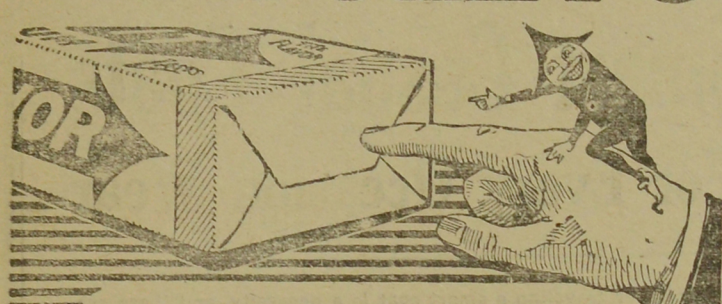


WRIGLEY'S



Sealed for You

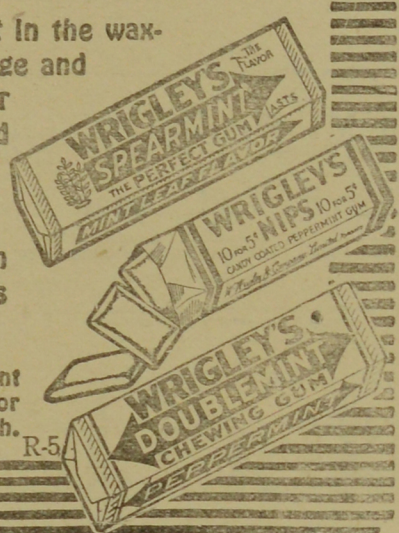
Wrigley's is made of pure chicle and other ingredients of highest quality obtainable.

But it is no use to make WRIGLEY'S 100% in quality and then reach you in poor condition.

So we put it in the wax-wrapped package and SEALED IT TIGHT to keep it good—for you.

Aids digestion—keeps teeth white -- helps appetite.

Wrigley's Doublemint is peppermint flavor in double strength.



WOMEN'S COLUMN

THE FOUNDATION

GIVING A RIGHT LINE TO THE FEMININE FIGURE

The corsetiere is still "molding" femininity into proper proportions. "Not to suppress but to support" is her motto. The flesh must be made to take its right place instead of wadding up about the hips and abdomen.

The bust is neither flattened nor thrust out by the new corsets and bandeaux. It is carefully supported by a garment molded to fit the individual. Abdomen and hips are flattened as much as possible by supporting the flesh at those points also and pushing it where it belongs—granted of course that it belongs anywhere.

The rumor that an attempt was to be made to pull in the waist line has proved groundless. None of the best houses seek to reduce the natural waist line. There is a tendency noticeable to give a little more curve at this point, perhaps, but only naturally so.

For the woman of medium figure the one-piece garment, which is very long but soft and supple, is recommended so that the figure will keep in good shape but will not appear stiff.

The garment is completely covered with lace in its most luxurious versions. For the stouter woman much the same garment is supplied, but the material is much heavier. No other underwear is used with this garment, although some women prefer to use panties also.

PIPING AND FRENCH KNOTS

While lace is greatly in the lead as the trimming for lingerie attractive sets are shown without this garniture. Piping of deeper shades than the garment or in contrast and a trimming of French knots are the decoration for some attractive sets. Others are made of printed and plain georgette or nylon with the two materials joined in a sidewise effect. A section of the plain material forms one side of the top and the other side of the foot of the garment.

NUT CAKE

1-8 cup fat
1 cup sugar
1 teaspoon vanilla
1-8 teaspoon salt
2-3 cup cold water
2 cups flour
2 teaspoons baking powder
1-3 cup nut meats
2 egg whites, stiffly beaten
Cream the fat and sugar for 2 minutes, add the vanilla, salt, cold water, flour and baking powder. Beat for 2 minutes. Add the nuts and fold in the stiffly beaten egg whites. Pour into a shallow pan, which has been fitted with waxed paper. Bake in a moderately slow oven for 30 minutes. Remove the cake from the pan and tear off the paper. Allow to cool for 15 minutes.

CARMEL FROSTING

(This flavor blends with the nut cake)

1 cup dark brown sugar
½ cup granulated sugar
2-3 cup water
2 tablespoons butter
1 teaspoon vanilla
Mix the sugars, water and butter. Cook over a moderate fire, stirring frequently until a soft ball forms.

Short of Breath Smothering Feelings Choking Sensation

Mrs. H. Day, Dartmouth, N.S., writes: "For over a year I was troubled with smothering spells and shortness of breath, and it was impossible for me to walk, even a short distance, because of the choking sensation which followed."

After trying many treatments, in vain, I at last decided to try



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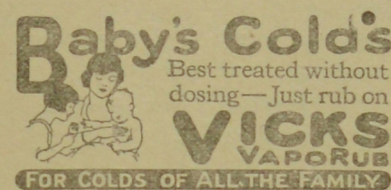
when a portion is slowly poured into a cup of cold water. Remove from the fire at once and set in a cold place for 15 minutes. Do not stir during this period. After the frosting has cooled, add the vanilla and beat until thick and creamy. Carefully frost the top and sides of the cake. When ready to serve cut in squares and serve with a fork.

APRICOT-PRUNE SAUCE

½ pound dried apricots
1 cup dried prunes
¼ teaspoon salt
1 lemon (juice)
1 orange—juice and grated rind
½ cup rind sugar
Wash and cover the apricots and prunes with warm water. Soak several hours or overnight if possible. Add lemon and orange juice and grated rind and cook the mixture very slowly at simmering temperature until the apricots and prunes are tender. Remove from the fire, add sugar (more than one-half cup may be desired), salt and stir until dissolved. Serve cold for breakfast, or as a dessert with or without cream. One-half cup of grated pineapple may be substituted for the lemon and orange.

"INDIAN LOVE CALL"

A special arrangement of Friml's "Indian Love Call" for four muted violins will be heard in the broadcast by the Seiberling Singers over the NBC Coast-to-Coast System, Thursday night, April 11, at 10.00 o'clock, Atlantic Standard Time.



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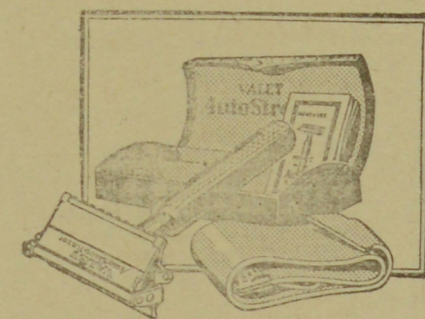
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