

### Pretty Frocks for Your Lamp Shades

A CHANGE of lamp shades gives any room a lift, and here is a smart, new transformation trick. You start with a plain parchment paper or bristol board shade, preferably white; then you make a full skirt of some exciting fabric to cover it. By sewing snaps inside and also to the top of the shade, it is easy to remove these for laundering or cleaning. Taffeta, lawn, net, organdy, swiss, gingham—all are used and the imagination runs riot in trim-



mings. Frills or double ruchings at the top and bottom are favorites. Edges are pinked or machine stitched in heavy contrasting thread. Contrasting shirring holds the fullness at the top; and color is added by means of fancy braids, ribbons or bias tape, according to type. Sewing Book 1 and 4, contain directions for making a foundation frame, or you may use a shade that you have.

NOTE: Each of the four booklets Mrs. Spears has prepared for our readers contains an assortment of 32 pages of curtains; slip covers; rag rugs; toys; gifts and novelties for bazaars. Books are 10 cents each—please order by number—No. 1, 2, 3, and 4—With your order for four books, you will receive a FREE set of three Quilt Block Patterns of Mrs. Spears' Favorite Early American Quilts. Send your order to:

MRS. RUTH WYETH SPEARS  
Drawer 10  
Bedford Hills New York  
Enclose 10 cents for one book, or 40 cents for four books and set of quilt block patterns.  
Name .....  
Address .....

### Stradivarius Violins

The only Stradivarius instruments that are now being scientifically preserve for present and future generations are the three violins, a viola and a violoncello in the Library of Congress. They are kept in an air-conditioned case to insure their proper physical care; and they are played frequently, by famous artists in concerts given in the building, to retain and keep alive their beautiful tones.—Collier's.

Don't you can't save Nina now. Mrs. X knows what happened the night of the storm. Read the whole story in May True Story Magazine, now on sale.—Adv.

### Word in Season

A word spoken in season is like an apple of silver, and actions are more precious than words.—John Pym.

## WOMEN

### Here's amazing way to Relieve 'Regular' Pains

Mrs. J. C. Lamon writes: "I was undernourished, had cramps, headaches and back-ache, associated with my monthly periods. I took Dr. Pierce's Favorite Prescription for a while, gained strength, and was greatly relieved of these pains."

FOR over 70 years, countless thousands of women, who suffered functional monthly pains, have taken Dr. Pierce's Favorite Prescription over a period of time—and have been overjoyed to find that this famous remedy has helped them ward off such monthly discomforts. Most amazing, this scientific remedy, formulated by a practicing physician, is guaranteed to contain no harmful drugs—no narcotics. In a scientific way, it improves nutritional assimilation; helps build you up and so increases your resistance and fortifies you against functional pain. Lessens nervousness during this trying period. Don't suffer one unnecessary moment from such monthly discomfort. Get Dr. Pierce's Favorite Prescription from your druggist. Discover how wonderfully it acts to relieve you of "regular" pains.

### Wealth Not Worth

A man of wealth is dubbed a man of worth.—Pope.

## LOST YOUR PEP?

Here is Amazing Relief of Conditions Due to Sluggish Bowels. **Nature's Remedy** If you think all laxatives act alike, just try this one. It's a natural, refreshing, invigorating. Dependable relief from sick headaches, bilious spells, tired feeling when associated with constipation. Without Risk get a 25c box of NR from your druggist. Make the test—then if not delighted, return the box to us. We will refund the purchase price. That's fair. Get NR Tablets today. **NR TO NIGHT**

WNU-4 14-40

## Bureau of Standards

A BUSINESS organization which wants to get the most for the money sets up standards by which to judge what is offered to it, just as in Washington the government maintains a Bureau of Standards. You can have your own Bureau of Standards, too. Just consult the advertising columns of your newspaper. They safeguard your purchasing power every day of every year.

## Kathleen Norris Says:

### There Are Ways of Holding Your Husband

(Bell Syndicate—WNU Service.)



Don't be a nervous, suspicious, sensitive, injured shadow of Ted. Be a person yourself. That's the way you won him and that's the way you'll win him back.

By KATHLEEN NORRIS  
WHEN a woman of 31, married eight years and mother of a small daughter, begins to be afraid she is losing her husband's love, what can she do?

"Perhaps I'm not very well," writes Elinor Baker from a big Illinois city, "but lately I seem to be afraid all the time that Ted will get tired of me and turn somewhere else. Our life and home and relationship seem suddenly to have lost luster, to have gone dull. I had a long bout with flu in November; I don't seem to have gotten back strength or spirits. "Ted has formed the habit of going out a good deal without me. It's all pleasant and affectionate enough, but the result is that I feel left out. My mother lives with us, and Ted is really fond of her, I know. She is a wonderful mother; the only one, he says, that he has ever known. The care of Ann and the housework are not too much for the two of us, whereas I really could not handle it all alone. And for several years Ted seemed to be one of us, putting about, planning things, doing his share.

"But for the past few months it is different. I can't deceive myself any longer. His interests and amusements are elsewhere. He enjoys his late breakfast Sunday morning, his paper and his romp with Ann in the old way. But at about noon he always has something to do. He must 'see a man,' or take someone somewhere. He and the car disappear, and the next thing I hear is from the telephone. Ted and 'some of the others' are out at Billy Carey's. They want him to stay for dinner. What do I think?

"Of course I can only think one thing. But what I say is not what I think. I say 'do as you like, dear.' Then he begins to explain. Well, you see, if he comes home now, then there's nobody to bring the Browns home. He'll be early; it isn't a party. And he comes in at about midnight.

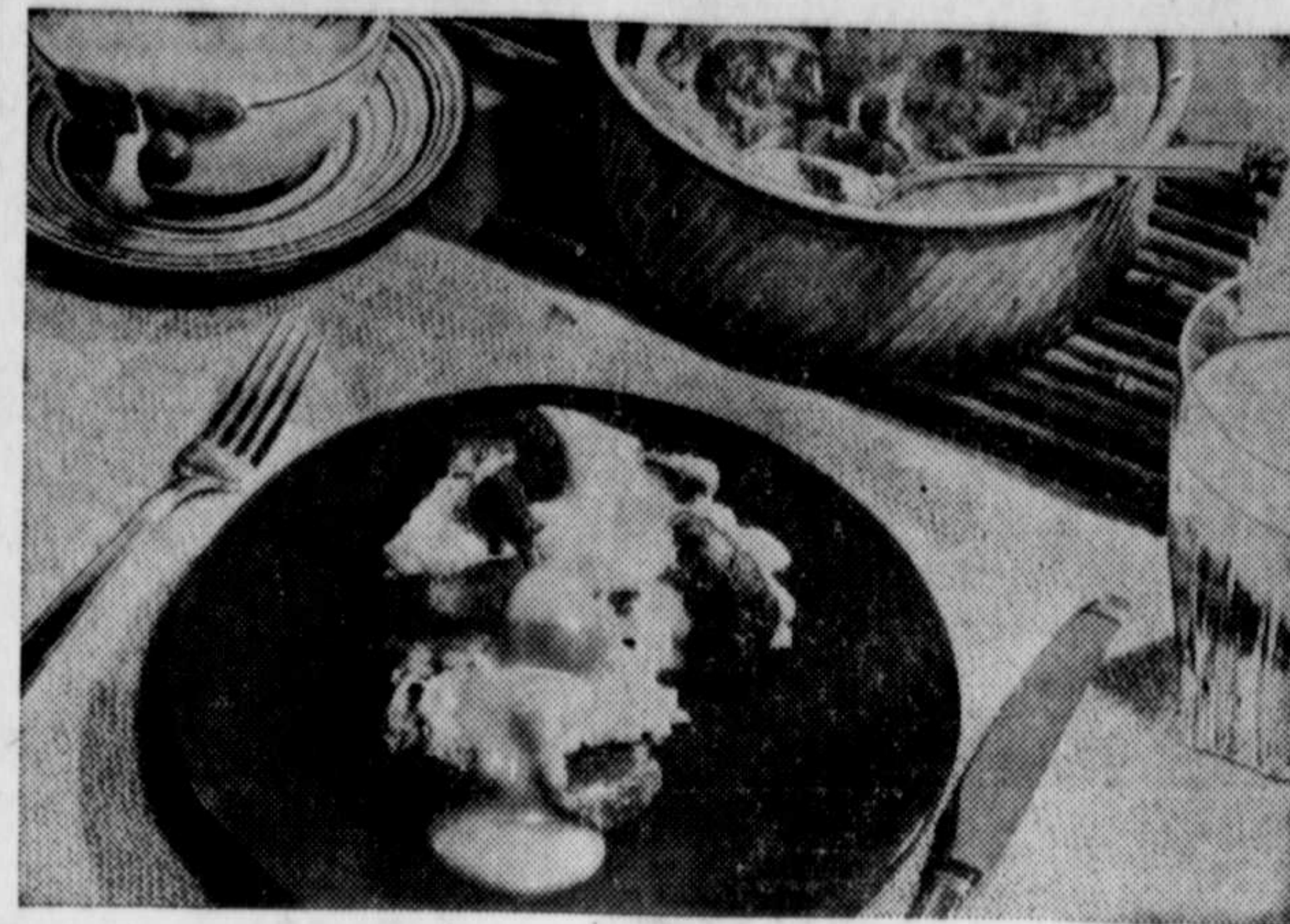
"This Billy Carey is a woman 40 years old at least; she isn't a flirt. It isn't that. She has a nice husband and two grown boys, and a sort of farm, where everyone cooks and loaf about, playing dominoes or listening to the radio. It's all safe enough, so far. But I hate Ted to find so much pleasure away from home, I hate it to disturb Mother, as it does, and we all miss him. Yet I couldn't very well take Ann to these Saturday and Sunday affairs, and if I did it would leave my mother all alone.

"It gives me a hopeless sort of feeling, for Ted is a very attractive man, and even if some other woman doesn't get him now, there are all the years ahead, when I simply don't feel equal to holding him, or rather winning him over and over again. If I try to give an informal buffet supper here, somewhat on the order of the Billy Carey plan, it goes flat. If I go along with Ted I have a horrible feeling that they don't want me. I'm always thinking that Mother and Ann are at home, missing me, and that I'm not making any hit with Ted by going along with him. Worrying about it is making me lose sleep, and look 10 years older than I am, so if you have any suggestion do please send it to me, and I'll be forever grateful."

**Be Yourself.**  
My suggestion, Elinor, would be that you stop trying to lead two lives. One is your own happy home life with a mother and daughter, which you are doing your best to ruin with fretted thoughts that Ted is having a better time than you are, and that you are losing Ted, and that you have to make yourself different if you hope to hold Ted. The other life is the life you try to share with him so halfheartedly.

## Household News

By Eleanor Howe



### SAUCE MUST COMPLEMENT THE FOOD

(See Recipes Below)

#### 'Sauce for the Goose'

The function of a sauce may be either to accent or to soften a flavor; it may be used to enrich a food, or to moisten it; the sauce may be sweet or savory; it may be hot or cold. Whatever its purpose or classification, the sauce must be smooth in flavor as well as smooth in consistency. It should, in addition, offer contrast in color, flavor, in texture, or in temperature.

Sauces are "sweet" or "savory," depending upon whether they are used for desserts, or are served with meat, vegetable, egg dishes or macaroni.

French cooks, to whom sauces are sacred, use two basic recipes or "mother sauces" from which all their savory sauces are developed; no simple white sauce or sauce merely thickened with browned flour, for them!

To serve its purpose, a sauce must complement the food—rather than disguising it. That means subtle seasoning, and just the right consistency.

Plain white sauce—the standby of so many cooks—should seldom be served "as is." It's a foundation, really, which is quite likely to be flat in flavor, and very much too thick! Judiciously seasoned, it can be used in dozens of different ways. Flavor it with sharp, grated cheese, or add condensed tomato soup to it, for character; use a drop or two of Worcestershire or a half teaspoon of prepared mustard; or—and this is a secret we might well borrow from our French cousins—substitute soup stock for part of the milk, in making the sauce.

#### Orange Sauce.

1/4 cup sugar  
1 1/2 tablespoons cornstarch  
1/4 teaspoon salt  
1 cup boiling water  
1/2 cup orange juice  
2 tablespoons lemon juice  
1/2 teaspoon orange rind  
1 tablespoon butter  
Mix sugar, cornstarch and salt. Add boiling water slowly to this dry mixture, stirring constantly. Place in saucepan and cook over low flame until mixture is clear. Remove from fire and add orange juice, lemon juice, orange rind and butter.

#### Delicious Sauce.

1/2 cup heavy cream (whipped)  
1 egg  
1/4 cup sugar  
1/4 teaspoon vanilla extract  
Beat white and yolk of egg separately. Add sugar to beaten yolk, then add beaten egg white. Last of all add whipped cream and vanilla extract. Serve at once.

#### Italian Tomato Sauce.

Into a deep frying pan place a No. 2 1/2 can of tomatoes, 1 green pepper chopped fine, 1 large onion chopped fine, 1/2 lb. ground round steak, 2 tablespoons Worcestershire sauce, 1 teaspoon tabasco sauce, 1/4 teaspoon ground allspice, 1/2 teaspoon salt, 1/4 teaspoon black pepper, 2 tablespoons grated Parmesan cheese and 2 cups water. Cook slowly for approximately 2 hours. Cover cooked spaghetti with sauce and sprinkle with grated Parmesan cheese.

#### Easy-to-Make Hollandaise Sauce.

Into top of double boiler place the juice of 1 lemon, 4 egg yolks, 1/2 cup butter and a dash of paprika. Beat constantly over boiling water until thick.

#### Barbecue Sauce.

1 large onion  
1 clove garlic  
1/2 cup catsup  
1/2 cup Worcestershire sauce  
1 No. 2 can tomatoes  
1 tablespoon butter  
1 tablespoon sugar  
1/2 cup vinegar  
Red pepper, black pepper, salt and mustard—to taste  
Cut the onion and garlic into fine pieces. Strain the tomatoes and add one can of water. Add the other ingredients and bring to a boil. Serve

### Frock for Home Or Street Wear



THIS charming little frock has such a beguilingly flattering figure-line, and it looks so crisply tailored, that you can appropriately make it up in spun rayon or thin wool for runabout, as well as in gingham or percale for round-the-house. Its piquant simplicity looks especially attractive in gay prints and high shades, punctuated by buttons and braid. Full over the bosom, high-shouldered, with a tiny waist finished by a sash bow, pattern 1909-B is just about as new and becoming as it can be—definite proof that, be it ever so simple, everything you wear this spring has to be very feminine and pretty.

This is a particularly easy dress to make. Try it, if you haven't done much sewing, and have been wistfully wishing you could. You CAN, with these easy patterns. Detailed sew chart included. Barbara Bell Pattern No. 1909-B is designed for sizes 12, 14, 16, 18, 20, and 40. Corresponding bust measurements 30, 32, 34, 36, 38, and 40. Size 14 (32) requires 3 3/4 yards of 36-inch material without nap; 1 1/2 yards braid. Send order to:

SEWING CIRCLE PATTERN DEPT.  
Room 1324  
211 W. Wacker Dr. Chicago  
Enclose 15 cents in coins for Pattern No. .... Size .....  
Name .....  
Address .....

### Half-Time Kings

Natives of Dahomey in Africa have a new idea of kingship. They consider the job so important that the king must be on duty every hour of the day. But since no human being could stand a 24-hour job they have two kings—one for the night and one for the day.

Nina—I know the truth about you and my husband. You'll find out what I'm going to do on Page 19 of the May issue of True Story Magazine—now on sale.—Adv.

### Eat in Dreams

Yet eat in dreams the custard of the day.—Pope.

## WOMEN IN '40s'

### YOUR '40s'

Read This Important Message!  
Do you dread those "trying years" (38 to 42)? Are you getting moody, cranky and NERVOUS? Do you fear hot flashes, weakening dizziness? Are you jealous of attention other women get? THEN LISTEN—These symptoms often result from female functional disorders. So start today and take famous Lydia E. Pinkham's Vegetable Compound. For over 60 years Pinkham's Compound has helped hundreds of thousands of grateful women to go "smiling thru" difficult days. Pinkham's has helped calm unstrung nerves and lessen annoying female functional "irregularities." One of the most effective "woman's" tonics. Try it!

## BEACONS of SAFETY

Like a beacon light on the height—the advertisements in newspapers direct you to newer, better and easier ways of providing the things needed or desired. It shines, this beacon of newspaper advertising—and it will be to your advantage to follow it whenever you make a purchase.