

Watch Suits! It's a Grand And Glorious Suit Season

By CHERIE NICHOLAS



IT'S a suit season! Which starts you right in the way of deciding what to buy this spring. The dramatic flourish with which fashion is staging the suit theme exceeds all records. In the amazing play on color, the novelty and variety of the handsome woollens, the versatile styling given them, the meticulous attention paid to the choosing of accessories, you are made to feel the high significance of each.

Going the rounds of the early preview showings the conviction grows on one that the choosing of a suit this spring dare not be a haphazard venture. You must set forth on your suit quest with a carefully preconceived plan that totals perfection in the final analysis of color values down to the slightest detail.

In the accompanying illustration we are showing several suit types that were highlighted in a preview of pace-setting fashions presented by the Style Creators of Chicago to an audience of visiting merchants. From the versatile suits here pictured you can readily see that there is a wide range of choice when it comes to selecting the type that tunes best to your needs.

A costume suit that is making "news," tops a softly styled dress with a full length slim form-fit coat, after the manner of the model pictured to the right in the foreground of the group. It is one of the fitted versions that registers as high style this season. Perpendicular pin tucks (a definite use of tucks is obvious in smart styling) running down the sleeves and body of the full-length nubby woolen coat, creates a fine tailored effect in this all-navy costume. The sheer wool frock repeats the tuckings and self-covered button closing. A suit of this type will prove a wise investment for the goodlooking coat has the air of a thoroughbred and it will ensemble

perfectly with your print frocks and your chic, simple daytime frock tailored of pastel sheer wool, creating any number of different costumes for you.

Another costume suit that is of major importance is the reefer coat type as seen centered in the group. This very attractive and youthful model combines a reefer coat done in one of the new striped wools strikingly colorful in blue, beige and japonica, with a tailored beige frock. Accents of the japonica are stressed in the large leather buttons and chiffon scarf.

Short, contrast-jacket suits are the rage. The fact that they have a "young" look counts much in their style rating, for fashions this season swing to the tempo of youth. The model at the top is among the high-fashion junior costumes. It is especially important in that it has the very new swaggy swing-back. This winsome jacket of navy, rose, blue and white check is worn over a rose colored frock. The charm of multi-colored woollens like this is that different colored accessories will click beautifully with them, thus affording refreshing changes that will transform the entire aspect of the costume.

The vogue for plaid jackets over monotone sheer wool frocks is expressed in the distinctive jacket costume suit in the lower oval. In bright contrast to the navy frock with novel matching kid belt is the vivid red jacket barred in gray and white, with kid closing motifs that pick up the navy color.

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Travel Coat



This fashionable traveler knows how to choose a coat that gives her "class!" It is of heavy blue wool with large leather buttons. Tucks from the shoulder form the pockets. Novelty stripe, check and diagonal woollens are also high in favor for travel coats. Some of the newest long coats are made snug at the waist line developing soft fullness above and below.

Scotch Influence

New hats reflect a bit of Scotland in shape as well as color.

Juvenile Sandals

Favor Open Toes

Mother's acceptance of cutout sandals is leaving its imprint on daughter's footwear fashions. Outstanding among the juvenile shoes for the coming spring are numerous versions of the toeless style. Open sides and slashed heels go along with the open toes just as they do in adult feminine styles. Patent leather is being stressed in line with mother's preference and there is much interest in colored soles and heels, the width of the soles suggesting the platform theme.

When it comes to hosiery fads, mother will have to do more than accept ombre shadings or embroidered heels to keep up with her daughter. The latest fad to appear in children's anklets is the "Stop and Go" idea. One of the socks has the word "stop" embroidered in red on the elastic cuff while the mate displays "go" in green letters.

Golden Chains as Straps for Gown

Lelong's heavy silk crepe evening gown, entirely plaited, with bodice upheld with slender golden chains which continue around the waist has been selected by several smart women, including Madame Champin, who has it in bright pink, like the model, Madame Jacques Fabry, in bright blue and Princess de Faucigny-Lucinge in ultra-marine. "Coquille d'Or," an attractive model in dull silk crepe for the sheath skirt and the silk lame for the halter bodice, has also found favor with private clients who have ordered it in brown and gold—the color of the model—as well as in black and gold and bordeaux and gold.

What to Eat and Why

C. Houston Goudiss Helps to Answer the Question: What to Eat During Lent?

By C. HOUSTON GOUDISS

A CLERGYMAN friend of mine once remarked that in his opinion, Lent lasts far too long. He had reference, I believe, to the fact that in a swift-moving age, people might be more apt to keep Lent faithfully, if it terminated in a shorter period than 40 days.

Many homemakers, I feel sure, would echo his sentiments, but for a rather different reason! Numbers of them, I know, find the six weeks of Lent the most troublesome of the entire year. Their difficulty lies in planning meatless meals that satisfy hearty appetites. And since the weather is often bitterly cold in late February and early March, families usually seem hungrier, and harder to satisfy, than at almost any other season.

A Chance for Variety
Lent does challenge the homemaker to exercise imagination and ingenuity. But it also provides a golden opportunity to get out of a menu rut, if you happen to be one of those people who follow a set formula most of the year. It may, likewise, offer a chance to make some significant savings in your food budget.



Most of us feel that meat makes the meal. And it cannot be denied that its savory extractives give it a most appetizing and intriguing flavor. But there are a number of other foods which contain proteins of equal biological value. Furthermore, nutritionists hold that it is desirable to obtain protein from a number of different sources. That is because different protein foods contain varying amounts of different amino acids; and by eating a variety of protein foods, we can best obtain a wide assortment of these "building stones" of the body.

For Meatless Meals

Fish comes to mind, first of all, as a main dish for the meal that does not include meat. For those who are far from the source of supply of fresh-caught fish, there are the quick-frozen varieties, the dried and salted fish, such as finnan haddie, shredded codfish and block cod, and 27 types of canned fish and shell fish.

Canned salmon is one of the least expensive of all protein foods. And so many things can be said in its favor that one nationally known food authority referred to it as the most nutritious animal food that could be had for children over six. It is a notable source of minerals, especially calcium, phosphorus and iodine, and contains vitamins A, D, and G.

Cheese in Many Forms

Cheese is another splendid source of protein that should be used more freely, not only during Lent but throughout the entire year. It is high in energy values. And in addition, it contains the milk minerals, calcium and phosphorus, and is a good source of vitamin A. Cheese is so flavorful that it adds zest to any meal at which it is served. And it certainly should interest the homemaker with an eye to thrift. For a little goes a long way. It is, therefore, an ideal food around which to build nourishing, appetizing and economical meals.

Macaroni, Spaghetti and Noodles

Cheese is especially good when combined with such foods as macaroni, spaghetti or egg noodles. It affords a pleasing flavor contrast. And it helps to balance the menu—in two ways. First, the proteins of cheese supplement those found in wheat from which macaroni products are made. Secondly, cheese contains a substantial amount of fat, which teams well with high carbohydrate foods, such as any of those made from the cereal grains. Cheese may also be combined with vegetables, to make another balanced food team. The cheese contributes proteins, energy values, and minerals, while the vegetables are an outstanding source of cellulose or bulk, as well as vitamins and minerals.

Legumes are one group of vegetables which are high in energy

values. They also contain protein which is suitable for repairing worn-out body tissue. Dried beans, peas and lentils may therefore be used as a main dish at Lenten meals, replacing both meat and potatoes. There are many varieties of ready-cooked beans on the market, packed in both glass and tin. And dried lima beans are particularly well-suited to being made into croquettes, patties, loaves, chowders and ragouts.

Nuts are another possibility for Lenten meals that should be considered by every homemaker. They, too, can be used for croquettes and nut loaves, as well as souffles and casserole combinations. Nuts can be combined with vegetables for a main-course dish . . . with fruit for dessert. In the form of nut butters, they make a nourishing spread for luncheon sandwiches.

Moreover, each type of nut has a distinctive taste, and walnuts, peanuts, brazil nuts and pecans, for example, each make a thoroughly delightful dish, with a flavor quite different from the others.

Most homemakers will also want to use eggs more frequently during Lent, because they are so readily available and easily prepared. This is commendable, because besides being a fine source of protein, eggs rank next to milk as a protective food.

Only a few of the many possibilities for Lent have been suggested in this brief review. But surely they give a hint of the many good and nutritious foods a homemaker can choose on those days when she plans meatless meals.

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Use Gay Scraps to Make Applique Quilt



Pattern 1721

Color for your bedroom! Use gay scraps for the lilies, and outline and single stitch for accent! Pattern 1721 contains accurate pattern pieces; diagram of block; instructions for cutting, sewing, and finishing; yardage chart; diagram of quilt.

Send 15 cents in coins for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Avenue, New York, N. Y.

Fast Thinking Saved This Forgetful Hubby

He was conscious that trouble was brewing when he went out in the morning. When he got home that night he learned what he had done.

With tears in her eyes his wife exclaimed: "I know you don't love me—you've forgotten my birthday!" "Darling," he said, "I'm more sorry than I can say—but it is really your fault."

"My fault?" she exclaimed. "How can that be?" He took her hand in his. "How can I remember your birthday," he asked, "when there is never anything about you to remind me that you are a day older than you were a year ago?"

Goal of Honesty

The very spring and root of honesty and virtue lie in the felicity of lightning on good education.—Plutarch.

Jerry on the Job!



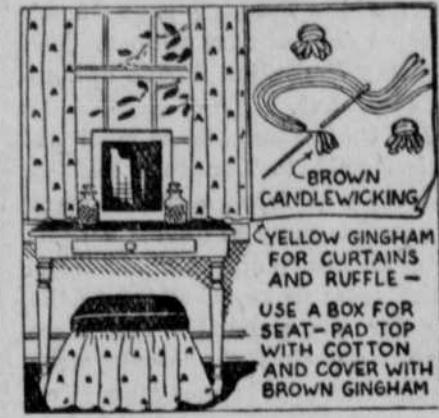
Look Who's Back in Town!

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by HOBAN

HOW TO SEW

by Ruth Wyeth Spears



DEAR MRS. SPEARS: I am a bride of six months and your Book 1—SEWING for the Home Decorator has certainly been a life saver for me. I have turned to it for help when making things for every room in our little house. The guest room is next. I would like to use yellow to bright-

en it up. What color could be combined with this? My smart effects must be accomplished with spare minutes rather than expensive materials, so I would appreciate a helpful hint along this line.—M. S.

If you really want to make that yellow guest room smart, use touches of brown to add character. I have sketched an idea for you here. Mark your material with little dashes about six inches apart and then make the tassels as shown. For the bedspread, reverse the color scheme, using yellow tassels on brown material. Several rows of the tassels may make a border for spread or curtains instead of an all-over design if desired.

Now is the time for all of us to give our houses a fresh start. Crisp new curtains; a bright slipcover; new lampshades; or an ottoman will do the trick. Make these things yourself. Mrs. Spears' Book 1—SEWING, for the Home Decorator, shows you how with step-by-step, easy to follow sketches. Book 2, Gifts, Novelties and Embroidery, will give you a new interest. It contains complete directions for making many useful things. Books are 25 cents each. If you order both books, a crazyquilt leaflet is included FREE; it illustrates 36 authentic embroidery stitches in detail. Address Mrs. Spears, 210 S. Desplains St., Chicago, Ill.

TIPS to Gardeners

Making the Garden Pay

VEGETABLE gardens are grown to provide fresher, more nourishing food for the family, and to conserve on food bills. Therefore, crops must be wisely chosen and systematically planted.

According to Walter H. Nixon, vegetable expert, the most important vegetables considered both for food value and garden space required are: Beans, cabbage, carrots, beets, squash, tomatoes, onions, peas and spinach.

To get the most from garden space, plant two crops of spinach, one in spring, the other in late summer. Plant Chinese cabbage and parsnips about midsummer in space occupied earlier by beans, radishes and peas. Make successive plantings of carrots and beets for a steady supply of small tender roots.

Plant bush beans and beets on both sides of tomato rows. When tomatoes need the space, those earlier crops will have been pulled and used.

Corn can be worked into the garden plan even though there is not such space. Plant spinach or beets or green onions between rows of slower-growing corn. Then grow pole beans (cornfield beans) to climb on the corn stalks.

The Matachines

Matachines are bands of mummies or itinerant players in Mexico who wander from village to village during Lent playing a drama based on the history of Montezuma. Dressed in fantastic Indian costumes and carrying rattles as their orchestra, they portray the desertion of his people by Montezuma, his luring back by the smiles of Malinche, the final union of king and people, and the killing of El Toro (the bull), the source of all the misfortune.

QUICK QUOTES

YOUTH

LET us insist upon principles where- by youth is taught to respect the rights of others; whereby youth is educated to the knowledge that one man's property is not another man's property; that the rewards of service, of effort and of work are the only true rewards; that in the final analysis no one ever succeeded in getting something for nothing.—J. Edgar Hoover, Director, Federal Bureau of Investigation.

OLD FOLKS

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. So mild, thorough, refreshing, invigorating. Dependable relief from sick headaches, bilious spells, tired feeling when associated with constipation.



A Long Lesson
Life is a long lesson in humility.
—J. M. Barrie.



Oil Purity MEANS MORE MILES!

The regular use of Quaker State Motor Oil means more miles of care-free driving. This is made possible because Quaker State is pure . . . acid-free. Each drop of oil is rich lubricant . . . possesses maximum heat and wear resisting qualities. Choose Acid-Free Quaker State now and your car will run better, last longer. Quaker State Oil Refining Corp., Oil City, Pennsylvania.

I'M MIGHTY FINICKY ABOUT MY 'MAKIN'S' TOBACCO

WHAT TOBACCO goes into Gus Marshall's rollin' papers? "Prince Albert, and only Prince Albert!" he says. "Here's why: With P. A.'s special cut, I can spin 'em up quick, trim, and neat. And P. A. has the ripe, rich taste that could only come from extra-choice tobacco." Yes, sir, there's no other tobacco like Prince Albert. Try it!

SO MILD—SO TASTY—SO FRAGRANT



HOW ABOUT YOUR "MAKIN'S" TOBACCO?

TASTE • MILDNESS • EASY-ROLLING • FRAGRANCE • COST
Prince Albert's choice, ripe tobacco is "no-bite" treated for extra-mellow smoothness. And P. A. is "crisp cut," to roll quick, firm, easy. It's a 2-oz. tin too—you get swell smokes, and lots of 'em!

70 fine roll-your-own cigarettes in every 2-oz. tin of Prince Albert



P. A. HITS THE TOP IN PIPE-JOY TOO!