

Day-Evening Bolero Done in Jiffy Knit



Pattern No. 6149

This bolero's got what it takes—to make you the star. Puff sleeves (so feminine!) and a lacy stitch that rolls off your hook with amazing speed! Use two strands of cotton. Pattern 6149 contains directions for making the bolero, also illustrations of it and of stitches; material requirements.

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

Please write your name, address and pattern number plainly.

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 6 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 drug-gists everywhere.

Humble and Just

Thy sum of duty let two words contain (O may they graven in thy heart remain!) be humble and be just.—Prior.

HEADACHE?

Here is Amazing Relief for Conditions Due to Sluggish Bowels. If you think all laxative pills are alike, just try this all vegetable laxative. So mild, thorough, refreshing, invigorating. Dependable relief from sick headaches, bilious spells, tired feeling when associated with constipation.

Without Risk. Get a 25c box of NR from your drug-gist. If not delighted, return the box to us. We will refund the purchase price. That's fair. Get NR Tablets today.

NR TO-NIGHT (SUGAR-FREE)

ALWAYS CARRY THEM WITH YOU. QUICK RELIEF FOR ACID INDIGESTION

WNU-13

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NEW IDEAS

ADVERTISEMENTS are your guide to modern living. They bring you today's NEWS about the food you eat and the clothes you wear. And the place to find out about these new things is right in this newspaper.

Spring Costumes In White Accents

Striking Venture Fashion Is Proclaiming.

By CHERIE NICHOLAS

There is always in each season some one fashion that stands out pre-eminently. This year it is a striking venture that fashion is proclaiming far and wide. To be explicit the big idea just now is that of white accents with the costume done in a dramatic spectacular way. Just to give some specific idea let your mind vision a navy costume with which is worn a navy hat that is almost hidden under a mist of white dotted veiling brought over the crown down to the throat where it ties in a huge bow. White gloves white boutonniere and white collar and cuff set or white gilet or bit must be added. White, frilly white petticoat too, if you please, and so planned that its eyeleted embroidered frills peak from under the wide hemline of the navy swing skirt.

White hats with dark costumes are definitely smart this spring, either of straw, felt, ribbon or fabric. These hats are apt to be trimmed in black tulle or be banded or crowned in stripes matching a gay nonchalant handbag of stripes.

There's no end to the story of frothy white touches for the costume. The biggest sensation, perhaps, is the dainty white lingerie "baby blouse." Everybody's going to wear them, and some are just too sweet for words, with their fine, tiny tucks and lace edgings adding pretty frilliness all the way through.

It doesn't matter how severe your new black or navy tailored suit or your classic basic dark frock may be dolled up with white accents, collars, cuffs, jabots, gloves and so on, it takes on infinite feminine charm.

Yoke and Pleats



Pleating continues to add infinite charm to the majority of print silk dresses. Here is a fashionable Persian design silk print in bayadere striped treatment. The silk for this attractive afternoon frock has cool lime green and black as its color scheme. Novel pleating lends interest to the skirt front. The patent leather belt of corselet interpretation repeats the colors of the print. Notice the waist is made with a yoke which is a styling greatly emphasized this season.

Sheer Formality

A favorite for formal afternoon clothes is silk organdy in many interesting variations.

Skirts Are Shorter

Seventeen to 20 inches from the floor is the correct length for skirts this spring.

New Play Dress and a Bolero Ensemble



JUST see how much playtime fashion this one design (1557) gives you. The backless, slim-waisted play suit is perfect for summer sports. Wear the skirt with it, and you have a smart daytime dress. Add the bolero, too, and you have a charming little suit. Make this of linen, broadcloth, sharkskin or percale, and trim it with gay ricrac braid.

Bolero Ensemble With Bows.

The bolero dress with princess skirt (1731) is one thing you simply must have. It's so useful for street and afternoon wear both, and extremely becoming, with its slim-waisted silhouette, wide revers and bow trims. Flat crepe, silk print, georgette and street cottons are good choices for this.

The Patterns.

No. 1557 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 5 1/2 yards of 35-inch material; 10 yards of ricrac braid to trim.

No. 1731 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 5 1/2 yards of 39-inch material; 2 1/2 yards or ribbon for bows.

New Spring-Summer Pattern Book.

Send 15 cents for Barbara Bell's Spring-Summer Pattern Book! Make 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 1324, 211 W. Wacker Dr., Chicago, Ill. Price of patterns, 15 cents (in coins) each. © Bell Syndicate.—WNU Service.

Ribbon Ruffles to Trim Chanel Suit

Chanel trims a superb dressy suit with applique of tiny ribbon ruffles, around the collar, down the front, and around the lower edge of the jacket and sleeves. The jacket doesn't meet, so a sparkling white gilet shows at the front. The skirt is slightly gathered and has a row of ribbon applique down the front.

From Molyneux comes a suit that combines a rose-colored box jacket with a skirt of soft brown. The jacket has revers and pockets of brown.

Paris Flashes

Jewelry is better than ever. The starched white touch is very important this spring.

Printed woolen fabrics were among the biggest pieces of news in the spring openings.

There's nothing like a new hat or two to lift the looks and spirits of a jaded winter wardrobe.

The doll's hats of last autumn were of more fashion significance than the critics suspected.

Although wide-brimmed hats have been entering the fashion picture, they are getting much competition from the tiny toque.

What to Eat and Why

C. Houston Goudiss Considers the Question: How Often Shall We Eat? Suggests That Some People May Benefit by More Than Three Meals

By C. HOUSTON GOUDISS

ONE of the questions I am frequently asked is whether or not it's advisable to eat between meals. Any answer must take into consideration a number of factors. It is true that many people experience a desire for food in mid-morning, mid-afternoon or before going to bed. Some begin to nibble as soon as they feel hungry, and often they continue to eat in excess of their needs. Others, trained to more self-restraint, refrain from eating, because they have been brought up with the idea that no food should be eaten except at regular meals.

Unfortunately, it frequently occurs that neither procedure is based upon actual food requirements.

Consider the Day's Food Needs

In arriving at any decision concerning between-meal eating, the day's ration should be regarded as a whole. If the foods served at breakfast, dinner and lunch or supper are carefully chosen, with a view to meeting bodily requirements, there should be no need for many adults to eat between meals.



On the other hand, it should be borne in mind that dividing the day's food into what we Americans so often call "three square meals," is primarily a convenient custom. One reason that it has grown up over a period of years is because it allows the maximum free time to pursue our various occupations. In a number of countries, a fourth meal is an accepted part of the day's routine. No Englishman, for example, would consider going without his afternoon tea; and workers pause in offices, stores and factories, as well as at home, for a brief rest and welcome refreshment.

How Many Meals?

In recent years, several scientists have advanced the idea that some of us may benefit by eating more than three meals. At a leading university a few years ago, two distinguished investigators concluded that smaller and more frequent meals would promote general health and well-being for many types of individuals. They suggested lighter meals, but proposed as many as four, five, or even six feedings a day.

Another well-known authority has performed various experiments which effectively demonstrate that a light additional meal in mid-afternoon, consisting principally of a milk beverage, increased the efficiency of workers and helped to reduce fatigue.

Relieving Late Afternoon Fatigue

Many people experience a tired feeling about four o'clock in the afternoon. During the working day, they gradually utilize available food energy, so that by late afternoon, the supply may be greatly reduced—along with both mental and physical energy.

Here is a case where eating between meals is regarded as a decided advantage, provided the food is carefully chosen. A glass of milk and a few crackers, or some other carbohydrate food, will help to renew energy, relieve the feeling of fatigue and bridge the gap to dinner. It must be remembered, however, that the extra meal should be composed of light, easily digested foods so as not to destroy appetite for the following meal.

Young Children and Elderly People

Children of certain ages, as well as adults, may benefit by a schedule that includes an extra meal. Very young children—in the toddler stage—are frequently given a

mid-morning feeding of orange juice, or a mid-afternoon cup of milk with one or two crackers. And some school children also make better weight gains if they pause in the middle of the morning, or take an after-school snack, of fruit juice, or milk, and crackers.

Aged persons often require more than three meals. That is because large, heavy meals might overtax their digestions, and three light meals do not usually provide adequate nourishment. For this reason, nutritionists advise that they have a light, mid-afternoon pickup of a hot beverage and crackers; and perhaps a cup of hot bouillon before going to bed.

Don't Overeat

Thus, it is evident that there are numerous instances when there is justification for departing from the accepted routine. But it must be remembered that as the number of meals is increased, the amount of food taken at each one should be decreased. Otherwise, an undue strain may be placed upon the digestive organs.

Then, too, no matter how the day's food is divided, it must provide all the substances required for sound nutrition. Otherwise, the body will be improperly nourished, no matter how many meals are consumed.

The diet should be built first of all around the protective foods—milk, eggs, fruits and vegetables, which are such an important source of necessary minerals and vitamins. It must also supply protein for growth and repair, carbohydrates and fats for adequate energy, and sufficient bulk or cellulose to promote normal elimination.

Keep the Diet Balanced

Whether you serve three hearty meals and forego eating between times, or follow the plan of providing a mid-morning or mid-afternoon pickup, you should meet the requirements for a balanced diet. This, you will remember from previous discussions, includes a pint of milk for each adult, a quart for every child; an egg for each member of the family, or at least three or four weekly; one serving of a whole grain cereal; one serving of meat, fish or chicken plus a second source of protein, such as meat, nuts or dried beans or peas; two vegetables besides potatoes, one of which should be of the leafy green variety; two fruits or one fruit and one fruit juice.

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