7 CHERIE NICHOLAS



GOOD spring tonic for any A woman's wardrobe is a daytime dress in a fresh spring print. This season even the most modest shopping budget can take care of this need without difficulty for stores throughout the country are showing a tempting array of frocks in a bewildering variety of intriguing prints, and at pin-money prices.

Utility dresses that are equally at home on resort boardwalks, country club terraces, smart shopping avenues or your own home and garden path are designed in both tailored spectator types and softly styled dressmaker models that afmany styles planned for your type, in appropriate up-to-the-minute

These glorified budget frocks not only have style and quality and charming looks to recommend them but they are modernized to the nth degree with such practical virtues as built-in dress shields made without rubber so that they go along with the frock safely and repeatedly into the tub, or to the dry cleaner. Their styling takes into account the factor of making the dresses easy to iron, a detail appreciated and sought for by every woman who buys carefully.

Shirtwaist frocks which are again this season high in favor with women for dawn-to-dusk wear in town or country run to neat tailored prints in geometric patternings and in novelties such as embroidered

As smartly attired as her mother

is this young miss, wearing one of

the new fashions presented at a

preview style clinic recently held

in the Merchandise Mart of Chi-

cago. This intriguing little ensem-

ble is in green plaid wool with a soft green cape and matching hat.

The cape will serve as a practical

and goodlooking wrap to wear with

the wee lady's dresses the entire

pring and summer through.

Dressmaker styling and soft draping are important in the somewhat more dressy types, done in colorful spaced floral prints in formal vine and wreath motifs, and in close allover prints of tiny flowers such as forgetmenots or diminutive buttercups. Softly draped necklines, gored or pleated skirts, gracefully tied or draped or shirred sleeves are all dressmaker details of definite flattery.

In the new collections, one charming slenderline frock for little women is especially smart in black with wide-spaced red and white poppy print of great distinction (pictured to left at top in group). The fresh white accent is carried out in a row of white buttons at the blouse front below a nicely draped V-line neck and the simple buckled belt is of self fabric to retain the unbroken line which adds inches to stature.

The smart little front-buttoned frock as shown in foreground to the ford ample range of choice for all left for slender young misses has tastes and figures. Whether you borrowed from its peasant cousin wear misses', women's, little wom- | the close-fitted shirred-in waistband though the flared skirt is not a dirndl. In smooth rayon crepe with a distinctive clustered dot patterning done in stripes, this attractive frock is nicely adaptable to any daytime occasion.

> The gown to the right is especially planned in women's sizes. Although you would not guess from its appearance, it is really among the moderately priced daytime frocks. The fine rayon crepe that fashions it presents one of the new Chinese porcelain print patternings with large white chrysanthemums against a soft luggage tan background. A full-length buttoned front closing banded in matched solid color, softly draped sleeves and action-pleated skirt front are important details. The scarf-draped hat worn is a leader in the millinery realm.

@ Western Newspaper Union.

Wears the Latest | Youth Reflected In Spring Styles

The short skirts that swirl and flare at their widened hemlines carry a "little girl" air about them that makes you feel sure that Dame Fashion surely must have partaken of the fountain of youth. The program of dress planned looks just that way. Of course if you are not of the type to wear school-girlish clothes then you can find models that bring fullness to the front in unpressed pleats.

Speaking of fullness, you see the new movement toward fullness and drapes reflected in coats with full blouse tops and full wristlength sleeves. The new lingerie blouses have long bishop sleeves a la Gib-

Swish of Taffeta Welcomes Spring

Taffeta is a favorite silk this spring. The biggest "swish" taffeta is making is in the cunning "little girl" petticoats that every move of the new stylish swing skirts will be making when the pageantry of spring fashions takes place. The taffetas employed range from monotones in any of the new high colors to candy-striped or polka dot ef-

Taffeta for the daytime dress, too, if you please and very smart street suits tailored of taffeta are shown. For your bouffant party dress choose taffeta and flounce it in tiers if you wish to follow the last word in fashion.

Mesh Effects Are Smart

The idea of mesh effects in gloves, in hosiery in the voguish new snoods, also in wide sashes to girdle about the waist in gypsy fashion is evidenced throughout the current style program.

C. Houston Goudiss Recommends Generous Use of Eggs: Shows How This Protective Food Helps to Balance the Diet

By C. HOUSTON GOUDISS

A NY experienced homemaker knows the many cookery dishes, their identity can be enuses of eggs. Indeed, she is likely to feel that she could | tirely concealed. not keep house without this indispensable ingredient, which a French chef once described as "the cement that holds the castles of cookery together." It is true that we should have rut, whether you are serving them to do without some of our most delectable dishes if eggs were for breakfast, dinner, lunch or not available to use as thickening, leavening, coating, binder, supper. Cook them soft. Cook clarifier, stabilizer or garnish.

their contribution to good 97 to 98 per cent of their protein cooking are their splendid nu- being digested and absorbed. beef or sausages. tritional values.

A Notable Protective Food group of mineral—and vitamin-

opment. And in the eggs. opinion of nutritionists, they are more nearly interchangeable milk than any other food.

Eggs are among the first foods to be added to the milk diet of infants. And homemakers who desire to give their families well-balanced meals should provide an egg daily for every individual.

This requirement can be reduced, if necessary, to four eggs weekly. But luckily, as we head toward spring, eggs become more plentiful, and lower in price. And it is usually possible for every family to obtain a full quota of this splendid food . . . so rich in the elements that help to build muscle, bone and blood.

A Fine Body Builder

Eggs contain proteins of high quality, and their proteins seem to be particularly well adapted to building body tissue. That is one reason why this food is so desirable in the child's diet . . . so useful in constructing the diet for adults who need "building up." It also makes eggs a logical choice as a main dish for Lenten

It's interesting to note that the proteins of the white and yolk of en's, or larger sizes, there are and the softly bloused bodice al. an egg are quite different in their become yellowed will lose that properties. Egg white is almost pure protein and water, while the protein of the yolk is composed of a different assortment of amino acids, or building stones.

The yolk also contains fat . . in a finely emulsified form, so that like milk fat, it is comparatively easy to digest. And it is the yolk which is highly prized for its rich store of minerals and vitamins. It is therefore considered the most important part of the egg for young children, and the white is often withheld and only the grated yolk given.

Rich in Iron and Phosphorus Eggs are notable as a source of iron and phosphorus. Iron is necessary for the formation of the hemoglobin or red pigment of the blood, and the iron in eggs is valuable for this purpose. Phosphorus is the mineral that pairs with calcium in building teeth and bones. It also plays an important part in regulating the neutrality of the blood. The phosphorus in eggs occurs in a form that is particularly well adapted to the needs of the growing body.

Four Important Vitamins

As our knowledge of vitamins has increased, nutritionists have urged that eggs be accorded a wider place in the diet, for they supply four of these vital factorsvitamins A, B, D and G. They are an important source of vitamin A, which promotes growth and helps build resistance to disease. The appetite-promoting vitamin B occurs in lesser amounts than A, but its presence helps to increase the quantity of this essential substance included in the

Eggs are one of the few foods naturally containing vitamin D, sometimes called the sunshine vitamin. And it has been determined that they are rich in vitamin G, which is required for health and vitality at all ages. Eggs are one of the foods that | sentative Bruce Barton.

Moreover, the thoroughness of digestion does not seem to be affected by the method of cooking, and a hard-cooked egg, when well Eggs rank next to milk in that masticated, is as completely digested as one that is soft-cooked. rich foods that we Raw egg white on the other hand call "protective." is not as completely utilized as a binder in croquettes and loaf They contain sub-stances that are the fallacy of the old-fashioned fried foods. very efficient for idea that raw eggs were more growth and devel- desirable for invalids than cooked

Brown Eggs vs. White

egg. In certain parts of the country, homemakers will pay a premium for eggs with white shells. In other sections, brown eggs are in greater demand, and therefore sell at a higher price. There is no justification for attaching any importance to the color of the

Avoid "Same Old Thing"

Occasionally homemakers tell me that some member of their family doesn't like eggs. It is true that some people have an allergy to eggs, that is, they cannot tially destroyed on heating.
eat them without having some ab-

any antipathy to eggs is due to the fact that they have been served in the same way, day in and day out. There is no excuse for that, for eggs are so versatile that they may be served in dozens of different ways, and in some

"Sunny side up" may be the most popular method of preparing eggs. But don't get into a menu them hard. Transform them into omelets and souffles. Scramble But even more significant than digest most satisfactorily, about them, plain, or dressed up with cheese, diced bacon, frizzled dried

Eggs for Lenten Meal

As a main dish for a Lenten meal, hard-cooked eggs may be creamed and served alone, or combined with cooked vegetables or fresh or canned fish. Use them fried foods.

Since eggs admirably supplement the food values of milk, puddings made from milk and eggs are an ideal dessert for children, and help to balance the diet Some people have an idea that of adults. Custard pies, fruit the color of the shell has a bear- whips and cakes are also delighting upon the nutritive value of an ful dishes that bring to the diet

Questions Answered

Mrs. B. S. R .- Pure molasses may be regarded as concentrated vegetable juice. It is rich in calthe mineral content of the diet. Mrs. L. M. G .- Raw cabbage

cooked cabbage. It is richer in vitamin C, as this vitamin is par-

AROUND the HOUSE Items of Interest to the Housewife TO ESTABLISHED TO SERVICE AND SERVICE AND

Keep Down Dust .- If the carpet ! sweeper must be emptied indoors, comanias do not stick readily to empty it into a dampened news- painted furniture, first go over the paper to prevent dust from scat- parts to which they are to be ap-

White Linens.-Linens that have | designs. ugly tint if boiled in water in which a tablespoon of borax has been dissolved.

10 minutes in warm water will before rubbing off. Wash off with yield more juice than unsoaked water and polish with soft cloth. lemons.

When Cleaning Fowl .- A better grip can be obtained while drawing a fowl if the hands are dipped from time to time in cold water in which a handful of table salt has been dissolved.

Varnishing Floors. - Floors which are to be re-stained must be thoroughly cleaned before any fresh stain is applied. To remove the old varnish, wet the boards with a solution of strong and hot soda water. Allow to soak in well, then scrub hard the way of warm water. If any obstinate patches remain rub them with fine sandpaper.

finish to the neck, sleeves, and Collier's. pockets of the bungalow apron.

Oil in Time.-If your home is equipped with casement windows, oil the hinges occasionally. This will prevent their rusting.



THE POLITICAL MACHINE

"If the automobile had been developed in the same way that the political machine has developed, it would now weigh ten tons and cost five thousand dollars, it would have attached to it a steam-roller, a lawn mower, an egg beater, a permanent-wave machine and heaven only knows what else!"-U. S. Repre-

Designs on Furniture.-If decalplied with white shellac. Let the shellac dry before applying the

For Cleaning Metals.-A paste made of flour, vinegar and salt is excellent for cleaning copper, pewter and brass. After applying Juicy Lemons.-Lemons soaked paste, allow to remain for an hour

> A Spot on the Wall .- If you have tried everything you have read about to remove the ugly spot on the wall paper, figure out if you fatal injuries are inflicted, it's an cannot change the pictures or hang a tapestry over the spot and in this way obliterate it until you can afford to repaper. So often our faults in the home can be hidden and we never think of covering them up.

"Singing Fish"

Probably the most musical body of water in existence is the lagoon the grain. Rinse with clear, of Batticaloa, Ceylon. On bright moonlight nights, its thousands of "singing" fish come close to the surface and produce musical notes, sometimes as varied as Rickrack Trim.-Old-fashioned those made by a symphony orrickrack will add an attractive chestra when it is tuning up.-

Odd Occupations

Bob Rueger, of Dayton, Ohio, has one of the nation's most shocking jobs. He's chief tester for a large bicycle company, and spends his days banging full speed into telegraph poles, hitting curbstones, pedaling through muddy fields and over rocky hills.

Many aristocratic families in Boston employ a gentleman to call at their homes weekly to wind, set and regulate their eight-day clocks.

Miss Mamie Burton, of Knoxville, Tenn., makes her living selling toys which she fashions out of old rubber tires .- American Magazine.

Gay Print Good Spring Tonic
For Any Woman's Wardrobe

WHAT to EAT and WHY
For Any Woman's Wardrobe

Out to East and Separate Generalis Use of any antinathy to eggs is due to



No. 1684.—The belted dress with flaring skirt and braid trims has shirred shoulders and a gathered bodice to give pretty fullness over the bust. Braid is used to accent the gay, youthful lines of this dress, which will be charming in thin wool, flat crepe or

Bodice Gathers.

No. 1679.-If you take a large size, you will find the dress with lifted waistline and circular skirt extremely becoming, and so cium and iron, and therefore smart for afternoon parties. It are through with the car. makes a desirable contribution to fits beautifully, thanks to gathers on the shoulders and above the waistline, and to the smooth, has one important advantage over | slim hipline. Choose faille, flat | crepe, chiffon or georgette for this lovely design.

The Patterns.

No. 1684 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 4% yards of 39 inch material. 171/2 yards of braid.

No. 1679 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 5 yards of 39 inch material. 11/8 yards of edging. Spring Pattern Book.

Send 15 cents for the Barbara Bell Spring Pattern Book, which is now ready. Make yourself at-

SAFETY TALKS

What Are You Going to Do? IT DEPENDS on whether you're going to kill someone or just

injure him. If the automobile accident you may have next week is going to do a lethal job, the chances are your car will strike a pedestrian. On the other hand, if only nonodds-on-bet that you'll bump smack into another motor vehicle.

National Safety Council statistics for 1937 show that when a traffic accident produces a fatality, the collision is between a car and a pedestrian in 39 per cent of the cases. Collisions between two motor vehicles produce 26 per cent of the fatalities with other types of collisions contributing smaller numbers to the total.

However, the Council says, it is collisions between two or more motor vehicles that produce the bulk of non-fatal injuries-53 per cent or 725,000 cases in 1937. Collisions between a motor vehicle and a pedestrian produce the next largest number of non-fatal injury cases-25 per cent or 335,000 cases.

In 1937 traffic accidents killed 15,400 pedestrians and 10,300 deaths occurred as the result of collisions between two or more motor vehicles.

Napoleon in Exile

The world's most restless and

ambitious nature, Napoleon, spent the last six years of his life in exile on the little Island of St. Helena, learning enough English words to read what was going on in the Europe he once controlled, dictating his memoirs, gossiping about his English custodians, preserving order and harmony in his little French household, the sole crumbs of existence left him to mumble.

tractive, practical and becoming clothes, selecting designs from the Barbara Bell well-planned, easyto-make patterns.

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.



Teacher-Now, Randolph, tell us what Sir Walter Raleigh said when he spread his coat in front of Queen Elizabeth. Randolph—I guess he said, 'Step on it, Queenie!"

It's in the Charge Teacher-Can any of you tell

me the difference between lightning and electricity? Tommy - Yes, sir - we don't have to pay for lightning.

An unemployed actor finally landed a booking the other day and he says he's so happy he feels as though he's walking on leather,

Waiting Room

Teacher-Willie, give a definition of home.

Willie-Home is where part of the family waits until the others

ACTS FAST TO BRING RELIEF FROM COLDS

This Simple Way Eases **Pain with Amazing Speed**



Use Genuine BAYER Aspirinthe Moment Your Cold Starts

The simple way pictured above often brings amazingly fast relief from discomfort and sore throat

accompanying colds.

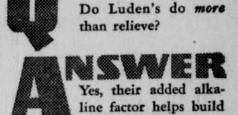
Try it. Then — see your doctor.

He probably will tell you to continue with Bayer Aspirin because it acts so fast to relieve discomforts of a cold. And to reduce fever.

This simple way, backed by scientific authority, has largely sup-planted the use of strong medicines in easing cold symptoms. Perhaps the easiest, most effective way yet discovered. But make sure you get genuine BAYER Aspirin.



Dangerous Play Men are apt to play with their healths and their lives as they do with their clothes.-Temple.



MENTHOL COUGH DROPS

Jerry on the Job!











up your alkaline reserve.