

TIPS to Gardeners

Start Them Indoors

TOMATO, cabbage, broccoli, egg plant and pepper crops usually prove more satisfactory when they are started indoors from seed. The gardener thus may use seed of a known variety from a dependable source.

About eight weeks before plants are to be set in open, sow seeds a quarter-inch deep in good soil in a regular florist's flat. Water thoroughly but not too frequently—preferably on bright days.

Good sunlight and good air circulation are important in preventing "damping off." Keep temperature fairly even at 70 to 75 degrees. When young plants are about one and one-half inches tall, transplant to a larger box or cold frame, spacing about three inches apart.

If the plants are grown in a box, place them indoors in the shade on six or eight mild days to harden them off. When plants are set in open soil, space them far enough apart to allow for full development.

The Twilight

Laughter is day; sobriety is night; and a smile is the twilight that hovers gently between both, and more bewitching than either.

—Henry Ward Beecher.

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As to Brocades and Embroideries

By **CHERIE NICHOLAS**



IF YOU happen to have a bit of choice brocade or rare embroidery perhaps treasured for years among wrappings of tissue paper, the psychological moment has arrived in which to make use of it. You will be right in fashion if you wear a dress, a wrap, a waistcoat mayhap, a hat or carry a bag that is made of rich brocade or if not brocade then try a touch of Oriental embroidery to give high-style accent.

The best of it is if your fair ancestresses failed to will you their brocades or embroideries you can be in vogue regardless of their sins of omission, for the craze for these feminine vanities is flourishing to an extent that you can find the most exquisite weaves and in endless variety throughout the silk showings now on display.

Perhaps one of the most interesting chapters that has to do with the story of brocades relates to their importance as a medium for handsome evening coats. The model portrayed above to the right in the illustration is typical of the wraps best-dressed women are wearing to formal midwinter dinners and theaters, the opera and other gala events. This princess evening wrap is of black and silver brocade with silver fox collar. A black sequin and red feather ornament is worn in the hair.

For party frocks brocades are ever so fashionable. In order to emphasize the exquisite beauty of the fabric the styling is simple at all times. For their coming-out parties many debutantes chose to

wear brocade this winter and for mid-season festive occasion brocade is an outstanding favorite. Shown below to the left is a very charming gown of luxurious blue metallized weighted silk brocade in calla lily pattern with bouffant skirt and the new camisole and halter decolletage.

There are endless ways in which brocades are being used other than for entire gowns and wraps. One of the smartest fashions that we know is the tailored waistcoat of upholstery brocade done in tiny neat colorful design.

Volumes could also be written about the handsome embroideries that are playing so spectacular a role in current fashion. Perhaps the most exciting news is in regard to the perfectly charming little hats turned out for midseason wear. These hats are "darling" to wear with winter coats and they also stress the trend to Chinese influence in resort millinery. The hats pictured are representative types of this new trend, by Louisander. The one above is a gold velvet-surface knitted silk jersey draped turban, with band of antique Chinese silk embroidery said to be from a lord's coat over a hundred years old. The gloves are gold colored to match the hat. Note the silver Gerli collar. The other model is of white velvet-surface knitted silk jersey with high front cuff of antique Chinese silk embroidery. The Chinese bracelet which adds such an effective note is wide in accordance with fashion's demand.

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"AT HOME" IN LACE

By **CHERIE NICHOLAS**



House coats, or hostess gowns, have been steadily increasing in importance in the feminine wardrobe, and it is not enough these days to have just a negligee. The idea of the house coat has taken vast hold in the realm of "at home" fashions. The lace itself, which makes this delectable garment, is so luxurious looking it calls for simplest-cut lines sans superfluous trimming. The model pictured is cut on fairly tailored lines, with zipper fastening from neck to hem and little turn-back collar.

BLUE WILL LEAD AS COLOR FOR SPRING

By **CHERIE NICHOLAS**

From a study of fashion trends here and abroad, a group of stylists and merchandise executives from department stores and buying offices, has decided that blues will be the most prevalent volume color in coats and suits purchased in retail stores next spring. After the blues, feminine shoppers are expected to buy their coats and suits in these colors, named in order of their anticipated popularity: beige, tans and browns; black, rose tones, gray, violet tones, gold and green.

In strictly dress coats and suits, black is predicted as the most popular color for spring, with navy, beige, brown and gray obtaining customer acceptance in that order. Beiges and tans are looked upon to be the leading volume shades in casual coats and suits, with blues, black, gray, gold, violet tones and green following in that order. Beiges, tans and coppers are expected to be seen most frequently in sports type coats and suits, but blues, rose tones, violet tones, gray, and green will also lead in customer demand.

Navy is singled out to be the predominant volume color in spring silk dresses. Next to navy, women's preferences in silk dresses will run to black, blues other than navy, beiges, rose, copper and lilac. Colors for wool dresses are listed for consumer acceptance in this order: blues, beiges and tans, black, violet tones, gold and green.

Pleats and Stripes

Pleats and stripes are fashion-right regardless of whether they appear alone or together.

Short Jacket

A short jacket that deviates from the rule of boleros resembles a brief tuxedo.

Weight Tables of Future

By **DR. JAMES W. BARTON**
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IN GIVING a health talk some years ago to a group of insurance officials I was asked by a general manager for my opinion of the weight charts. He stated that overweight applicants were either rejected or a lien put on their insurance which was a penalty for being overweight. Naturally the overweight applicant—never sick a day in his life—objected to this treatment, but the insurance statistics showed that overweights didn't live as long as those of normal weight and the cost of insurance depended upon the risk taken.

While admitting all this I told the group that all overweights were not alike any more than were those of normal weight. There was the build to be considered because an overweight with a long body and short legs would weigh fifteen to twenty pounds more than one with a short body and longer legs. And, generally speaking, he would be stronger because he would have a longer small intestine to absorb food. Also, many overweights, having come from overweight families, carried their overweight well, were active on their feet, and alert mentally. Their heart and bloodvessels were as strong and elastic as those of normal weight.

Thus, to my mind, every overweight should be treated on his or her merits notwithstanding that overweights as a class were admittedly poorer life and health risks than were those of normal weight.

Research to Bring Change. However, there is likely to be a change in the weight tables as research workers investigate overweights not as a class but as types or individuals. Thus Dr. Thomas Cowling in Oral Health says:

"Up to the present, heavy persons have suffered what appears to have been an unfair penalty when applying for life insurance. No matter how successfully the applicant may have passed the various medical tests he was doomed to disappointment when his weight was recorded. In many instances no account was taken of the influence of heredity in the matter of weight. Even though there was no evidence of flabbiness; even though the apparent weight was greatly below the actual weight (due to firmness of muscles and hardness of tissue)—the examiner, exercising his 'rights' of office, classified all heavy applicants as unsatisfactory. There is evidence that such hard and fast rules are to be no more."

In a recent issue of the Lancet, a Minneapolis medical publication, it is pointed out that a person's ideal weight is governed by the individual body build, the skeletal (bone) structure—not by the "correct weight chart" on the scale placed on a street corner. These correct weight charts "fail to consider individual variations in weight within a normal range or variations which may be due to body structure." A child may be considered underweight according to the "average" standard and yet be perfectly healthy and appear thin simply because the child has inherited a slender skeleton.

Gall Bladder.

It is now known that most of the pain in the stomach and small intestine from gas pressure is really due to sluggishness of the liver and gall bladder.

Pain from gas pressure in the large intestine or colon is very often due to eating too much starch food or failing to chew the starch food thoroughly before allowing it to go down to the stomach. Thus it has been found that the starch granules often remain unbroken during the digestion in the stomach and small intestine and are not broken up until they reach the large intestine, when the organisms present there break up the starch granule and allow the gas to escape.

However, when there is considerable gas coming up from the stomach after eating, slight pain in the region of the liver and gall bladder, little traces of jaundice in the skin from time to time, it is considered evidence of a sluggish liver and gall bladder or the presence of gall stones. The dye and X-ray test will usually show the presence of gall stones and inflammation of the gall bladder.

The inflammation of the gall bladder and the formation of stones is believed to be due to infection carried there by the blood from other parts of the body—teeth, tonsils, sinuses, intestine; and the gall bladder, in turn, can send infection by means of the blood to other parts.

Ask Me? Another

A Quiz With Answers Offering Information on Various Subjects

1. How much money was spent on armaments throughout the world in 1937?
2. How many women flyers in the United States hold pilots' licenses?
3. What is the difference between two square feet and two feet square?
4. How many employees are there in the Empire State building?
5. Has the Vatican City its own complete coinage, and, if so, when was it struck?
6. How many farms are there in the United States?
7. What is the mousetrap quotation?
8. How did the Bull Moose party get its name?
9. Does the sun rise in the west and set in the east of the Isthmus of Panama?
10. What was the first house built on Lafayette square after the White House?

- armaments in 1937 amounted to \$11,857,000,000.
- Four hundred eighty-six licenses are now held by woman flyers.
- The latter is twice as large as the former.
- There are approximately 6,500.
- A complete coinage was struck in 1931.
- There are about 6,812,350.
- "If a man can write a better book, preach a better sermon, or make a better mousetrap than his neighbor, though he builds his house in the woods, the world will make a beaten path to his door."
- This nickname for the Progressive party in 1912 came from a remark of Theodore Roosevelt, "I feel as fit as a bull moose."
- It does not. However, it does rise in the Pacific ocean and it sets in the Atlantic, since at this point the land has a configuration so that the Pacific ocean is east of the Atlantic ocean.
- Decatur house was the first. It was built in 1818 by Commodore Stephen Decatur with the prize money he received in the wars with the Barbary pirates. The house still stands and an effort is being made to save it for posterity.

The Answers

1. The "Armaments Yearbook" of the League of Nations shows that the world's expenditures on

The World Looks Down On Discomfited Whiner

The expression "yellow streak" epitomizes the human characteristic that is found in the person who is unable to accept without sobbing the ordinary misadventures that are liable to overtake anyone, or the well deserved discomforts that follow ill-advised conduct.

You hear the expression, "It wasn't my fault," and it may be true. But as a rule it usually is disclosed that poor judgment, mismanagement or carelessness is at the bottom of the much bewailed misfortune. In any case, weeping and wailing are of no avail and they do not endeavor you to those with whom you come into contact. The world looks up to the man who can take it without complaining.

Mistake-O-Graph Answers

1. Jake's picture is not fastened to the tree.
2. Large fish is being pulled from the ice.
3. Old gent is skating on water.
4. One of his skates has a bent blade.
5. He has only half a skate on the other foot.
6. Man is ice skating with roller skates.
7. Milk jug is foaming at the mouth.
8. Bench has no legs.
9. Sights are on the bottom side of the gun.
10. Gun barrel is bent.
11. Girl jumping over barrel wears two types of skates.
12. Man has no hands.
13. One side of his glasses is square, the other round.
14. Man is outdoor bathing in freezing weather.
15. Word "sents" is misspelled.

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Favorite Recipe of the Week

Baked Peaches for Garnish or Dessert.

CANNED peach halves baked in their own syrup with the addition of sugar, butter and a suspicion of cinnamon make an ideal fruit to feature with the meat course or they are equally delicious to have for dessert. Serve them hot or cold but hot fruit during the winter months is especially good.

Baked Peaches.

1 No. 2½ can peach halves
3 tablespoons butter
¼ cup brown sugar
Cinnamon

Pour the peaches and the syrup into a shallow pan, a cake pan is convenient to use. Turn the peach halves so the cut side is up. Sprinkle the sugar over the peaches, place a piece of butter in each peach where the pit was removed and sprinkle them ever so lightly with cinnamon. Bake in a hot oven (450 degrees) until the sugar on the edges of the peach begins to brown, or about 30 minutes. If you wish a more pronounced brown edge, set the pan of peaches under the broiler for a few minutes.

Canned pear halves are delicious prepared in this same manner.

If the fruit is served as a dessert, plain cream is nice to serve with it.

MARJORIE H. BLACK.

AROUND the HOUSE Items of Interest to the Housewife

To Bake Potatoes.—Potatoes will bake more quickly if cut in halves. Melt a little butter in a baking pan, place halved potatoes cut side down in it and bake.

Ironing Linens.—When ironing ecru linens always iron them on the wrong side. Ironing them on the right side makes them look faded.

Judging Cod.—Cod should be judged by the redness of the gills, the whiteness, stiffness and firmness of the flesh, and the clear freshness of the eyes. These are the infallible proofs of its being good. The whole fish should be thick and firm.

Flaky Pie Crust.—A teaspoon of vinegar added to the cold water used in mixing pie crust will make the crust flaky.

Nut Cakes.—One-half cup of butter, three-quarter cup sugar, one-third cup milk, two eggs, one and one-third cups flour, two teaspoons baking powder, one-half teaspoon salt, one cup almonds, blanched and cut in pieces. Cream but-

ter, add sugar and continue beating. Add well beaten yolks and then milk, sifted dry ingredients and nuts alternately. Fold in stiffly beaten whites. Bake in individual tins 20 minutes in a hot oven. Plain icing, sugar or nuts can finish off cup cakes with the proper touch.

Breakfast Notion.—People who like a slice of fried bread with the breakfast bacon should try damping the bread slightly before frying it. No matter how stale it is, it will fry beautifully crisp on the outside and "light" on the inside.

A Winter Salad.—Chopped raw cabbage, apple and raisins, served with mayonnaise, make a delicious winter salad.

Greatest Man

The greatest man is he who chooses the right with invincible resolution; who resists the sorest temptations from within and without; who is calmest in storms, and whose reliance on truth, on virtue, on God, is the most unfaltering.—Channing.

Pepsodent with IRIUM makes ugly surface-stains go

Irium contained in BOTH Pepsodent Tooth Powder and Pepsodent Tooth Paste

There are dentifrices and dentifrices on the market, but there is only one dentifrice that contains that marvelous new tooth cleanser IRIUM—and that's PEPSODENT. So what? So this Irium is so remarkable in helping Pepsodent safely brighten teeth—in helping

Pepsodent gently brush away stubborn surface-stains—that Pepsodent contains Irium has taken the country by storm! Why not at least try PEPSODENT, and learn what Irium can do for you? Remember—it works SAFELY, contains NO BLEACH, GRIT, FUMICID!



Mistake-O-Graph



In the midst of the snow and icy blasts, our artist friend took a few days off last week to visit his folks back home in the hill country. While there he participated in the skating party, and made the sketch. We see several bad mistakes, however. Can you find fifteen? Answers will be found above