

## Dress Charmingly Within Limited Budget; Here's How

By **CHERIE NICHOLAS**



HERE'S an encouraging word to the woman whose wardrobe upkeep must needs be held down to a limited budget. The skirt with contrast tops leads the style program this season. With the separate skirt or simple foundation dress and a flock of flattering sweaters, jackets and blouses tuned to occasion you can dress as well as the next one and not be extravagant especially if you "make your own."

Here's hoping the suggestions offered in the accompanying illustration will prove an inspiration to get busy sewing, knitting and embroidering on a wardrobe of pretty things that will carry you triumphantly through the season from the dress standpoint.

Let's start with the right skirt to wear with the right top accompaniment. It is easily possible to carry on a well-dressed appearance with two skirts in one's wardrobe, a wool or crepe for routine wear plus a velvet or handsome crepe or slipper satin weave for more formal wear. However, you can go as far as you like in laying in a supply of skirts and then not have too many if you go a lot. A tweed, a colorful plaid, a pleated-all-round type, a smartly fashioned crepe or satin for day with a floor-length velvet or crepe for evening formality, are none too many.

Of course, with your tweeds and your plaids you will want a swank utilitarian sweater. The model pictured to the left in the group is easily knit. You will love it because it is so unusual. It has style distinction written all over it in that it is knit in a different way, using two patterns that contrast a vertical and horizontal handling. A soft wool yarn in a delectable deep raspberry pink is used for the knitting of this clever sweater.

If it's something a wee bit dressier you are wanting, a touch of gay hand-embroidery will do just that. See what can be done in the way of intriguing embroidery in the sweater blouse below to the right. The model pictured is knitted of rust red wool and the embroidery is done in riotous flower colors.

Coming to the dressier modes, handsome laces of every type and description make the news headlines for blouse and jacket and bolero fantasies in a big way. It's almost like magic the way a bit of lace transforms into a jacket or blouse masterpiece and even if you are not an expert in making things, a charming jacket-blouse or bolero as pictured can be put together with little effort. A collection of lace tops will array you glamorously wherever you go.

A lace bolero does wonders in dressing you up, and does it click charmingly with last year's frocks! It is never so welcome and useful as at the tail-end of winter when you are feeling a bit jaded with dark dresses and feel the need of something to perk them up. The caricakmacross lace bolero which you see pictured above to the right will sound a refreshing new note for your wardrobe. Scalloped all around the edges it silhouettes effectively against the background of a black dress in either street or evening length.

A dress-up jacket-blouse to be worn with skirt or suit lends allure to your formal afternoon or evening costume. You can get the fine leaf-patterned lace that fashions the jacket-blouse pictured below to the left in ravishing colors or in black. The glittering rhinestone buttons complete the formal look.

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### In Sleek Satin



Slipper satin in dark or evening shades is playing an outstanding role for dine and dance wear. It is fashionable either in dark or pastel shades. Youth is in the red this season and no mistake about it. This time it is in gorgeous ruby red sleek satin.

### Give White Bead Embroidery Trim

Among newcomers in the field of popularity are very attractive black dresses for afternoon wear that are prettified with white bead embroidery. The character of the embroidered motifs are unique. Sometimes the embroidery is done around the neckline in the new necklace effect. Likely as not there will be a dash of the white beadwork on the girle or belt.

The newest of the new is for a single spray of flowers to be worked on the bodice top with not a vestige of white beads showing elsewhere. The effect takes place of a flattering corsage worn on the left front shoulder.

#### Patterned Hats

Patterned fabrics in colorful designs are being shown in the mid-season hats. They are striped cotton that are East Indian in feeling, as well as small cotton plaids.

#### Touch of Color

The woman who clings to the preference of black costumes this season is likely to add a touch of color by means of gloves.

#### Flounces

Flounces offer the most sensational developments in coat and dress silhouettes that have appeared in many days.

#### White Metal Ear Clips

A Paris woman has ear clips of a very white metal on which her initials have been engraved.

## Star Dust

★ Who's Simple Simon?  
★ In Royal Atmosphere  
★ Cooper as Gen. John?  
By **Virginia Vale**

WHEN you see Walt Disney's new Technicolor short, "Mother Goose Goes to Hollywood," you'll have a lot of fun guessing the identity of the main characters. For Disney has caricatured Filmdom's greatest as Simple Simon, Old King Cole and other famous



WALT DISNEY

nursery rhyme favorites—and in nearly every instance the casting is perfect.

Whenever he wants to, Reginald Denny may visit at White Lodge, which was the girlhood home of Queen Mary of England, and where the duke of Windsor was born. The home of British royalty for 300 years, it is the house to which the present king, when he was duke of York, took his bride. White Lodge has been leased by Mrs. Reynolds Albertini, who is Denny's sister.

Incidentally Barbara Denny, daughter of the famous Reginald, is getting to be a big girl now. She is breaking into the movies by being stand-in for Heather Angel.

Jack Holt's son is also getting somewhere in pictures. RKO has just signed him to a long-term contract. His most recent pictures are Westerns, but he's not worrying about being typed, as he did well in such pictures as "Gold Is Where You Find It" and "Stella Dallas" before he took to the wild West.

It begins to look as if Gary Cooper would never escape from playing historical characters, once he began. At present he's making "The Last Frontier," but before long he'll be playing Abraham Lincoln; he's had photographs made, in make-up, and is delighted with the idea of playing the Great Emancipator (and should be better at it than the other movie actors who will probably tackle it).

Meanwhile General John, about to write his autobiography, is said to have stated that he'd like to see Cooper in the role of the hero if it is screened. As there is little, if any, resemblance between them, it must be that the General has always longed to look like a long-legged cowboy.

Lessons in government are to be made easy if other producers follow the example set by Warner Brothers. They're starring Pat O'Brien in a series of two-reelers on "What the Constitution Means to You."

You might put Nancy Kelly down on your list of youngsters who will be top-notchers in the movies by the time another year has passed. She's set for the only good feminine role in "Stanley and Livingstone" (at least, that's what this film of Darkest Africa is called now, but surely it will be changed) and as that will be one of Twentieth-Century-Fox's big numbers of 1939, her being chosen for the part is significant.

Another young girl who is rapidly carving out a career for herself is Jane Warren, whom you've heard on the Rudy Vallee hour. Rudy likes her voice—or she wouldn't be on the program—but thinks that the most amazing thing about her is the fact that she had had only about 15 months of vocal instruction, and practices only 30 minutes a day.

Any boy could do well in school if he had chances like this. Recently Peter Van Steeden's young son had to prepare a lesson which included some questions about Admiral Richard E. Byrd. He went to his father for help.

"Can't help you," said Van Steeden Sr. "But Admiral Byrd is going to be on my 'For Men Only' program; come to the rehearsal with me and you can ask him those questions."

Young Van Steeden got the highest mark in his class the following day; now he's wishing that his father could introduce him to George Washington, Abraham Lincoln, and the man who invented mathematics.

**ODDS AND ENDS**—Nan Wynn, CBS songstress, is such a ping pong enthusiast that she's arranged a tournament, open only to girls who are connected with radio. . . . Neal Hopkins, who writes MBS's "Two on a Shoe-string," says that an intelligent blind person is the best critic a radio author can have. . . . Hopkins knows; he used to be in charge of production of recorded classics for the blind. . . . Richard Arlen's going to make six pictures a year for Universal.

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## Women Must Utilize Their Natural Gifts

By **PATRICIA LINDSAY**

SOMEONE has said, "No beauties are born, all are made." And what hope and encouragement to all women lie in that statement! True it is that few of us are born beautiful but persistency in making the most of what Nature endowed us with does make us attractive. And after all, it is the interesting-looking woman today, rather than the pretty-pretty, who is recognized and toasted as the modern beauty. The woman who has developed her natural gifts by being beauty-loving and beauty-seeking.

Gone are the days when one's earnest devotion to good looks was frowned upon, or when doctors voiced their disapproval of cosmetics. Today it is considered a woman's duty to society to be as lovely as possible and leading physicians believe strongly that the healthy, normal woman should keep astride of her times and make herself most attractive.

No matter what your age, your occupation, your circumstances, you owe it to yourself as a woman, and to those around you, to make the most of your feminine heritage. Husbands and children alike unconsciously dote on wives and mothers who have not allowed themselves to become duds. Proud is the child who can produce a personable mother to show his friends and school mates.

### —But Don't Be Extravagant!

But in seeking beauty, I do not advocate spending the rent or grocery money on expensive treatments or a flossy wardrobe. No indeed. If you can afford such luxuries well and good, but don't encourage frowns and wrinkles and a distorted mind by fretting over what you cannot have. You can exercise your body into a pleasing figure just as well in your own home as you can in a costly studio. Current newspapers and magazines offer sound advice on meticulous grooming and body care, so there is little excuse for you to moon because you have not the wherewithal for frequent visits to beauty salons.

Every woman's budget, however, should allow for occasional visits to a reliable physician to check her general health and diet, and also



Myrna Loy epitomizes the charm for which women should strive. An arresting, smiling personality, an interest in her work, and a piquant beauty, enhanced by scrupulous grooming.

for a few good cosmetics—specific aids for ailing skin or hair and those necessary to preserve personal daintiness. To these, every woman has a right—they assist her mentally.

But just as pertinent as cosmetics to a woman's loveliness is the right approach to living. Gracious thoughts and characteristics, an active interest in something other than herself and her home, a desire to be an inspiration to society, rather than a burden. Such attainments certainly enhance the charm any woman creates by being pleasing to look at.

### Keep Child's Mind Active

If you are truly concerned about her beauty you cannot fail to keep her mind active and growing. What nonsense to allow her to concentrate on make-ups! Teach her simple daily routines. Fill her day with small duties and childish pleasures. Let her grow! Every child loves to paint and draw pictures. Think up new activities that will teach her to be self-reliant.

There is no beauty as appealing in all the world as a child's beauty. It must be held sacred. It must not be scarred by stupid parents who feel that artificial beauty aids can possibly make their child more attractive!

Body health, skin health, mental health are the goals to be reached. Help your child by concentrating on those. She will grow to lovely womanhood, happy in the knowledge that her parents were wise parents who did not sacrifice her youth needlessly.

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# WHAT to EAT and WHY

## C. Houston Goudiss Suggests the Part Played by Diet in Helping to Prevent the Common Cold

By **C. HOUSTON GOUDISS**

STATISTICS compiled over a period of years indicate that during the months of January and February, the number of colds and other respiratory infections continually mounts. Usually a peak is reached in late February or early March.

It is during the next eight or ten weeks, therefore, that, in the light of past experience, more adults will lose time from their work and more children will be absent from school, as a result of colds, than at any other period during the year.

### The Tremendous Cost of Colds

It has been estimated that colds cost the United States more than a billion dollars a year. That figure, of course, is only an estimate. It merely attempts to gauge the dollars and cents lost in wages; and in the money spent in an effort to overcome colds. It does not take into account the discomforts that may be caused by this common complaint. Nor does it allow for the possible after-effects of a neglected cold.

### Cause and Cure Obscure

No scientists today are willing to state what causes colds or how they may be cured. Large numbers of clinical and laboratory tests have been performed throughout the world in an effort to discover why we catch cold. Numerous records have been made concerning colds in men, women and children, as scientific workers have patiently and persistently tried to investigate the cause of colds. They have sought even one clue that might help us to outwit this common enemy!

Various theories have been advanced. Many have been discarded, and others have been considered sufficiently plausible to investigate further. There is one point on which many authorities agree: that is a belief that a cold is caused by a germ so small that it cannot be seen by the most powerful microscope.

It has been suggested by a number of competent observers that whenever the weather becomes damp and raw, and wherever crowds of people gather together, the cold germ may find victims among those whose resistance is low.

### Prevention Rather Than Cure

Though we may not know precisely what causes a cold, nor how to cure it once we have been stricken, we can and should help to build up bodily resistance, so that we develop strong reserves against the unknown cold germ and any others lurking about.

Inasmuch as a program for building up bodily resistance is one which encourages greater health and longevity, it is a program which all forward-looking homemakers should put into effect for their families.

### Helping to Build Resistance

Such a program should include proper food, normal elimination, adequate exercise and sufficient rest and sleep so as to avoid fatigue. Just as food plays an important part in helping to promote growth, maintain health and increase the chances for longevity, so does it have a stellar role in the battle to prevent colds.

### The Right Food a Strong Weapon

The well balanced diet, as I have previously stated, is one that is built, first of all, upon a firm foundation of the protective foods—milk, eggs, fresh fruits and

vegetables. These are the foods that are richest in minerals and vitamins—substances which help to regulate body processes and help to guard against deficiency diseases.

There should be adequate protein to allow for the demands of growth and to help repair worn-out body tissue. There should be enough bulk or cellulose to help promote normal elimination. And there should be a sufficient amount of water and other fluids; for water flushes the countless channels of physical existence, as it passes from the body through the lungs and skin, as well as through the kidneys and the large intestine.

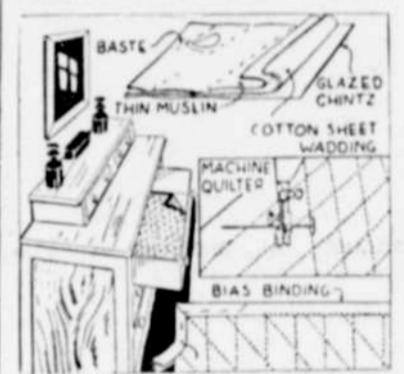
### Significance of Vitamin A

Nutrition authorities are frequently asked, "Is there any specific food substance that may be said to be particularly helpful in preventing colds?" or "Is it true that vitamin A is especially valuable in combatting colds?"

Here is one answer to both questions: scientists have found evidence that vitamin A, which occurs most abundantly in milk and other dairy products, and in green, leafy and yellow vegetables, helps to keep the epithelial cells of the mucous membranes in good condition, so that the natural defenses are preserved.

## HOW to SEW

By **RUTH WYETH SPEARS**



Time was when a clean newspaper was put in the bottom of a drawer every so often, and the date of the one removed proclaimed how long it had been since this housewifely task had been performed. Now, we make pads to fit the drawers. We scent them with our favorite sachet and find infinite joy in their soft colorings.

Machine quilting is just the thing to give the pads the stiffness and body they require to lay flat. Glazed chintz in a plain soft blue with darker blue bindings is used for the pads made to fit the chest of drawers shown here. Thin muslin is used for the backing and sheet wadding for the padding. When all three layers of material have been cut the right size, baste them together. The first row of basting is run diagonally across the center and then the rows are spaced about six inches apart as shown. Here also is a sketch of a machine quilter in operation. It is merely a foot with an indicator attached. The end of the indicator runs along each previous row stitched making an accurate gauge for the spacing of the quilt.

One of our outstanding nutrition authorities has gone on record as saying that in his opinion, at least four times the amount of vitamin A required for apparent health may bring a good return in health protection.

It is important to remember, however, that the best single piece of advice that can be given regarding diet is to eat moderately of well balanced meals.

### Don't Overeat

In addition to partaking adequately of the protective foods, those who are endeavoring to plan a program of living that will help to prevent the common cold should likewise guard against overeating.

One should also do everything possible to avoid coming in direct contact with persons who have colds.

Through a routine of correct eating and sound habits of hygiene, the homemaker can go a long way toward helping her family to prevent colds. Remember that here, especially, an ounce of prevention is worth perhaps more than a pound of cure!

### Questions Answered

**Mrs. L. A. C.**—No, it is not essential to include an egg in the school child's breakfast, provided he receives an egg in some form during the day. An ample, and easily digested breakfast might include fruit, cereal with milk, toast and milk to drink.

**Miss C. M.**—Yes, it is true that molasses contains calcium. The amount in a tablespoon and a half has been compared to the amount of this mineral which can be obtained from one and one half cups of diced carrots.

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ing. After the pads are quilted, bind the edges as shown.

**NOTE:** Mrs. Spears' Book 2—Gifts, Novelties and Embroidery, has helped thousands of women to use odds and ends of materials and their spare time to make things to sell and to use. Book 1—SEWING, for the Home Decorator, is full of inspiration for every homemaker. These books make delightful gifts. Mrs. Spears will autograph them on request. Crazy-patch quilt leaflet is included free with every order for both books. Books are 25 cents each. Address Mrs. Spears, 210 S. Desplains St., Chicago, Ill.

### Pershing Touched by Thought of Fellowship

Visiting the base hospital at Tours during the war, General Pershing came upon a fine-looking soldier sitting up in bed, and asked him where he was wounded, meaning to inquire as to the nature of his wounds. He replied: "Do you remember, sir, just where the road skirts a small grove and turns to the left across a wheatfield and then leads up over a hill? Well, there, sir."

"He was clearly describing the advance south of Soissons," said General Pershing. "Of course, I was not there at the time but it touched me that he should feel that I must have been very close to him."

**QUESTION**

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**ANSWER**

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A fool always finds a greater fool to admire him.—Boileau.

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**AROUND the HOUSE** Items of Interest to the Housewife

**Correct Table Height.**—For persons below or above average stature, the following test will determine the best height for a kitchen table: When a worker, standing erect, can place the palms of her hands on the table without stooping, the height of the table is correct.

**Care of Steel Wool.**—Steel wool will last so much longer if dried in the sun or on the radiator after each using. This will prevent its rusting and becoming unpleasant.

**Sandwich Fillings.**—Honey combines well with peanut butter, cottage cheese, chopped dried nuts or fruit to make sandwich fillings.

**Save Coal.**—Put a lump of chalk on the fire. The chalk gets red hot, throws out a great heat and can be used many times.

**Use for Leftovers.**—Leftover pieces of soap may be made into a jelly for laundry use. Leftover pieces of toilet soap make a nice jelly for a shampoo.

**Slicing Figs and Dates.**—To slice figs, dates and prunes for cooking, cut them with scissors dipped frequently in warm water. This helps avoid stickiness and makes even-edged pieces. For fruit puddings, it often is advisable to cover cut fruit with warm water so it will mix better with the other ingredients.

**Making the Bed.**—When you get out of bed in the morning, turn back the cover over the footboard and allow the air to freshen and sweeten the bedding. Beds should never be made as soon as the occupant has risen; at least an hour should be given to airing it.

**To Cream Butter.**—Remove butter that is to be used in making cake from the icebox about one hour before you start mixing ingredients. It will then be much easier to cream it.

**Step Saver.**—A working surface with cupboards above it to the left of the sink, so dishes may be put into the cupboards as soon as dried, saves many steps in the kitchen.