

## Flower Quilt You'll Point to With Pride



Pattern No. 6525

QUILTMaking's fascinating—especially when the pieces form lovely flower blocks—printed materials set off these flowers effectively. Make this handsome quilt. It will brighten up any bedroom. Pattern 6525 contains the Block Chart; carefully drawn pattern pieces; color schemes; directions for quilt; yardage chart; illustration of quilt.

To obtain this pattern send 15 cents in coins to The Sewing Circle, Household Arts Dept., 259 W. 14th St., New York, N. Y.

Please write your name, address and pattern number plainly.

## Strange Facts

**Bound to Match Four Dr. Sun Days Fear Civilization**

A New York bookbinder makes a specialty of covering his books with material most appropriate to the subject matter. For example, he will bind a book on ostrich farming in ostrich skin, one on prison life in zebra skin, one on dermatology in human skin, the Bible in lambskin and The Merchant of Venice in sharkskin.

China observes four national holidays in honor of Dr. Sun Yat-sen (1866-1925): His birthday, the anniversary of his death, the date of his first installation as president of the Chinese republic and the date of his imprisonment at the Chinese legation in London.

The British Broadcasting Corporation now uses 13 foreign languages in its news broadcasts from London.

The Jicaque Indians of Honduras, despite their primitive manners and customs, are so fearful of the disease germs of civilization that they will not use, or even touch with the bare hand, any purchase or gift from a white man until it has been disinfected for at least two days.—Collier's.

## FIGHT COLDS

by helping nature build up your cold-fighting resistance

If you suffer one cold right after another, here's sensational news! Mrs. Elizabeth Vickery writes: "I used to catch colds very easily. Dr. Pierce's Golden Medical Discovery helped to strengthen me just splendidly. I ate better, had more stamina, and was troubled very little with colds."

This great medicine, formulated by a practicing physician, helps combat colds by: (1) It stimulates the appetite. (2) It promotes flow of gastric juices. Thus you eat more; your digestion improves; your body gets greater nourishment which helps nature build up your cold-fighting resistance.

So successful has Dr. Pierce's Golden Medical Discovery been that over 30,000,000 bottles have already been used. Proof of its remarkable benefits. Get Dr. Pierce's Golden Medical Discovery from your druggist today, or write Dr. Pierce, Dept. N-100, Buffalo, N. Y., for generous free sample. Don't suffer unnecessarily from colds.

### What We Do

Everywhere in life, the true question is not what we gain, but what we do.—Carlyle.

## VESPER TEA

PURE ORANGE PEKOE

50 Cups for 10 Cents

Write for "The Even-Hours" to the Tea Levering Coffee Co., Baltimore, Md.

## WATCH the Specials

You can depend on the special sales the merchants of our town announce in the columns of this paper. They mean money saving to our readers. It always pays to patronize the merchants who advertise. They are not afraid of their merchandise or their prices.

## Plaids, Pleats and Boleros Hold Good in Spring Styles

By **CHERIE NICHOLAS**



IT'S time to come out in something new. A dress or a suit that will "ring out the old" and "ring in the new" style will rejuvenate winter-worn nerves almost without fail. Anyway, the experiment is worth trying.

See the new wool fashions for spring and if you do not become definitely clothes-ambitious, you will be the exception and not the rule. The beauty of modern woollens is they are that sheer and lightweight you can buy them with every confidence that you can wear them the whole spring through and on into the summer with perfect ease and comfort. Wool fabrics are wonderfully color-inspiring for spring. They are featured from a complementary viewpoint in color and texture alliances so that used together the costume becomes a perfect unit.

The attractive bolero costume to the left demonstrates the idea. Spongy wool makes this oxford gray dress, topped off with a bolero of the same weave but in a light silver gray. Handsome quilted applique and embroidery in darker gray is worked decoratively on the jacket. Here is one among the many instances where embroidery on the wool street costume tells of a reigning trend. The dress is cut with a high notched neckline and the belt is of self fabric. This is the type costume that is just the sort to wear under the winter coat and which, when coat is discarded later on, solves your problem of a fashion first suit for spring.

There is a tendency in manipulating vogueish woollens to indulge in striking color alliances. Such as, for instance, is a navy blue or black softly styled bolero suit with which is worn a grayed wool crepe blouse, the corsetlike girdle being in a lovely fuchsia red fastened with silver buttons.

If it is the bright side of life you are seeking, the stunning dinner suit

of vyvella flannel in red and white Victorian plaid illustrated, will tune to your happiest mood. The wool fabric is exquisitely textured yielding to dressmaker touch with utmost grace. The wide skirt is pleated, but with no bulkiness for modern wool materials have a sheer and fragile beauty and lightweight that does away with cumbersome. Then, too, the pleats are carefully stitched down smoothly over the hips to maintain the slender look. Wear this dress to the next dinner party and compliments galore will be coming your way.

If you are anxious to get an intelligent early start in assembling the new spring wardrobe, a few news items as to general style trends may not come amiss. The continued popularity of bolero suits and dresses continues throughout midseason collections. The new pegtop pocket dress is proving nothing less than a sensation and there is no doubt but what there is a tremendous vogue in store for it. Designers are so intrigued with the idea of pegtop skirts they are featuring them with utmost enthusiasm. As the pocket theme is involved in pegtop styling this new trend becomes of twofold importance. For than pockets there is no bigger factor motivating in spring 1940 costume design. We will be seeing a perfect wilderness of pockets before the new season is far spent.

Sleeves are longer. Either wrist-length or three-quarter bracelet types are taking the place of the shorter sleeve to a marked degree. Skirts are short and flaring, pleated, gored or circular cut. However, there is rumor of the revival of straight slim silhouettes. Some few designers are showing them in their advance spring collections. (Released by Western Newspaper Union.)

## Smart Sportswear



Here is an ideal dress to take with you, if and when you go to the sunny southland. Makes a grand under-winter-coat frock too. It is a hand-somely tailored one-piece shirtmaker classic, styled of a herringbone will weave of bemberg rayon and tussah silk. The skirt has a kick pleat for ease and action. This dress is perfect for travel in that it is practically crush-resistant, launders beautifully and packs to advantage. Comes in all the new pastels.

## Skirt Fullness Is Correct Anywhere

The vogue for full flaring skirts brings up the question as to "where" the fullness. Designers there are who consider back fullness the proper thing. Others of high authority advocate fullness brought to the front. Many very smart skirts carry fullness all around in gathers, gores, unpressed or pressed pleats. In the newest models there is a tendency to accent fullness to the sides now that hips are the center of interest.

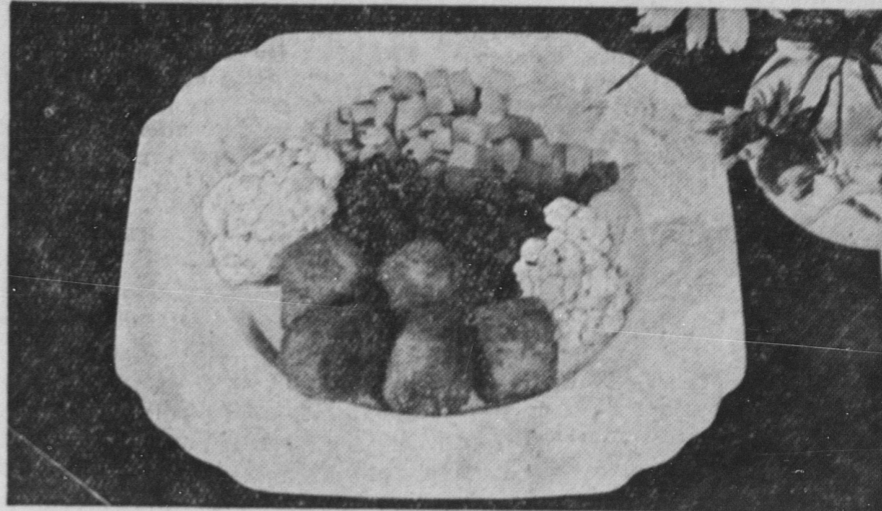
Which all goes to show there is no arbitrary rule, according to the statement of a prominent leader in costume design who recently addressed a gathering of women on outstanding styling trends. That full flaring skirts are in fashion we all know but as to where and as to method of achieving fullness, "anywhere" is the answer. Let good judgment be the guide. The fullness that is best tuned to your individuality and to your figure is the one to select.

## Lingerie Touches On Jacket Suits

Watch the new navy and black jacket suits and count how many there are with dainty lingerie touches at neckline and wristline, on lapels and even bits of lace and embroidery, pique or dotted swiss to embellish the new vogueish pockets. It has been a long time since immaculate lacy collar, cuff and rever "sets" have been in evidence but fashion seers tell us we may expect these dainty accessory touches to make their appearance this spring.

# Household News

By *Eleanor Howe*



## TAKES PLANNING TO PRODUCE MEATLESS MEALS

See Recipes Below.

### Favorite Foods in Lent

It takes a bit of planning to produce meatless meals that please the family because we're so accustomed to the meal that's built around substantial roasts, or chops, or steaks. But fish, eggs, milk, cheese, beans, peas and nuts, are excellent protein or body-building foods that should be substituted now and then for meat. Their uses are many and with judicious planning they add interest and variety to meals.

Fish and eggs occupy an important place in meatless meals; less commonly used, but inexpensive and good, are cheese, nuts, peas and beans.

Cheese is a concentrated food which gives good returns for the money spent on it; because it is an excellent body-building food and is rich in mineral salts, and because its flavor combines well with that of other foods, it should be more widely used. A little cheese goes a long way when combined with cereal products such as rice or macaroni.

Nuts are apt to be considered a mere accompaniment to a meal, or something to be nibbled on "between meals," but wisely used, they're an acceptable substitute for meat.

Vegetable plates are popular for meatless meals. Where they include peas or beans or eggs (which might be hard cooked, sliced and creamed) they provide a satisfying and "balanced" meal. Banana Scallops are an unusual addition to a vegetable dinner—hearty and delicious, and easy to prepare.

### Lentil Feast.

Mix together 8 cups soft bread crumbs, ½ cup fat (melted), 1 teaspoon salt, ¼ teaspoon pepper, 2 tablespoons onion (minced), 1 teaspoon poultry seasoning, 4 eggs (slightly beaten), ¼ cup milk and 1 cup peanuts (chopped). Pack into a well-greased ring mold and bake in a moderately hot oven (375 degrees) for about 30 minutes.

### Baked Eggs.

12 slices bread  
¼ cup butter  
6 eggs  
Salt, pepper, paprika

Cut crusts from whole slices of bread and spread six of the slices with butter which has been thoroughly creamed using a small biscuit cutter, cut the center from the six unbuttered slices. Butter these and place one centerless slice on each of the buttered whole slices of bread. Break an egg in the center, and place on baking sheet. Sprinkle with salt, pepper and paprika, and bake in a slow oven (325 degrees Fahrenheit) until the eggs are set. Serve at once.

### Baked Tapioca Cheese.

1 pint milk  
1 egg (well beaten)  
3 tablespoons quick-cooking tapioca  
½ teaspoon salt  
½ teaspoon paprika  
1 tablespoon prepared mustard  
1 cup American cheese (grated)

Mix all ingredients in order given. Place in baking casserole and bake in moderate oven (350 degrees Fahrenheit) approximately 15 minutes—or until mixture thickens. Stir occasionally while baking. Serve on hot buttered toast.

### Rice au Gratin.

Part I.—1 cup rice  
3 quarts water  
1 teaspoon salt

Wash rice and drop into boiling salted water. Boil rapidly (uncovered) until rice is tender. Drain and place in a buttered baking dish. Cover with Cream Sauce.

### Cream Sauce.

Part II.—3 tablespoons butter  
2 tablespoons flour  
1½ cups milk (scalded)  
¼ teaspoon paprika  
¼ teaspoon salt  
Dash of pepper  
½ cup cheese (grated)

Melt butter and add flour. Cook, stirring constantly, until mixture thickens. Remove from fire, add seasonings, cheese and prepared mustard. Pour over the rice, dot with butter and sprinkle with paprika. Bake in a moderate oven

(350 degrees Fahrenheit) for approximately 20 minutes.

### Banana Scallops.

(Serves 6)  
6 firm bananas  
1 egg (beaten)  
½ teaspoon salt  
¼ cup fine crumbs (cracker or bread crumbs or crumbled corn flakes)

Peel bananas. Cut in slices (crosswise) ¼ to 1 inch thick. Dip in the beaten egg. Drain, and roll in crumbs. Fry in deep fat at (375 degrees Fahrenheit) for 1½ to 2 minutes, or until the scallops are brown.

### Tuna Fish Scallop.

(Serves 6)  
1½ cups milk  
3 cups soft bread crumbs  
½ teaspoon onion salt  
1 tablespoon prepared mustard  
½ teaspoon salt  
2 cups tuna fish (flaked)  
3 hard-cooked eggs (sliced)  
½ cup cracker crumbs (buttered)

Scald milk, remove from flame, and soak crumbs in it for 15 minutes. Add seasonings. Add tuna fish. Arrange this mixture in layers in a buttered baking dish, alternating with the sliced hard-cooked eggs. Top with the buttered cracker crumbs. Bake in a moderately hot oven (400 degrees Fahrenheit) for 20 to 25 minutes.

### Swiss Eggs.

(Serves 6)  
½ pound sharp cheese  
2 tablespoons butter  
¼ cup coffee cream  
¼ teaspoon salt  
Dash cayenne pepper  
1 teaspoon prepared mustard  
6 eggs (beaten slightly)

Silver the cheese and spread evenly over bottom of a shallow buttered baking dish. Dot with butter. Mix together the cream, salt, pepper, and mustard and pour one half of this mixture over the cheese. Beat eggs slightly and add. Last of all, add the remaining half of the cream mixture. Bake in a moderate oven (325 degrees Fahrenheit) approximately 25-30 minutes, or until eggs are set, but not dry.

This is the season for piping hot soups—thick, substantial cream soups and chowders to "take the chill out of one's bones," and serve as the mainstay of a non-day meal; or steaming, perfectly seasoned, clear soups to serve as an appetizer before a hearty dinner.

Watch for this column next week. In it you'll find some of Eleanor Howe's own tested recipes for soups that are bound to be family favorites.

### Better Baking.

This practical, usable booklet by Eleanor Howe is, just as the name indicates, a guide to "better baking." You'll find in it hints on how to improve your technique, and a wealth of reliable tested recipes—recipes for delicious breads and cakes and cookies, and for the flaky tempting pies your families love.

To get your copy of "Better Baking" now, just send 10 cents in coin to "Better Baking" care of Eleanor Howe, 919 N. Michigan Avenue, Chicago, Illinois.

(Released by Western Newspaper Union.)

### Parchment Paper Keeps Fish in Shape in Pan

Broiled fish is difficult to remove from the broiler without breaking—just as it is in a frying pan. A piece of parchment paper cut just the shape of the fish, may be greased and placed under each slice of fish. It will not be necessary to turn the fish, as it will broil all the way through. Then the parchment may be removed upon serving.

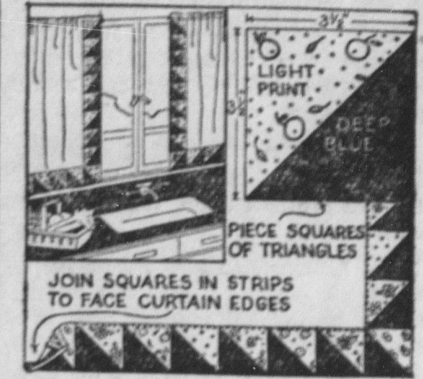
### Time Saver

Put snap fasteners on cushion tops instead of sewing openings together. It will save much time. When soiled, unclasp the snaps, slip tops off and launder.

## Pieced Border for Kitchen Curtains

By **RUTH WYETH SPEARS**

DO YOU remember this old-fashioned Saw Tooth quilt pattern? It has been used for the border of many a handsome quilt. It is so effective and so simple to piece that it should serve more decorative purposes. Here it trims kitchen curtains of unbleached muslin. It surprises one a little to see how modern it looks. Cut a piece of stiff paper in a perfect square and then cut diagonally



through the center. One half will make your triangle pattern. The size suggested in the sketch makes a very striking border. If a very strong, bright color is used for the plain triangles, a narrower border in this design will also make a good showing.

NOTE: Mrs. Spears has prepared for our readers a set of three Quilt Block Patterns from her favorite Early American designs. Included in the set is the Kaleidoscope, and the Whirlwind. The third is the Ann Rutledge, which Mrs. Spears sketched from an original in the Rutledge Tavern at New Salem, Ill., where Abe Lincoln boarded, and where he courted the proprietor's daughter according to the romantic legend so familiar to movie goers. It is an unusual variation of the Ninepatch, and rich with historical background. For set of three complete patterns, send 10 cents in coin to Mrs. Spears, Drawer 10, Bedford Hills, New York.



## Smiles

**What Counts**  
"Darling, if you marry me I'll satisfy your smallest wishes."  
"And what do you propose to do about the big ones?"

**Skeptical**  
Jailer—Visiting hours are from two to four.  
New Prisoner—Stop joking. You wouldn't let me go visiting.

**His Right**  
"I say, barber," said the customer, who was having rather a rough shave, "have you got another razor?"  
"Of course, sir," replied the barber. "Why?"  
"I want to defend myself."

**She Should Know**  
"Darling, let us keep our engagement a secret."  
"Yes, dear; but I must tell Doris. The horrid creature said I should never find a man foolish enough to marry me."

**How To Relieve Bronchitis**  
Bronchitis, acute or chronic, is an inflammatory condition of the mucous membranes lining the bronchial tubes. Creomulsion 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. Tell your druggist to sell you a bottle of Creomulsion with the understanding that you are to like the way it quickly eases the cough or you are to have your money back.

## CREOMULSION for Coughs, Chest Colds, Bronchitis

**Strong Through Suffering**  
Know how sublime a thing it is to suffer and be strong.—Longfellow.

## CONSTIPATED?

Here is Amazing Relief of Conditions Due to Stagnant Bowels. **Nature's Remedy**. If you think all laxatives act alike, just try this **Nature's Remedy**, all vegetable laxative. So mild, thorough, refreshing, invigorating. Dependable relief from sick headaches, bilious spells, tired feeling when associated with constipation. No pills, no cathartics. Get a 25c box of N.R. from your druggist. Make the test—then if not delighted, return the box to us. We will refund the purchase price. That's fair. Get N.R. Tablets today. **NATURE'S REMEDY**

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