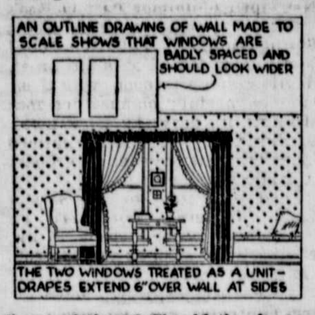
Curtaining Windows To Increase Width

By RUTH WYETH SPEARS

A READER living on a rural route in South Dakota writes me: "My parlor is 16 by 14 feet and has an 8 foot ceiling. Right in the center of the 16 foot wall are two windows, each 6 feet high and 3 feet wide. They are only 1 foot apart and 1 foot from the ceiling. How should I curtain



these windows? Should the drapes cover the 1 foot space between them? How long should they be?"

These questions are nice and definite and all dimensions are given. A scale drawing was made a little larger than the one shown here; ¼ inch to a foot. This showed immediately that the windows needed to look wider rather than higher. By framing them with a valance and side drapes to the floor they are made into a unit of pleasing proportions.

Give your own home a fresh start with new curtains; slipcovers; and other smart new touches, which you will find in Book 1, SEWING, for the Home Decorator. Book 2, Gifts, Novelties and Embroidery, illustrates 90 embroidery stitches and many ways to use them. They are 25 cents each; with each order for both books, Crazypatch Leaflet showing 36 authentic embroidery stitches is included FREE. Address, Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

AROUND THE HOUSE

The Study Room.—Shiny surfaces, such as a highly polished study table or desk, satin stripes in wallpaper, and glossy paint for woodwork, are hard on the eyes and should be avoided.

• • •

Important Trifle.—A pinch of salt added to hot starch will give a high glow.

• • •

Reviving Serge. — Blue serge suits can be revived by sponging with vinegar and water before they are pressed.

• • •

A Treat for Plants.—A little ammonia in the water once a week when giving the plants their drink will keep the soil sweet and the leaves glossy.

• • •

To Clean Aluminum.—To clean aluminum kettles which have become discolored, rub them with a cloth dipped in lemon juice, then rinse in warm water.

• • •

Scorched Linens. — To remove light scorches from linens, wet the stained area with cold water and expose it to the sun until the stain disappears.

DRINK these 10 herbs in your daily cup of HOT WATER

Add the juice of GARFIELD TEA's 10 herbs to loosen harmful undigested, *clinging* wastes. Makes your cup of hot water taste better and work more THOROUGHLY to clean out intestinal wastes and help you look, feel and work better. *At druggists—10c & 25c.*

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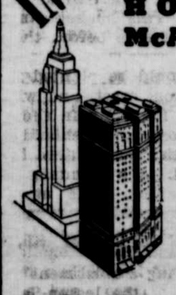

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Under KNOTT Mgt. John J. Woelfle, Mgr.

Fashionable Silks Stress Plaids, Stripes and Checks

By CHERIE NICHOLAS

WHAT are you doing about plaids, stripes, dots and checks in print silks for your spring and summer frocks, for your redingote or bolero costume suits and for the many blouses you will need to complete a smart wardrobe? If you have not already done so, you really should take steps in this matter, for one or the other of these types has practically become a "must" in the up-to-the-minute clothes collection.

Your choice is in no way limited, for every type from classic checks and stripes to color-glorified plaids are represented and it's ditto for dots. Quaint checks in conventional sizes and simple two-color treatment which return to vogue with the "southern belle" fashions, inspired by the movie version of "Gone With the Wind," are at their best in stiff silks, such as taffeta or taffeta-ized silk crepe. These checks are as stylish for mother as they are for daughter, and as chic for evening as for day wear. Reminiscent of Civil war days is the dress shown to the right in the illustration. It is of black and white checked silk taffeta with deep square decolletage both front and back. Dainty white lingerie embroidery (most every costume carries a lingerie touch this season) outlines the squared neckline and trims the sprightly puff sleeves.

Surah silk is big news. Paris dressmakers are making a big to-do about this silk, hailing its revival as one of the most significant fabric style trends this season. The new check surahs will delight you as also will the dotted patternings.

There's no end to stripes. They start pin-stripe size and continue to run the gamut into wide, wider, widest versions. To be had, are the prim and quaint Victorian stripes mostly just one color on white, or if you are style alert you'll want silks in the handsome wider directoire stripes, or if you have gone gypsy as is the way of fashion this spring you will insist on stripes in vivacious coloring for a full skirt to wear with your new sheer white blouse. With your navy or black suit you'll be right in style if you wear a hat of Spanish stripe silk and carry a bag to match.

Simple stripes, one color on white, are quite a featured theme in the latest fashions. See the dress centered in the group. It is made of black and white striped taffeta. It has the old-fashioned look that is so decidedly new-fashioned for spring and summer 1939.

You will not be able to resist the new plaid silks such as fashions the stunning daytime dress pictured to the left in the foreground. Solid blocks of color form the plaid in this printed silk crepe dress. It's the last word in chic, is this striking and youthful dress with its swing skirt that measures yards and yards about the hemline. The bodice is draped and is detailed with a soft knotted bow. The lingerie touch is introduced by a band of white mousseline de soie, edging the neckline and the sleeves.

These plaid silks are just the thing for the blouse you will wear with your navy or black or the new navy-green suit that is causing such a furore in Paris. Capes and jackets lined with plaid silk are on the style program, too, as are also the new petticoats that are the style sensation of the moment.

© Western Newspaper Union.

Cloque Organdy

From now on through the spring and summer season the world of fashion is destined to see myriads of ruffles and flounces. The latest trend is toward the new tiered silhouette. You will see this treatment not only in summery sheers but likewise in light woolens and silk surahs and crepes, for afternoon wear. The model pictured interprets this new tier silhouette to a nicety in a party frock made of lovely colorfully printed cloque organdy. If you have not already done so be sure to acquaint yourself with this exquisite summer fabric. It makes the most adorable dresses one can imagine.

Late Styles Turn To Tailored Suits

In the suit brigade for spring are large groups of very strictly tailored suits which have slightly longer than hip-length jackets and skirts that usually are gored or plaited. Jackets bound around with braid are frequently shown with such suits.

They come in smooth twills or hard woolens, and are rather masculine-looking, but go with blouses which are so sweet, feminine, and dainty that they become girlish in effect.

Shirtwaist Frock Latest for Evening

The shirtwaist-and-skirt theme for evening has quite a following. Some gay spirits have concocted informal dinner gowns by adding a bishop-sleeved shirtwaist blouse of white silk or dotted chiffon to the long dark skirts of their evening tailleurs. Sometime they link the two with a gay cummerbund.

Others dress for informal home dinners in a long dark skirt and a sheer short-sleeved white organdy blouse.

Detachable Skirt Does Double Duty

Buy your new print frock or make it yourself as you will, but if you want it to do double duty see to it that you add a detachable skirt of dark silk crepe that has a wide crush corselet girdle that buttons about the waist, the skirt open up front to show off the print to better advantage.

To Lend a Lacy Look

The importance of silk lace, not only as a trimming but for entire dresses, is an interesting new note struck by outstanding designers.

ADVENTUROUS AMERICANS

By

Elmo Scott Watson

The 'Old Pioneer'

A CENTURY ago newspapers in various parts of the country frequently printed contributions signed "By an Old Pioneer." The man who thus signed himself was one of the most interesting characters in the history of the West—John Mason Peck, preacher, writer, teacher and editor.

A Yankee by birth, Peck arrived in St. Louis in 1817 as a young and zealous preacher sent out by the Baptist church to Missouri territory. Except for two or three years, the remaining four decades of his life were spent in traveling thousands of miles on horseback, preaching, exhorting, establishing schools, churches and Bible societies, making friends and giving counsel to many a settler far removed from civilization.

Also during this time he was making an even greater contribution to posterity. He was recording his observations and impressions of the people and the country through which he traveled. He interviewed many frontier notables, among them the venerable Daniel Boone and later wrote a biography of the great Kentucky pioneer.

By the time of Peck's death in 1857 his journals numbered some 53 manuscript volumes which he willed to a library. At the beginning of the Civil war, the librarian went away to fight and Peck's material was stored temporarily. When the library was moved to new quarters at the end of the war it was left behind and eventually was acquired by a paper mill and turned into cardboard. Thus much priceless historical information was lost.

But despite this loss, Peck's life had not been lived in vain. His writings, published in the newspapers, had a great deal to do with bringing settlers into Illinois and Missouri and in establishing those two commonwealths.

• • •

Under Five Flags

WALPOLE ROLAND is believed to have been present at more historic events and known personally more historic characters than any other American who is not famous in his own right.

He served under five flags, with the British, as a major in the Turkish army during the Crimean war, a colonel of cavalry in the Mexican army, a general in the Chinese army under Li Hung Chang, a scout for Custer in the Civil war. During the Crimean war he was an eyewitness to the famous Charge of the Light Brigade and in India he was present at the "Relief of Lucknow."

He knew the Duke of Wellington, Napoleon III, Sultan Mejdid VI of Turkey, who decorated him, and Abraham Lincoln, who expressed his gratitude for Roland's leaving the Chinese army to volunteer in the Union army. Roland went 20 miles into Confederate territory and returned with the topographical maps upon which the famous battle of Gettysburg was fought.

At the age of 71, he volunteered for service in the Spanish-American war and was rejected as being physically unfit. But 13 years later, at the age of 84, he was lost in the Canadian woods for 21 days without food—and came out of it without any injury to his health. In fact, he lived to be more than 100 years old, but this war-worn adventurer spent his last days in a poorhouse in Detroit.

• • •

'The American Traveler'

JOHN LEDYARD, Dartmouth sophomore, paddled home in a canoe down the Connecticut river to Hartford in 1772. This was not only the first recorded trip of its kind—it started Ledyard on his career as "The American Traveler," who saw more of the world, as it was then known, than any other man.

He went to sea and landed in London at the time the great navigator, Captain Cook, was preparing for his third South Sea voyage. He won a berth on Cook's vessel as a corporal of marines. Returning, he went to Paris and hobnobbed with Thomas Jefferson, Lafayette and John Paul Jones. Then back in America, he accepted Jefferson's suggestion that he explore the western part of North America by crossing it on foot eastward to Virginia. This meant going first to London, crossing Europe and Asia and taking a Russian ship to the Vancouver islands.

He started from London in December, 1786, and reached Stockholm uneventfully. He learned there that he was to cross the Gulf of Bothnia by sled but the ice route to Russia was not frozen over. Faced with waiting until spring to cross by boat, he decided to walk around the gulf instead—a 1,500 mile trek through unknown country.

Although the feat seems impossible, he reached St. Petersburg seven weeks later. He continued by sledge across Russia until Empress Catherine banished him as a French spy.

Shortly thereafter he started on a trip to explore Africa but died suddenly in Cairo, January 17, 1789.

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What to Eat and Why

C. Houston Goudiss Explodes Some False Notions About Food; Warns Homemakers Against Fallacies and Superstitions

By C. HOUSTON GOUDISS

IT HAS been well said that a little knowledge is a dangerous thing. This is particularly true of dietary facts, for half-truths can be more misleading than lies.

There should be no place for half-truths, misinformation or superstition in a matter so vital as the choice of food. Yet judging from the letters that come to my desk, thousands of homemakers are being influenced, not by scientific knowledge, but by "old wives tales," and a multitude of fads and fancies which there is not a shred of scientific evidence to support.

Some food fallacies are harmless. Others may be detrimental to health. For they result in an unbalanced diet that deprives the body of substances needed to maintain physical efficiency at the highest possible level.

Misinformation About Meat

Many common and persistent fallacies concern the eating of meat. It is wrongly charged that light meats are more wholesome than dark meats . . . that veal is not completely digested . . . that meat is a contributing cause to disease, and many other equally foolish notions. All these misconceptions are in a class with the absurd ideas that eating turnips will make you brave, that lettuce is a cure for insomnia, or fish a food for the brain.

There is no evidence to support the belief that some meats are less desirable than others because they are less completely digested. Tests show that the length of time meat remains in the stomach varies with such factors as the quantity of fat present, the method of cooking, and the amount of chewing it receives. **But there is no marked difference in the thoroughness with which the different kinds of meats are digested.**

Erroneous Ideas About Cheese

Other fallacies that continually crop up in my mail are the ideas that cheese is constipating, and that this good food is not completely digestible. Neither belief is in accordance with the facts.

Numerous tests have shown that when cheese is given a proper place in the diet, it is usually well digested. Moreover, it has been demonstrated that there is practically no difference between cheese and meat with respect to ease of digestion.

As for the completeness with which this food is utilized by the body, studies made by investigators for the United States department of agriculture, demonstrated that on the average, about 95 per cent of the protein and over 95 per cent of the fat of cheese were digested and absorbed!

Some few persons may have an allergy to cheese just as they are sensitive to a variety of other protein foods. But that is an abnormal reaction and has no bearing on the use of cheese by persons in normal health.

Cheese Is Not Constipating

The mistaken idea that cheese is constipating doubtless arose from poor menu planning. Cheese is a highly concentrated food. It enjoys the distinction of being the most concentrated source of protein known. Because of this fact, menus containing cheese should be balanced by the inclusion of foods containing bulk or cellulose, such as fruits, vegetables or whole grain breads. When these foods are omitted, it is not the presence of cheese, but the absence of bulk that is responsible for the meal being insufficiently laxative.

Homemakers who have the interests of their families at heart will banish the notion that cheese is either constipating or difficult to digest when properly used. They will give this splendid food a regular place in their menus and thereby provide valuable nourishment at a most economical cost. It is doubtful if any other food provides such a variety of important nutrients concentrated in such a small space. **Besides its fine quality protein, cheese is notable for its energy values, for supplying the minerals, calcium and phosphorus, needed for teeth and bones, and as a source of vitamin A.**

Don't Make Mistakes About Milk

Not even milk has escaped a variety of groundless superstitions. It is said to be "fattening" when the truth of the matter is that no food is fattening unless consumed in excess of bodily needs. The food faddists say that fruits and milk must never be taken at the same meal, for the fruit acids will cause the milk to curdle. Here is an outstanding example of the misleading effect of half-truths. For it is a physiological fact that milk is always curdled in the stomach by the action of the hydrochloric acid!

Some people are afraid to eat acid-tasting fruits because they have the erroneous idea that they produce "acidity" in the body. In spite of their acid taste, however, most fruits have an alkaline reaction following digestion.

My earnest advice to homemakers is to disregard all such fads and fancies. Don't be guided by hearsay advice. Eat a wide variety of foods in moderation. Learn what constitutes a well-balanced diet. And make that your health ideal.

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Uncle Phil Says:

Make It a Vacation

Most people grumble at a detour instead of relaxing on it.

We cherish some of our prejudices. They are worthy ones.

The wise man studies others so that he can learn from their mistakes and profit at their expense.

But Who Are the Joneses?

All the nations in naval armament act as if they are "keeping up with the Joneses."

Does anyone want "equality" with those whose speech and manners exasperate?

A soft job may be one that you have worked at so hard that you know how to do it—soft.

And That Goes for Life

It isn't love altogether that makes a marriage a success. It's mixed with common sense.

Inefficiency usually lies in incapacity to observe closely.

A he man is right agreeable if he isn't too assertive about it.

Correct Constipation Before—Not After!

An ounce of prevention is worth a pound of emergency relief. Why *let yourself* suffer those dull lifeless days because of constipation, *why bring on the need for emergency medicines*, when there may be a far better way? That way is to *KEEP* regular by getting at the *cause* of the trouble.

If it's common constipation, due to lack of "bulk" in the diet, a pleasant, nutritious, ready-to-eat cereal—Kellogg's All-Bran—goes straight to the cause by supplying the "bulk" you need.

Eat this crunchy toasted cereal every day—with milk or cream, or baked into muffins—drink plenty of water, and see if you don't forget all about constipation. Made by Kellogg's in Battle Creek. Sold by every grocer.

DIZZY DRAMAS — By Joe Bowers

Now Playing—"SIT DOWN JOHN"