TIPS of the TRADE

By KAY VAUGHN

NEW YORK CITY—(CNS—FOR THE TEENAGER — Smart colleges for the light of foil will walk you to school this fall with foil in place of case . . . they're flexible and you swimmed, "cold and polish to wear . . . in all colors. The only contrasting shade is the button which secures a single strap . . .

FOR THE WOMEN—Now you're stealing swabs from babies . . . yes, those cotton swabs originally designed for baby's ears have found their all-important part in daily CARE . . . What are they good for? . . . to apply cuticle oil and polish to nails . . . to brush away excess powder from corners of your eyes . . . to remove traces of lipstick from teeth or the corners of the mouth . . . to tidy up mascara smudges . . . if smears are stubborn, dip swab in cleansing cream. FOR THE HOUSEWIFE — If you're worried with aching skin from face powder . . . perhaps you don't realize that the condition can end with good, wholesome foundation creams and constant use of them . . . Beware of rubbing or scrubbing powder on your face after applying foundation cream . . . Pat it on . . . Then remove the excess with your little powder puff . . . also excellent are velour or wool puffs . . . If you're using pancake makeup and are noticing new blemishes on your face—check the cleanser you use . . . using a sponge—also, change at once to a dishcloth . . . It costs more but it can be washed over and over in look like new.

FOR THE CAREER GIRL—When a Paris fashion designer announced that women's skirts "must take a dive"—practically all New York girls echoed "we're going to know our hems where they are." . . . Most of the fems think their legs look better in longer dresses that it's just a racket of the manufacturers who want us to buy new clothes every season; that long dresses leave more to men's imagination; that hems have made the gals slip and fall, let alone the home dressing . . .

FOR THE BEAUTY SEEKER—Here's a trick that's simple but it's a wonderful beauty aid . . . After combing your hair with silver brush or comb, fill in with up and down movements . . . This runs the proper way to the little creases in the lips and will make them look much smoother than if you apply lipstick against the "grain of your lips" . . . You can dampen the lips with your tongue and apply powder lightly to set the rouge or you can blot it gently with tissue . . .

FOR THE TV VIEWER—Housecoats for fall and winter are both warm and beautiful. The basic beauty is comfort and luxury . . . Styles are so varied and you can dress at home and look whatever part you please . . . For instance—if during the day you are a hard working career girl or a "slaving" housewife you can be the great lady pampered by the luxury of your glamourous housecoat come evening time. Selections range from short fitted jackets and trousers through all types of long, sweeping coats . . . Some of these are demure negligees . . . Others are gathered and belted robes with flowing sleeves and flaring skirts. These new lounging robes "are warm and wooly or sheer and airy or tailored, elaborate, understated, feminine. You can be the maiden of your dreams in any of these.

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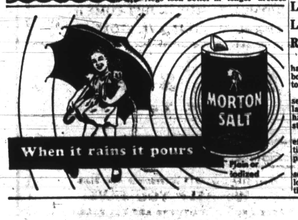
Rugs that hug the floor closely have a two-fold advantage. They boost home safety and are easier to sweep or vacuum clean.

Use an underway anchor a ru securely. Inexpensive are the new latex-coated paper locks that are harmless to floor finishes and don't stick either to the floor or the rug.

But don't let dust undermine the effectiveness of your underlay. Particles that accumulate beneath the padding break the suction that moors it. Wash the floor with soap and water before laying the lock and sponage it often to keep the rug skid-proof.



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Change to PHILLIPS Delicious SOUPS and keep the change!

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For Your Matchless Guests

It isn't the "sponge"—it's the thoughtful little things a hostess remembers to do which make guests remember her with favor. And the beautiful part is that many of these little things cost so little! In these days an average of eight out of ten men smoke, and at least six out of ten women smoke occasionally. So the thoughtful hostess sees to it that her living room is provided with a generous supply of ashtrays — and enough matches so that a lone book does not have to be passed from hand to hand.

At luncheon, canasta, and dinner parties, the good hostess also sets the table for individual ashtrays and a match for each of her guests.

Many women now buy cartons of book matches and have the covers imprinted with the family name, initials, or crest, or with the name of their farm, boat, week-end place, or club. In these days of inflation, matches are still bargains in thoughtful hospitality.

Here're Some Lunch Box Ideas

Vary the bread—use white, whole wheat, rye, nut, raisin, brown bread, pumpernickel, crusty French, rolls, cinnamon buns, and even coffee cake, with a sweet filling.

Fillings for sandwiches: baked or boiled ham, liverwurst, chopped liver and bacon, liver broiled or cooked like pot roast, sliced frankfurters with mustard and relish, baked steak, hamburgers, roast lamb, beef, or pork; sliced pot roast (any kind), meat or salmon loaf sliced, corned beef hash, sliced corned beef, scrambled eggs with catsup or deviled ham, sliced hard-cooked eggs, cheese, dried beef mashed and mixed with relish or egg, baked beans, chicken or egg salad, bin salad, salmon or flaked fish salad.

Made ahead carried in small jar: Baked beans, meat and vegetable stews, macaroni and cheese, spaghetti with sauce, meat balls with rice; potato, chicken, fish or rice salad; vegetable salad with thin strips of chicken, meat, cheese, tongue added; pineapple and shredded cabbage salad, Waldorf salad, grapefruit and orange sections.

If stews or other hot foods are often carried, special containers for keeping food hot are desirable and are available at reasonable prices.

Sweet Sandwiches: If a dessert, such as tapioca pudding, date or pie, are carried, a sandwich with a sweet filling may be omitted. But if the dessert is fresh fruit, banana, apple, orange or pear, for instance, one sandwich may be meat, eggs or cheese and the other may be sweet, such as chopped raisins and nuts or peanut butter and jelly, jams, marmalade or preserves. Children like prunes and dates stuffed with soft cheese or nuts. They may be eaten as is or used to make a sweet sandwich.

Desserts packed in small jar: Custards, rice pudding, tapioca pudding with chocolate or fruit sauce, baked apple (spice), baked apple, apple sauce, stewed prunes, apricots or peaches and drained fruits with custard sauce. Pack cold desserts after they have been well chilled.

The old adage "No man need starve on a journey who can fill his waistcoat pocket with almonds" was proven not long ago. A Burmese fisherman shipwrecked on an uninhabited island in the Bay of Bengal ate nothing but almonds until his rescue a month later.

Afro Patterns

4623
14½–24½
by Anne Adams

THIS IS YOUR HALF-SIZE pattern, designed for the shorter woman! You'll find it so easy to cut, with NO alteration worries. This particular dress is just what you need for now through winter, a good all-around dress!

Pattern 4623 is a Half-Size Fashion in sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 3¼ yards 39-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has completed illustrated instructions.

Send THIRTY cents in coins for this pattern to ANNE ADAMS, Care of AFRO-AMERICAN Pattern Dept., 243 West 17th St., New York 11, N.Y. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.

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Foundation for A Beautiful You

How Do You Look? We read, write, hear, and even talk a great deal about beauty. But after all of that there are only three rules for beauty. Beyond that, anything else is earned. Alas! Even with all this, no woman can be beautiful without cleanliness, good posture, nutrition and good health.

Cleanliness means keeping the internal system functioning properly, seeing that we have regular elimination and drinking plenty of water. Keeping the exterior clean is very simple, just make friends with good old soap and water and the use of a good skin cream, if yours is inclined to be dry.

Good health means sufficient exercise, proper eating, and being careful never to ever tax our energy. This means getting enough rest and sleep, especially sleep as sleep will do more to beautify the complexion and delay wrinkles than anything we know. A pleasant disposition always reflects itself in one's face; it gives our countenance a bright expression, and in later years if lines should appear, you can count on them to be the kind that will keep the corners upturned instead of down.

Don't Spend Money

Your own better judgement should tell you that you don't need to spend money to learn to establish a foundation of beauty. But about beauty hints—we cannot take one set and apply them to everyone, but there are certain general rules that anyone can, and should follow.

First of all, suppose we omit massages. I don't advise them, for unless regularly taken, and by an experienced operator, they only serve to break down the tissues and in a few years you'll have nothing to show for it but a very flabby face full of wrinkles. Of course, I do recommend an occasional stimulation of the blood and tissues with the application of an astringent and hot and cold applications as well as a beauty pack or mask when needed.

Two Birds—One Stone; Give Freezer a Soapy Bath While Defrosted

While your freezer is completely defrosted, wash the inner walls with warm soapy water. Take out baskets and dividers and suds them carefully, too. Rinse and dry all surfaces and equipment.

The high gloss on the enameled finish of freezer units can be maintained easily. Wash outside walls with a sudsy cloth, wipe off with a clean rinsing cloth and a dry one. Polish with wax.

Teen-age girls from 13 to 15 years old are likely to consume inadequate diets a recent survey reports. Encourage the teenagers in your family to start the day right with a substantial breakfast. Chilled apricot whole fruit nectar makes a good eye opener.

A baked hot dog roll, scooped out slightly in the middle and filled with chopped cheese and pieces of ripe olives and pickle, combined with mayonnaise, makes a good sandwich to pack in a lunch. It's popular with children too, so keep it in mind for the school lunch box.

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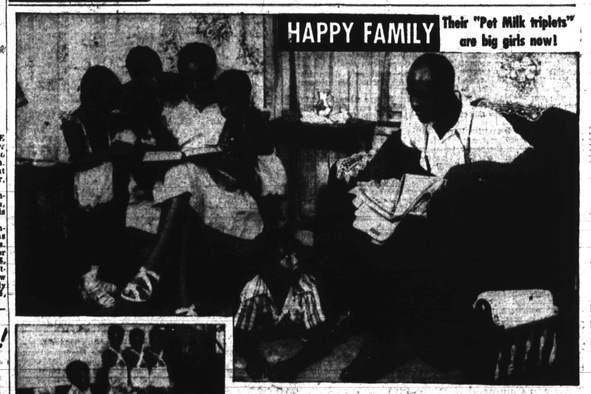
HAPPY FAMILY

Their "Pet Milk triplets" are big girls now!



Barrier Up! Triplets, too young to get in the game, still like to watch brother Fred play baseball, are willing "ball-chasers" when the time comes!

Wing-or-shoe-the-way! Youngsters' favorite playground is their own back yard (family owes home). Favorite games: house, church! All three little girls can swing, too!

The Pet Milk Photographer Visits THE JOHN WILLIAMS FAMILY of Beaumont, Texas

Anita Ray, Bonita Fay, and Rita Kay Williams are three of the busiest 4-year-olds in Beaumont—for these popular little triplets are much in demand for weddings, style shows, programs, and active in Sunday School, too. Brother Fred, 6 years old, is as proud of his little sisters as their parents are. And Hazel and John Williams give a lot of credit for the triplets fine growth to Pet Milk . . . recommended by their doctor when the little girls were born, it is still the only milk the triplets drink.

But the triplets aren't the only ones in the Williams family who like Pet Milk! Hazel Williams uses Pet Milk for all the family meals . . . for creamed vegetables, soups, chicken a la king, hamburgers, curried chicken, milk-rich desserts, in whipped toppings—in fact, she says, Pet Milk makes all their favorite dishes extra good. And she saves money, too, because Pet Evaporated Milk costs less generally than any other form of whole milk!

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New Pack ALASKA SALMON 1 Pound Tall Can 35c

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PILLSBURY or GOLD MEDAL FLOUR 10 lb. bag 88c

HEINZ'S or GERBER'S STRAINED Baby FOOD 10 jars 98c

NEW PACK SUGAR Peas 3 REG. CANS 29c

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These ITEMS at 1313 N. Fremont Ave. Store Only

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