

Things to make

HERE is a new department that we know is going to meet with tremendous popularity with our readers, for it brings you the opportunity of combining pleasure and profit. With jig, coping or keyhole saw, you may cut these designs from wallboard, plywood or thin lumber. Each pattern



brings accurate outline of the design, and complete directions for making and painting.

Men, women, boys and girls are finding this a fascinating pastime, and with each order will be sent a circular showing many additional novelties which you may make at home.

Today, we are showing designs that will appeal to flower lovers. Cut out and paint these clever designs and they become gay realistic flower boxes of your own making. Number Z9089, 15 cents, brings you the pattern for these eight designs along with general directions.

Send orders to Aunt Martha, Box 166-W, Kansas City, Mo.

QUICK QUOTES

FAITH

"LET us have faith that right makes might, and in that faith let us to the end dare to do our duty as we understand it."—Abraham Lincoln.

INDIGESTION

Sensational Relief from Indigestion and One Dose Proves It. If the first dose of this pleasant-tasting little black tablet doesn't bring you the fastest and most complete relief you have experienced send bottle back to us and get DOUBLE MONEY BACK. This Bell's tablet betas the stomach's acid food, makes the excess stomach fluids harmless and lets you eat the nourishing foods you need. For heartburn, sick headache and spots so often caused by excess stomach fluids, making you feel sore and sick all over—JUST ONE DOSE of Bell's tablet promptly relieves the distress.

Succeeding Generations. One generation always has a contempt for the one immediately preceding it.—John Masfeld.

Beware Coughs That Hang On

Creomulsion relieves promptly because it goes right to the seat of the trouble to loosen germ laden phlegm, increase secretion and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. No matter how many medicines you have tried, tell your druggist to sell you a bottle of Creomulsion with the understanding that you are to like the way it quickly allays the cough or you are to have your money back.

The Spendthrift Who spends more than he should, shall not have to spend when he would.—Proverb.

WANTED! WOMEN
35 to 42 yrs. old, who are restless, moody, nervous, fear hot flashes, dizzy spells, to take Lydia E. Pinkham's Vegetable Compound. Famous in helping women go smiling thru "trying times" due to functional "irregularities." Try it!

WNU-4 5-40
By the Uncertain Snobbery is the pride of those who are not sure of their position.—Berton Braley.

That Nagging Backache

May Warn of Disordered Kidney Action. Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—throws heavy strain on the work of the kidneys. They are apt to become over-taxed and fail to filter excess acid and other impurities from the life-giving blood. You may suffer nagging backache, headache, dizziness, getting up nights, leg pains, swelling—feet constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination. Try Doan's Pills. Doan's help the kidneys to pass off harmful excess body waste. They have had more than half a century of public approval. Are recommended by grateful users everywhere. Ask your neighbor!

DOAN'S PILLS

Sequin and Jewel Embroidery On Wool Is Fashion's Latest

By CHERIE NICHOLAS



IF YOU are seeking drama, thrill and adventure in fashion's realm, read on and you will get all three, for it's exciting news we are about to tell you. For sheer breathtaking news what could be more so than to announce balbriggan embroidered with glittering jewels and silver threads as fashion's latest whim. Which goes to show to what extremes designers will go to achieve the new and the beautiful in costume design.

The charming dress pictured to the left tells the story, in that it is fashioned of simple balbriggan enriched with sparkling diamond embroidery interwoven with silver thread. And a very significant fashion it is, for it carries the message that embroidery worked on knitted fabric and wool weaves is highly important news for midseason and the months to come. Note the pet-skirt with its pocket detail. Which is more news and vastly important for this is the silhouette in versatile interpretation you will be seeing throughout the spring style parade.

See the very elegant evening ensemble centered in the group. The material is champagne flannel embellished with gold applique and embroidery. The décolleté neckline is softly shirred in front and goes low in the back. It is the jacket dress of this type and others equally as interesting that has become the theme among themes in the fashion world for evening wear. A spider web snood of gold thread, together with black gloves and bag give dramatic accent.

If you are in society you perform must have one or more stunning evening wraps. The newest turn of fashion is to make your formal floor-length coat of a handsome wool material. White tweed is tops and there are also choice flannels, du-

Warm Ski Suit



A successful ski suit has to be warm, has to be practical and must be good-looking. The model pictured is all that and more. The outfit is of dark green gabardine with just enough wool-knit worked into the jacket front to be protective and "comfy." Elastic at the waist insures a snug fit. Depend upon it this suit will give real service, besides being so good looking your friends will all admire.

Dark and Misty
A color as subtle as its name is one of Schiaparelli's new dark tones called "thick mist." It is a slaty, bluish gray, almost smoky in tone, and considered important both for day and evening clothes.

vetyns, broadcloths, repps and twills that are well liked. The glamorous white evening coat shown to the right is typical of the new trend. It is in heavy white tweed with distinctive gold kid applique and embroidery. Her evening accessories are in gold, likewise the six buttons that fasten the coat.

Speaking of embroidery on wool the new treatment applies to evening fashions as well as to evening modes. The newest out are the cunning wool classics in pastel which feature dresses tailored to perfection. Many of these have large shapely pockets so gaily embroidered they give color dash to the entire costume. As to the countless wool sweaters, both sports and formal types, their name is legion.

The neat black dress does not escape the embroidery craze. Like a blaze of glory colorful sequin embroidery illuminates sleeves, necklines and often the waistline, for the wide embroidered belt is an outstanding style feature. White beadwork on the black or navy dress is also style-approved.

Not only embroidery but all sorts of surface decoration enhance fashionable apparel this season. Favor for Trapunto quilted design is not on the wane. Then, too, there is considerable cording being done row upon row, likewise stitching and fine tucking.

Very new indeed is the applique of self wool fabric that is being worked out on the new pastel frocks. Flowers and other motifs are cut out of the self wool material, then worked on the bodice in various ways. Fact is, designers are manipulating the new and beautiful wools with a display of originality and imagination that is amazing. Perhaps this has come about in that modern wools are so all-intriguing they challenge talent and genius to give of their best in creating of them fashions of surpassing chic and charm.

(Released by Western Newspaper Union.)

Daring Colors Are Seen in New Mode

Describing a sports ensemble worn at a recent gathering of smartly dressed guests—the skirt, a pleated black model, the jacket in bright fuchsia worn over a violet sweater, accessory touches including turquoise costume jewelry and a stunning draped turban done in Roman stripes that picked up the various colors throughout the costume. To be sure a color ensemble like this requires a master stroke of artistry to carry it through successfully, which brings us to the message we would convey, namely that while daring things are being done with color in the new fashions, they are carried out with the color sense of a true artist to the extent that women who follow in fashion's footsteps are developing a high sense of color values. In fact this season's modes gives promise of being truly educational in color artistry.

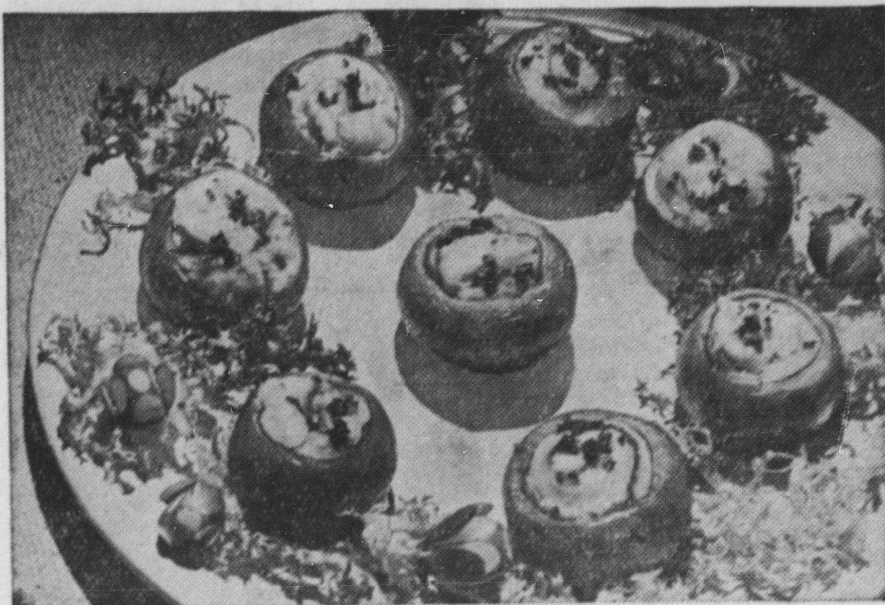
The new duo-color costumes are especially interesting that play one color up against another fearlessly, such as for instance navy with a gray blouse and a gypsy tie girle in green and cerise. Pastels are being contrasted after the same manner. One designer uses pink with blue satin for a charming blouse.

Gray Dinner Frock For Informal Wear

All in tones of gray, even to its metallic embroidery, is the dinner costume meant to be worn for informal evenings at a northern winter resort. The outfit consists of a brief knitted gray evening sweater embroidered with silver sequins and makes an attractive outfit.

Household News

By Eleanor Howe



FISH FILLETS IN TOMATO CUPS

See Recipes Below

My Family Likes Fish!

"There's all the health of the sea in fish," according to an old saying, and modern home makers find that there's variety and economy for menus, too.

Fish and sea foods are available the year 'round in almost limitless variety. In most markets it's possible, now, to purchase (1) fish "in the round," just as it comes from the water, (2) fish that is cleaned, scaled, and ready to cook, (3) boneless fish fillets, and (4) fish steaks. Fish and sea foods may be purchased quick-frozen too.

If fish is purchased "in the round," that is with skin, bones, head, and tail included, allow one pound of fish per serving; if purchased cleaned and scaled, allow one pound for two servings, and if purchased in the form of fish fillets or fish steaks, allow one pound for three servings.

Fish cookery is simple, especially when you use fish that is cleaned and scaled, fillets, steaks, or the quick-frozen products. Remember, though, that the flavor of most fish is delicate, and that you need well-seasoned sauces and accompaniments to serve with it.

You'll find practical and easy-to-follow recipes for preparing fish and sea foods in my booklet, "Feeding Father." There are recipes for the old-fashioned cod fish balls men love, for delicious clam chowder, and for the other fish and sea food dishes you'll want to serve your family often.

Fish in Pepper Shells.

(Serves 6)
6 tablespoons butter
6 tablespoons flour
1/2 cup top milk
1/2 teaspoon salt
1 tablespoon lemon juice
2 cups cold fish (flaked)
6 whole green peppers
1 cup bread crumbs
Paprika

Melt 3 tablespoons butter, add flour and blend; add milk and cook over low flame, stirring constantly, until thick. Remove from flame; add salt, lemon juice and Worcestershire sauce. Then add flaked fish. Place in cleaned green peppers, top with bread crumbs, combined with remaining butter (melted), and a dash of paprika. Bake in a moderate oven (350 degrees) approximately 25 minutes. Serve with tomato sauce.

Fish Fillets in Tomato Cups.

(Serves 6)
6 to 8 tomatoes
1 package haddock, sole, or perch fillets
Salt and pepper
1/2 cup butter (melted)
1/2 cup lemon juice
1/4 cup parsley (chopped)

Remove a slice from the stem end of each tomato and scoop out the pulp, leaving a firm cup. Sprinkle the inside with salt and pepper. Cut fillets in lengthwise strips. Brush each strip with melted butter, and sprinkle with salt, pepper, lemon juice, and parsley. Roll the strips firmly and place in the tomato cups. Brush tops with melted butter, sprinkle with parsley, and place in a greased baking dish. Bake in a moderate oven (350 degrees) for 30 to 35 minutes. Baste occasionally while baking.

Baked Spiced Whitefish.

1 medium sized whitefish
Salt
1/2 cup lemon juice
1 teaspoon parsley (minced)
2 peppercorns
1 tablespoon tomato catsup
1 bay leaf
1 teaspoon salt
1 teaspoon prepared mustard
3 tablespoons olive oil

Clean fish and sprinkle with salt inside and out. Place on a well-greased baking pan. Mix all other ingredients in the order given. Open fish and brush inside with the mixture and then spread about 1/2 of it over the fish. Bake in a hot oven (400 degrees) approximately 40 min-

utes. Baste during the baking period with the remainder of the spiced mixture.

Oyster Stew.

1 pint oysters
1/4 cup butter
1 quart rich milk
Salt and pepper to taste

Place oysters, strained oyster liquor, and butter in a saucepan and cook gently until edges of oysters begin to curl. Heat milk in a separate saucepan at the same time. (Caution: Milk should be thoroughly heated—but should not boil.) Add oysters to milk and season to taste. Serve immediately.

Sauteed Oysters.

(Serves 4)
1 pint oysters (large)
1 cup cracker crumbs
1/4 teaspoon salt
1/2 teaspoon pepper
1/4 cup butter

Drain oysters. Add salt and pepper to cracker crumbs, blend thoroughly, and then roll oysters in the seasoned crumbs, covering thoroughly. Melt butter in frying pan and saute oysters until they are golden brown on one side. Turn with spatula or pancake turner and brown on other side. Drain on absorbent paper and serve very hot with catsup or tartar sauce.

Hot Oven Baked Boneless Perch.

(Serves 4)
4 perch fillets
1 tablespoon salt
1 cup milk
1 cup hard bread crumbs
1/4 cup butter (melted)

Dip fish in milk to which salt has been added. Drain and then roll fish in hard bread crumbs, covering thoroughly. Place in a well-oiled baking pan and brush thoroughly with melted butter. Bake 10 minutes in a very hot oven (550 degrees). Serve at once. It is not necessary to turn fish while baking.

Crab Meat Sunday Night Supper Sandwiches.

(Serves 5)
1 13-ounce tin crab meat
5 slices white bread
1/4 pound Roquefort cheese
1/4 cup cream
1 head lettuce
1 15-ounce can pimento-stuffed olives

Toast bread on one side only. On untoasted side, place a generous covering of crab meat — flaked. Cover crab meat with Roquefort cheese—softened in cream. Broil lightly until cheese mixture has browned. Serve on lettuce and garnish with stuffed olives.

Send for a Copy of 'Feeding Father.'

Father likes fish; he likes thick, hearty, soups, too, and hot breads and apple pie, and barbecued steak. You'll find he likes most of the recipes Eleanor Howe gives you in her booklet, "Feeding Father."

All you need to do to get your copy of this practical, every-day cook book is to send 10 cents in coin to "Feeding Father," care of Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois.

"Favorite Foods for Lent" are budget-stretchers, too.

Next week Eleanor Howe will give you menus and tested recipes for some of the simple meatless meals you've wanted. Eggs, cheese, and fish are first-rate substitutes for that important food, meat, and Miss Howe will give you, in this column, some new ideas for using them.

(Released by Western Newspaper Union.)

To Remove Iodine Stains

Iodine stains are easily removed from colored or white clothes if soaked in cold milk for 30 minutes and rubbed between the fingers. Then wash in warm suds.

Strange Facts

Unique Help Call
Cold Heart or Feet
Blind Camera Fans

When a lone traveler or settler in the vast uninhabited sections of Australia is sick, lost or in any kind of serious trouble, he is permitted to cut a telegraph wire, an act that is immediately recognized as a call for help. Linemen promptly ascertain, through electrical instruments, where the cut was made, often hundreds of miles away, and set out at once with food, water and medical supplies.

Approximately 1,500 of the marriage licenses issued in the United States each week are never used.

America's ten million dial telephones do not have an exchange whose name begins with "Q" as this letter is omitted from the automatic dial.

Buddha, the founder of one of the world's great religions, is the most sacred personage ever depicted in a statue wearing eyeglasses.

The New York Institute for the Education of the Blind has a camera club composed of blind persons who have completed its course in amateur photography and learned how to take, develop and print their own pictures without assistance.—Collier's.

SPEED'S
FINE IN HOCKEY
BUT NOT IN
CIGARETTES.
I LIKE
SLOW-BURNING
CAMELS...
THEY'RE
MILDER
AND
COOLER!



RESEARCH men may use fancier language, but they say the same thing about cigarettes as Roy Conacher (above), high-scoring forward of the Boston Bruins. Scientists know that nothing destroys the delicate elements of cigarette fragrance and flavor like the excess heat of too-fast burning. Slow-burning Camels give more pleasure per puff and more puffs per pack (see below).

In recent laboratory tests, CAMELS burned 25% slower than the average of the 15 other of the largest-selling brands tested—slower than any of them. That means, on the average, a smoking plus equal to

5 EXTRA
SMOKES
PER PACK!



FOR EXTRA MILDNESS,
EXTRA COOLNESS,
EXTRA FLAVOR—
CAMELS
SLOW-
BURNING
COSTLIER TOBACCOS