

Topics of Special Interest to Our Women Readers

Filet Squares for 'Modern Heirloom'



Pattern 6373

The palm, since ancient times, has inspired artists. It is no wonder, then, that this lovely square of such simple crochet uses it as a motif. A stunning cloth or a head of mercerized string—smaller articles in finer cotton—will give you handiwork you'll treasure. Pattern 6373 contains instructions and chart for making the square; illustrations of it and stitches; materials needed.

To obtain this pattern send 15 cents in coins to The Sewing Circle, Household Arts Dept., 259 W. 14th St., New York.

Please write your name, address and pattern number plainly.

To Correct Constipation Don't Get It!

Why let yourself in for all the discomfort of constipation—and then have to take an emergency medicine—if you can avoid both by getting at the cause of the trouble?

If your difficulty, like that of millions, is due to lack of "bulk" in the diet, the "better way" is to eat Kellogg's All-Bran. This crunchy toasted cereal—a natural food, not a medicine—has just the "bulk" you need. If you eat it every day, it will help you not only to get regular but to keep regular, month after month, by the pleasantest means you ever knew! Eat All-Bran daily, drink plenty of water, and "Join the Regulars." Made by Kellogg's in Battle Creek. Sold by every grocer.

In Retrospect

The miracle of memory is that so much of its bitter dregs fall away and are lost in retrospect.—John Cowper Powys.

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Desserts That Are Different

Build up your menu to an interesting climax with a new and delicious dessert!

Desserts really play an important part in the menu, and in nutrition, too.

Sweets, provided in proper amounts and in the proper place in the diet, are just as necessary to good nutrition as milk, meat, fruits, vegetables and cereals.

Plan the dessert to fit the menu—a light sweet for the close of a hearty dinner, and a richer, heavier dessert to wind up the meal that is fairly simple. Consider the weather, too, and when it's hot and humid, serve sweets that are temptingly dainty. When the temperature drops and appetites perk up accordingly, desserts may be sweeter, richer and more substantial.

You'll find in this collection of tested recipes from my own kitchen a dessert for almost any occasion.

Queen of Puddings.

- 2 cups milk
- 1 cup soft bread crumbs
- 1 tablespoon butter (melted)
- 2 egg yolks (well beaten)
- 3 tablespoons sugar
- 1 teaspoon vanilla extract
- Dash salt
- Currant jelly
- 2 egg whites
- ¼ cup granulated sugar

Scald milk and pour over the soft bread crumbs. Add melted butter, and allow the mixture to stand 10 minutes. Then beat egg yolks and add to the mixture, together with 3 tablespoons sugar, the vanilla extract and the salt. Pour this mixture into a buttered baking dish, place in a pan of hot water, and bake in a slow oven (275 degrees Fahrenheit) for 45-50 minutes or until custard is firm.

Cool and spread with a layer of currant jelly or strawberry jam. Cover with meringue made by beating egg whites and adding sugar slowly. Brown meringue in a slow oven (300 degrees Fahrenheit) for 18 minutes. Serve hot, warm or cold.

Lemon Meringue Pie.

- 1 cup sugar
- ¼ cup cornstarch
- ¼ teaspoon salt
- ¾ cup cold water
- ¾ cup boiling water
- 3 egg yolks
- 1 tablespoon butter
- ¼ cup lemon juice
- 1 teaspoon grated lemon rind

Combine sugar, cornstarch and salt. Add cold water; stir until smooth. Add boiling water and cook, stirring constantly, until mixture is clear and thick. Cook 3 minutes longer. Beat egg yolks; stir cooked mixture into them. Add remaining ingredients, return to flame and cook 1 minute. Pour immediately into baked pie shell. Top with meringue.

Steamed Chocolate Pudding.

(Serves 5)

- 1½ cups pastry flour
- ¼ teaspoon salt
- 1½ teaspoons baking powder
- 1½ squares bitter chocolate
- 3 tablespoons butter
- ½ cup sugar
- 1 egg
- ½ cup milk
- ½ teaspoon vanilla extract
- Vanilla or peppermint candy ice cream

Sift flour, salt and baking powder. Melt chocolate and butter in top of double boiler and pour in bowl. Cool slightly; then add sugar, unbeaten egg, milk and vanilla extract. Beat well. Add sifted dry ingredients and stir until smooth. Pour into top of a well-greased double boiler and steam for 1½ hours. Serve with ice cream.

Graham Cracker Ice Cream.

- 1 cup graham cracker crumbs
- ¾ cup sugar
- 2 cups coffee cream
- 1 cup milk
- 1 teaspoon vanilla extract

Combine the cracker crumbs and the sugar; add cream, milk, and vanilla. Pour the mixture into the freezing container of a modern ice cream freezer; assemble the freezer, and cover.

Pack with a mixture of 3 parts of crushed ice to 1 part of rock salt. Turn the crank slowly and steadily, for about 5 minutes, or until turning becomes difficult. Then carefully remove the cover, lift out the dasher, and pack down the ice cream with a spoon. Replace the cover, draw off the water, and replenish with ice and salt. Cover, and allow to harden for at least an hour before serving.

Good Old Pan Dowdy.

- 1 cup light molasses
- ¼ teaspoon allspice
- ¼ teaspoon clove
- ½ teaspoon nutmeg
- 2 teaspoons cinnamon
- Apples
- ½ cup sugar
- 2 tablespoons butter
- Rich pastry

Combine molasses and spices. Arrange pared and sliced apples in a baking dish, sprinkle with sugar, and dot with butter. Pour molasses mixture over this, and cover with a rich pastry, rolled rather thick. Bake in a moderate oven (350 degrees) for about 45 minutes. Then cut the baked pastry top in 2-inch squares and push them down in the molasses and apple mixture. Let cool slightly. Serve with thick cream.

Send for This Clever Book.

Turn to Eleanor Howe's easy-to-use homemaking guide, "Household Hints," for the answers to those tricky questions which pop up even in the best-run households. How to prevent cereals from lumping; how to wash feather pillows or adjust curtain tie-backs; how to remove mildew from colored clothing—you'll find the answers to these and many other puzzling questions in Eleanor Howe's book, "Household Hints." Send 10 cents in coin to "Household Hints," care of Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois, to get your copy of "Household Hints" now.

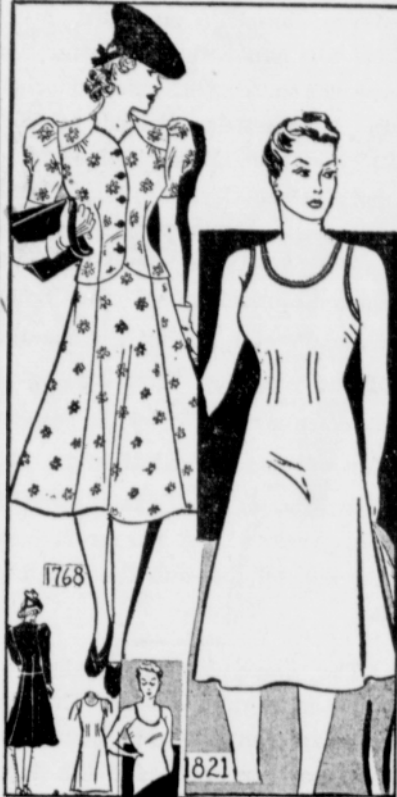
Perhaps it isn't literally true that the way to a man's heart is through his stomach but good, wholesome food attractively served goes a long way toward keeping him healthy and happy! Next week Eleanor Howe will tell you about "Foods Men Like to Eat" and will give you some of her own recipes which are favorites with men.

(Released by Western Newspaper Union.)

Gray and Cherry

Extreme smartness characterizes a library in a small house in the Middle West. The walls are painted slate color with woodwork in white. The window draperies of white chintz with red, green and yellow pattern are draped above white Venetian blinds. A sofa upholstered in gray holds red pillows and the easy chairs are covered with cherry colored leather.

Patterns You'll Use Repeatedly With Joy



TWO-PIECE styles like 1768 are very smart, this new season, and this is a particularly good one, with wide-shouldered, tiny-waisted jacket-blouse, and flaring skirt, to give you the hour-glass silhouette. Smart in faille, wool crepe or velveteen. Can be made with long or short sleeves.

Dart-Fitted Slip.

Large women, to whom fit is all-important, will revel in the smooth slimmness of this dart-fitted slip, with darts not only at the waistline, but also under the arms, to ensure correct ease over the bust. Make it either with built-up shoulders or ribbon straps. It is perfectly flat over the diaphragm. And so easy to make! Only four steps in the detailed sew chart that comes with your pattern, 1821.

The Patterns.

No. 1768 is designed for sizes 14, 16, 18, 20, 40 and 42. Size 16 requires 3½ yards of 39-inch material without nap, with short sleeves; 4½ yards with long sleeves; ¾ yard trimming.

No. 1821 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 3 yards of 39-inch material with built-up shoulders; 2½ yards with long sleeves; 1 yard ribbon.

Send your order to The Sewing Circle Pattern Dept., Room 1324, 211 W. Wacker Dr., Chicago, Ill. Price of patterns, 15 cents (in coins) each. (Bell Syndicate—WNU Service.)

Whims of Fashion

Turbans this winter.

Pink, pet of the winter season in accessories.

Pastel pink is threatening to overshadow cyclamen.

Gloves are going to be considerably longer this year.

Ribbons already scented may now be bought for lingerie.

Paris openings concentrate on the importance of period styles.

Lapel ornaments to match the ornament on your sports hat.

Those sleek-lined jacket-frocks are naturals for job-seeking girls.

Between-season frocks of rayon jersey are of a rich mauve-tinged gray.

A coming success in short coats is likely to be the newly introduced "fireman's red."

A charming negligee for morning is of cotton metalasse strewn with pastel flowers.

White organdie with flounces edged in red piping makes an enchanting dance frock.

The effectiveness of a complete ensemble depends much on what gloves are selected to go with it.

Plaid, striped and printed petticoats to wear with your flared, one-piece dresses, are almost as important an accessory as your stockings.

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Strange Facts

Air to Float Wood
Easter Lily Is Out
Real Wash Out

Like water, the pressure of air increases with depth. For instance, if a mine shaft were 35 miles deep, the air at the bottom would be about 1,000 times as dense as that at the earth's surface, or heavy enough to float several kinds of wood and even water.

In northern Ireland it is a serious offense, punishable by a fine, to wear or carry an Easter lily on Easter Sunday, as this flower is a symbolic reminder of the unsuccessful Easter rebellion in Dublin in 1916.

Despite the fact that he was mentally deranged, Associate Justice Henry Baldwin (1779-1844) of Pennsylvania was allowed to serve for 14 years on the bench of the Supreme Court of the United States—because its members can be impeached only for misconduct.

In several towns along the Italian Riviera, a balcony is considered to be such an essential decorative feature of a house that those without one usually have a painted substitute, some being made more realistic by the inclusion of the family wash, which is generally hung to dry on such railings.—Collier's.

Super-Intellectuals

"Growing Superior Children," by Kugelmass, says: "High intelligence is necessary for the constructive type of leadership. There is, however, an optimum range of I. Q. within which popular leadership is frequent, but above which it is most improbable. Children with an I. Q. of around 100 are usually led by someone whose I. Q. is above this level. But those with an I. Q. of over 150 are rarely able to lead because of the lack of mutual understanding between them and the rank and file."

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