

Tailored and Dressy
Midwinter Fashions



HAVE something brand new and smart, to cheer you up during the after-holiday time when you feel a little let-down. Here are two of the very smartest things you can wear, both just as pretty and new as they can be! And they're so easy to make that you'll enjoy doing it, and of course you'll save, decidedly, by choosing your own fabrics. Each pattern is accompanied by a detailed sew chart.

Soft Afternoon Dress.

This is a lovely design, very smart and new. It does very nice things to your figure. The wide girde makes you look doll-waisted, the gathered bodice fills out your bust-line, and the full skirt is extremely graceful. The high neckline is scalloped to make it softer and more becoming. In velvet, silk crepe, satin, or thin wool, this will be one of the prettiest afternoon dresses you ever owned!

Suspender Skirt With Jacket.

Here's a perfectly charming new princess skirt, in suspender fashion, topped by a short little tuxedo jacket. You can wear the skirt with your own blouses, or just with the jacket, so that you'll find it very useful. See how tiny it makes your waist look, and notice the cute, crescent-shaped pockets. Very simple to make, like all two-piece styles. Choose tweed, wool crepe, plaid or flannel.

The Patterns.

No. 1641 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 4 1/2 yards of 39-inch material.

No. 1646 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 3 1/2 yards of 54-inch material with long sleeves.

Send your order to The Sewing Circle Pattern Dept., Room 1020, 211 W. Wacker Dr., Chicago, Ill. Price of patterns, 15 cents (in coins) each.

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Alaskan Sealskin
Echoes Gay '90s

The Gay '90s and the early days of this century have furnished the most important fashion trends of the year. Leg o' mutton sleeves, off-the-shoulder décollettes, looped and draped skirts, little feathered and furred hats, and hair piled high on the head are all evidences of this trend.

And the modern woman loves it. Fur fashions, too, have taken a cue from the current trend and an old favorite Alaska sealskin has become a fashion-first again. This was the fur that our grandmothers wore in little fitted jackets and in sweeping fitted coats.

Fine Peltry Best

Remember when you buy furs that fine peltry pays dividends in long wear and lasting beauty. Be sure to buy your furs where your confidence in your furrier is justified.

Shapely Neck
Important to
Good Looks

By PATRICIA LINDSAY

AS THE mode changes we re-fashion our bodies! No wonder men marvel at us. One year we are without chests. The next we develop nicely rounded bosoms! If the walking vogue is a slouch—we slouch and allow our shoulders to grow rounded! Just bring on the style and we grow into it!

Honestly, we are queer, we of the female sex. But at last only good



Exercises will help to fill out chest and straighten shoulders.

posture and regal carriage is fashionable. Thank heaven for this era's style for now we must learn to walk erect with easy grace. Our shoulders must be firm and lovely to set off the new strapless gowns and swim suits. Our necks, usually neglected, must be beautiful, as appropriate pedestals for smartly coiffured heads. Hair sweeping up into a cluster of curls with tantalizing ringlets in back of our ears. Yes it is practically the Gibson Girl period returned, and we might conceivably look forward to wasp waist lines!

To Keep Neck
Beautiful

A few brief rules for keeping the neck beautiful. Scrub it each morning with a rich deep lather and body brush, using a light rotary movement. Rinse it well. Dry well. Powder with the same shade of powder you use for your face. Remember your neck is a continuation of your face!

At night cleanse it with a light cleansing cream. Then, with an upward movement, massage the skin well, using a rich nourishing cream or a bit of mineral oil.

Whenever you think to do it, exercise your neck by bending it forward and backward and rotating it slowly.

There is no beauty in hollow shoulders or a skinny neck. You develop them through exercise and eat enough to fill them out. A simple exercise does wonders for both here it is:

Lie on your stomach across a chair, balancing the body carefully with feet and arms as if you were swimming the breast stroke. Out straight—slowly to the sides—back until you feel a pull on your shoulder blades. Relax after a minute or two and repeat.

Of course, the actual breast stroke while you are swimming will do more than anything else to make your shoulders beautiful.

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Clarice of Latin Origin

Clarice is the French form of Clarisse or Clarissa, of Latin origin and meaning "famous." Considered a bit more modern than Clarissa, it is growing in popularity. Clarissa Wilson, daughter of Betsy Ross, continued the business of making American flags until 1857, her mother having had the contract to make all of them for the government.

WHAT to EAT and WHY

C. Houston Goudiss Asks How Do You Get Your Vitamin D? Relates Need for and Sources Of This Necessary Vitamin

By C. HOUSTON GOUDISS

THERE is scarcely a mother of a young baby today who has not at one time or another been told to give her child cod-liver oil. Perhaps she does not know this substance must be given to the baby for the vitamin D that it contains. But she has heard that there is something in cod-liver oil which makes it valuable to the baby's health.

A generation ago, cod-liver oil was given to children in the winter time, "to build them up" after colds or various other respiratory illnesses. It was not until 1921, however, that a long series of painstaking investigations, terminating in the discovery of vitamin D, made it clear that cod-liver oil is valuable as a source of vitamin D, and also why this vitamin is essential in the diet of growing children, as well as adults.

Discovery of Vitamin D

After years of patient work and many thrilling and dramatic experiments, seven forms of vitamin D have been revealed by science. And scientists have also solved the mystery of how such widely separated factors as cod-liver oil; sunlight; a diet that is rich in, and carefully balanced with calcium and phosphorus; and ultra-violet light, all can perform the same service for the body.



Readers of this column may have observed that the discovery of a number of the vitamins came about chiefly through the efforts of investigators to discover a method of treating or curing obscure nutritional diseases. In most instances, however, carefully controlled laboratory experiments played their part in reaching the ultimate goal after some clue had been found as to what the mysterious substance might be that helped to control a baffling nutritional disease. The discovery of vitamin D was no exception!

Vitamin D and Rickets

Vitamin D is associated intimately with the prevention and cure of rickets, the most devastating nutritional disease of children in temperate climates. Indeed, it is the moderate, and in some cases the small amount of sunshine in the temperate zone that accounts partially for the presence of rickets.

Historians have given us reason to believe that this disease may have existed in England even before the Roman conquest. Certainly it appeared in a serious form, both in England and in other North European countries, in the Seventeenth century. In fact, early literature refers to it as the English disease, and the early attempts to fathom its causes were

written in Latin by English and Dutch doctors during the 1600's.

In rickets, the child's head grows large and out of proportion to the body, while the leg and arm bones, and in severe cases even the ribs, are bent and twisted out of their normal shape.

Need for Calcium and Phosphorus

The two principal minerals required for constructing the bones and teeth are calcium, obtained chiefly from milk, cheese and green leafy vegetables, and phosphorus, found in generous amounts in eggs, whole grain cereals and dried legumes. But one of the things that made it so difficult for scientists to determine the cause of rickets was the fact that apparently well fed children, who had plenty of calcium and phosphorus, frequently developed the disease.

Mystery of Cod-Liver Oil

Cod-liver oil had been used for many years because of its supposedly "tonic" or "building" properties, when it was observed that regular doses of cod-liver oil not only cured rickets in children, but also cured the corresponding disease in adults, called osteomalacia, in which the bones become soft as the calcium and phosphorus already deposited in them are withdrawn and excreted.

Fat and Vitamin D

One of the strangest paradoxes to the scientists in their early investigations was the fact that while cod-liver oil appeared to cure rickets, another substance high in fat—butter fat, did not. More research work was necessary before it was discovered that while butter was rich in vitamin A, cod-liver oil contained two vitamins, one of which was later named vitamin D.

Effect of Sunlight

More work was necessary and it took years of patient effort before science unraveled the mystery of how sunlight could have the same apparent effect in preventing rickets as cod-liver oil.

Once nutritionists understood how sunlight acting on a fatty substance in the skin could produce vitamin D, however, it was not difficult to carry the process a step further and learn how to fortify foods with a satisfactory content of vitamin D.

Today we have at our disposal irradiated milk, or milk to which a vitamin D concentrate has been added. Margarine, too, has been enriched not only with vitamin D, but with vitamin A so that this moderate-priced spread for bread

has been made an effective vitamin carrier.

Natural Food Sources of Vitamin D

The richest natural sources of vitamin D are the fish-liver oils, including the liver-oil of the tuna, swordfish, rock fish, salmon, halibut, mackerel, cod and haddock. The body oils of many fish also furnish substantial amounts. That accounts for the fact that canned salmon has been regarded as such a splendid food in the diet of children and adults. It is not only a good source of protein and of energy values, but it contains substantial amounts of the minerals, calcium, phosphorus and iodine, and has been found to be an unusually good food source of vitamin D.

Egg yolk contains small amounts of vitamin D, and when eaten regularly, the quantity is enough to have a significant effect in the diet of children.

Vitamin D Requirements

So important is vitamin D considered, that the United States Children's Bureau advises that cod-liver oil or some other form of this vitamin be supplied to all babies, beginning at the age of two or three weeks.

Mothers should be guided by the advice of their physician in determining when to start the use of a vitamin D preparation and what quantities to give. But if they want to give their babies the blessing bestowed on them by the scientists who discovered vitamin D, they must not overlook this important substance.

As guardians of the health of both children and adults, mothers should see to it that vitamin D is supplied regularly through the use of eggs and salmon; irradiated foods and those fortified with vitamin D; and if necessary, fish-liver oils or concentrates.

Questions Answered

Miss G. M. L.—Yes, it is true that sweet potatoes contain a small amount of protein. In fact, their protein is composed of four amino acids known to be essential to nutrition. Some of the protein may be lost if the potato is boiled, but it is entirely preserved when the potato is cooked by dry heat.

Mrs. M. B.—Both cooked lentils and baked kidney beans contain over 20 per cent of carbohydrate. Low carbohydrate vegetables include cabbage, celery, cauliflower, kale, lettuce and spinach.

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