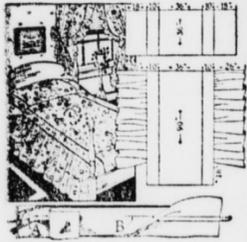


Bed Spread Made Of 36-Inch Goods

THIS spread for a double bed may be made out of chintz or any 36-inch-wide material that you have on hand. Eleven and one-half yards will be required for a bed 76 inches wide and, if you follow the cutting diagram given here, not a scrap of goods will be wasted.

Cut the center parts first; then the 18-inch side sections for the pillow cover; then the 10-inch



strips for the pillow cover and spread. This leaves a long strip for the flounce. You may buy seam, welting or cover cable cord with bias strips as at A. Use your machine cutting foot for the seam so that the stitching will be close to the cord as at B.

NOTE: This spread is from SEWING Book 1 which is 22 pages of illustrated directions for slip covers, dressing tables, couch covers and other things to keep homes bright and attractive for the duration. To get a copy of Book 1 enclose 15 cents with name and address direct to:

MRS. RUTH WYETH SPEARS
Bedford Hills New York
Drawer 10
Enclose 15 cents for Book No. 1.
Name.....
Address.....

Chest Colds

Relieve Distress This Home-Proved Way

Now to help relieve congestion and irritation in upper bronchial tubes, muscular soreness or tightness, soothing spasms—most young mothers and Vicks VapoRub on throat, chest and back at bedtime. And at once VapoRub

PENETRATES
To soothe the inflamed tissues with its special medicinal vapors

STIMULATES
Chest and back soreness like a warming poultice.

To soothe, comforting... VapoRub invites restful sleep and keeps on working for hours to relieve distress. And...

ONLY VAPORUB Gives You this special penetrating-stimulating action. It's the best known home remedy for relieving distresses of children's chests. Try it!

VICKS VAPORUB

Famous Maids



ANNIE LAURIE WAS SO ADORABLE BY WILLIAM DOUGLAS THAT HE WROTE FOR HER ONE OF THE GREATEST LOVE-POEMS OF ALL TIMES.

THE FAMOUS FAVORITE GIRL STANDS FOR A PURE, SWEET, WHOLESOME SPREAD IN THE MINDS OF MILLIONS. SHE IS THE "TABLE-GRADE" MARGARINE WITH THE CORNED-FRESH FLAVOR.



HOUSEHOLD MEMOS by Lynn Chambers



Fruit, Meringue and Cupcakes . . . Dessert Trio

(See Recipes Below)

Dessert Simplicity

Desserts that are delicious in spite of their simplicity and yet hearty enough to satisfy appetites whipped to their keenest by sharp wintry weather are the order of the day. We're concentrating on desserts that take up little time and effort, little of the precious, rationed sugar, but use plenty of fruits in season. There are many recipes among them that use eggs or milk to fortify diets shy in these two important foods.

Fruit Cupcakes

Slice plain bakery cupcakes into wedges, cutting only half way through. Open gently and fill the cavity with meringue and fruit. Bits of fruit left over from breakfast or lunch may be used. Served with coffee or another hot beverage, these make a tempting climax to heavier fall and winter meals.

Butterscotch Rice Pudding.

(Serves 6)
1/2 cup rice
2 cups milk
1/2 teaspoon salt
2 tablespoons butter
1/2 cup brown sugar
1 tablespoon lemon juice
1/2 teaspoon vanilla
1/2 cup chopped dates

Wash rice and add salt and rice to the milk. Bring to a boil and then simmer 25 minutes. Meanwhile, melt butter, add brown sugar and cook over a low flame until very dark brown but not burned. Add the caramel mixture to the rice and milk and stir until dissolved. Remove from heat and add lemon juice, vanilla and dates. Pour into a wet bowl and chill. When cold, this pudding can be unmolded.

Pear Cake.

1/2 cup shortening
1/2 cup sugar
2 eggs
1 cup sifted flour
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon lemon extract

Topping:
10 pear halves, pared and stewed
1/2 cup sugar
1 teaspoon cinnamon

Cream shortening, add sugar and cream until light and fluffy. Add eggs one at a time and beat well. Add flour which has been sifted with baking powder, salt and cinnamon.

Lynn Says

Saving Sugar: Syrups may be used in cookies while sugar is saved for cakes. The texture of cookies is not affected enough by syrup in place of sugar so that it is perfectly all right to use it. Use 3/4 cup honey or corn syrup in place of each cup of sugar, and add 2 tablespoons of flour to each cup called for in recipe.

Fruits may be sweetened with jams and jellies or honey. Add sweetening last with a pinch of salt to make the most of it.

Prepared pudding and gelatin mixes may be used with unbaked sweet cookie crusts to save sugar in making pies.

Thicken left-over fruit syrup from canned fruit with cornstarch and use as sauce for puddings.

Make use of dried and fresh fruits for their natural sugar content.

Substitute fresh fruits in season and custards for cakes and pastries as often as possible.

Lynn Chambers' Point-Saving Menus

- Lamb Steaks with Mustard Sauce
- Creamed Potatoes
- Brussels Sprouts
- Pear Salad
- Cinnamon Rolls
- Rice Pudding
- Jelly Beverage

Add flavoring. Pour into a well-greased oblong or square pan. Press the cooked pear halves into the batter and sprinkle with sugar and cinnamon mixed together. Bake for 30 minutes in a 400-degree oven.

Orange Crisps.

(Makes 7 1/2 dozen small cookies)
2 cups sifted enriched flour
1/2 teaspoon baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1/2 cup shortening
1 cup sugar
1 egg
2 teaspoons grated lemon rind
2 teaspoons grated orange rind
3 tablespoons orange juice

Sift together flour, baking powder, soda and salt. Cream together shortening and sugar until light and fluffy. Add egg and beat well. Add fruit rinds and juice. Add flour mixture to creamed mixture. Mix thoroughly. Shape into rolls and wrap up in waxed paper. Chill until firm. Slice 1/4-inch thick and bake on ungreased baking sheets in a moderate (350-degree) oven 12 to 15 minutes. These cookies may also be shaped by using a cookie press, if fancy shapes are desired.

Spiced Apple Pudding.

(Serves 6)
1 1/2 cups sifted flour
1/2 cup sugar
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1 to 3/4 cup milk
2 teaspoons baking powder
1/2 teaspoon salt
4 tablespoons shortening
2 cups sliced apples
2 tablespoons butter
1/4 cup sugar
Juice of 1/2 lemon

Sift flour, sugar, baking powder and salt together. Cut fat into flour, using fork or pastry blender. Add one-half cup chopped apples and enough milk to make a soft dough. Melt butter into the bottom of a casserole, then add sugar, remaining apples and lemon juice. Pour the batter over the apples. Steam for 1 1/2 hours and serve hot with lemon juice or cream.

Chocolate is such a big favorite that it should be included in desserts occasionally to add to appetite appeal. Here is a nutritious dessert that is bound to bring cheers:

Chocolate Floating Island.

(Serves 6)
1 1/2 squares unsweetened chocolate
1/2 cup sugar
3 cups milk
4 eggs
1/2 teaspoon salt
1/2 teaspoon vanilla
4 tablespoons sugar

Melt chocolate in top of double boiler, add 1/2 cup sugar and mix well. Add milk slowly, stirring constantly. Reserve 2 egg whites for meringue. Beat remaining whites and 4 yolks slightly with salt. Pour hot milk mixture over eggs, then return to double boiler. Cook, stirring constantly until mixture coats the spoon and foam disappears. Add vanilla. Strain into serving dish; cover; let stand until cold. Chill before serving. Garnish with meringue made of egg whites, sugar and a dash of salt.

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.

Hedda Hopper: Looking at HOLLYWOOD

WHEN "Roughly Speaking" hit the stands last year I started right in yelping about it. As I remember, my words were:

"One of the most fascinating books I've ever read. As American as Boston baked beans. Characters sturdy as Plymouth rock. Mrs. Pierson, American mother, could, if she had the stuff to do it with, lick Hitler single-handed, as she's licked wealth and poverty and brought up five children. There's a woman I'd fly thousands of miles to meet."

Essence of America

Mrs. Pierson, whose life story, "Roughly Speaking," was recently completed by Warners, with Roz Russell in the autobiographical role, is a person that you, too, have met, whether you know it or not. She's America.

Born rich, pampered by a father who dressed like and faintly believed he might be King Edward (even to the beard, which he brilliantined), Louise was dumped out on a coldly realistic world at the age of 10, flat broke.

Returning from his funeral, her mother called her two daughters together in the sunroom. "The trouble is," she said, "your father indorsed notes."

There didn't seem any use in sitting around bawling, so before long Louise was going great guns as a secretary (\$12 a week), when she met her first husband-to-be, Rodney—"six feet two, tailored by Brooks, and had won six Latin prizes at Yale." Rodney was making \$66.66 a month in a bank, so the two went to live in an \$18 a month flat, where she had four children in four years.

When Rodney really got into the chips the family moved to Ossining, where Louise plunged into everything from politics to the little theater. Tragedy struck in the form of infantile paralysis, temporarily laying low all four children. Louise Jr., never did fully recover.

Rodney decided one day he'd had enough. "I'm moving to the Yale club," he declared.

So without too much ado she got a divorce, another job, another husband, and in due time another baby. Husband No. 2, Harold Pierson, fought with the Canadians in the last war.

Kindred Spirits

He was as nuts as she. "I've always had a weakness for big men with black hair and blue eyes," says Louise. "Besides, he was romantic, charming, irresponsible, generous." He was also rich, owning the vast Pierson greenhouses and nurseries near Tarrytown. Three years later they were broke.

Harold got a WPA job in the New York City parks department, which led to the superintendency of landscape construction at the world's fair.

She had always wanted to write letters to newspapers, heckling editorial writers. One of these missives she aimed at Arthur Krock, political editor of the New York Times. Amused, he showed it to his friend Max Schuster, who promptly sent Louise a check and told her to start writing a book.

At first, she tells me, she thought it was a gag, but when the check didn't bounce she realized she was stuck. The result was "Roughly Speaking."

She said it was the hardest work she ever did, and she's worked hard at everything from scrubbing floors to running a 37-foot boat. The book was an overnight smash (I threw at least five of my hats in the air), and three studios began bidding. Warners wired her: "Will you accept \$35,000 for 'Roughly Speaking' and a contract at \$300 a week, with expenses paid both ways?" Answered Louise: "Three hundred a week not enough—need new toothbrush." Replied Warners: "How about \$500, then?" To which Louise wired: "Okay. That will pay for toothbrush and new hair-do, too."

Louise Randall Pierson seems to be a feature at Warners. That first contract was torn up and a much fancier one rigged up. She and Harold bought a place at Santa Monica.

If you've read the book, "Roughly Speaking," I don't have to urge you to see the picture. If you haven't, I envy you the treat in store for you.

Look Out, New York

Lee Shubert is on his way here to complete arrangements for "Sweet Surrender," a musical which is about the battle between Monterey and Los Angeles years ago. It will feature Leo Carrillo. The lyrics kid the pants off everything in Los Angeles. That alone will cause it to run in San Francisco a year. It would be too good to be true, having two plays succeed here before they hit Broadway. Remember "Song of Norway" opened on the west coast.

SEWING CIRCLE PATTERNS Dainty First Clothes for Baby Versatile and Smart Two-Piecer



Baby Clothes

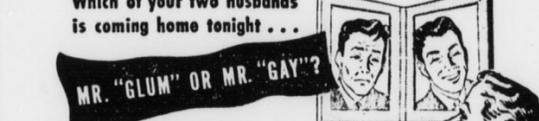
HERE is an adorable set of tiny first clothes for the very small member of your family. It makes a lovely gift for a new baby. Make the little dress of organdy, dimity or dotted swiss—the dainty underthings in fine lawn or batiste.

Pattern No. 8706 comes in sizes 6 mos., 1, 2 and 3 years. Size 1, dress, requires 1 1/2 yards of 35 or 36 inch material; pantie and slip, 1 1/2 yards; 3 yards lace for pantie and slip.

'Pineapples'

Hand grenades derived their nickname from their shape and the yellowish-orange paint which covered their surface. They are now being painted olive drab to prevent the enemy from getting a good view as the "pineapple" approaches, with time to take cover.

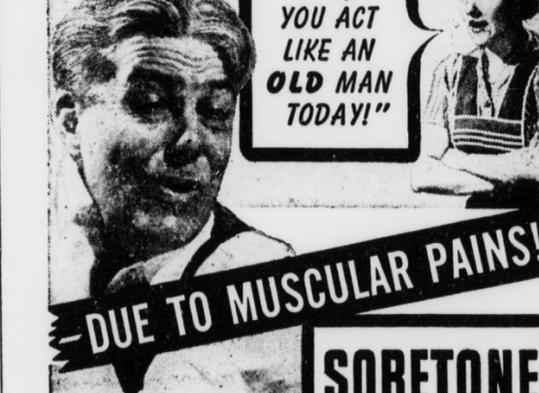
Which of your two husbands is coming home tonight . . .



Constipation may make anyone a Mr. or Mrs. Glum. 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¢ Convincer Box today! All druggists. Caution: Take only as directed.

ALL-VEGETABLE LAXATIVE

NR TO-NIGHT, TOMORROW ALRIGHT



SORETONE

soothes fast with COLD HEAT* ACTION

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

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

HOW LOW, discouraged, they can make you feel—those nagging muscle aches. In Soretone Liment you get the benefit of methyl salicylate, a most effective pain-relieving agent. And Soretone's cold heat action brings you fast, so-o-o-thing relief. Soretone Liment acts to:—

1. Dilate surface capillary blood vessels.
2. Check muscular cramps.
3. Enhance local circulation.
4. Help reduce local swelling.

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

MONEY BACK—IF SORETONE DOESN'T SATISFY

"and McKesson makes it"



*Though applied cold, rub-facient ingredients in Soretone act like heat to increase the superficial supply of blood to the area and induce a glowing sense of warmth.