

Straight Or Full, School Skirts Have Feminine Look

Even the pigtail set will start back to school this fall looking like little ladies.

The new mode of feminine frills, so important in adult circles, already has percolated to the

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GETTING SET FOR SCHOOL is Becky Kirkman, daughter of Mr. and Mrs. E. N. Kirkman of Waynesville, looking over some of the attractive dresses from the large stock at Belk-Hudson.

Assisting her here is clerk Mrs. Roy Ruff.—Adv.

(Mountaineer Photo.)

grade school crowd, and small glamor girls will look the part when school bells ring.

The new Empire styles are present and accounted for in the back-to-school fashion lineup. Smartest school dresses have high-waisted lines, interest at the top, crisply flaring skirts and feminine detail.

Other style notes of the new season include the Tynean influence and the Ivy League look. In the first category are many gay calico prints used in dresses with a nostalgic look evident in such things as leg-o-mutton sleeves, pinafore details and rickrack braid trim. Dirndl skirts and puff-sleeve peasant blouses also will be strong in the school picture again.

The Ivy League look consists of straight skirts, classic blazers, tailored shirts, slim jumpers and back-buckled belts and caps.

Fabrics also make news in back-to-school fashions. Cottons used in dresses, blouses and shirts are dark, with much emphasis on stripes and muted plaids in crease-resistant finishes. In the

Tempting Surprises Can Be Packed In Lunch Boxes

By **BLANCHE M. STOVER**
Family Food Editor
Parents' Magazine

Now, while planning to get the children ready to go back to school this fall, is the time to start gathering information you'll need to make certain yours get a good lunch every day.

Since most children carry their lunches to school, let's start with some suggestions that will help you pack interesting and well-balanced meals.

Sandwiches are the mainstay of the packed lunch. They're easy to make, easy to pack and easy to eat. They're high in food value, too.

Sandwich combinations are practically unlimited. There are so many kinds of bread from which to choose: enriched white, rye, pumpernickel; whole wheat, and cracked wheat; all of the banana, raisin and date—to name only a few; plus French, Swedish and regional breads, and a variety of rolls, biscuits and muffins.

Spreads and fillings can be

even more varied. Most youngsters like all kinds of meat and poultry fillings, including cold cuts and meat spreads. They go for peanut butter — plain or blended with grated carrot, crumbled bacon, raisins, honey, jam, whipped marshmallow topping, cream cheese, applesauce, mashed banana, cranberry sauce, crushed pineapple or chili sauce.

They also like such combinations as shredded American cheese and pickle relish; cream cheese with jelly, olives or pineapple; minced liver, celery and mayonnaise; tuna fish, shredded carrot and Russian dressing; salmon, lemon juice, mayonnaise, chopped chives and green pepper; egg and olive salad.

The size and shape of sandwiches also can be varied. For a change cut sandwiches into squares one day, triangles or strips the next. Or use cookie cutters to make round sandwiches, animals, hearts or whatever shape suits your child's fancy. The odds and ends of bread can go into poultry stuffing or bread pudding or be dried for crumbs.

Sandwiches should "grow up" along with children. Members of the younger set usually prefer bland fillings. They like small sandwiches which make them feel master of the task at hand. Furthermore, the smaller the

sweater array, orlon is the overall favorite, for a number of reasons—its cashmere look, easy washability and thrifty price.

For grade school girls, full skirts are still in demand, but style-conscious junior high belles are going in more for slim lines.

Check Of Eyes Deemed A Must For All Pupils

A complete visual examination before a child begins or resumes school work may mean the difference between a star pupil and a problem child, according to Dr. Robert E. Bannon of the American Optical Company's Bureau of Visual Science.

"Don't depend on school vision tests entirely," he advises. "They are not intended to take the place of a thorough professional eye examination."

And because a child has a visual problem, he adds, it does not necessarily mean that he must wear glasses, or at least not continuously. Visual training is now a highly developed science and a wide range of instruments and devices are available to doctors and their patients.

One new training device actually utilizes home television.

Similarly new type lenses have eliminated use of old eye patches once used in visual training.

Some symptoms of visual deficiency for which parents should watch, says Dr. Bannon, are frowning, blinking, squinting, irritability and lack of interest in reading, shutting one eye, tilting the head, headaches, eye aches and complaints of blurred or double vision.

"If your child does need glasses," he said, "you need not worry about his breaking them and getting a splinter in his eye because break-resistant glass and plastic lenses may now be obtained."

STRIPES GO ROUND AND ROUND

"Stripes tell a tale—a marvelous fashion tale—" says AMERICAN GIRL, "going round and round, at Empire bodice, adding a new chapter at the natural waist, and two more to cover the torso. It's all about a cotton princess with a mandarin collar and short set-in-sleeves... the happy ending, a back zipper."

TEACHER'S BLOUSES

Trying on blouses before buying is recommended to teacher in planning her wardrobe. Length should be checked to be sure the blouse will stay neatly tucked into skirts.

sandwiches, the more they can boast about the number they have eaten.

As children get older, their tastes become more sophisticated. They like fillings with more zip and texture interest; for example, crumbled bacon added to a cheese spread or chopped celery mixed with a meat spread. Girls like fancy sandwiches almost indefinitely but boys, by the time they are nine or ten, want more food and less frills. They'll ask for heartier sandwiches, with the crusts left on, and more of them.

In addition to two or more sandwiches, the usual school lunch includes a dessert and a beverage—milk, cocoa or a juice—carried from home in a vacuum bottle or bought at school.

Most youngsters like to nibble crisp vegetables with their sandwiches or hot dish. Carrot sticks or a small young carrot, celery strips or a chunk of crisp cabbage are favorites. Peas in the pod, young green beans and cauliflowerettes are good, too. Small, firm tomatoes can be cut into quarters for ease in eating.

Well-Dressed Appearance Creates Self-Assurance

By **BERYL TUCKER**
Fashion Editor, Parents Magazine

Do clothes have a psychological effect on children? Of course they do. Being well-dressed, and that does not necessarily mean having a lot of expensive clothes, instills in young persons a certain self-confidence that is important equipment for them to take back to school.

Here are some suggestions that will help when choosing their wardrobes and give them the self-assurance that will free them to become good students.

1. Dress your children to conform with the style trends and life of your particular community. Don't try to make your child the exception at school.

An example or two — even if you prefer short pants on junior, but all the other boys wear long pants, save him the ridicule of his friends.

Don't make sister wear long cotton stockings in the winter because you did when you were little. It's no longer in fashion.

Curb a too feminine instinct in dressing junior for school.

2. Help your children to develop a sense of knowing what to wear for the occasion. Don't imply that blue jeans are a disgrace. They are sturdy, comfortable, ideal for play. On the other hand,

don't allow beruffled dresses to go to school.

Being properly dressed for the time and place is good manners for young and old alike.

3. Avoid buying a size or two larger than is needed. It's not economy, it's waste. The child looks like an orphan and all the joy of having something new is overshadowed because the child is well aware that he looks absurd.

Buy the correct size, then take advantage of the grow features, which most clothes have today,

when the time arrives.
4. Don't embarrass your children when you take them shopping for their back-to-school clothes. Too often mothers discuss how fat or how thin a child is with a sales person, while the child stands silent and unhappy. Select clothes to enhance the child, but don't let a shopping trip turn into a lecture on his physical imperfections.

Let fashion and function work for you. Choose bright happy colors for your children's clothes and they'll be brighter, happier children. Let self-help features such as zippers, snap fasteners and buckles make them more self-reliant, proficient in dressing themselves.

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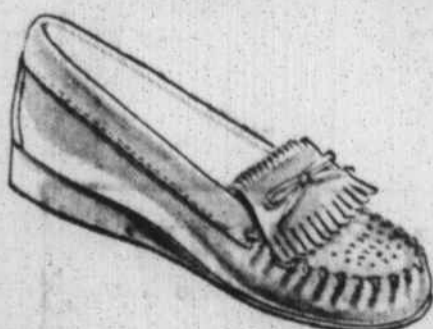
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