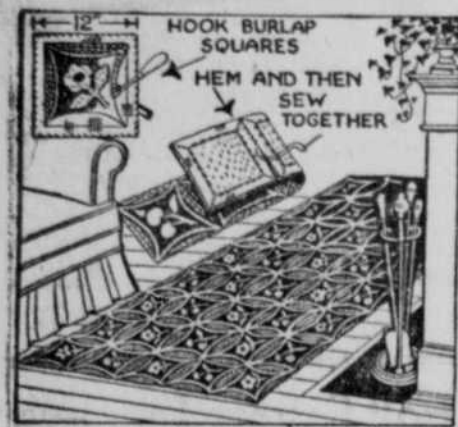


**You Can Add Square A Time to This Rug**



WOOLEN strips from worn out coats, suits and dresses are used for the background of this rug, and the turquoise flowers and red cherries in alternate squares are from dyed pieces of an old cream colored blanket.

The burlap or canvas foundation is cut in twelve-inch squares. Each square is hooked separately and, when sewn together, they form this fascinating design. No large frame is needed and your hooking is easy to carry with you or to use for pick-up work.

NOTE—Pattern 201 gives actual-size design for this rug with color guide and complete directions for preparing materials and hooking. Ask for pattern by number and enclose 15 cents with name and address direct to:

MRS. RUTH WYETH SPEARS  
Bedford Hills New York  
Drawer 10  
Enclose 15 cents for Pattern No. 201.  
Name.....  
Address.....

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WOW WHO  
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**PENETRO**  
BASE RICH IN MUTTON SUET

Shoulder a Gun— Or the Cost of One  
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To relieve distress of MONTHLY Female Weakness (Also Fine Stomachic Tonic)  
Lydia E. Pinkham's Vegetable Compound is famous to relieve periodic pain and accompanying nervous, weak, tired-out feelings—when due to functional monthly disturbances. Taken regularly—Pinkham's Compound helps build up resistance against such annoying symptoms. Pinkham's Compound is made especially for women—it helps restore and that's the kind of medicine to buy! Follow label directions.  
**LYDIA E. PINKHAM'S VEGETABLE COMPOUND**

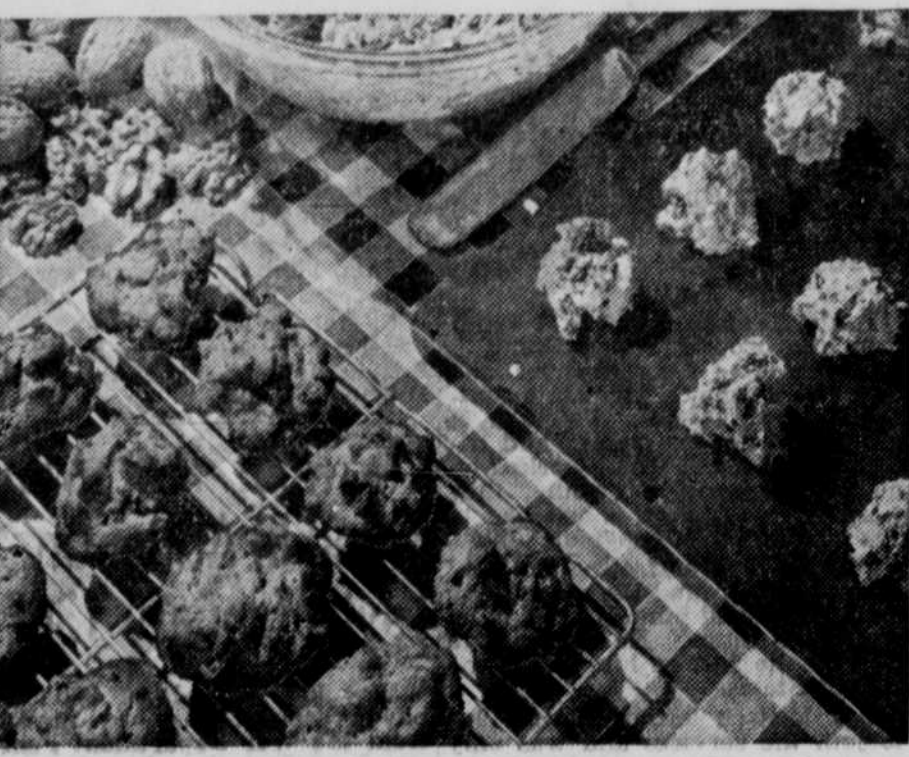
**Black Leaf 40**  
KILLS LICE  
JUST A DASH IN FEATHERS... OR SPREAD ON ROOSTS

Which of his two wives will he come home to... Mrs. "Gay" or Mrs. "Gloom"?  
Irritable, depressed moods are often related to constipation. Take Nature's Remedy (NR Tablets). Contains no chemicals, no minerals, no phenol derivatives. NR Tablets are different—act different. Purely vegetable—a combination of 10 vegetable ingredients formulated over 50 years ago. Uncoated or candy coated, their action is dependable, thorough, yet gentle, as millions of NR's have proved. Get a 25¢ box today... or larger economy size. All druggists. Caution: Take only as directed.  
NR TO-NIGHT, TOMORROW ALRIGHT

**Nature's Remedy NR-TABLETS-NR**  
ALL-VEGETABLE LAXATIVE

ONE WORD SUGGESTION FOR ACID INDIGESTION—**"TUMS"**

**HOUSEHOLD MEMOS... by Lynn Chambers**



Less Than a Cup of Sugar Solves Dessert Problem (See Recipes Below)

**Dessert Fancies**

When your tables aren't set with just exactly the meat you'd like to serve, or when meals tend to become monotonous then give your family a dessert that's really elegant. It'll make up for a lot of omissions in the easiest way.

No, I'm not going to give you a lot of recipes calling for sugar or high-point canned fruits. I'm going to tell you of simple but fanciful desserts that will make it seem like you're splurging.

A bit of the right tang in a pudding, a colorful cake with an unusual icing or a sweet tidbit like marmalade scones are from the sweets I'm recommending. They'll keep the sugar budget in trim condition and still satisfy sweet-seekers:

- 3 egg yolks
  - 1 teaspoon grated lemon peel
  - 1/2 cup sugar
  - 1 tablespoon unflavored gelatin
  - 2 tablespoons cold water
  - 1/4 cup lemon juice
  - 3 stiffly beaten egg whites
- Beat egg yolks until thick and lemon colored. Add lemon peel; gradually beat in sugar. Soften gelatin in cold water. Add lemon juice and gelatin to egg yolk mixture. Fold in whites. Pour into an oiled mold. Chill. Unmold, and serve with stewed dried fruits or stirred custard sauce.
- Sponge cake with two eggs? Baked in 30 minutes? Yes, it's possible if you'll follow this recipe. It doesn't have to be iced but you'll like it with the simple baked-on icing:

- Lightning Sponge Cake.
- 2 eggs
- 1/4 cup sugar
- 1/2 cup sifted flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1 tablespoon butter
- 1/2 cup hot milk

Beat eggs until thick and light. Slowly add sugar and beat with a spoon for five minutes. Fold sifted dry ingredients into egg and sugar mixture all at once. Melt butter in hot milk and add all at once. The folding of the milk and dry ingredients should take only about 1 minute. Bake in a waxed-paper-lined 8-inch square pan in a moderate (350-degree) oven for 30 minutes.

**Baked-On Frosting.**  
1 egg white, beaten stiff  
1/4 teaspoon baking powder  
1/4 cup brown sugar or honey  
1/4 cup chopped nuts  
Add baking powder to the egg white which has been beaten. Add the sugar or honey gradually, blending in gradually, then spread over cake while it is still hot. Sprinkle with 1/2 cup nuts. Bake in a moderate oven until lightly browned. Minimum is the description of ingredients for these delectable scones made into a whirl. A coffee cake dressed up like this one will go nicely for dessert:

**Lynn Says:**  
**Colorful Combinations:** Salmon steaks with egg sauce, home-canned string beans, hashed brown potatoes, jellied tomato aspic, apricot strip pie, beverage.  
Spaghetti in tomato sauce, salad of mixed greens, tray of radishes, pickles and dark olives, dark fry bread or bread sticks, and stewed plums.  
Kidneys in rice-parsley ring, brown sauce, green peas and celery, cabbage, apple and orange salad, pudding princess with sieved, sweetened apricots.

- Lynn Chambers' Point-Saving Menu**
- Baked Stuffed Heart
  - Mashed Potatoes
  - Creamed Spinach
  - Jellied Apple Salad
  - Parker House Rolls
  - Jelly
  - \*Pudding Princess
  - \*Recipe Given

- Marmalade Scone Whirl.** (Makes 1 10-inch coffee cake)  
2 cups sifted flour  
3 teaspoons baking powder  
1 teaspoon salt  
1 tablespoon sugar  
1/4 cup shortening  
1 egg  
1/2 cup milk  
1 1/2 cups citrus marmalade

Sift together all dry ingredients. Cut or rub in shortening. Beat egg and add milk. Add to flour mixture. Stir only enough to moisten. Spread dough into greased 10-inch pan. With fingertips press dough down in grooves an inch wide, making a circular pattern. Make first groove one inch from edge of pan and second 1 1/2 inches from first. Fill grooves with citrus marmalade. Bake in a moderately hot (400-degree) oven 20 minutes.

In a recent survey among homemakers, it was discovered that the biggest leftover problem was that of stale bread. Combined with healthful eggs and milk, this leftover bread can make a delectable pudding:

- Bread Pudding.** (Serves 8)  
2 cups dry bread cubes  
4 cups milk scalded  
1 tablespoon butter  
1/4 teaspoon salt  
1/4 cup sugar  
4 slightly beaten eggs  
1 teaspoon vanilla extract

Soak bread in milk for 5 minutes. Add butter, salt and sugar. Pour slowly over eggs; add vanilla extract and mix well. Pour into a greased baking dish. Bake in a pan of hot water in a moderate (350-degree) oven until firm, about 50 minutes.

- Variations of Bread Pudding.**  
**Raisin Pudding:** Add 1/2 cup seeded raisins before baking. Serve with lemon sauce.  
**Butterscotch Bread Pudding:** Substitute brown sugar for white.  
**Chocolate Bread Pudding:** Melt 1 ounce unsweetened chocolate in hot milk before adding bread. Serve with butter or foamy sauce.

- Lemon Sauce.**  
1/2 cup sugar  
1 tablespoon cornstarch  
1/4 teaspoon salt  
1/2 teaspoon nutmeg  
1 cup boiling water  
2 tablespoons butter or substitute  
1 1/2 teaspoons lemon juice

- Mix dry ingredients in order given. Gradually add water and cook over low heat until thick and clear. Add butter and lemon juice and blend thoroughly.
- Victory Cookies.**  
1 1/2 cups sifted flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/2 teaspoon cloves  
2 cups broken walnuts  
1 1/2 cups each, pitted dates and raisins  
1/2 cup shortening  
1/2 cup brown sugar firmly packed  
2 eggs

Mix and sift dry ingredients. Toss together with fruits and nuts. Cream shortening; beat in sugar, then eggs and flour mixture. Drop by spoonfuls on greased sheet and bake in a moderate (350-degree) oven for 12 minutes. These cookies become soft after several days.

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 Desplains Street, Chicago 6, Ill. Please send a stamped, self-addressed envelope for your reply. Released by Western Newspaper Union.

**Vividly Striped Fabrics Return To Popularity for Spring Modes**

By **CHERIE NICHOLAS**



IT'S stripes again, if you are wanting to know what's what in fabrics for spring. Such a variety of stripes! The new wools, the rayon weaves, the satins, the taffetas, the sarahs, and in the wash goods section the gingham, the chambrays, the gabardines, they all bespeak stripes for spring.

Then there are the colorful Guatemalan cotton stripes so popular this year for play clothes. Don't fail to look them up. Teen-agers like these vividly colorful stripes for the new dirndl-type skirts. They're stunning too made up in sun frocks with a matching bolero.

Enthusiasm for stripes increases now that cottons and other wash materials can be depended upon to be that colorfast. It's a joy to see them come out from their laundering looking as fresh and colorful as ever. Of course, it is taken for granted that every fabric-wise woman looks for a label guarantee of fast color before she makes her purchase.

If you are your own dressmaker this is the time of year to be thinking in terms of smart and pretty materials for the simple wash frocks you plan to make, or if you are buying ready-mades for your initial fashion cue let stripes be the answer. It's amazing what's being done in stripes all through the mode, in accessories as well as dresses, blouses and slacks.

A thrilling use of stripes is seen in the sprightly little petticoat ruffle that you baste under the hemline of your new dress. It looks excitingly pert and "new" and has just enough rustle about it, being taffeta, to make it interesting. The petti-

coat ruffle of stripe taffeta is but half the story. The other half goes to the head where a vivacious little sailor hat of matching stripe taffeta poses at a provocative angle over one eye. There are flowers on this little chapeau to be sure; two huge roses in pink if the stripe is pink with navy, and if the stripe be black with white, then it's white for the roses, too.

The gowns illustrated tell you of the importance of stripes in the new-season fashion picture. Pink and black are doing gorgeous teamwork according to advance style news. You'll love the combination in Gibson-girl stripes such as Claire McCordell chooses for the dress she designed, as shown centered in the accompanying illustration. This simple but strikingly chic frock done in bold pink and white stripes is smartly belted in black leather. The side-closing bodice and huge skirt pockets are outlined with stitching. Push-up sleeves add a pleasing note.

A new and breeze-cool fabric resembling fine handkerchief linen is scheduled to play an important role during the coming months. It is wonderfully effective in gay Roman stripes such as is used for the making of the charming side-wrapped dress to the left. It adds zest to this pretty frock to know that its vividly colorful stripes are guaranteed everlasting and will stay that way through frequent tubbings.

Color contrast is at its best when done in stripe effect as achieved in the Mexican peasant-type dress shown to the right. For this quaint picturesque gown the designer uses a striking linen-like Erin cloth. This weave is destined for success, in that it looks like linen, feels like linen and launders like linen. The designer does a strikingly original thing in seaming the material together in green, rust and bright yellow, achieving a stripe effect for the skirt which is stitched to a blouse-like top in rust and yellow.

Released by Western Newspaper Union.

**Black With Color**



Now that the black-with-color vogue has become a most important style theme designers are doing themselves proud in turning out brilliant and artful interpretations of the idea. A glowing example of the simple black frock, made dramatic with dashing color, is seen in this stunning crepe afternoon dress shown by Chicago Fashion Industries in advance spring collections. The motifs at shoulder and hip, together with the long streamer effects, are achieved with crepe in startling contrast color.

**Pink Is a Favorite Color This Season**

To say that pink is a featured color this spring is but stating it mildly. As a matter of fact, whether you wear rose-colored glasses or not you will be seeing pink in every known tone and tint played up so dramatically throughout every phase of fashion that you will find yourself thinking in terms of pink the whole season through. The newest of the new prints have pink backgrounds. You will discover lovely gloves in pink fabric or suedes. Spring veilings come in pink; blouses, dickeys and lacy neckwear yield to the magic of pink. The new pink wool toppers are a delight to the eye. So are the suits and dresses that "say it" in pink. If you don't want too much of this color at a time just tone up your navy spring outfit with smart accents of pink. Milliners, too, are using pink in their delightful little hats.

**Dresses With Scarves Attached Are Dramatic**

The dress with an attached scarf that becomes an integral part of the costume is of new fashion interest. The mood of the dress is expressed in the way the wearer wields the scarf. For sheer drama a noted designer brings out a rumba dress with gorgeous flower print for the skirt. Cutout roses from the print are applied on the rose-colored crepe bodice. Now the scarf! It is of the same print as the skirt, but dazzled with sequins starred here and there. Artfully attached at the waistline, it is left to the wearer to add witchery to the costume with flirtatious maneuvering of the scarf, perhaps throwing it gracefully about or bringing it up over the head with the grace of a Spanish senorita. Looks well also tied about the hips in gypsy fashion.

**Oak Leaf Heirloom Quilt From Nebraska**

5830



**Heirloom Quilt.**  
THIS handsome quilt belonged to Mary Gregg McCollum who lived in Kearney, Nebraska, sixty or more years ago. Faded to a soft pink on white, it was doubtless a bright turkey red "oak leaf" when as a bride she went from Berea, Kentucky, to Nebraska. The twenty-inch block is put together in four separate sections—the leaf itself is 7 inches.

To obtain complete cutting pattern and finishing directions for the Nebraska Oak Leaf Quilt (Pattern No. 5830), with amounts of material specified, send 16 cents in coin, your name, address and the pattern number.

Due to an unusually large demand and current war conditions, slightly more time is required in filling orders for a few of the most popular pattern numbers.

Send your order to:  
**SEWING CIRCLE NEEDLEWORK**  
530 South Wells St. Chicago 7, Ill.  
Enclose 16 cents for Pattern  
No.....  
Name.....  
Address.....

**Household Hints**

Use the cardboard from your husband's shirts between your liners to keep them in order and easy to remove when only one piece is desired.

When a light bulb breaks off, leaving the top screw part in the socket, first be sure that the current is turned off. Then insert a cork into the socket and turn to remove the cap.

To freshen a felt hat that becomes soiled, rub lightly with fine sandpaper. Go over the entire surface in order to avoid a spotted effect.

Baste velvets with silk thread. This leaves no mark of bastings.

Tie a button on the end of the string attached to the toddler's toy wagon or truck so the string doesn't slip through his fingers.

**REALLY S-O-O-T-H-ING**  
because they're really medicated  
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**COUGH LOZENGES**  
Soothe your throat all the way down—far below the gargle line. Each F & F Lozenge gives your throat a 15 minute soothing, comforting treatment. Used by millions for coughs, throat irritations or hoarseness resulting from colds or smoking. Only 10¢ box.  
Medicated F&F Lozenges  
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Relieved in 5 minutes or double money back  
When excess stomach acid causes painful, suffocating gas, sour stomach and heartburn, doctors usually prescribe the fastest-acting medicine known for symptomatic relief—medicines like those in Bell's Colic Tablets. No laxative. Bell's Colic Tablets bring comfort in a fifty or double your money back on return of bottle to us. See at all druggists.

**WHAT'S NEW?**  
Illustration of a woman with a parasol and a child.

**POST'S Raisin Bran**  
GOLDEN FLAKES OF WHEAT AND BRAN COMBINED WITH SUGAR-SWEET TENDER RAISINS

delicious **NEW** breakfast idea  
A magic combination! Crisp Post's 40% Bran Flakes—plus tender, chewy seedless raisins...right in the same package. Delicious—nutritious—that's Post's Raisin Bran! Don't miss this wonderful new flavor sensation. Ask your grocer for Post's Raisin Bran, today!

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Cold Preparations as directed

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**-DUE TO 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**  
Naturally a man looks old beyond his years when he's sore from lumbago or other muscle pains. The famous McKesson Laboratories developed Soretone Liniment for those cruel pains—due to exposure, strain, fatigue or over-exercise. Get the blessed relief of Soretone's cold heat action:—  
1. Quickly Soretone acts to enhance local circulation.  
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4. Dilate surface capillary blood vessels.  
Soretone contains methyl salicylate, a most effective pain-relieving agent. There's only one Soretone—insist on it for Soretone results. 50¢. A big bottle, only \$1.  
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