

Topics of Special Interest to Our Women Readers

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Juvenile Bedspread In Simple Crochet



A kiddie would love to own his spread—and it's fun for a grown-up to make too! The center panel, with the children's prayer and all the fascinating juvenile figures, is crocheted in one piece and the teddy bear border is done in three pieces—for easy handling. Simple lace stitch sets off the lettering. Pattern 6334 contains instructions and charts for making the spread shown; illustrations of spread and of stitches; materials needed.

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

OLD FOLKS

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Pretty Patterns That Are Oh So Practical!



SOMEWHAT formal, so that you can wear it smartly for shopping and runabout, is the wide-shouldered dress with buttons down the scalloped bodice and braid used to give the effect of a bolero. The circular skirt has a charming, animated swing to it. In batiste, linen or flat crepe, it's a dress you'll thoroughly enjoy all summer long.

Indispensable Slacks Suit.

If you're planning to have a lot of outdoor fun this summer (and of course you are) then a slacks suit is an indispensable part of your vacation wardrobe. This one includes a topper with front gathers that flatter your figure, well-cut, slim-hipped slacks and a bolero with wide revers that you can wear with daytime frocks, too. Denim, gingham, flannel or gabardine are practical materials for this.

The Patterns.

No. 1741 is designed for sizes 14, 16, 18, 20, 40 and 42. Size 16 requires 4 1/2 yards of 35 inch material with nap. Three yards of braid.

No. 1750 is designed for sizes 12, 14, 16, 18, 20 and 40. Size 14 requires 3 1/4 yards of 39 inch material for slacks and bolero; 1/4 yard for topper.

Spring and Summer Pattern Book.

Send 15 cents for the Barbara Bell Spring and Summer Pattern Book, which is now ready. Make yourself attractive, practical and becoming clothes, selecting designs from the Barbara Bell well-planned, easy-to-make patterns.

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.)

New Fabrics Are Heartily Greeted

Even the sober-sides and plain Janes among us have a way of relegating the darker colors and more serviceable fabrics to temporary oblivion, while we revel in the airiness and intoxicating brightness of the cottons and sheers of the merry, mad spring and summer.

We caper into our dimity blouses and chambray frocks, and plant the gayest of inverted straw flower pots, with cambric blossoms budding at the wrong end, on our unoffending heads. Then, with a disdainful sniff at the exotic musks and slumbrous sandalwoods of our last winter's delight, we turn again to the floral scents.

Tweed the Thing For Travel Coat

If you are going to the New York fair or the San Francisco fair a coat of tweed's the thing for travel. When it comes to choosing the plaid or the stripe woolen fashion bids you "make it snappy." Choose just as big and as bold stripes or plaids as you please. You will find a coat of handsome tweed your best friend that will prove indispensable on your trip.

Cottons to Lead Summer Fabrics

Once Humble Weaves Will Enter Society.

Gingham, a fabric for naive little country girl wear? Not a bit of it! This once-upon-a-time humble weave that so faithfully served in kitchen and garden and in all places utilitarian is suddenly putting on airs, has become a fashion sophisticate. What is true of ginghams is equally true of cotton weaves in general, for this summer you will see cottons of every type entering society just as confidently and proudly as if they were quality-kind woolsens or silks or satins.

It's a fact, and the big news of the hour is that the chic of cottons is being recognized not only for going-about-town wear but for high-brow party and dine and dance evening wear as well.

To keep up with the smartest during the coming months you really must go about attending to the activities of the day in a suit tailored of gingham that reminds you of the very ginghams you wore in your childhood days. Your most stunning gingham is apt to be a simple red and white check. Add a pretty frilly lingerie blouse and the picture will be complete.

Here's another thriller in the fashion career of cottons: Gray chambray tailored in dress or suit to wear during the daytime rounds about town. Give this the perfect touch by adding collar and cuffs of eyelet embroidered pique and if you are young and petite throw in an embroidered petticoat frill for good measure.

Cotton tweed in herringbone stripe is another exciting discovery. It is being made up in long topcoats, jacket-and-suit twosomes. While it looks just as townlike and travellike as anyone could wish, it has the great advantage of being tubable. You'll simply love a suit of navy or black pique.

New Border Print



There is a definite trend in favor of border prints. The patternings brought out this season are fascinating. The dress pictured shows how effectively designers work up these stunning new border prints. Here yellow, rose and light blue flowers are placed on a background of navy blue crepe with flattering results.

Old-Fashioned Prints

Quaintness, that quality which is being so decisively revived this year, is finding its way into silk prints, for which patterns suggestive of old-fashioned dimities and calicoes are being introduced.

What to Eat and Why

C. Houston Goudiss Offers Practical Advice Regarding First Meal of the Day; Some Breakfast-Time Wisdom for Homemakers

By C. HOUSTON GOUDISS

IF THERE is one meal that can be regarded as more important than any other, that meal is breakfast. It comes after the longest fast and precedes a major portion of the day's work. Thirteen hours elapse between a 6:30 supper and a 7:30 breakfast, and the body engine requires a new supply of fuel before the daily activities are begun. Yet all too frequently this first meal is inadequate in food values, and is gobbled in haste . . . with consequences that may have a far-reaching effect upon health.

Men who set forth after a meager breakfast are licked before the day's work is started. They never seem to get into high gear and they lack the energy to perform their tasks efficiently. Homemakers who find themselves fatigued and irritable before the morning's work is completed may be surprised to learn that their lassitude is due to a skimpy breakfast. And children who go to school after an insufficient morning meal cannot hope to make good grades in their studies. They fatigue quickly, find it difficult to concentrate and easily become cross. Moreover they are apt to experience hunger pangs during the middle of the morning; and when it is time for the noon meal they will either eat too much or will have lost their appetite, thus disrupting the entire food program.

Starting the Day Right

It is therefore essential that every homemaker recognize the necessity for providing a substantial and satisfying breakfast. This is not difficult to do; nor is it necessary to spend a great deal of time in its preparation.

When I hear such complaints as "My family won't eat breakfast" or "They're simply not interested in food in the morning," I suspect that the menus are dull and monotonous; and perhaps members of the household have the bad habit of sleeping so late that there is no time to eat properly.

Both situations are easily remedied, and they are closely linked. For if the breakfast menus are made sufficiently attractive, it won't be difficult to persuade every member of the family to rise a little earlier in order to enjoy a substantial, unhurried meal.

A Model Breakfast

A well balanced breakfast includes fruit or fruit juice; cereal; an egg or bacon; bread or toast; and milk, cocoa or cereal beverage for the children, with coffee for the grown-ups. The egg or bacon may be omitted occasionally, for an egg may be included in some other meal during the day. But cereal in some form is usually the mainstay of the breakfast menu, and there are many kinds from which to choose—both hot cereals and cold cereals.

Hot or Cold Cereal

Some people have the notion that cereals must be hot in order to be nourishing. This is a fallacy. For the nutritive value of a cereal is determined by the grain from which it is made and by the manufacturing process—not by whether it is hot or cold. It is desirable to give whole grain cereals a prominent place in the diet. This rule can be followed even when cold cereals are used. For there are many nourishing ready-to-eat cereals made from substantially the whole grain. These appeal to the palate because they are so

crisp and appetizing. And they supply important minerals, a good amount of vitamin B and some vitamin G, in addition to energy values.

A Cold Cereal Analyzed

It's interesting to analyze a popular ready-to-eat cereal, made from wheat and malted barley. We find a wide assortment of nutrients, including protein, energy values, phosphorus for the teeth and bones; iron for building rich red blood; and vitamin B which promotes appetite and aids digestion. It has been estimated that a serving of this cereal—three-fourths of a cup—with one-fourth cup of whole milk, will provide an adult with 7 per cent of his total daily requirement of protein; 11.5 per cent of his calcium, 11.2 per cent of his phosphorus; 9.75 per cent of his iron, and a total of 125 calories.

Vary the Method of Serving

To help make breakfast interesting, vary the cereal from day to day. Or offer a choice of several kinds of packaged ready-to-eat cereals and allow each member of the family to select the one he prefers. Vary the fruit also. And occasionally you may combine fresh, canned or stewed fruit with cereals to make a "cereal sundae." Further variation may be introduced by using brown sugar or honey in place of white sugar. And on occasion the cereals may be baked into muffins, waffles or pancakes.

It is also possible to serve the eggs in many different forms—poached, baked, scrambled or in a plain or puffy omelet.

If these suggestions are followed, it should be a simple matter for homemakers to serve tempting wholesome breakfasts that will send their families away from the table well fitted for the day's activities.

Questions Answered

Mrs. S. C.—Yes, it has been observed that there is a special susceptibility to dental decay during adolescence. This may be due to the fact that calcium and phosphorus are required in such liberal amounts for rapid growth. It's advisable to include these minerals in the diet in generous quantities, together with a liberal allowance of vitamin D.

Mrs. A. M. C.—Milk should be the foundation on which every adequate diet is built, for it contains the greatest assortment of nutritive substances of any single food material.

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