishers and the pirates exciting?" or exclaim over the icebergs or the salmon run or the excellent performances of John Barrymore and Lynne Overman. Not if he—or she—runs true to form. The exclamation points will all be for the trained seal, Slicker.

Slicker deserves the enthusiasm, and his owner and trainer deserves the good break that he gets through Slicker's performance. He is H. W. Winston, a veteran of vaudeville; he and his trained seals, on one of their tours of the Continent, played a command performance for British royalty.

Another animal who became a star overnight is the terrier who played "Asta" in "The Thin Man." He'll appear with Constance Bennett in "Topper Takes a Trip," a sort of sequel to "Topper." In fact, he'll replace Cary Grant, in a way. Grant is too busy and too expensive for the new "Topper" picture, so the dog will be Miss Bennett's companion in this one.

Tyrone Power is gathering bouquets from those who know about band leaders for his performance in

TYRONE POWER

"Alexander's Ragtime Band." A little group of musicians was discussing it recently, and they said that he wasn't merely standing up there and waving a baton, as movie stars whose roles require them to turn band leader usually do. They maintained that he was actually leading the band.

Incidentally, Paul Wing, whose "Spelling Bee," impressively sponsored, goes out on a nation-wide hook-up at 5:45 Sunday afternoons, has an effective way of taking radio-acting apart and putting it together again for those who want to act in broadcasts.

Mr. Wing takes a play—one that he wrote some years ago, when he was well known as a playwright—and rehearses the aspiring actors in it as it would be done on the stage; then he coaches them in it as it would be done in a broadcasting studio, bringing out the many differences in technique.

Elaine Carrington was put gently but firmly in her place recently by her son and daughter (Robert, aged ten, and Patricia, aged fourteen). Mrs. Carrington, in case you don't know, is one of radio's most successful writers; for years she has done the script for "Pepper Young's Family," which is broadcast on two nation-wide hook-ups, on Monday and Friday mornings and afternoons. She made her name as a brilliant short story writer before she took to radio, selling to the biggest magazines.

But—Patricia and Robert are now publishing a magazine, "The Jolly Roger," (at their mother's expense), and getting contributions from friends and family. The only stories that they've insisted on having rewritten, (and they didn't like even the re-written versions too well,) are those by the famous Elaine Carrington!

ODDS AND ENDS—Two of radio's most promising young singers, Marie-Louise Quevli and Felix Young, have just recorded an album of Jerome Kern's music . . . The "Alice in Wonderland" skating sequence in Sonja Henie's new picture, "My Lucky Star," makes the picture worth seeing; the rest of it isn't quite up to her usual standard . . . Don't miss "You Can't Take It With You"; in some respects it's better than the stage version that New York raved over!

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What to Eat and Why

C. Houston Goudiss Relates the Romance of Wheat and Discusses Flour, the Basic Food

By C. HOUSTON GOUDISS

THE story of wheat flour is the story of civilization. Before man learned to cultivate this golden grain, he was obliged to move from place to place, with the seasons, in search of food to sustain and nourish his body.

Then, on one happy and momentous occasion, perhaps 6,000 years ago, an inspired nomad plucked the kernels clustered at the top of some waving grasses, observed that they had a nut-like taste, and passed along the far-reaching discovery to his fellow-tribesmen.

The beginnings of wheat cultivation are lost in antiquity. But we do know that for thousands of years, it has been one of the most important crops in the world—so necessary to man's well being that the supplication, "Give us this day our daily bread," has summed up his most fervent desires.

Food for the World

Today, nearly three quarters of a billion people use wheat as food. And modern methods of milling have developed flours of such superlative quality that breads are more appetizing and more attractive than ever before; special flours make cakes and pastries light as the proverbial feather; and there are prepared mixes available for biscuits, waffles, muffins, griddle cakes, pie crust and gingerbread.

For Energy and Vitality

The form in which wheat flour makes its appearance on the table is of less importance than the fact that it is and should be an essential item in the family food supply. That is because it offers a rich supply of fuel value at little cost. The different types of flour contain from 61 to 76 per cent carbohydrates, from 11 to 15 per cent protein, and varying amounts of mineral salts and vitamins.

It is necessary to know something of the structure of the wheat kernel and to understand how the various flours differ, in order to select the flour best suited for each purpose. A kernel is made up of several outer layers of bran; a layer of cells high in phosphorus and protein, just inside the bran; the endosperm, composed of cells in which starch granules are held together by proteins; and the germ. **The starch cells are so small that one kernel of wheat may contain as many as 20,000,000 granules.**

White and Whole Wheat Flours

White flour is made chiefly from the endosperm. Whole-wheat, entire-wheat and graham flours are loosely applied terms which refer both to products made by grinding the wheat berry without the removal or addition of any ingredient, and also to a flour from which part of the bran has been removed or to which bran has been added.

One of the most prolonged discussions of the last two decades has involved arguments for and against the use of white or whole wheat flour in making various types of bread and muffins. As a result, many people have been confused and misled—often at the expense of their enjoyment in meals.

Here are the facts: White bread contains important energy values, proteins, some minerals, chiefly potassium and phosphorus, and when made with milk, it also supplies some calcium. It is easily and almost completely digested, tests indicating an average digestibility of 96 per cent.

Bread and other bakery products made from whole wheat flour also contain proteins and carbohydrates, plus good amounts of iron, copper, phosphorus and potassium; and vitamins A, B and G.

The whole grain products are less completely digested than those which are highly refined, however, so some of their nutrients may be lost to the body.

When the two types of flour are considered as sources of protein and energy alone, they are regarded by nutritionists as practically interchangeable. Whole wheat flour is conceded to be richer in minerals and vitamins, but where white bread is preferred, these elements easily can be supplied from other sources.

As a matter of fact, foods made from both types of flour belong in the well-balanced diet, where they add variety and splendid food values at minimum cost. And it goes without saying that for many purposes, only white flour is suitable.

Bread Versus Pastry Flour

Different types of wheat differ in their proportions of protein and carbohydrates, and that accounts for the difference between bread and pastry flours. Bread flour is made from wheat containing a large amount of gluten, which gives elasticity to a dough and helps to make a well-piled loaf. Pastry flour contains less gluten and more starch and has a lighter texture that produces fine-grained cakes. All-purpose flours, as their name implies, are usually a blend of different types of wheat and are designed for general household use.

A Symbol of Progress

It is a tribute to American enterprise that the world's largest flour mills are now to be found in this country, and that tremendous staffs of technicians and research chemists supervise every step in the preparation of the flour which may pass through as many as 17 grindings and be subjected to 180 separations.

Experts begin by checking the quality of the grain while it is in transit to the mill. But their work does not end when the flour emerges pure white in color and unbelievably fine in texture, after having passed through silk bolting cloths of 100 mesh or finer. After that, there are baking tests, day after day, to be sure that every sack which is sold is of uniformly high quality.

Self-Rising Flours

An interesting development of recent years has been the self-rising flours and other ready-to-use mixtures. Some of these contain only a leavener; others include dried milk and eggs; fat; and baking powder, so that only a liquid is needed. All are planned to save the homemaker's time and maintain her family's interest in their most important energy food—the products of **wheat—the foremost cereal grain.**

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War by Time Clock

The only real warfare directed by a movie cameraman was Villa's revolution in Mexico in 1914. An American company paid him $25,000 for the film rights and he agreed to fight only in the daytime so it could get good pictures. Thus the cameraman was allowed to start the daily firing at 9 a. m. and to stop it at 4 p. m. He even delayed battles, at times, to search for new camera angles.—Collier's Weekly.

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