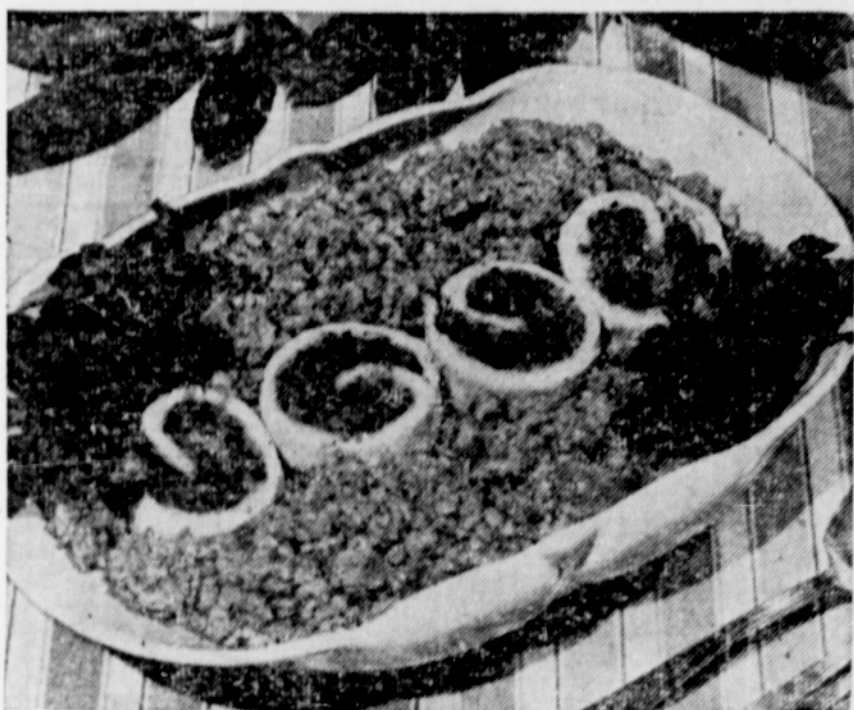


HOUSEHOLD MEMOS

by Lynn Chambers



Economy Note—Corned Beef Pinwheels
(See recipe below.)

Budget Pointers

There's a tendency to go along with the crowd when it comes to spending money, especially on food, instead of seeing what can be done to stretch the food dollar. Getting the most out of the food dollar does not, fortunately, mean that we have to tighten our belts; it just means a bit of maneuvering.

In the midst of soaring food costs, there's plenty of help for the woman who wants it, and today's recipes are designed to give you plenty of food for thought. Give your family a change of menu, and give the budget a chance to stay within its limits at the same time.

There are several general rules to follow: Buy wisely; don't overbuy and let food go to waste; serve and cook whatever you have properly, and don't toss away good leftovers.

For main dishes you can call on good quality proteins for front line duty; they're cheaper than the expensive cuts of meat and do just as much for you.

Macaroni-Cheese Souffle.
(Serves 6)

- 1 cup uncooked macaroni
- 1 cup sweet cream or condensed milk
- 1/2 cup butter or substitute
- 1 cup soft bread crumbs
- 1/2 green pepper, minced
- 1 medium green onion, minced
- 1 tablespoon chopped parsley
- 1/2 cup grated cheddar cheese
- Salt and pepper
- 4 eggs, separated

Cook macaroni in boiling, salted water until tender. Drain; scald milk and add other ingredients. Stir in beaten yolks, then fold in stiffly beaten whites. Turn into a greased casserole and set in a pan of hot water. Bake in a moderate (350-degree) oven for one hour. Serve with mushroom or pimiento cream sauce.

Eggs Foo Young.
(Serves 6)

- 6 eggs, beaten
- 1 No. 2 can bean sprouts
- 2 tablespoons chopped green pepper
- 1/2 cup shredded onion
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 pound mushrooms, sliced, if desired

Add salt and pepper to eggs and beat well. Add remaining ingredients and add more seasoning if desired. For each cake, measure out 1/2 cup of the mixture and use 1 tablespoon of fat for frying. Pour mixture into skillet, leveling vegetables evenly over the surface of the cake. Brown on both sides, turning once. About five minutes are required to cook each cake. Serve with soy sauce.

Rice Nests With Egg.
(Serves 6)

- 1/2 cup butter or substitute
- 1 1/2 cups cooked rice
- 6 slices bacon
- 6 eggs
- Salt and pepper

Butter a baking dish and place rice in it, forming nests out of it with a spoon. Broil the bacon and place one strip around each nest, holding it in place with a toothpick. Break an egg in each nest and sprinkle with salt and pepper and



LYNN SAYS:
Serve Simply But Season Well

Fill pears with camembert cheese and serve as a salad with french dressing.

Like your tomatoes served simply? Try a very few herbs, a bit of oil and vinegar as a dressing.

Poach peaches in a bit of honey after you've sprinkled them with lemon juice and you have a real dessert treat. A bit of whipped cream goes nicely, too.

Woman's World

Avoid That 'Home-Made' Look With Professional Fitting

By Erta Haley

NO MATTER whether you buy or make your garments, there's no argument about how much proper fitting of the clothing does for you. There is, however, some controversy about what constitutes good fit because some women feel that tightness is essential while others advocate a looseness.

It's difficult to settle an argument like that because so much depends upon the figure involved as well as the fashion, but there are certain definite indications we can consider.

Most experts give the following description of perfect fitting and I think it helps clear the air in regard to how clothes should fall on the figure. A well fitted garment fits over the bust snugly but not tightly. There should be no pinched look as though you had "squeezed" into the dress or blouse.

The waistline, too, should fit snugly. The dress should give the appearance of clinging to the waistline, but there must be no bulge above the waist. There should be ease over the hipline—and those of you who have worn a garment that was too tight over the hips and had it ride and wrinkle when you sat or made you worry about splitting seams, will know exactly what kind of a fit I mean.

One of the most important things is to feel comfortable in the dress you wear. Every figure varies from the norm in at least two ways, and that is why the small alterations are important. Not only will letting out or taking in a quarter or a half an inch here and there improve the dress, but it will give you greater comfort.

View Figure Critically When Fitting Dress

No one who has had the pleasure of working with a full length mirror when fitting a dress would ever do without it. In front of it you can



Properly-fitting dresses are . . .

whirl and turn and see that every seam and line fits you just as it should.

There are some pointers you'll want to keep in mind when fitting dresses, whether they are made or being altered. A large woman, for example, appears much smarter if she observes a lack of too close fit in her dress. The tighter the dress, the more the large parts of the figure tend to stand out. Heavy parts are not only revealed but also exaggerated with tightness.

An easy, casual fit for the large woman gives a certain balance that she does not actually possess. However, too much looseness will detract from the styling, so study the figure carefully if this is your problem.

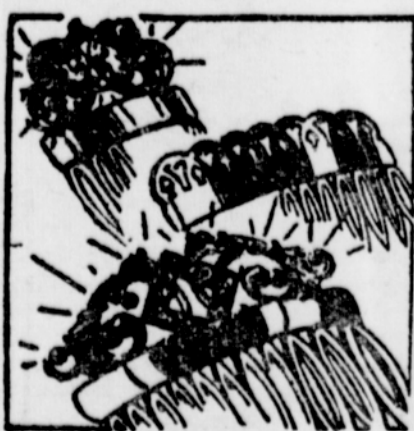
Too thin figures should also avoid tightness of dress as this "skin fit" tends to exaggerate extreme slimness. A bit of casualness hides the true contours of the figure and minimizes the fault of being too slender.

Only those with really perfect figures can afford the luxury of snugness throughout the garment to bring out its perfection. And, even models will tell you that figures like that are extremely rare. For the most of us, truly good fitting consists of playing up our good points and minimizing the imperfections.

Points to Consider While Fitting

If you are making a garment at home, the first fitting should come

Be Smart!



New and truly beautiful in the current fashion for hair ornamentation are elaborate combs—many direct descendants of the romantic fandango comb of Spain and Mexico. These combs cooperate as smartly with semi-short hairdos as with braids of hair piled high.

Leopard Trimming



Bold leopard borders the hemline and forms a part Peter Pan collar of a fingertip jacket with a flair for style in the cut of the back. To complete the costume, a slim sheath of a skirt, slit at the sides to take your stride in its stride, is designed by Adolphe Marc and forecast for fall by Chicago Fashion industries.

when you have the bodice attached to the skirt, and before the sleeves are attached. This should be done before it is stitched together, so that basting can be removed and adjusted, if necessary.

Always wear the foundation garment and shoes that you intend to use with the dress itself. The foundation will give you the curves you will have with the garment and the shoes will give you the correct length.

All alterations should be pinned carefully, and all adjustments should be made at the side seams, if possible. If the blouse of the garment is slightly long, shorten by raising the skirt to the correct position. The underarm seam of the blouse is important for comfort and should be made long enough to allow for movement of the body



Smart as well as comfortable.

and arms. If too tight, the seam will split after the first wearing or two, besides making you uncomfortable.

If the skirt falls under the figure, alter by allowing the side seams to swing forward, and raise the skirt at center back until side seams hang straight.

Make Careful Changes For Neck, Sleeves

If you want to change the depth or shape of the neckline on blouse or dress, never cut this while the dress is on the figure. It's a good idea to have chalk with which you can mark the change, then remove the garment and cut one side of the neckline. Try it on, and if you are satisfied, you may cut the other side.

Collar fitting is important and the proper fit is this: Let the collar fit the neck closely with revers, if any, lying flat on the garment. I know that it may sound improbable but there are some necklines and collars which do not go over the head easily, and you should notice this when fitting.

Sleeves should never be stitched until after basting and fitting. Go through your normal movements when trying them on with the garment and observe any tightness or pulling that can be adjusted before the final stitches. Proper length is as important as proper fit.

Lengthwise and crosswise grain is important when cutting the sleeve, so it's the wise seamstress who follows pattern instruction when doing that part of the work. If necessary, mark grains of the goods before placing the pattern on material preparatory to cutting.

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And It Wasn't Midnight
Bus driver (to little girl)—
You're only six? When will you be seven?
Little girl—As soon as I get off the bus.

Possible
"I shall never marry until I find a girl who is my direct opposite."
"Well, there are any number of intelligent girls in this neighborhood."

Relieved
"Madam, what do you mean by letting your child snatch off my wig?"
"Sir, if it is just a wig, think nothing of it. I was afraid that the little devil had scalped you."

Send Him
Lady next door—Little boy, I need a dozen eggs from the store. Do you think you could go for me?
Little boy—No, but I heard Pa say that he could.

Some statisticians are insisting that a college education for women is futile. If they're pretty, it's unnecessary; if they're not, it's inadequate.

Right There
The romantic lad sighed: "Haven't I seen your face somewhere else?"
"I don't think so," she said, "it always stays here, right between my ears."

New Typewriter Eliminates Chance of Spelling Errors

A recently patented electric typewriter eliminates the possibility of misspelling words, says Collier's. Visible through a slot is a series of small wheels, each of which contains all characters and revolves, spelling out one line of words at a time as the corresponding characters on the keyboard are struck.

After the operator checks her spelling, she presses a button which causes the line to be typed automatically on the paper while she writes the next one.

Errors may be corrected individually or by clearing all wheels and retyping the whole line.

Yodora checks perspiration odor

THE SOOTHINGEST WAY

Made with a face cream base, Yodora is actually soothing to normal skins. No harsh chemicals or irritating salts. Won't harm skin or clothing. Stays soft and creamy, never gets grainy.

Try gentle Yodora—feel the wonderful difference!



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Have a more slender, graceful figure. No exercising. No laxatives. No drugs. With the simple AYDS Vitamin Candy Reducing Plan you don't cut out any meals, starches, potatoes, meats or butter, you simply cut them down. It's easier when you enjoy delicious (vitamin fortified) AYDS candy as directed. Absolutely harmless.

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Do female functional monthly disturbances make you feel nervous, irritable, go weak and tired out—at such times? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. It's famous for this! Taken regularly — Pinkham's Compound helps build up resistance against such disturbances. Also a great stomachic tonic.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

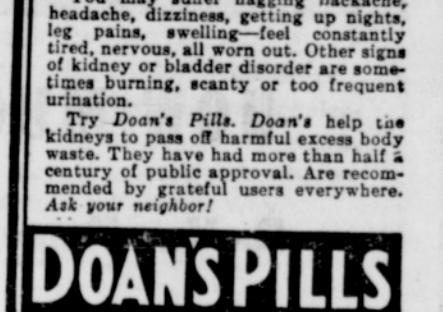
That Nagging Backache

May Warn of Disordered Kidney Action

Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—throws heavy strain on the work of the kidneys. They are apt to become over-taxed and fail to filter excess acid and other impurities from the life-giving blood.

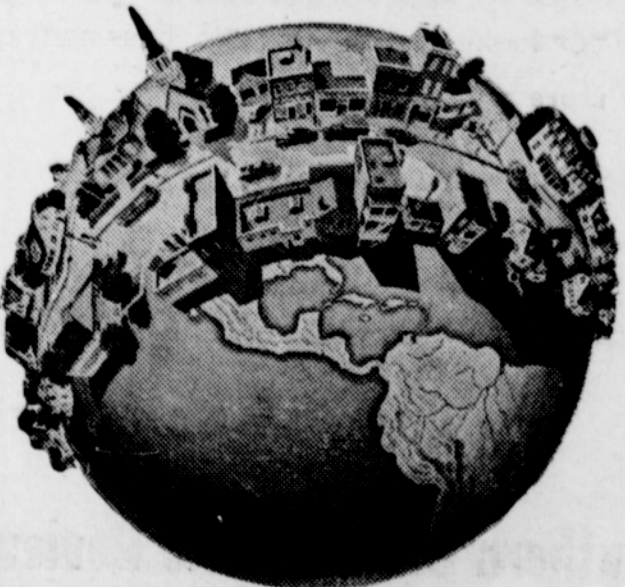
You may suffer nagging backache, headache, dizziness, getting up nights, leg pains, swelling—feel constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.

Try Doan's Pills. Doan's help the kidneys to pass off harmful excess body waste. They have had more than half a century of public approval. Are recommended by grateful users everywhere. Ask your neighbor!



WNU-13 36-47

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