

WITH THE WOMEN CHANGING TO FALL



Pattern 3638

WE all have the pleasant sensation of getting a new start each fall when summer clothes are put away and we emerge in autumn outfits. To make sure that you'll have something really brand new to pull out of the closet in addition to last year's fall clothes whip up any of these three suggestions on your sewing machine.

Sleeveless dresses promise to be popular right through the season and Simplicity Printed Pattern 3638 can be worn either as a sleeveless dress or as a jumper over a blouse that's included in the pattern or any other blouse in your wardrobe. The pattern comes in junior and misses' sizes, 11 to 18 and also includes a stole.

Your best wardrobe multipliers for office wear are blouses and skirts and if you're careful in selecting fabrics you can have a well coordinated ensemble. When you're choosing colors for a blouse and skirt keep in mind the rest of your wardrobe to facilitate mixing and matching. Contrasting collar and cuffs highlight a tailored blouse, which is worn with a straight skirt with prominent pockets, Simplicity Printed Pattern 3330.

Before you buy your fabric, be sure to consult the back of the pattern envelope for important suggestions on fabrics, thread, fasteners, ribbon or trimmings.

You'll find sewing the Simplicity way easy, because every pattern piece is PRINTED to show you what it is, where it goes on the fabric and notches point out exactly where each piece joins its mate.

Whether you're starting a new job, sending your kids back to school or just going back to your usual fall routine at home and at work it will give you an extra boost to see yourself and your family in new clothes. With due consideration for your pocketbook as well as your appearance, sewing at home will be your best bet.

CLEANLINESS CLIPS

House plants must be clean to be healthy. Insects, dust, dirt, or scale will ruin them. Wash leaves frequently with a cloth or sponge dipped into soapy water—or simply turn the plant upside down and immerse the entire top in cool suds for several minutes. Rinse with clear water.

Fresh paint spots should be washed off furniture immediately with warm soapsuds.

Chromium and nickel faucets of sink, lavatory, tub, and shower should be washed often with a cloth or sponge wrung out of soapy water. Polish dry with a clean cloth. If vinegar or lemon juice is used to remove corrosion, this acid should be sudsed off promptly.

Allow glass cooking utensils and oven dishes to cool before washing in clean warm soapsuds. When food has burned on, soak, don't scrape.

A GUIDE TO GOOD EATING

MILK

2 or more glasses daily—for adults.

3 to 4 or more glasses daily—for children.

To drink, combined with other foods, in ice cream and in cheese.

VEGETABLES

2 or more servings daily other than potato.

1 green or yellow;

"greens" often.

FRUITS

2 or more servings daily.

At least 1 raw; citrus fruit or tomato daily.

EGGS

3 to 5 a week; 1 daily preferred.

MEAT, CHEESE, FISH, POULTRY

1 or more servings daily.

Dried beans, peas, peanuts occasionally.

CEREAL AND BREAD

2 or more servings daily.

Whole-grain value or enriched.

Added milk improves nutritional values.

BUTTER

2 or more tablespoons daily.

OTHER FOODS

To satisfy appetite and complete growth and activity needs.