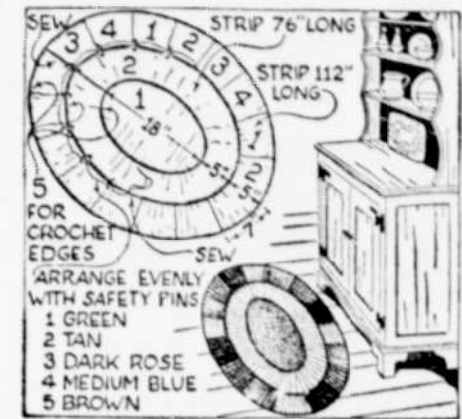


Knit Oval Rag Rug In Various Colors

By RUTH WYETH SPEARS
SO MANY of you have asked for the rug leaflet with the books offered below that I am sketching still another interesting rug for you here. Keep it for your scrap book, and be sure to order the leaflet to add to your collection of rug ideas.

Cut or tear the rags 3/4 inch wide and use knitting needles 3/8 inch in diameter. Knit the oval center first. Cast on four stitches and increase one at the end of



each row until the depth of the work is 4-inches, then knit evenly for 10-inches. Bind off one stitch at the end of each row until you have four stitches left. Bind these off. The diagram gives the dimensions and colors for the bands that are sewn to this center oval. Cast on seven stitches to start each band. For the outside band, start with color 3. Knit 7-inches, then cut the fabric strip and sew color 4 to it. Continue. Use a large crochet hook and fabric strips to crochet around the oval and the outside edges of the bands. Sew together with double carpet thread.

Note: Mrs. Spears' Sewing Book 2, Gifts, Novelties and Embroideries, contains 48 pages of step-by-step directions which have helped thousands of women. If your home is your hobby you will also want Book 1—SEWING, for the Home Decorator. Order by number, enclosing 25 cents for each book. If you order both books, copy of the new Rag Rug Leaflet will be included free. Those who have both books may secure leaflet for 6 cents in postage. Address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

QUESTION
Why are Luden's like lemons?

ANSWER
Both contain a factor that helps contribute to your alkaline reserve.

LU DEN'S 5¢
MENTHOL COUGH DROPS

Power of Song
He who sings scares away his woes.—Cervantes.

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GARFIELD TEA
to show you the easy way to
KEEP CLEAN INSIDE!

You'll like the way it maps you back, overnight, to the feeling of "rain" to go" fitness and inside cleanliness! Helps eliminate the left-over wastes that hold you back, cause headaches, indigestion, etc. Garfield Tea is not a miracle worker, but if CONSTIPATION bothers you, it will certainly "do wonders!" 10¢ and 25¢ of druggists—or WRITE FOR FREE SAMPLES of Garfield Tea and Garfield Headache Powder to GARFIELD TEA CO., Dept. 40, Brooklyn, N.Y.

SHOPPING
Tour

•The best place to start your shopping tour is in your favorite easy-chair, with an open newspaper.

Make a habit of reading the advertisements in this paper every week. They can save you time, energy and money.

Late Fashion News For You Who Sew



THE smartest kind of dress for runabout, as becoming as it is practical, is yours if you use No. 1717 to make it. The button-down-front style is extremely popular. This dress, too, has lines that make your figure look slim and youthful. The skirt is slim over the hips, high at the waist, and full at the hem. The shirred bodice and wide-shouldered sleeves give you a softly rounded look. Make this dress of flat crepe, silk print or sheer fabrics.

Three-in-One Frock.
Here's a clever design that gives you three different fashions in one! First of all, No. 1685 is a charming little kimono-sleeved frock with a flattering, tiny waist. And with it comes a little bolero (that you can wear with other frocks, too) and a tie-around apron-skirt, fastened with a bow in the front. Wear it any one of three ways—alone, with the bolero, or with both the bolero and apron-skirt. For this, choose silk print, flat crepe, taffeta, thin wool, and combinations of two contrasting fabrics.

The Patterns.
No. 1717 is designed for sizes 34, 36, 38, 40, 42, 44, 46 and 48. With long sleeves, size 36 requires 4 3/4 yards of 39 inch material. With short sleeves, 3 3/4 yards.

No. 1685 is designed for sizes 14, 16, 18, 20 and 40. Size 16 requires 3 3/4 yards of 35 or 39 inch fabric for the dress; 1/2 yards for the bolero; 2 1/2 yards for the apron-skirt.

New Spring Pattern Book.
Send 15 cents for Barbara Bell's Spring Pattern Book! Make your own smart new frocks for street, daytime and afternoon, with these simple, carefully planned designs! It's chic, it's easy, it's economical, to sew your own. Each pattern includes a step-by-step sew chart to guide beginners.

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. © Bell Syndicate.—WNU Service.

Style Notes

Full-skirted pajama costumes are winning applause here and there. Many ultramodern girls will be Greeks after dark this coming spring.

A new treatment of wood makes it practical for use in fashioning hats and bags.

The wide-skirted evening gown is getting some competition from a very slim model.

Here's a note from Paris. The "apron dress" is a new note in Chanel's spring collection.

Bright-colored frocks will be worn under monotonous tweed coats on cool days of early spring.

Many prints figure in ensembles of flowered or pin-dotted dress and coat, or dress and jacket combinations, this spring.

Wimples, Nets and Snoods the Latest

Milliners All Worked Up
Over New Idea.

By CHERIE NICHOLAS
If you are a true and faithful follower of fashion it's wimples, nets and snoods you must be writing down on your shopping list. Leading milliners are so enthusiastic in regard to the idea of the hat with a snood or a net or a colorful graceful wrap-about wimple that before you know it you will find yourself a convert to the idea.

And if you think a net or snood is merely a decorative theme just ask your milliner to point out the practical side of this mode. In the first place they are turning out these fantasies so attractively you can't resist the temptation of buying, the more so when you are told the idea is to keep you looking well-groomed, in that with hat removed, wearing one of the new nets in snood-like effect, your hair will stay "just so."

The newest thing is the hat and net ensemble, meaning that the hair-net that complements the hat, is colorfully decorated with wee matching ribbon bows or buttons or some gadgetry that relates hat and net, so when you wear the two together they form a headgear unit.

As to wimples many of the smartest hats of the season have long scarf streamers attached in versatile ways. The fashion started in mid-winter but only a few of the most daring ventured to wear them. However, the idea has made such widespread appeal hats with wimples attached are among the most popular for spring. It is also now possible to buy separate wimple to attach to your hat or remove at will.

Gingham Girl



The gingham girl is back, as this gay little daytime dress displayed at the recent national spring wash apparel show held in Chicago, indicates. Like so many of the dresses designed for spring wear it comes in plaid. In creating this youthful frock of vivid cotton plaid, the designer achieves the now so popular "little girl" silhouette via a full skating skirt and fitted bodice. The dress carries red grosgrain belt, red buttons and white pique collar with embroidered edge. It seems that cottons are coming into their own decidedly this season. Big news is the emphasis placed on gypsy influences which play up full skirts of gypsy stripe cottons with contrasting bodice.

TIPS to Gardeners

Give Flowers a Break

DON'T put an added burden on your flowers by asking them to grow in conditions to which they are not suited. Flowers are like races of humans. Some thrive in warm, moist climates. Others, through the centuries, have become accustomed to intensive cold.

Certain flowers, for instance, may be grown successfully in comparatively cool, semi-shaded locations. If you have such spots in your yard, don't plant your zinnias or petunias there.

Any of the following will prove more satisfactory, according to Harry A. Joy, flower expert: Annuals—balsam, clarkia, coleus, nasturtium, pansy, calendula and vinca; perennials—English daisy, campanula, columbine, myosotis, sweet William and viola.

If you live in drouthy sections or if your flower beds are on well-drained soil in full sun, try the following: Annuals—abronia, ageratum, alyssum procumbens, arctotis, calliopsis, candytuft, cosmos, four o'clock, lupin texensis, petunia, portulaca, sunflower, verbena, and zinnia; perennials—coreopsis and hollyhock.

How Women in Their 40's Can Attract Men

Here's good advice for a woman during her change (usually from 38 to 62), who fears she'll lose her appeal to men, who worries about hot flashes, loss of pep, dizzy spells, upset nerves and moody spells.

Get more fresh air, 8 hrs. sleep and if you need a good general system tonic take Lydia E. Pinkham's Vegetable Compound, made especially for women. It helps Nature build up physical resistance, thus helps give more vivacity to enjoy life and assist calming jittery nerves and disturbing symptoms that often accompany change of life. WELL WORTH TRYING!

Home Everywhere

Go where he will, the wise man is at home, his hearth the earth, his hall the azure dome.—Emerson.

BILIOUS?

Here is Amazing Relief for Conditions Due to Sluggish Bowels

Nature's Remedy
If you think all laxatives are alike, just try this all vegetable laxative. No mild, thorough, refreshing, invigorating, dependable relief from sick headaches, bilious spells, tired feeling when associated with constipation.

Without Risk
Get a 50c box of NR from your druggist. Make the test—then if not delighted, return the box to us. We will refund the purchase price. That's fair. Get NR Tablets today.

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Worth of trees for \$5.95. Send this ad and check or money order for \$5.95 and we will ship Prepaid \$5.95 three to four foot, top grade fruit trees. Your selection, all of one variety or an assortment of Peaches, Cherries, Prunes, Pears, Plums, Appricots, and Apples. This SPECIAL PRICE for a limited time only.

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A six-month's course will give you your license. No apprenticeship necessary in Washington. New Spring prices lower than ever before. We pay you while you learn barbering at MOLLER BARBER COLLEGE, Seattle, Tacoma, and Spokane.

AUTO & TRUCK PARTS

USED and new auto & truck parts, tires, rebuilt motors. Mail orders shipped promptly. Seattle Auto Wrecking, 1950 First South.

Camouflage

"I was in the middle of the jungle," said the big game hunter, "when suddenly a whole tribe of savages came charging down on me."

"What did you do?"
"I held my breath until I was black in the face, and they took me for one of themselves."—Stray Stories magazine.

AT LAST! THE TRUTH ABOUT LOSING FAT

NEW YORK, N. Y.—In a test by a prominent N. Y. physician and nationally known newspaper woman—25 women lost a total of 286 lbs. in 40 days. YOU, too, can follow this SAME, SENSIBLE plan right at home and here it is:

First of all go light on fatty meats and sweets. Eat plentifully of lean meats, fish, fowl, fresh fruits and vegetables. And for proper functioning by removal of accumulated wastes take a half teaspoonful of Kruschen in hot water every morning. —DON'T MISS A MORNING. —Kruschen is made right here in U. S. A. from famous English formula.

And this is important! Kruschen is NOT harmful. It is not just one salt as some people ignorantly believe. Rather it's a blend of 6 active minerals, which when dissolved in water make a healthful mineral drink similar to highly effective Spa waters where wealthy women have gone for years. A Jar of Kruschen costs only a few cents and lasts 8 weeks.

So, fat ladies—get some gumption! MAKE UP YOUR MIND YOU'LL STICK TO the above Plan for 28 days—and just see if you don't lose fat and feel healthier and younger. You can get Kruschen at druggists everywhere.

Meaning of Poverty

Poverty does not mean the possession of little, but the nonpossession of much.—Antipater.

Black Leaf 40
KILLS LICE
"Cap-Brush" Applicator makes "BLACK LEAF 40" GO MUCH FARTHER
JUST A DASH IN FEATHERS OR SPREAD ON ROOSTS

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