

Gay Print Good Spring Tonic For Any Woman's Wardrobe

By CHERIE NICHOLAS



stripe effects in multicolor against dark grounds. Trim spring details such as flapped patch pockets, grouped pleat treatment at bodice and skirt fronts and interesting novelty buttons and belts are typical of the fine workmanship finish of these inexpensive gowns.

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 all-over 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 left for slender young misses has borrowed from its peasant cousin the close-fitted shirred-in waistband and the softly bloused bodice although 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.

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WHAT to EAT and WHY

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

By C. HOUSTON GOUDISS

ANY experienced homemaker knows the many cookery uses of eggs. Indeed, she is likely to feel that she could 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 to do without some of our most delectable dishes if eggs were not available to use as thickening, leavening, coating, binder, clarifier, stabilizer or garnish. But even more significant than their contribution to good cooking are their splendid nutritional values.

A Notable Protective Food
Eggs rank next to milk in that group of mineral- and vitamin-rich foods that we call "protective." They contain substances that are very efficient for growth and development. And in the opinion of nutritionists, they are more nearly interchangeable with 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 meals. It's interesting to note that the proteins of the white and yolk of an egg are quite different in their 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 factors—vitamins 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 daily diet.

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

digest most satisfactorily, about 97 to 98 per cent of their protein being digested and absorbed. Moreover, the thoroughness of digestion does not seem to be affected by the method of cooking, and a hard-cooked egg, when well masticated, is as completely digested as one that is soft-cooked. Raw egg white on the other hand is not as completely utilized as when slightly cooked. This shows the fallacy of the old-fashioned idea that raw eggs were more desirable for invalids than cooked eggs.

Brown Eggs vs. White
Some people have an idea that the color of the shell has a bearing upon the nutritive value of an 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 shell.

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 eat them without having some ab-

normal reaction. But more often, 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 dishes, their identity can be entirely concealed.

"Sunny side up" may be the most popular method of preparing eggs. But don't get into a menu rut, whether you are serving them for breakfast, dinner, lunch or supper. Cook them soft. Cook them hard. Transform them into omelets and souffles. Scramble them, plain, or dressed up with cheese, diced bacon, frizzled dried beef or sausages.

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 as a binder in croquettes and loaf mixtures, as a coating for deep-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 of adults. Custard pies, fruit whips and cakes are also delightful dishes that bring to the diet the protective values of eggs.

Questions Answered

Mrs. B. S. R.—Pure molasses may be regarded as concentrated vegetable juice. It is rich in calcium and iron, and therefore makes a desirable contribution to the mineral content of the diet.

Mrs. L. M. G.—Raw cabbage has one important advantage over cooked cabbage. It is richer in vitamin C, as this vitamin is partially destroyed on heating.

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AROUND the HOUSE Items of Interest to the Housewife

Keep Down Dust.—If the carpet sweeper must be emptied indoors, empty it into a dampened newspaper to prevent dust from scattering.

White Linens.—Linens that have become yellowed will lose that ugly tint if boiled in water in which a tablespoon of borax has been dissolved.

Juicy Lemons.—Lemons soaked 10 minutes in warm water will yield more juice than unsoaked 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 the grain. Rinse with clear, warm water. If any obstinate patches remain rub them with fine sandpaper.

Rickrack Trim.—Old-fashioned rickrack will add an attractive finish to the neck, sleeves, and 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.



QUICK QUOTES

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-trolley, a lawn mower, an egg beater, a permanent-wave machine and heaven only knows what else!"—U. S. Representative Bruce Barton.

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Smiles

Gone Modern
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 are through with the car.

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1. To ease pain and discomfort and reduce fever take 2 Bayer Tablets in 1/2 glass of water . . . gargle.

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

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

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ANSWER
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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 Gibson girl.

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 monotonous in any of the new high colors to candy-striped or polka dot effects.

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.

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 Chicago. This intriguing little ensemble 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 spring and summer through.

Jerry on the Job!



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