

# MAKE EGGS MORE PALATABLE

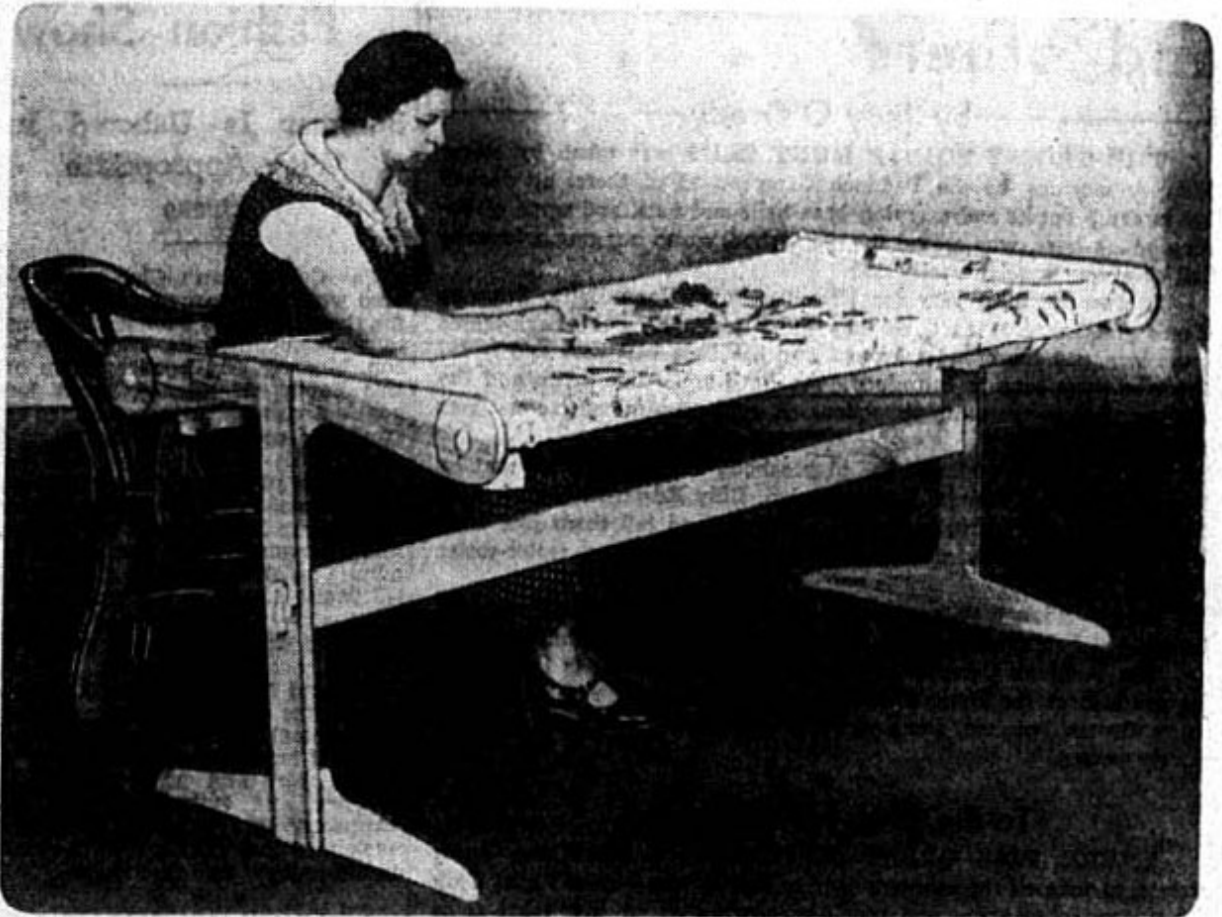
## BEAUTY ARTS

By LOIS LEEDS.

**MISS LEEDS:** Is it possible to get rid of a muscle on leg which has developed from toe-dancing? I studied for six years and now find that I have an ugly bulge on the calf of my leg. Can it be massaged away?  
**ANXIOUS.**

You should have been giving your legs the same care that stage dancers do to keep them shapely. You can probably improve them to some extent even now. Give this treatment daily: Warm a little olive oil and massage it into the legs from knees to ankles, concentrating on the calves with a gentle pressure. Then quickly, massaging one leg for five minutes, then the other for five minutes, then wipe off the excess. Now apply heat: this may be in the form of a hot five minute tub or it may be managed with a towel wrung out from hot water. Towels are kept hot by pre-heating for 10 minutes. Dry the skin, rub with ice, dry again and massage lightly with more olive oil. Wipe off the excess. The training of professional dancers always includes leg mas-

## A Frame You Can Make for Less Than \$2.00



This shows what a small amount of space this frame requires. Its sturdy but light construction makes it possible to assemble or take it apart easily and quickly.

## Light, Collapsible Structure Holds Quilt Firmly In Place

By EDITH B. CRUMB.

**I**N the first Detroit News quilt show (1933) there was an antique quilt with an urn in the center and gracefully designed groupings of flowers surrounding it. Several quilt-makers admired this and decided to copy it and one day Mrs. Charles Voelker, 12022 Hartwell avenue, told me that she had the top of hers almost finished and I told her to bring it in and have a picture taken of it when it was ready. Just to show you how luckily things happen sometimes, I'll tell you how I came to have this picture of Mrs. Voelker working so industriously.

### RIGHT ON TIME!

On the day I received her letter telling me that she could bring in her quilt any time that it would be convenient for me, Mr. Bodkin, the Handcraft Editor, asked me if I could get a quilt and a quilt-maker to pose for the new quilting frame which he had just built and it was just like picking a rabbit out of a silk hat, for before Mr. Bodkin could take a deep breath there was Mrs. Voelker walking right in with her quilt-top tucked away neatly under her arm.

And then in an unbelievably short time the frames were assembled the quilt put on and Mrs. Voelker picked up needle and thread and there we were!—all ready for the picture.

### LESS THAN \$2.00.

Not much of the quilt shows. I realize, but I want you to see the quilting frames, which may be made at home for less than \$2.00. Surely there must be someone about the house who is handy with saw, hammer or whatever it takes to put this frame together, and I understand it is very simple.

I would never, never undertake to tell you how it may be done, for I would only get you all confused, but Mr. Bodkin has put the plan for this down in black and white on a leaflet which you may obtain by calling at The Detroit News Public Service Bureau in the Majestic Building, or at The News uptown office in the General Motors Building. This may be ordered by mail by including with your request a 2-cent stamp if you live in Detroit or a 3-cent stamp if the leaflet is to be mailed out of the city. Please ask for Handcraft Leaflet No. 35.

### YOU'LL LIKE IT!

There is no doubt but that you will like this frame, for several reasons. First it is light, simple to make, sturdy and, second, it may

be taken apart easily and quickly and put away in the closet. It is just the ideal type of quilting frame for the apartment where space is at such a premium.

And here is another feature that you will like. It has ratchets and pawls (two, of each) which make it possible to roll the quilt tightly and hold it firmly in position.

This frame is 32 inches high and a quilt two and one-half yards long

### All New Members On List Today

**U**SUALLY there are old and new members on the Quilt Club Corner list, but today all 11 are brand new and that is the way it will be for several days, as so many are joining right now. Doesn't that make you happy? Here is today's list:

Mrs. George Bailey,  
7600 Nuernberg Ave.,  
Detroit, Mich.

Miss Lois Bennett,  
6844 Coleman Ave.,  
Dearborn, Mich.

Miss Betty Dawson,  
6606 Yinger Ave.,  
Dearborn, Mich.

Miss Mary Dawson,  
6606 Yinger Ave.,  
Dearborn, Mich.

Mrs. Cecilia De Visscher,  
Box No. 509,  
Mt. Clemens, Mich.

Mrs. John Lukasek,  
Strawberry Lake,  
Hamburg, Mich.

Ruth Nickel,  
Ida, Mich.

Mrs. O. C. Peterson,  
326 E. Golden Ave.,  
Cripple Creek, Colo.

Bessie L. Porterfield,  
Wm. H. Maybury San.,  
Room 116,  
Northville, Mich.

Mrs. S. M. Prucha,  
Strawberry Lake,  
Hamburg, Mich.

Mrs. Ruth Rothbone,  
Rural Route No. 2,  
Wayne, Mich.

may be put on it without turning in at the sides, for this is the length of the poles between the end pieces.

### READY FOR SHOW!

Could a frame like this have been designed at a better time? I should say not! Here you are just about

ready to put your quilt show top on the frames and probably wondering just what you will do about it. Now all you'll have to worry about is getting someone to make the frames, and that shouldn't be so difficult with the boys home from school and father has probably been wondering how to put in a few hours' time.

A little later on I will show you a picture of Mrs. Voelker's quilt for I know you will find it very interesting.

### POISONING OF RATS, MICE ILLEGAL UNDER NEW LAW

MELBOURNE, Vic., June 25.—Acting in response to the urgings of nature lovers, the Brisbane City Council had the Queensland Parliament declare that city a protected zone for all birds and animals.

So zealous was the Council that it omitted to have the customary exemptions specified in the act. Now it has discovered that all persons who trap or poison rats or mice are liable to fines and imprisonment. Parliament will be asked to remedy the act as soon as it meets.

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