



—Photo by Mattie Edwards Hewitt.

linoleum suggests itself for the floor covering, and one with green and cream in a brick and tile pattern is an attractive one which would be effective as the key-note to the color scheme.

The walls might be finished in a deep cream tint and the woodwork finished in green to match the color in the linoleum.

For the glass curtains deep cream cotton gauze, finished with hems and made to hang straight to the sill would be effective; and the over-draperies might be of green ground chintz with a large design in white, yellow and lighter green. These might be finished with lighter green pleated ruffles, made long enough to reach to the floor and hung from short swinging rods. These rods are practical for recessed

have made up in pink and the three leaves are in green. Then I am going to put a four-inch strip of green all around it to make it wider. I am also making enough blocks to put across top as I intend to use my quilt in place of a bedspread. MRS. D.

You will probably see a good many letters from interested quilt makers, for they want others to share their ideas just like you do, Mrs. D. Thank you for writing.

Lily of the Valley Is 16th Design

HOW happy you will be to know that this week's leaflet has on it a pattern of the Lily of the valley for the sixteenth block of the Flower Garden Quilt! Really, you could not consider that your garden would be complete without this dainty little flower, so



here it is waiting for you.

In all, remember, there will be 21 different block patterns for this quilt, 20 being used for the top, which will be four blocks wide and five blocks long. The extra block should have 16 made alike which will be for the border to fit on the two sides and the end.

Please remember, also—that from now on no notices for patterns will run over one week, so you must watch this column closely in order to keep up with the other quilt makers and have just as many blocks as they.

A number of readers have asked if blocks might be had in advance; but that is impossible. No envelopes will be held for future patterns. By asking for one pattern at a time you will receive the most prompt service.

To receive this sixteenth pattern, the Lily of the Valley, just send your request for it to the Beauty in the Home Department, The Detroit News, enclosing with it a self-addressed, stamped envelope. Copies of this leaflet may also be secured by calling personally at Public Service Bureau in the Majestic Building or General Motors Building.

Back patterns of this Flower Garden quilt may also be secured at either of these Public Service Bureaus.

windows, where the draperies are to be placed on the outside of the casing instead of close to the glass curtains.

Yellow and copper might be selected for the furniture covering and yellow might predominate in the lamp shades if a cheery glow is desired.

Another scheme which would be striking might have black and cream linoleum for the floor covering, pale green walls and woodwork, pale yellow glass curtains and over-draperies of black ground chintz with design in Chinese red, bright green and yellow. Chinese red might be brought out in the furniture covering, with yellow in the lamp shades as suggested for the first scheme.

Curtain Decorations.

I have made curtains of unbleached muslin and used the hollyhock design, and really, they are just beautiful, and I am making a spread to match. MRS. R. J.

How very lovely your rooms will be with the hollyhock motif on the curtains and spread. Thank you for writing and telling the other quilt-makers of this idea.

Style For Border.

In making the border blocks of my quilt, the large center part I

Poor Posture Ruins Health and Beauty

ONE THING essential to perfect beauty and health is correct posture. Without health, complexions suffer, eyes lose luster, hair becomes dry and drab and expressions become downcast. Not a pretty picture to contemplate—but a true one nevertheless.

Without correct posture the most expensive or well chosen raiment cannot be worn effectively. And when there is lack of beauty and no poise, the pleasure is nothing less than unattractive.

However, both these conditions may be remedied by consistent and correct exercise, and with the attainment of graceful and natural posture through exercise, health is benefited and beauty restored. With such rewards, the remedy is worth trying.

In her leaflet for this week, Miss Lois Leeds, Beauty Specialist, gives a few simple exercises for gaining correct posture, and other suggestions for the attainment of health and beauty. If you wish this leaflet, "How Correct Posture Adds to Beauty," send your request with self-addressed, stamped envelope enclosed, to Miss Lois Leeds, The Detroit News, and it will be mailed to you, or copies may be secured by calling personally at General Motors Building or Majestic Public Service Bureau in the Jestic Building.

Miss Leeds will also answer any personal beauty question you wish to ask. There is no charge for this service.



Wise women wash this quick, easy

MILLIONS who use Rinso for scrubbles wash-days and whiter clothes—now use it for easier dishwashing, too! How grease goes in Rinso's creamy suds! Wonderful for pots and pans, too—and for tile, woodwork, linoleum. No grit. Cup for cup, Rinso gives twice as much suds as puffed-up soaps—even in hardest water. Get the BIG package.

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MRS. B. M. MISS W. G.— for various bea forgot to give stamped, self-s that I cannot r that you wish.

MISS DORIS column for a that you refer shortly. Or see a personal rep

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