

**FRESH! De-licious!** **THAT'S WHY MORE FOLKS LOVE**

**Kellogg's CORN FLAKES**

**Mother Knows A Best!**

## Living & Leisure

### THE WOMAN'S REALM

#### NOW AS WE TURN

Spring will come back in the lane. Spring will come back; Frost will be over and gone. The ice in the pond will crack. Buds will swell on the lilac. The poplar trees Swing in the breeze.

We will walk as we walked last year.

Stepping from stone To stone in the muddy pasture, Watching the bluebird blown, A patch of intenser sky, Breaking forsythia bloom For a sunny room.

Now as we turn from the wind, Now as we pass Hedgerows heavy with ice And brooks that are sealed in glass, We are not dismayed by the cold, By the snow-deep track— Spring will come back!

—Sara Carleton in The Christian Science Monitor.

#### SMART CLOTHES OF SACKCLOTH

Paris — Women can even wear sackcloth and be fashionable this spring. Without ashes, of course.

Although there is nothing revolutionary about "look '49" Jacques Fath has come up with a new idea in materials. Among the dresses he showed here was a full skirted strapless cocktail dress, of sackcloth.

It was not the sackcloth of Biblical days—dark cloth of goat's or camel hair—worn as a sign of penance with ashes on the forehead.

It was cotton sackcloth, and what's more the bodice was heavily embroidered with gold and sequin embroidery.

The dress had a gold serpent-skin belt and was topped with a white waffle plique belhop jacket.

Another little sackcloth number was a thigh-length full coolie coat studded with almond nutshells and raffia embroidery.

#### DARK PIQUE SUITS ARE SHOWN FOR TOWN WEAR

New York — Triger's double-yoke crepe coats, in full length or just to the waist, are important in her large versatile collection.

A group of dark town piques—in maroon, black, or navy, prove highly effective. One black pique town dress has its narrow coat cut on the lines of that of an Indian rajah, two parallel rows of dainty jet buttons, set vertically, accenting its length.

#### SPEEDY GOODBYE CAN BE GRACIOUS

One way to show your consideration for a hostess is to depart with as decisive a leave-taking as it is possible to make.

A brief exchange of farewells allows a hostess to return quickly to other guests. Even if you are the last guest to leave, the chances are that a tired hostess doesn't want to be pinned to the threshold for any longer than she has to be.

If you feel the urge to chat with your hostess while she is seeing you off, curb the impulse and save what you have to say for a telephone call the next day.

### The Stars Say—

By Genevieve Kemble

For Friday, March 4

THE auguries for this day emphasize the importance of elders, old plans and institutions, in which thoroughly practical and constructive issues are at stake. It may be desirable to dig up statistics, facts and figures before coming to final decisions, since long-range factors are in the balance. The purely personal or domestic issues could be stabilized by realistic analysis, as in this connection it may be needful to get the right perspective, especially in relation to partnerships and domestic solidarity and endurance, involving a health factor as well as physical possessions.

#### For the Birthday

Those whose birthday it is are urged to take up the matter of stabilizing their affairs, with a long-term review in sight. Plans and projects already established on a staunch and enduring basis may need bolstering, with a revamping or development in connection with family, partnerships or relations with elders or old established institutions. While the general outlook seems propitious and sound, yet it may be possible to unearth some dubious or dangerous undercurrent.

A child born on this day may be shrewd, clever, diligent and efficient, but tricky circumstances may undermine its best efforts.

Don't be the kind of guest who says that she must leave but doesn't get going for another half hour. During the time that elapses between going and saying that you must go you are almost certain to be a distraction to your hostess. She will be obliged to keep an eye upon you so as to be in readiness for your departure when you finally make up your mind to go.

If you leave a party before other guests do, it is polite to leave without fanfare or fuss or even "good-byes" said to other guests. The idea of going quietly is that if you do, you are making an effort not to break up a party.

#### NEW SILK SUITS TO LIVE IN AND LOVE

New York — Silk suits, to live in and love, make up a large part of Adele Simpson's swearable collection. They are of crisp taffeta with lined jackets of pure silk prints, of silk Shantung, or of pure silk chiffon over zephyr taffeta skirts. Her photogenic necklines, which seem to frame the face, and her interesting use of the "honey" shades, whether in silk serge or taffeta, in chiffon or crisp organza, bring a change from so much spring navy.

#### SKIRTS ON DAYTIME CLOTHES IS INCHES

London, Eng. — Skirts on day clothes tend to be slightly shorter; about 13 inches from the ground. Jackets are mostly fingertip length, about 24 inches long. Skirts on late-afternoon suits and dresses are from 19 to 12 inches from the ground; I didn't see the ballerina skirt in the London collections. Evening dresses have dropped almost to the ground.

#### BLOUSED JACKET

The return of the bloused-back jacket is a definite change. Many of the jackets were belted all around, and more had just half-belts in back, but with that loose, easy line that is so comfortable as well as flattering. The skirts are slim, with kick pleats or single tucks down the back, for walking-width.

And the colors are lovely. Chartruse, coral—there was one coral suit of jersey with the new bloused back, worn with green accessories and a big natural straw hat trimmed with green bows, that was a knockout—powder blue.

**Hungry schoolkids need a lunch Packed with nourishment and punch Mother doesn't have a care... Knows Heinz Beans make hearty fare**

**Evening comes and friends drop in Then it's nice to have a tin Of quick-to-fix Heinz Beans on hand For a snack that's simply grand**

**Often served at family dinners Beans by Heinz are always winners As a side-dish they're delicious Thrifty, tasty and nutritious**

● You'll enjoy all three kinds—Heinz Oven-Baked Beans with Pork and Tomato Sauce—Heinz Oven-Baked Beans in Tomato Sauce (without meat)—Heinz Oven-Baked Red Kidney Beans with Pork.

# Heinz Oven Baked Beans

#### TROUT FOR AFRICA

JOHANNESBURG — (CP) — English trout eggs have been sent by air from Britain to be used for stocking the lakes and rivers of South Africa with fish of a high quality. The 44,000 eggs traveled here packed in damp moss in two aluminum containers.

#### INDIAN LOCOMOTIVES

NEW DELHI — (CP) — Work is proceeding on the erection of locomotive shops in west Bengal. The shops will produce 120 steam locomotives and 50 boilers annually. The factory will also include smaller shops for the manufacture of component parts.

# TODAY'S GREATEST SOAP 'BUY'

**IT'S THE NEW EXTRA-RICH "LIFETIME" OXYDOL**

**NOW! EXTRA LOADS OF WASH FROM EVERY PACKAGE**

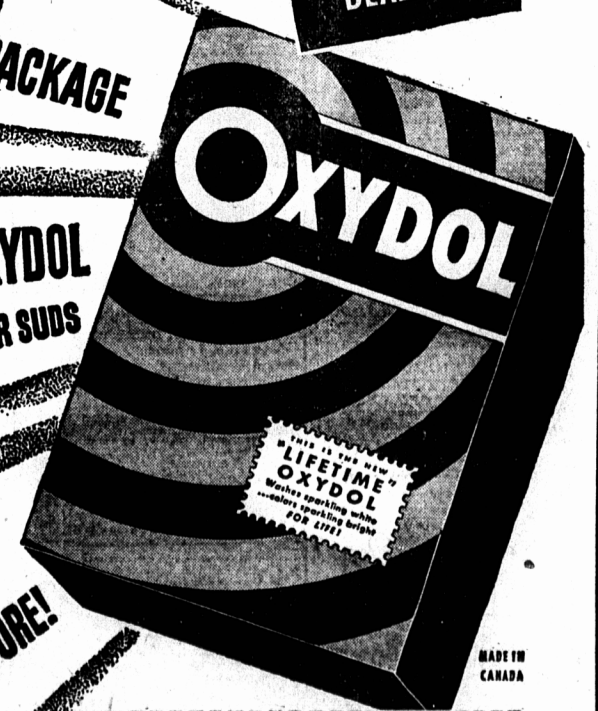
**NOW! YOU USE LESS OXYDOL AND GET MORE SUDS AND RICHER SUDS**

**NOW! Milder, Easier ON COLORS THAN EVER BEFORE!**

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You'll see an entirely new kind of whiteness—sparkling whiteness—the very first wash! Then clothes keep—Wash For Less—sparkling white. Never again will your clothes get that dull gray look as long as you wash them in new Extra-Rich "Lifetime" Oxydol.

So, for extra soap value, (extra tub-loads of laundry from every package) for more suds, for extra mildness, and extra whiteness for the life of your clothes—get new Extra-Rich "Lifetime" Oxydol.



### That Body Of Yours

By James W. Barton, M. D.

#### BLOOD PRESSURE AND THE RICE DIET

Because it is known that the Chinese, as a race, have a lower blood pressure than those in America, it is only natural that it has been thought that it is because rice is their main food.

While food does have something to do with blood pressure, the principal reason for their lower blood pressure is their manner of life. The Chinese are an old race; they are philosophical and do not let the little worries of life get them excited so that the heart beat and blood pressure are raised.

It is known that after Chinese come to America to live, their blood pressure gradually increases. And when citizens of America live in China for a few years, and learn to live the quiet, philosophical life of the Chinese, their blood pressure decreases.

Because it is known that high blood pressure causes heart strokes (coronary thrombosis) and brain strokes (apoplexy), physicians have been investigating the effects of the rice diet on blood pressure. Instead of eating the usual meals of meat and vegetables, patients with high blood pressure have a diet consisting of rice and fruit juices.

It has been found in a closely followed series of cases that all patients put on the rice diet lose weight for the first three weeks, which is about the length of time it takes the body to adjust its water balance. After this first three weeks on the rice diet, little or no further loss of weight occurs.

While depression of spirits occurs during the first few weeks and many patients refuse to continue

the diet, if they can be persuaded to persist for some time longer, they lose this depression of spirits and feel better. Once, however, they go off the rice diet, they refuse to go back to it.

While rice and fruit juices undoubtedly help to prevent a rise in blood pressure, the very fact that weight is lost (only for the first three weeks) points to the water held in the blood and tissues by the salt in the food as the real cause of decrease in blood pressure. Rice and fruit juices contain little or no salt.

Then, those with high blood pressure would cut down on table salt in and on foods and also on salt foods for three weeks, and then have their blood pressure tested, they would know whether or not it would be worthwhile to go on the rice diet.

#### HOW IS YOUR BLOOD PRESSURE?

Send today for Dr. Barton's booklet dealing with both high and low blood pressure entitled "How Is Your Blood Pressure?" To obtain it, just send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

#### SMALL CHANGE

The stamping presses in Britain's Royal Mint are capable of striking a million coins a day.

#### Tourist Prospects Good

MONCTON, March 2—A record tourist traffic to the Maritimes was predicted for this year by J. H. Norton, traffic manager, Atlantic Region, Canadian National Railways, here today in an interview by the press.

"The Halifax Bicentenary will be one of the main tourist attractions to Nova Scotia this year," said Mr. Norton, "and many of these tourists will want to see other sections of the province. Amherst will hold its first Old Home Week in many years. There will be the Gaelic Mod in Cape Breton, the Pictou Lobster Carnival, annual Highland Games at Antigonish, and the 8th International Tuna Cup Match at Wedgeport."

New Brunswick will open its new national park this year, Mr. Norton said, and it should be a strong drawing card for tourists to New Brunswick.

"Old Home Week at Charlottetown, P.E.I., with its exclusive night harness racing," he said, "has been increasing in popularity with Canadian and United States tourists each year."

Even Newfoundland should attract an increased number of tourists, Mr. Norton added, particularly Canadians who will want to visit their new tenth sister province.

#### COMMUNIST CANDIDATE

LONDON, March 1—(Reuters)—A Communist will be one of the three candidates at Britain's next parliamentary by-election at St. Pancras, North London, March 10, it was announced today. He is John Mahon, London district secretary of the Communist Party. Kenneth Robinson, a company secretary is standing for the Labor Party and Nell Shields for the Conservatives. The by-election was necessitated by the death of George House, Labor member.

### Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with nasty-tasting laxatives or harsh, griping cathartics. Give Children's Own Tablets. This new corrective made especially for growing youngsters' needs is so pleasant to take—so gentle and normally without disagreeable reactions that even the fussiest child won't object to their use. Make laxative-taking time easy on the child and yourself, mother! Get Children's Own Tablets today at your druggist, 25¢.

## Needlecraft FOR THE HOME

#### "DRESS - ALIKE" PINAFORES

Make these pretty pinafore mates for mother and daughter or for big and little sisters! You'll especially like their deep pockets, dainty edging — and the graceful all-around gathered skirts. (Two separate patterns.)

No. 2532 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40 and 42. Size 36, 4 1/4 yards 35-inch.

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Send 25¢ for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

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**Balanced for Softness and Strength!**

Never too soft... never harsh... but perfectly balanced for strength, softness and absorbency.

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