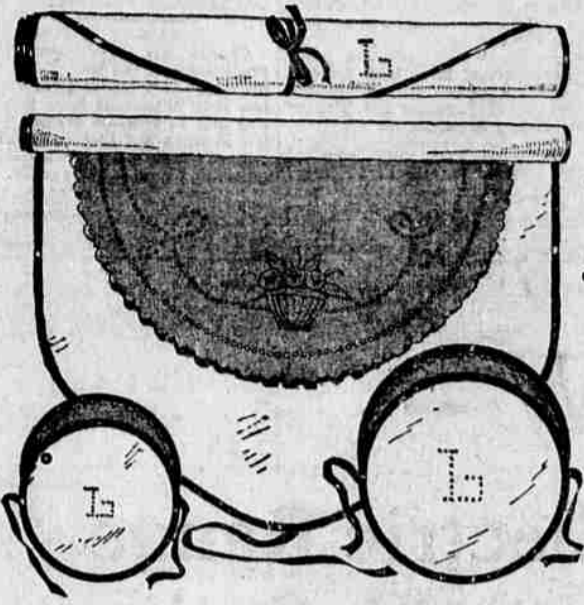


THE HOUSEWIFE'S "ROLL"



The mark of a model housewife is not always put out in plain sight for every corner to see. As often as not it lurks in some inconspicuous place which only the most discerning observer would discover. There is the matter of centerpieces, for example. The careless housewife places her dollies and centerpieces in the bottom of some drawer or cupboard where they are almost sure to become soiled and crumpled before their time comes to be used. The careful woman makes a roll for preserving them as fresh and glossy as when they left the ironer's hands.

The size of the material needed should be about three inches wider and six inches longer than your largest centerpiece. One end is cut to a point as shown in the illustration. The sides and this end are then bound with bias tape of light pink, green or blue. Attach ties of sufficient length. The other end is fastened with small tacks or thumb tacks to a bit of broom handle or window shade roller, cut to the correct width. In this way the cover may easily be removed for washing. Or, if suitable wood is not available, a mailing tube will be found a satisfactory substitute. In making such a roll for a banister or shower present—a practical and popular suggestion—one may make it a trifle more decorative by the addition of a little handwork, such as a simple spray of flowers or a cross-stitch initial. Cases for six-inch and nine-inch dollies may be made of the same material and bound to match. For stiffening, use an interlining of canvas or a cardboard disc.

Are You Up-to-Date?

In this day of youth and beauty, just what is the dividing line between youth and old age? What makes Mrs. Jones at fifty charming, vivacious and stylish, while Mrs. Smith at fifty is dowdy, ugly and clumsy? It is beauty? No. For in the woman of fifty her features have been molded by experience and softened by character. Beauty at fifty does not concern itself with the tilt of the nose nor the shape of the chin, nor the color of the hair. Is it personality? No. For Mrs. Smith may surpass Mrs. Jones a hundred times in brilliance mentally. It is something in appearance—something which makes us glad to have Mrs. Jones around and disappointed to have Mrs. Smith arrive, because there is something depressing about her. What is it? Fat. Fat is the dividing line between youth and old age. Fat is that something which robs us of youth, vivacity and style, and clothes us in baggy, dowdy clothing, no matter what price they cost. One cannot hang sables and diamonds on a mountain of fat and produce an object of beauty. Never—while the foundation is ugly. But one can hang the cheapest muslin on the youthful figure and produce beauty. Is there a husband in the world, we wonder, who is proud to escort a wife who has doubled—even tripled in size over the girl he married? We doubt it. Men love order and comfort. And a fat woman immediately suggests to man's subconscious mind disorder and discomfort. Every move of her body spells discomfort. A husband may not realize what it is about his home that is unpleasant—discomforting. He may not know that he has a subconscious mind. But the thought is there, and slowly it is working its way into his conscious self that there is something discomforting about

his home. And when a man realizes that his home is not comfortable—oh, well—then it's almost too late. Today there is no reason for any woman to remain a hulk. There is no demand for the over-stuffed type of woman. And there are so many ways of overcoming flesh offered us on every corner that few women need remain overweight. Exercises—exercising machines—massage appliances—reducing creams—and many others. But there is one thing which is the all-important factor in reducing—and which is the very hardest, naturally. That is diet. Recognize the proper diet for reducing, stick to it, and the battle against pounds of flesh is won. But it is a hard battle. That is why it is easier to remain fat. That is why doctors tell us that the only way of reducing is by exercising the Will Power. For reducing, to be permanent, must become a habit. And it takes Will Power, in capital letters, to change the habits of eating which have been a part of us long enough to add twenty or thirty or forty pounds. What is this reducing diet then? Of course, it is less of everything. It is absolutely NO candy, NO sweets, NO pastries and rich desserts, NO potatoes and other starchy foods, such as white breads, NO rich gravies, NO splurging of mayonnaise and hollandaise sauce. But it is as much fruit as you wish. One could eat fruit all day and never grow fat. That is Nature's food. Eat vegetable timbers and vegetable luncheons and fruit breakfasts. Leave out the sugar from your tea and the butter from your bread. It is an easy habit after a while. Eat lean meat—lamb and chicken and beef. For dessert take fruit salads and jellies and apple sauce. Oh, there are many delightful dishes for the woman who is on a diet. And after the first few days, it's easy.

Montenegro Like Tombstone Area

CETINJE, Jugoslavia (AP)—No section of Jugoslavia is so picturesque and at the same time so poor as Montenegro. It resembles a vast area of tombstones. There are few rivers or valleys. Rocks abound everywhere. There is so little earth that the inhabitants have been forced to blast or otherwise cut out little patches of ground here and there on the mountain sides and transport earth from below to enable them to snatch enough from the soil to live. Situated in the Black mountains overlooking the Adriatic, the capital, because of its situation and rocky character, is called "The Home of the Eagle." Cetinje, the old capital of Montenegro, is 2,000 feet above the sea. For five centuries the brave mountaineers have withstood every onslaught of the Turk. Within the shadow of these mountains Franz Lehar wrote his famous play, "The Merry Widow." Here also the late King Nicholas had his palace and was surrounded by the nobles and his little state, before it was merged with the Kingdom of the Serbs, Croats and Slovenes. Among Montenegrins there is a legend that God, in creating the earth, carried the materials in sacks, dropping here and there a sack and stones that made the firmament. In passing over Montenegro, the legend goes, the sack con-

taining the stones burst. The few patches of earth that exist are guarded like fields of gold. They seem to produce only a hard grain, yet the whole populace depends upon them. The Montenegrin's house is made of stone, roughly laid in coarse mortar. The roof is steep, of tile or, among the very poor, of stone. Only the very well-to-do have anything but a dirt floor. One or two rooms suffice for a family. There is no chimney, the fire being built in a corner of the room, and the smoke seeps out through the roof as best it can. A chain from a beam above supports a pot over the fire. There is little furniture. The children sleep on the floor. The Montenegrin woman is the drudge of the home. She toils from morning until night while her husband goes off to the village inn to sip coffee and talk politics. The women are extremely attractive in their girlhood, but incessant work soon ages them, and they die at an age when an American woman consider herself in her prime. Feed Plants Weekly NEW YORK (AP)—In the winter house plants need to be fed once a week, says H. W. Becker, of the New York Botanical Garden. The meal should be made of proportions of one heaping tablespoon of cow or sheep manure and a pint of water and should fill the plant pot.

Men's Spring Fashions Are Revealed

—By Margie

Water Lake blue is only one of the beautiful shades in the new Spring ties which are on display at McPherson's. Equally good selections are Mohave, a bright-toned blue; Sonoma, a bright, tanned blue; a rose-toned hue; Monterey, gray-blue; Catalina, shimmering green; Rainier and forest green. Some are made of more fine silk and others have carefully thought out artistic designs. Young and old, blonde and brunette gentlemen of today are wearing suspenders. Medford clerks report more sales to the younger generation, male and female, than to the older men. At McPherson's there's a pair to please the most fastidious. It is a combination of tan, brown and soft green. But it has to be seen to be appreciated. Ties are very good in suspenders, especially when red, black and white are used.

Homburg hats, featuring high crowns and narrow brims in gray and tan, and sport sweaters in plain or fancy patterns are also carried at McPherson's.

Airport cloth is used in making one of the smart shirt models which Campbell's Clothing store has just received. Oxford madras is another favorite fabric for these shirts which, no matter what the color, are guaranteed non-fading, and the collars won't shrink in washing. Few striped shirts are being worn this season.

The "Chester" bound-edge Knox hat; the "Dora," characterized by its narrow band and soft, jaunty narrow brim, and the "Fifth Avenue," are all smart derby rivals. Campbell's also carries a complete line of Knox caps in one or eight piece models. For golf or outdoor drying a cap has no substitute.

Dainty baby-blue striped silky rayon undersweaters, in either one or two-piece sets, is being worn by the best dressed blondes of the "stronger" sex in Medford. And for the dark man The Toggery has some striking yellow and white striped silk union suits. Cotton broadcloth shorts are being shown for every-day wear. One group is made of flashy print in a pattern of moons and stars. Then there are cross word puzzle effects. After that is settled it's time to think about the new spring hat. Schaffner & Marx suit. The prevailing colors are blues, grays and tan. Dickie's and Grenadier make head the list with Scots gray proving very good. Waist lines and hips are snug; shoulders are liberal and lapels are either peaked or notched. Materials include Shetlands, imported worsted casimeres, broad university stripes, herringbone and flannels.

Coming down to earth, The Toggery has a neat line of Nunn-Bush ankle fashioned oxfords in blacks and tans. This four eye knickers, plaid and stripes outstanding. Outstanding is the only word to describe that golf apparel they just received at Penney's store. A few of the plaids and stripes stand out more than others. But whichever you prefer, they have them. Who'd wear a sock on the golf links? Or anything but a cap or old hat. Ensemble is the idea, and the way to carry it out is easy. Caps, sweaters, shirts, ties and knickers can all be found at Penney's.

Peculiarly might be used to designate various things. This time it refers to men's suits. It particularly means that these suits are decorated with miniature plants in the vests and just over the hips. Peak lapels are quite the thing, judging from the suits at Penney's. Soft gray tan plaid mixtures are going to be worn this season, along with blue serge in faint pin stripes for the conservative man.

Coral is one of the new shades in men's hats. Just why a tan hat should be in the line is, of course, one of those unexplained things. Ocean, post, light nutria, brush, fey and Belgium are other popular hues in hats. Some of the bands are only half an inch wide.

Spring Suits for Men at Montgomery Ward

A new line of men's suits has just been received by the local Montgomery Ward store. These two-piece suits are made to fit any form. That is, there is a perfect fit for the unbecomingly portly gentleman, the built-right athletic type, the short and the tall. These particular suits include two broads, the Ward Mount De Luxe and the Ward Mount Superior. And all the accessories for a well-dressed man may be found at this department store.

WOMEN EAGER TO RIDE DOWN 600-FOOT SHAFTS

MONROE, Mo. (AP)—Women, says Frank Covan, nightwatchman at the great slate quarries here, are more eager than men to go down to the bottom of the 600-foot shafts.

Three shafts descend 575, 675 and 704 feet respectively. They are sunk deeper in the earth than the distance most skyscrapers reach skyward. And down at the ultimate depths tunnels extend in many directions. All are electrically lighted.

The women get their greatest thrill, perhaps, by descending on the same platform that is used by the miners.

Classified advertising gets results

SPRING!

—and with the new season, costumes take on new gaiety of color, new line interest; a freshness and charm of fabric and style. In Ward's collection of Spring wear there is everything to outfit the smart woman—from Paris-styled coats and frocks to the smallest important accessories.

COATS \$29.75

Smooth broadcloths, pastel-colored tweeds, fashion Spring's new coats. Modishly and deftly tailored, they are softly furrowed or smartly scarfed. The straight silhouette is often broken by capes and flares.

DRESSES \$19.95

In this collection are soft flat crepes, sheer georgettes... skillfully fashioned into the most charming of afternoon frocks.

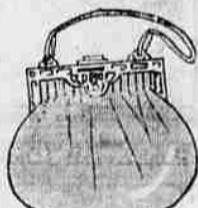
At \$8.95

You'll wonder how such stylish, clever dresses can be so surprisingly low priced! Clear, vivid shades, youthful, dashing prints contrast with dark greens, navy and black. A wide variety of fabrics and styles.



COSTUME JEWELRY

The unusual and deeply brilliant in semi-precious stones will predominate the Spring jewelry mode. Pearls will be very popular. Necklaces, chokers, ear rings, and pins 19c to \$1.38



POUCH BAGS

Daytime and dress modes demand harmonizing bags of novelty silks and lightweight leathers—the "sun tan" tones predominating. A splendid choice—98c to \$7.45



CHIC HATS

You will admire them for their becoming styles—direct from America's foremost millinery centers. Straws, felts, satins—and combination materials in colors to harmonize with any costume. 95c to \$4.98

Misses Dresses \$7.95

Georgettes, flat crepes, satins, crepe de chine and velvets are deftly tailored along both straight lines and flares to give Ward's the most complete array of misses' and junior dresses to be found. Gay, colorful prints and soft pastel shades are included in the assortment. You'll be delighted with them.

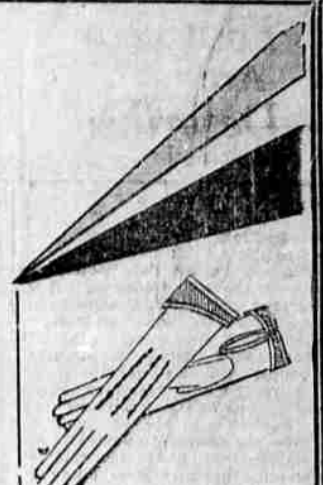
ENSEMBLES \$23.95

No woman's wardrobe is complete without an ensemble this Spring. The fascinating, pale yellow-green—Chartreuse—and Chinese reds are favorite colors. Blouses and coat linings are often of gay prints in colors to harmonize with the seven-eighths length coats. Come in and see Ward's selection of two and three-piece ensembles.

LINGERIE

For wear under slim, new frocks are foundation garments that softly mold the figure—developed in brocades, satins and elastic. Teddies, bandeau sets, bloomers, and costume slips are delightfully dainty and practical, fashioned of crepe de chine or rayon in delicate shades.

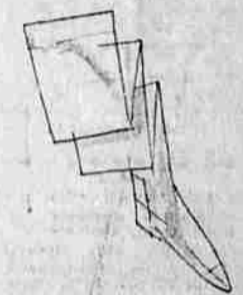
- Rayon Dance Sets \$1.98
French Shorts .98
Rayon "Sprint Pants" 1.19
Rayon Vests .98
Rayon Satin Slips 1.98
Sport Satin Slips 1.49
Crepe de Chine Dance Sets 1.98
Crepe de Chine Chemise 1.98



GLOVES

—gracefully slip into the new Spring modes, with pull-on and button styles. The very smartest are in doekskin and fine kidskin. Sun tan tones, of course.

50c to \$2.98



SILK HOSE

Compliment the lightness of color and spirit of Spring with tantalizing names, such as: Amber, daphne, dianne, misty morn, beige de'or and tulle.

The Pair 49c to \$1.95



FOOTWEAR

Offer contrast to their styles of one-strap oxfords and pumps through the combination of fine kidskins, and suedes, with innumerable species of the reptile. Here, again, are Paris-decreed sunny tones.

\$2.98 to \$4.98



UNDERARM BAGS

Become convenience and chic combined when chosen in the prominent shades of Spring ensembles. Fine leathers with contrasting trim are 98c to \$2.85

SEE OUR WINDOWS

We announce a special showing of new Spring Apparel, displayed on living models, in our center show window beginning 7:30 p.m. Tues., Mar. 5

MONTGOMERY WARD & Co. 117 So. Central Ave. Phone 286 Medford, Oregon