Inexpensive Buffet Set That's Done in a Jiffy

This—the newest in crochet—inexpensive—quickly made in one or two colors (the leaf border contrasting) adds beauty to your home. Make luncheon or buffet sets—scarfs or just doilies—use perle cotton or just string. Pattern 1532 contains detailed directions for making the design shown; illustrations of it and of all stitches used; material requirements; photograph of section of work; suggestions for varied uses.

Pattern 1532

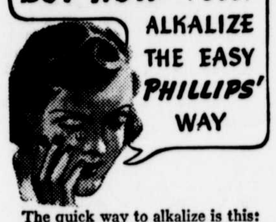
Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York, N. Y.

Please write plainly pattern number, your name and address.

Bicycle Speed

The greatest speeds on bicycles have been made behind specially constructed motorcycles that carry side windshields to break the air resistance for the cyclist close behind. L. Vanderstuyft, a Belgian, riding in this way in the Paris autodrome in 1928, traveled 76 miles 503 yards in one hour, which appears to be the world's record. Jean Brunier, in the same manner, rode 75 miles 279 yards in one hour.

I WAS NEVER SO EMBARRASSED -FOR I KNEW THAT ACID-INDIGESTION WAS DISTRESSING TO ME AND OFFENSIVE TO OTHERS BUT NOW—I JUST ALKALIZE THE EASY PHILLIPS' WAY



The quick way to alkalize is this: Take two teaspoons of Phillips' Milk of Magnesia 30 minutes after eating and drinking. Or, when among others — *take two Phillips' Tablets* that come in a small flat tin you carry in purse or vest pocket. — You do it unnoticed.

Relief is almost immediate. "Gas," nausea, acid breath and other offensive symptoms leave.—That "stuffed" feeling and pains from "acid indigestion" cease to annoy. You feel great.

This is the way, we believe, more doctors use than any other when alkalizing upset stomach.

Star of the Soul

Peace is the evening star of the soul, as virtue is its sun, and the two are never far apart.—Colton.

Many, Many Women Say Cardui Helped Them

By taking Cardui, thousands of women have found they can avoid much of the monthly suffering they used to endure. Cramping spells, nagging pains and jangled nerves can be relieved—either by Cardui or by a physician's treatment.

Besides easing certain pains, Cardui aids in building up the whole system by helping women to get more strength from their food.

Cardui, with directions for home use by women, may be bought at the drug store. (Pronounced "Cardui.")

A Sure Index of Value

. . . is knowledge of a manufacturer's name and what it stands for. It is the most certain method, except that of actual use, for judging the value of any manufactured goods. Here is the only guarantee against careless workmanship or use of shoddy materials.

Buy ADVERTISED GOODS

START DAY WITH GOOD BREAKFAST

Menus for Fall Days Should Be Carefully Planned.

By EDITH M. BARBER

THE American breakfast of the present day naturally begins with fruit. Nowhere else in the world is there such a variety of fruit to be found. Nowhere else is the quality so high. In many households orange, grapefruit or tomato juice is supplemented by chilled melon, baked apples, stewed pears, figs or prunes. A choice of cereals may be offered for the next course. Occasionally you may like to serve on a chilly morning a steaming bowl of porridge, although ready-to-eat cereals should be offered also.

"Eat your cereal, child," my grandmother used to urge, "it's warming to the stomach and it sticks to the ribs."

No urging of jaded appetite will be needed if the perfume of sizzling bacon has been wafting into the dining room. The term bacon is general, but the varieties of this favorite breakfast meat are many. Three principal kinds are American, Canadian and Irish. The distinctive flavor of the latter, by the way, is due, so they say, to the good rich Irish potatoes and milk upon which the pigs are fed, as well as to the special method used for the smoking. Bacon with fresh country eggs, prepared according to preference is probably our standard breakfast dish. It can be varied, however, with broiled or baked salt mackerel, kipper baked in cream, plump little sausages, which furnish savor for the first meal of the day.

Of course, there will be toast, hot and crisp and well buttered. There may be hot rolls or muffins or toasted English muffins. We may add griddle cakes or waffles for Sundays and holidays when there is plenty of time and when men must be fortified for golf.

And don't forget that jar of marmalade or honey for that finishing sweet touch.

• • •

BREAKFAST DISHES.

Codfish Cakes.

1 cup salt codfish
2½ cups cubed potatoes
½ tablespoon butter
Pepper
1 egg

Soak codfish overnight in cold water. On following morning, pour off water from codfish and shred by placing pieces on cutting boards and using fork. If codfish has soaked for 12 hours it will shred easily. Cook potatoes until tender, drain thoroughly and return to kettle in which they were cooked. Shake over heat until thoroughly dry, mash thoroughly, add butter and pepper and beat until light; add flaked codfish and continue beating until mixture is light and fluffy. Add more salt if necessary. Use No. 16 ice-cream scoop for dipping up balls. Put in frying basket and fry for 1 minute in deep fat (385 degrees Fahrenheit). Drain on brown paper.

Kidney Stew.

1 large kidney
1 tablespoon butter
1 onion
1¼ tablespoons flour
Salt
Pepper
2 tablespoons sherry

Remove fat and sinews from kidney. Wash thoroughly and place in saucepan with one-half teaspoon salt and enough water to cover. Allow it to come to a boil and then simmer for five minutes until very tender. Remove the kidney, retaining the water in which it has been cooked, and cut in small pieces. Slice onion and cook with the butter in frying pan. When light brown add flour, stirring gently; add sherry and 1¼ cups of water in which kidney was cooked. Bring to a boil, stirring occasionally. Add pepper and more salt, if necessary.

Baked Salt Mackerel.

Soak mackerel overnight. Drain, dredge with flour and pepper. Put in a greased pan and half cover with top milk. Bake in a moderate oven (375 degrees Fahrenheit) about fifteen minutes until tender. Add one-fourth cup of cream and cook ten minutes more.

Griddle Cakes.

2½ cups flour
4 teaspoons baking powder
¼ teaspoon salt
1 tablespoon sugar
1 egg
2 cups milk
¼ cup melted shortening, or cooking oil.

Mix and sift dry ingredients. Beat egg, mix with milk and stir into first mixture. Stir in melted shortening. Bake on both sides on hot ungreased griddle. Preparation time 7 minutes.

If sour milk is used, substitute 1 teaspoon soda for 3 teaspoons baking powder.

Rich Muffins.

¼ cup shortening
¼ cup sugar
1 egg
3 teaspoons baking powder
½ teaspoon salt
2 cups flour
1 cup milk

Cream the butter, add the sugar and egg well beaten, sift the baking powder and salt with the flour, and add to the first mixture, alternating with milk. Bake in greased gem pans 25 minutes in a moderate oven (375 to 400 degrees).

© Bell Syndicate.—WNU Service.

Scaled Paint on Plaster

When repainting a plaster wall, if some of the paint has scaled off leaving bare plaster, it is wise to sandpaper down edges of the paint to make the spot less conspicuous. Then coat the bare spots with wall primer or sealer and let dry.

Tall Objects Help

Add tall table lamps and one or two tall pieces to a modern room. All modern furniture being built low necessitates pieces such as these to give the room height.

Household Hints

By BETTY WELLS

WE SAW a high and mighty interior decorator put his nose up in the air over the desires of an engaged pair seeking his advice on their new home. With "only" $3,000 to spend, said he, he just didn't see how they could expect to do anything very interesting.

Well, well, we replied, but that's quite a lot for a young couple to have in cash to put into their house of hope. And if knowledge and experience do not enable a trained decorator to offer usable suggestions to people with a limit to their resources, we question the creativeness of that decorator. After all the art of it is ideas . . . it's not so clever to be able to make a room look like a million if a million has been spent on it. But it is clever to make it look like a million when it's cost a small penny.

Another interior decorator who's a friend of ours takes pride in the bright ideas she can think of that can be worked out with hard work,

With His Nose in the Air

love, a needle and a tack hammer. Here are some of her suggestions of ways to get "decorator touches" with trimmings.

In the Living Room.—A sofa that isn't so much one way or the other becomes quite something by the addition of a pile welting in the seams and a deep rope fringe around the bottom. Or if you have a studio couch, finish seams with a heavy rope in contrasting color and finish the box pleated ruffle with a flat woven tape braid. Two not-very-important windows with a space between can be treated as one by hanging the glass curtains all across the two windows as well as the wall space, then sweeping draperies to the outside of each window and adding to the draperies a tassel fringe and bigger tassel-and-cord tie backs. A pair of upholstered chairs with slip covers of a plain fabric can be finished all around and up and down with an inch-and-a-half width embroidered braid or else a flower stripe cut from a striped cretonne. Cushions finished with wool or silk fringe or trimmed with a smart flat woven braid are nice touches. Lampshades with silk braid, glass beads or wood fringe dress up a room . . . often an old shade of no particular style can be high-lighted this way.

• • •

Hinting Subtly.

It takes quite a lot to give us a real rug thrill. Especially in a rug that doesn't belong in a museum. Because rugs have been one of our pet hobbies for years and our taste has gotten pretty hand-made. However, there are some new rugs on the market that we're terribly excited about . . . in fact there's one that we feel we simply must have and are hinting subtly to that effect at our own dinner table these days. These rugs are machine made in America; good velvet in quality. Their names are as nice as their designs and colors.

"Normandie Quilt" is blonde to beige in coloring with a design that copies an old Norman bed quilt.

We're Hinting for One of These Rugs, Too.

Suggested for use with draperies in eggshell and upholsteries in blues and beiges. Perfect with French provincial furniture, of course, but nice with many of the walnut styles.

"Flowers and Scroll" is copied after a Georgian needlepoint design that is deliciously floral. Delightful with Eighteenth or Nineteenth century furniture but could be used with the more dignified maple. A drapery ensembled with this repeats the scroll and flower motif on a smaller scale.

"Regency"—Suggested by an old dark-ground floral needle-point document similar to one that Marie Antoinette worked on. 'Twould be charming with draperies of moire with satin Roman stripes and upholstery in green coptic cloth (a spun rayon), and in the same fabric as the draperies.

"Antique Kirman"—A copy of a fine old pastel Persian carpet in which grays, blues and beiges predominate. Perfect with Eighteenth century furniture. Draperies of eggshell and peach damask and upholstery in a heavy beige cotton.

© By Betty Wells.—WNU Service.

Blue Bedroom

The prevailing color scheme in a truly modern bedroom designed by Donald Deskey is blue and white. The wall and floor are finished in blue and there are flecks of blue in the upholstery. Everything else in the room is white.

Surface Preparation

Regardless of the kind of paint or varnish finish you are applying, the surface to be finished must be in proper condition or the results will be disappointing.

Velvet Is Smart for Daytime Wear

By CHERIE NICHOLAS

MORE velvet and more and more and still fashion keeps calling for more. All signs point to a record breaking season for the wearing of velvet. In the majority of couturier collections velvet predominates. Everything is being made of velvet, hats, shoes, gloves, bags, blouses, daytime suits, coats and street ensembles, evening dresses and wraps, hostess gowns, lounging robes, pajamas and negligees—all is velvet. Yes, and "nighties," if you are wanting to know, for there are velvets that wash easily as a pocket handkerchief.

Why do women make velvet a first choice? Answering by asking another question—is there any material more flattering, more kind to maid and matron than velvet? Then, too, velvet has that luxurious look that fits especially into the scheme of things this season, for the whole trend of fashion is toward greater elegance such as has not been equalled for years.

However, it is not merely feminine vanity that is inspiring the present vogue for velvet, back of it all there is an intensely practical explanation that can be told in two brief words with a hyphen between—crush-resistant!

It is an age of scientific discoveries and crush-resistant velvet is one of them. Heretofore the one great barrier to wearing velvet for other than important dress occasion was that it would crush and wrinkle easily. To maintain it without blemish entailed an upkeep program of repeated steamings and coaxings which was both costly and wearing upon the nerves. The advent of crush-resistant velvet gives promise, to a reasonable degree, of doing away with this anxiety to keep velvet spick-and-span.

The velvet day fashions here pictured are to be recommended from both the practical and esthetic point of view. Wearing any one of these handsome types you are sure to look properly costumed the whole day through. Dashing and very Spanish-fashion is the youthful daytime dress posed to the left with its gayly striped velvet blouse and simple straight skirt. The Spanish sailor is the type young girls delight in wearing this season. The velvet gloves are tres chic. The plaque of the exotic looking bracelet simulates old coin. Which reminds us to remind you to look to your costume jewelry! Bracelets are huge, necklaces have big pendants, clips are gorgeous and so on and on.

A handsome all-day suit of brown velvet centers the illustration. It has the slim sheath skirt which is the correct thing for day wear. The loose straight coat bespeaks the newest silhouette—no flare, just straight. Its collar of sumptuous fur adds yet another luxurious note. An up-and-off the face quilted and shirred velvet hat is worn. There's a scrumptious metal cloth blouse ready to blaze forth when the coat is removed.

The all-important daytime dress of crush-resistant velvet shown to the right makes a perfect background for dramatic accessories. Note the bracelet. It is of two-tone gold, modern and heavy. And the gloves! They are the newest thing by Aris, being velvet with leather palms, with white stitchings for color contrast.

A few postscript items, namely plaid velvet for an extra blouse, all the fur you care to pile on your day velvet suit, a separate glittering sequin bolero to wear with your decollette evening velvet, a bizarre jeweller belt to give accent for dressy afternoon wear, a gold embroidered velvet bolero.

© Western Newspaper Union.

Interpreters of the Mode

SO LONG as you Sew-Your-Own, Milady, just so long will Yours Truly strive to interpret the mode for you. Today the trio brings you frocks for every size (from four years to size 52) for almost any occasion. Each has been designed to bring you the ultimate in style in its particular class and all claim a new high in simplicity and comfort.

Ultra-Smart Dress.

It's nice to know you're easy to look at even if the occasion is only another breakfast session. That's why the ultra-smart dress at the left is so handy to have. Note the clever detail all the way through even to the inverted skirt pleat. See how beautifully the sleeves set-in—you just know at a glance how simple it is to put together. Cotton, of course, is the material.

Typical of Youth.

The surest way to be a big little-body is to wear dresses that are as expertly planned as the grown-ups'. The little number above, center, has the smart styling of a sub-deb's frock. It is typical of youth's freshness and activity, and is one model that gets little girls' complete endorsement. It is the number one dress for the number one sweetheart in anybody's family.

An Orchid to You.

Do you think of a charming sorority tea with lots of atmosphere and plenty of style when you look at the handsome new two-piecer above, right? Would you like it made in one color and material, or, perhaps with a topper in gold lame or satin combined with a skirt of a rich dull fabric? Why not make it yourself to suit your own fancy and step into a swell little world of glamour crowded with fans and fun and festivity?

The Patterns.

Pattern 1401 is designed for sizes 36 to 52. Size 38 requires 4½ yards of 35-inch material.

Pattern 1366 is designed for sizes 6, 8, 10, 12, and 14 years. Size 8 requires 2⅜ yards of 39-inch material, plus 1¾ yards of machine-made pleating to trim, as pictured.

Pattern 1396 is designed for sizes 32 to 44. Size 34 requires 1⅞ yards of 39-inch material for the blouse, 1⅞ yards of 54-inch material for the skirt.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-Third Street, New York, N. Y. Price of patterns, 15 cents (in coins) each.

New Pattern Book.

Send 15 cents for the Barbara Bell Fall and Winter Pattern Book. Make yourself attractive, practical and becoming clothes, selecting designs from the Barbara Bell well-planned, easy-to-make patterns.

© Bell Syndicate.—WNU Service.

'Tis Said Arithmetic Is a Science of Truth

"Figures can't lie," said the professor earnestly. "For instance, if one can build a house in twelve days, twelve men can build it in one."

"Yes," interrupted a quick-brained student. "Then 288 will build it in one hour, 17,280 in one minute, and 1,036,800 in one second. And I don't believe they could lay one brick in that time."

While the professor was still gasping, the smart one went on:

"Again, if one ship can cross the Atlantic in six days, six ships can cross it in one day. I don't believe that either; so where's the truth in arithmetic?"

Still Coughing?

No matter how many medicines you have tried for your cough, chest cold, or bronchial irritation, you can get relief now with Creomulsion. Serious trouble may be brewing and you cannot afford to take a chance with any remedy less potent than Creomulsion, which goes right to the seat of the trouble and aids nature to soothe and heal the inflamed mucous membranes and to loosen and expel the germ-laden phlegm.

Even if other remedies have failed, don't be discouraged, try Creomulsion. Your druggist is authorized to refund your money if you are not thoroughly satisfied with the benefits obtained from the very first bottle. Creomulsion is one word—not two, and it has no hyphen in it. Ask for it plainly, see that the name on the bottle is Creomulsion, and you'll get the genuine product and the relief you want. (Adv.)

Battle Half Over

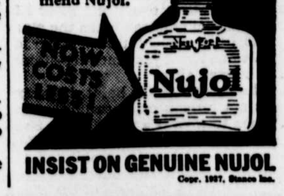
A man prepared has half fought the battle.—Cervantes.

666 LIQUID, TABLETS SALVE, NOSE DROPS checks MALARIA in three days COLDS first day Headache, 30 minutes. Try "Rub-My-Tism"—World's Best Liniment

So the Man

The typical boy becomes the typical man.

CONSTIPATED? What a difference good bowel habits can make! To keep food wastes soft and moving, many doctors recommend Nujol.



INSIST ON GENUINE NUJOL

ERMINE BOLERO

By CHERIE NICHOLAS

Queenly in its rich magnificence is this formal ensemble of black velvet with ermine bolero jacket. And you should see the gown with the bolero removed! It is perfectly stunning in that it has ermine short sleeves and looks adorable without hint of any trimming other than the superb ermine. The full skirt shows the new "up-in-front and down-in-back" hemline—as exquisite as ever a "portrait of a lady" might be. This is one of the hundreds of stunning costumes, all original designs, shown by the Style Creators of Chicago in the wholesale district.

ZIPPERS ON SHOES LATEST CREATION

By CHERIE NICHOLAS

Anticipating the tremendous vogue for zippers now sweeping two continents, Newton Elkin, designer of shoes, has cleverly employed the slide fastener to create the sleekest shoe of the season.

In a talk at a recent fashion meeting, Mr. Elkin said, "Women are zipping themselves into their dresses, their coats, their suits. Now, with so much emphasis on molded, sculptured lines, it is more important than ever that shoes have that neat, uncluttered look. I decided that if a zipper could be used as an ornament and practical closing device on some of the smartest, most expensive dresses and coats coming out of the Paris ateliers, fashion-conscious women would welcome the convenience of the zipper in their shoes, if it could be used in an attractive way. I tried out dozens of patterns with variations on the zipper theme, and finally created what I think is the perfect shoe—a high-cut sheath of suede, sculptural in line, with a slide fastener streaking up the instep."

Fur Is Now Important on New Winter Fabric Coats

Embroideries combine with furs for winter, running alongside them. White ermine makes a scarf that is tied in a bow to front a black duvetyne suit. An ermine muff accompanies it. Both fur pieces are trimmed with black ermine tails.

Many a fabric coat has sleeves made entirely of fur—in beaver or seal. Some have backs of fur and fronts of fabric.

Flowers Important

The gorgeously colored tropical flowers that bloom so luxuriantly in Miami throughout the year are being repeated in chiffon and silk for fall wear.

Uncle Phil Says:

A Wide Difference

The difference between perseverance and obstinacy is that one often comes from a strong will and the other from a strong won't.

Intimate fellowships sail the sea of Give and Take.

Being "resigned to the inevitable" is sometimes an excuse for the yellow streak.

Impudence is not due to lack of respect so much as it is to bad training in manners.

A gossip makes a mountain out of a molehill and then brings it to you.

You're the Smithy

You cannot dream yourself into a character; you must hammer and forge yourself into one.

The increase of knowledge only produces more to wonder about.

By courage and holding one's nose much can be accomplished.

To make a rooster, the vainest of creatures, run, is the first triumph of a very small boy.

Strive to be patient. Work steadily. Remember the dictionary was not compiled in a single day or year.

Not All Can Laugh

A person with a sandpaper tongue may create more gayety, but he with a velvet one is more comforting.

It would be strange if the company a man keeps didn't know him.

A man never forgets a snub. That is the reason it does him so much good, by stirring him into action.

Sport that is sport only for the onlookers, is not sport.

What Women Want to Know About Fashions

Heads must be covered for festive evening hours.

Striped blouses, with the accent on the horizontal, are chic this season.

Beer jackets make smart additions to the fall sports wardrobes of the younger set.

Color schemes that are most aptly described as "violent" are exceedingly popular now.

Wear a Scotch plaid wool coat to the ball game.

Wear a vivid red carnation on your black wool frock.

A cape of stitched leather is one of the novelties of the season.

Necktie prints are advocated for blouses to wear with tweed suits.

Jackets curved at the waistline with vertical tucks are noted in new sports suits in tweed.

"FIVE Minus TWO Leaves FOUR"

WRONG? Well, yes—and no. The arithmetic of your school days taught that "If Mary had five dollars and spent two . . ." three dollars remained.

But that is mathematics—not shopping! In managing a home . . . guarding a limited family income . . . we've simply got to do better than Mary did. We must sharpen our buying wits . . . ascertain where the dollars of extra value lurk . . . take five dollars to town and get much more for the money spent.

Fortunately, there are ever-willing guides right at hand—*the advertisements in this newspaper.* Advertised merchandise is often exceptional value merchandise. It makes dollars S-T-R-E-T-C-H.