

Gay Luncheon Cloth Curtains and Valance



USE A 36, 44 OR 52-INCH LUNCHEON CLOTH ACCORDING TO SIZE OF WINDOW

COLORFUL kitchen curtains are something every homemaker is looking for, and here they are made from a gay printed luncheon cloth in your room colors. Cut the cloth as shown here to make a pair of sash curtains and a valance. A square cloth is generally best and it should be at least once and a half the width of the window.

The back edge of each curtain is finished with a narrow hem. If all the depth of the luncheon cloth is needed to make the curtains long enough and the valance as deep as you want it, face the tops with a strip of muslin to make the headings and rod casings.

NOTE—These curtains are from the 32-page booklet "Make Your Own Curtains." This book contains the illustrated step-by-step directions you have been wanting and is full of new and novel ways to solve your curtain and drapery problems. Booklets are 15 cents postpaid. Address:

MRS. RUTH WYETH SPEARS
Bedford Hills New York
Drawer 10
Enclose 15 cents for book "Make Your Own Curtains."
Name.....
Address.....

"HOARSE" SENSE
for COUGHS due to COLDS

really soothing because they're really medicated

F&F COUGH LOZENGES

Get below the gargle line with F & F Cough Lozenges. Each F & F Lozenge gives your throat a 15 minute soothing, comforting treatment all the way down. Millions use them for coughs, throat irritations or hoarseness resulting from colds or smoking. Box—only 10¢.

SNAPPY FACTS ABOUT RUBBER

Technical men say that about three gallons of alcohol are used to produce sufficient butadiene to make an average-size synthetic tire.

Use of synthetics and alternate materials, particularly in field wire and telephone cable, resulted in the conservation by the Signal Corps of the U. S. Army of more than 12 million pounds of crude rubber in the first 4 months of 1944.

The importance of rubber tires to the economy of Michigan is indicated by the fact that 65.2 per cent of all inbound and 69 per cent of all outbound freight in that state is carried by motor truck.

Jerry Shaw

In war or peace

B.F. Goodrich

FIRST IN RUBBER

Relief At Last For Your Cough

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREOMULSION
for Coughs, Chest Colds, Bronchitis

Black Leaf 40

KILLS LICE

Cap-Dash Applicator makes BLACK LEAF 40 GO MUCH FARTHER

JUST A DASH IN FEATHERS... OR SPREAD ON ROOSTS

HOUSEHOLD MEMOS... by Lynn Chambers

Vitamins for Winter Are Very Essential For Health, Well Being



Vitamin-rich vegetables tossed together with mayonnaise make this salad bowl good, healthy eating. Carrot curls and lettuce make a pretty color combination.

It's an easy matter to get vegetables and fruits into the diet during the summer months because supplies are plentiful. However, we need just as many fruits and vegetables in winter, and there is not as much available.

Every homemaker should make it her job to see that the family does not suffer from fruit and vegetable lack during the winter. True, supplies are shy but there are foods in both categories that are in season, and these should be used for all they're worth.

If fruits and vegetables are served raw, more of the valuable vitamins can be saved. Salads should have a big place in the menu. Apples, pears, oranges and grapefruit offer variety and vitamins aplenty, while carrots, cabbage, beets, green beans, squash, turnips, spinach and brussels sprouts can hold their own on the vegetable front.

Today I've selected vegetables which are particularly adaptable served in salad form. Tack these recipes where you can find them and serve often:

- *Spinach Toss. (Serves 6)
3 cups broken lettuce
1/2 cup fresh spinach
1/4 cup shredded raw carrots
1/2 cup iced celery
6 radishes, sliced
1 tablespoon minced onion
1/2 cup French dressing

Rub bowl with a clove of garlic, but do not let it remain in bowl. Put all vegetables together in bowl just before serving. Pour French dressing over all and toss with fork and spoon until well mixed.

- Hearty Winter Salad. (Serves 8)
1 package lemon-flavored gelatin
2 cups hot water
1 teaspoon vinegar
1 teaspoon salt
1 cup cooked peas
1/2 cup diced celery
1/2 cup finely shredded cabbage
1/2 cup diced pimiento, if desired

Dissolve gelatin in hot water. Add vinegar and salt. Chill until slightly thickened. Fold vegetables into gelatin and pour into shallow pan or 8 individual molds. Unmold on crisp lettuce and serve with mayonnaise which has been thinned with sour cream or milk.

- Golden Winter Salad. (Serves 6)
1 package orange-flavored gelatin
2 cups boiling water or 1 cup fruit juice and 1 cup water
1 apple, unpeeled and diced
2 tablespoons lemon juice
1/2 teaspoon salt

Don't Waste a Scrap: Every bit of food you buy can be made to work. Outer leaves of lettuce, spinach, and leftover bits of parsley from garnish can be used to give flavor to soups. The same is true of leftover liquids left from cooking vegetables.

Stale cake may be sliced and served with fruit and fruit juices. Combine with eggs and milk and bake into pudding. Or, use it to line pudding molds and pour gelatin or custard over it to make icebox dessert.

Dry, leftover bread may be toasted and used on top of soup. Or, grind and make into bread crumbs, or use in stuffings to stretch meat.

Syrups from canned fruit may be utilized for fruit sauces to pour over puddings and custards. Leftover jams and jellies are ideal for pastry fillings and for flavoring and sweetening stewed fruits and berries.

Lynn Chambers' Point-Saving Menus

- Chicken Liver Spaghetti
 - Parsleyed Carrots *Spinach Toss
 - French Bread with Butter Pickles
 - Olives
 - Honey-Baked Pears
 - Orange Crisps
- *Recipe given.

1 1/2 cups diced grapefruit sections 1/4 cup chopped walnut meats

Dissolve gelatin in boiling water and chill until it begins to thicken. Cube apple and sprinkle with lemon juice and salt. Remove all membrane from grapefruit sections and dice. Combine grapefruit, apples and nut meats into gelatin. Pour into molds that have been rinsed with cold water. Chill until set and serve with mayonnaise.

- Hot Slaw. (Serves 8)
2 egg yolks, slightly beaten
1/4 cup cold water
1/4 cup vinegar
1 tablespoon butter
1 tablespoon sugar
1/2 teaspoon salt
3 cups shredded raw cabbage

Combine egg yolks, water, vinegar, butter, salt and sugar. Cook on low heat, stirring constantly, until mixture thickens. Add cabbage and reheat.

One of the factors which makes salad making so easy is the use of a real mayonnaise which is so smooth-textured and easily blended with the ingredients. It is nutritious, too, for it contains oil and egg yolk which adds a vitamin D boost to the diet:

- Side Dish Salad. (Serves 6)
12 carrot curls
1 cucumber, cut in fingers (or dill pickle)
Lettuce, sliced
Mayonnaise

Wash and scrape carrots; cut in very thin lengthwise strips and leave in ice water until curled. Arrange carrot curls, cucumber fingers and lettuce slices in salad bowl. Serve with real mayonnaise.

Make your lunches vitamin rich by serving a sandwich with a rich-in-vitamin-B salad:

- Vitamin "B" Salad. (Serves 6)
6 cups cooked or shredded cabbage
1 1/2 cups cooked peas
1 1/2 teaspoons salt
1/2 teaspoon pepper
6 tablespoons mayonnaise

Mix cabbage, peas and seasonings with real mayonnaise. Chill. Serve with a bacon sandwich made with whole wheat bread. Garnish with watercress.

Pears make a lovely salad when combined simply with lettuce, carrots and American cheese balls. It's nice enough for company!



When served with a whole wheat bread sandwich, this salad gives a rich vitamin "B" lunch. Lunch is a good time to get the salad into the menu.

- Company Salad. (Serves 5)
2 cups finely shredded lettuce
2 1/2 cups grated carrots
5 pear halves
10 1/2-inch balls of American cheese
10 1/2-inch balls of cream cheese
French dressing

Arrange shredded lettuce on salad plates. In center of lettuce make a nest of grated carrot. Place pear half in each nest with balls of cheese in the pear cavity. Serve with French dressing.

- French Dressing.
1 clove garlic, grated fine
1/2 cup sugar
1 teaspoon Worcestershire sauce
1 small onion, grated
1/2 cup tomato catsup
1 teaspoon salt
2 cups salad oil

Mix all ingredients in order given with a rotary egg beater. Place in quart jar and store in cool place until ready to serve. Shake well before using.

Get the most from your meat! Get your meat roasting chart from Miss Lynn Chambers by writing to her in care of Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Ill. Please send a stamped, self-addressed envelope for your reply. Released by Western Newspaper Union.

Light Color Top and Dark Skirt Is Latest Theme of Designers

By CHERIE NICHOLAS



A NEW and promising fashion is in the making! It is the costume that teams a light color jacket or topcoat with a dark skirt or one-piece dress. Already designers are turning their time and effort to promoting this interesting trend for spring.

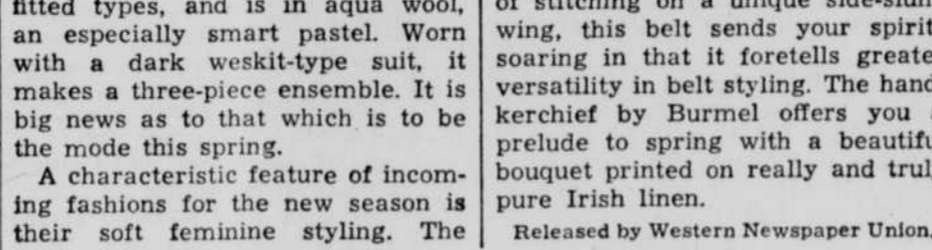
It is well worthwhile to watch this new style gesture as it develops into an outstanding vogue during the coming weeks. Illustrated herewith are three smart advance models that interpret the light-top-and-dark-skirt movement in versatile mood.

Hounds tooth checked wool is definitely high style for city suits. It adds to the interest of the new spring checks that they come in such out-of-the-ordinary colors. The suit pictured to the left, a Sophie original, is in peacock blue and black. The all-wool black skirt is topped with a swank jacket tailored of peacock blue and black check.

It is attractively styled with cuffed pockets set diagonally across the hips. All signs point to a season wherein the big play will be made on the styling of pockets in unique ways.

The light tunic coat centered in the group is good style because it is a tunic. There's nothing smarter than tunic effects for dresses and blouses, jackets and coats. This model is one of the latest short-fitted types, and is in aqua wool, an especially smart pastel. Worn with a dark weskit-type suit, it makes a three-piece ensemble. It is big news as to that which is to be the mode this spring.

A characteristic feature of incoming fashions for the new season is their soft feminine styling. The



Evening Sweater Bright Embroidery Trims Formal Wraps

Formality in evening wraps is as necessary this season as formality in the evening gown. Most popular are the bright wool three-quarter length rippled toppers with glitter shoulder trimmings. The most dazzling embroidery imaginable is lavished on the shoulders and the linings add brilliant color. These styles are particular favorites with women, but young girls find them flattering, too. Newer than these gorgeous toppers and of infinite appeal to the young set are the capes, for the most part hip length, though the full-length cape is a very smart number, too. The distinguishing thing about these capes, as well as the toppers, is the gorgeous embroidery and beadwork that animates the shoulders. Best-liked model is of white wool, lined with scarlet, and gold-embroidered at the shoulders, sometimes in deep yoke fashion, or as some prefer, military epaulette fashion.

Swish-Back Dresses Are New Trend in Designing

A new trend in dress design is to place dramatic style features at the back. The newest dinner gowns in modish black stress this smart trend in various ways. A slender black lace with knee flare hemline achieves style prestige via three butterfly bows of starched lace. One is placed at the back waistline, another midway between flare-flounce and waist, the other where the flounce is seamed to the skirt at the back. The swish-back effect is seen in Cascade draperies that extend from waist to hemline, bustle-back bows and sashes that tie at the back in big loops and long streamers.

White Wool Dresses

The date dress that young girls like best is the simple little type of white jersey or crepe, usually highlighted with gold embroidery and accessory gold belt or yarn flower embroidery or made glamorous with striking jewel buttons. This type is charming worn under a fur coat.

SEWING CIRCLE PATTERNS A Smart Outfit for the Matron Cover-All Apron Has Tulip Trim



1232
34-48

Two-Piece Suit Dress
THIS two-piece suit dress is designed to slim and flatter the slightly heavier figure. A crisp white collar gives your face a radiant glow. Here is an outfit to take you everywhere with charm and confidence.

Pattern No. 1232 comes in sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 38, jacket.

Fingerprints
The fingerprint division of the FBI is now 20 years old. There are more than 90,000,000 fingerprints on record.

CLABBER GIRL
It's BALANCED... that's the secret

Balanced double action... for positive action in the mixing bowl... for gratifying results in the oven.

CLABBER GIRL Baking Powder
HULMAN AND COMPANY, TERRE HAUTE, INDIANA

CLABBER GIRL Baking Powder

"I'M TOO YOUNG TO FEEL SO OLD"

MISERABLE FROM MUSCULAR PAINS!

SORETONE
soothes fast with COLD HEAT ACTION

in cases of MUSCULAR LUMBAGO OR BACKACHE due to fatigue or exposure

MUSCULAR PAINS due to colds SORE MUSCLES due to overwork MINOR SPRAINS

MUSCLE PAINS can do it to you—make you feel old—look drawn and haggard. SORETONE Liniment contains methyl salicylate, a most effective pain-relieving agent. And Soretone's cold heat action brings you fast, so-o-thing relief.

1. Quickly Soretone acts to enhance local circulation.
2. Check muscular cramps.
3. Help reduce local swelling.
4. Dilate surface capillary blood vessels.

For fastest action, let dry, rub in again. There's only one Soretone—insist on it for Soretone results. 50c. Big bottle, only \$1.

MONEY BACK—IF SORETONE DOESN'T SATISFY

"and McKesson makes it"