

How Girls Can Gain Beauty

Definite Rules Adhered To Are Best Treatment

By PATRICIA LINDSAY.
It is very gratifying to me to discover that numerous young girls are decidedly interested in knowing how to live intelligently and in learning the valuable arts of being well poised, charming and nicely groomed. Many of them inquire about correct menus, corrective exercises, sleep, and how to make-up to use. These girls are going to be the beauties of their day.

Fundamental Health Laws.

We may resent our parent's telling us that early to bed and early to rise makes us — as you know. But it is the truth. Girls who are still in their teens are storing up beauty by getting to bed before ten o'clock, pretty regularly and sleeping until six-thirty or seven. From eight to nine hours of rest in a well-ventilated room are very essential to the maturing beauty. Of course, occasionally there will be an exception when our lassie must stay up later, but those in their early teens should strive to make late dates on weekend nights as they may sleep the following mornings.

Nourishing food served at regular intervals, regular exercise preferably in the fresh air, are also "musts" for sound development.

Three miles walking a day is just about right, but if this is not possible, the young girl should do ten-minute exercises night and morning near an open window and out of a draft.

All food should be eaten slowly and each day's menu should include fresh or stewed fruits, fresh vegetables (many of them raw), meat or fish, eggs one quart of milk and about six glasses of water taken before or after meals — not during meals. Fried food, highly seasoned food, pastries, candies, hot bread and other sweets should be avoided. This is possibly the hardest of all the health rules for young girls to obey. But they should obey it if they want their complexion to be clear and beautiful, and their hair lustrous and of good color.

Should Develop a Hobby.

Every young girl should have a hobby. It may be a sport such as tennis, riding, and badminton, swimming or hiking. Or it may be a keen interest in one of the arts. At any rate she should have a very definite interest other than her school work, her home and her friends. Hobbies should be started while you are still young and mastered during maturing years. They bring you into a social group, keep your mind alert and afford you great pleasure all of which are necessary to round out your personality.

Make-Up Inconsequential.

As long as young things groom themselves thoroughly and regularly, make-up is only incidental. Nothing is more distressing to persons of good taste than to see a girl wearing inappropriate make-up, too blatant for her tender years.

If I were in my "teens today I would boast loudly of using only lipstick and nail polish both in shades flattering to my general coloring. Of course, I would take care of my skin and hair with beauty aids, but I would get along without rouge, eye make-up, heavy powder and other artifices except for special, special parties when I wanted desperately to be a bit "grown-up." Even then I would use all make-up sparingly making it enhance my young beauty and not allow it to cover it.



The exquisite loveliness of youthful Jean Arthur is kept freshly fascinating by her intelligent healthy schedule. A wise little beauty is she!

Daily Pattern



Contrast For A Young Frock PATTERN 4022

by Anne Adams

"Look alluring, my dear!" is fashion's advice to girls this Spring... and print-with-plain, as in Pattern 4022, is one of her favorite suggestions! Even on paper, this yoke-style dress gives promise of how successfully it can flatter you. And how simple that bias-cut fullness below the yoke is to stitch up, since it hangs flowing softness right to the fallow-y hem! You'll want to vary the waistline by buying one of the new corselet-type belts. Perhaps a little-girl collar will please you more than the pet, high round neck... both are available. The Sewing Instructor shows there's an ankle-length party-frock version too not pictured.

Pattern 4022 is available in misses' sizes 12, 14, 16, 18 and 20. Size 16 takes 3 1/2 yards 59 inch fabric and 1/2 yard contrast.

Send fifteen cents (15c) in coins for this Anne Adams pattern. Write plainly size, name, address and style number.

Plan a dashing new Spring wardrobe from ANNE ADAMS NEW PATTERN BOOK... which means order your copy at once if you want to finish your sewing early! Choose trim sportsters, dress-up flatterers, cheery house-ticks, dainty undies all made easily and thriftily at home. Find out what's new in play-clothes for cruise and resort wear. See fetching designs for kiddies, growing-ups and brides. Also—specially slimming modes for matrons! Send today! Price book fifteen cents. Price of pattern fifteen cents, book and pattern together, twenty-five cents.

Send your order to Pattern Department, Saginaw News, Saginaw, Michigan.

Try this "dessert method" for pancakes. Bake four large pancakes, quickly spread jam on each. Stack the cakes and sprinkle granulated sugar lightly on them. Surround with warm orange sauce, cut in wedge-shaped pieces and serve with a bridge club luncheon dessert.



Eleanor Pecha Becomes Bride

Weds Bay Citizen At St. Mary's Cathedral.

In the presence of fifty guests Miss Eleanor Mae Pecha daughter of Mr. and Mrs. Viktor Pecha, 1220 West Genesee avenue, became the bride of Vincent H. Rivet, son of Mrs. Emma Rivet, 412 South Linn street, Bay City, in a ceremony performed by Rev. Fr. Felix Vogt Tuesday morning at St. Mary's Cathedral.

The bride wore a light green gown with black accessories and a shoulder bouquet of souvenir roses. She was attended by Mrs. Terence Adcock of Bay City, Michigan, who was the bridegroom's attendant.

After the ceremony a wedding breakfast was served at the home of the bride's parents to the following: Mr. and Mrs. Adcock, Mrs. Rivet, and Mr. and Mrs. Fred Dunn of Bay City; Mr. and Mrs. J. D. Baxter and Mr. and Mrs. James Cuthbertson of Flint; Mr. and Mrs. Harold McIntosh of Montrose; and Mr. and Mrs. John McLean and Miss Maxine Pecha of Saginaw.

The bride attended Flint Central high school and the bridegroom attended St. Joseph's college, Grand Rapids. The young couple will make their home at 412 Linn street, Bay City.

Out of town guests for the ceremony were Mr. and Mrs. Dunn, and Mr. and Mrs. B. G. Hudson of Bay City; Mr. and Mrs. Cuthbertson, Mr. and Mrs. Baxter, Mr. and Mrs. Claude Hammer, Mr. and Mrs. Alex Lesnick and Mr. and Mrs. Rudolph Eckert of Flint; Mr. and Mrs. Al Siegel and Mr. and Mrs. Al Marans of Detroit; Mr. and Mrs. Arthur Schutte of Pontiac; Mr. and Mrs. McIntosh of Montrose; Mr. and Mrs. Richard Leach of Burt; Mr. and Mrs. Glenn Kerr of Birch Run; and Mr. and Mrs. Arza Loomis of Mt. Morris.

Wed In Indiana



MR. AND MRS. ALBERT SNOW.

1603 South Hamilton street, have announced the marriage Saturday in Angola, Ind., of their daughter, Thelma B. (above) to Leroy A. Rabideau, son of Mr. and Mrs. Frederick C. Rabideau, 203 McGregor street. The ceremony was performed by Rev. Lester L. C. Wisner in the M. E. church. The couple were attended by the bride's brother and sister, Oliver and Theda Snow. The young couple will make their home at 415 North Webster street.

Auxiliary Of Legion Plans District Meet

Plans were made for the Eighth district meeting March 1 by members of the American Legion auxiliary last night at the Legion home. Sponsoring of a camp fire girls group was discussed and donations of jam and jelly were received for the billet at Otter Lake. Approximately 25 ladies attended the meeting.

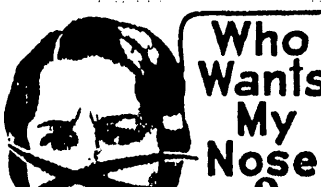
Tarnish Prevention

To store silver without danger of tarnishing, wrap in a chemically treated paper especially prepared for this purpose, or swathe in dark flannel cases.

Doctor's Formula For Itching, Burning Of ECZEMA

Praised From Coast to Coast

Powerfully soothing Liquid Zemo (a tested and proven formula) quickly relieves even most intense itching sores. Then its 10 different highly effective ingredients start right in to help nature promote FAST healing. Stainless, invisible—Zemo is simply wonderful for Eczema Symptoms, surface pimples, ringworm and other annoying skin irritations. 35c, 60c, \$1. One trial convinces. Heal severe cases may need \$1.25 Extra Strength.



Who Wants My Nose?

Always Sniffing... Can't Taste... Can't Enjoy Anything... Can't Breathe

Are you, too, a slave to choking mucus trickling down your throat due to cold? Is it spoiling your enjoyment of life? Is it making you feel miserable all over? Buy out wale up in the morning with your nose and throat blocked with mucus! Get some Menhastatum. This is a comforting balm containing menthol, camphor, and soothing oils. Put a little in each nostril and rub it on the throat and chest. Happy relief quickly follows. Menhastatum helps to clear out mucus and aids in clearing the breathing passage. Its soothing, cooling, vapors spread through the nasal and throat. This reduces the irritation and helps Nature to restore a healthier condition. Ask your druggist for Menhastatum today. Used by millions for over 40 years. In jars of tubes, 30c.

Ladies Aid Will Entertain At Tea

A Martha Washington tea will be given by the Jefferson Avenue M. E. Ladies' Aid division 5 from 2:30 to 5 p. m. Thursday at the parish house.

Mrs. E. A. Wood is in charge of the program, which will feature Mrs. Minnie Porter of St. Charles, spinning raw wool into yarn on her spinning wheel. The program will include a skit, "An Incident in the Life of George Washington," by the following members of the Research club: Mrs. Edward J. Winkler, Mrs. Frederick C. Edwards, Mrs. E. C. Smith, Mrs. Ralph V. Thompson, Mrs. C. M. St. John and Mrs. Charles A. Joutt; solos by Mrs. Albert E. Hildebrand and Sally Palmer of Lansing; a Spanish rhythm duet by Ruth Ann Krell and Joan Brown; and a playlet, "Winning Ways of Grandma's Days," featuring a duet by Bobby and Mary Lou Slominski. Others to be cast are Mrs. Carl H. Whitney, Mrs. Robert L. Smith, Mrs. Clinton W. Osborne, Mrs. Max E. Lowen, Mrs. James D. Ferguson, Mrs. Cletus A. Ward and Mrs. Carl A. Bach. Mrs. Lowen will give a humorous reading. Members of the division will wear colonial costumes.

Daughters of Isabella Plan Anniversary Dinner

The Daughters of Isabella will have their second anniversary dinner at 6:30 p. m. Monday at the Lincoln Tavern, Bridgeport with Rev. Fr. Ralph Richards of St. Peter and Paul's congregation as the principal speaker. Final arrangements have been completed and all members have been urged to attend the affair.

Final . . .

Fur Coats

1/2 off

- 3 Jap Mink
- 6 Persian Lamb
- 5 Hudson Seals
- 2 Alaska Seals
- 10 Muskrat Coats (Mink Dyed) Light and Dark
- 4 Skunk Coats
- 6 Caracul
- 20 Northern Seal and Mendoza Beaver
- 2 Pony
- 1 Squirrel

Here they go! Imagine, 50% off! But they must be sold!

40 Cloth Coats

MUST BE SOLD AT 1/2 off

These are lovely winter coats that must be sold to make room for our Spring stocks which arrive daily.

Esther Shop Inc.

Philip Selig Mgr. Not Connected with any other store
422 E. GENESEE.

"Thanks for suggesting ALTES LAGER —it's been a grand evening!"



THERE'S always a grand evening for you, no matter what the day has been, when you make ALTES LAGER your beverage. MULTI-MALTED for friendly energy, ALTES LAGER puts you back to normal, naturally and pleasantly. And it's this difference that changes dull evenings into pleasant ones, and makes every occasion a happy one.

Like thousands of others, you will like what ALTES LAGER will do for you. Blended from a number of the finest malts obtainable, it is balanced to give you a lift without a letdown. And that means enjoyment—today, tonight and tomorrow.

Try ALTES LAGER today for real pleasure. You, too, will say "Thanks for the suggestion!"

Altes Lager

THE LIFT WITHOUT A LETDOWN

361 WEISS ST. CHAS. SPIEKERMAN, Distributor PHONE 2-5254

JUST RECEIVED ANOTHER CARLOAD OF UNPAINTED Furniture

A Fortunate Purchase of a Solid Carload of Unpainted Furniture

Enables us to offer these values.

Several weeks ago, in Chicago, our home furnishings buyer found a manufacturer of wooden products who was overstocked on many items — and offered them to us at drastic reductions. We placed an order for a carload of this furniture. The great savings—plus the savings on freight enables us to pass on to you many amazing values.

CARLOAD OF UNPAINTED Furniture

Paint These Pieces to Suit Your Taste and Save!

The Diebel Co's. First Big 1939 Value Smash

- Kidney Shaped Dressing Table**
Made of hardwood — \$2.98
Has 4 drawers — sanded, ready to paint—sturdy turned legs. Size 16x30 inches.
- Sizes 18x36 in., \$3.69.
Kidney Bench \$1.
- CHEST OF DRAWERS**
Made of clear pine, sanded ready to paint. Size 29 1/2 in. high, 11 in. deep, 18 in. wide. Has 4 drawers. \$1.98
Special
- Size 30 in. x 12 in. x 24 in. \$3.25
Has 4 drawers
- Size 36 in. x 12 in. x 24 in. \$3.98
Has 5 drawers
- Size 42 in. x 12 in. x 24 in. \$4.98
Has 6 drawers
- Size 48 in. x 12 in. x 24 in., has 7 drawers \$5.98
- CHEST OF DRAWERS—Made of Hardwood, Rounded Corners, Smoothly Finished.**
Size 30 in. x 12 in. x 24 in.; has 4 drawers \$4.98
Size 36 in. x 12 in. x 24 in.; has 5 drawers \$5.98
Size 42 in. x 12 in. x 24 in.; has 6 drawers \$6.98
Size 48 in. x 12 in. x 24 in.; has 7 drawers \$7.98
- IRONING BOARD TABLE**
Folding type — sturdy built, metal reinforcement, complete with pad and cover \$1.00
- IRONING BOARD TABLE—Extra large size, 15 in. wide, 34 in. long. Sturdily built; folds into small space \$1.77**
- IRONING BOARD TABLE—Large size, mounted on sturdy metal frame; folding style; has rubber treads \$2.59**
- FOLDING SCREENS—Has 3 panels, 60 inches high \$1.00**
- FOLDING SCREENS—Has 3 panels, each panel 18 in. wide, 66 in. high \$1.29**
- CLOTHES DRYING RACK—Folds into small space; has 36 ft. of drying space \$1.00**
- CLOTHES DRYING RACK—Folding type, 23 ft. drying space 79c**
- CURTAIN STRETCHERS—Wooden frame, size 5 ft. x 8 ft.; non-rust pins spaced 1 inch apart. Folding type \$1.00**
- LAUNDRY TUB RACK \$1.00**
Made of sturdy pine; holds two tubs. Folds into small space
- DOOR RACK FOR HATS and SHOES—Fastens to back of closet door \$1.00**
- BOOK CASES—Made of hardwood; size 18 in. high, 10 in. deep, 25 in. wide \$3.98**
- BOOK CASES—Size 48 in. x 10 in. x 30 in. \$4.69**
- BOOK CASES—Size 48 in. x 10 in. x 36 in. \$5.19**
- STEP LADDERS—Made of clear pine; full metal rodded; has pall shelf; 5 ft. \$97c**
6 Ft. Ladder \$1.29
7 Ft. Ladder \$1.79
- Toilet Tissue—1000 sheet rolls—25 rolls for \$1.00**
- SALE! PAPER KITCHEN TOWELS AND HOLDER—Included are 15 rolls of 100 sheets, size 7 1/2 x 11 in. All for \$1.00**

All these items on sale in the Basement. See Our Franklin Street Windows. DIAL 2-7196 WE DELIVER DIAL 2-7196

Get the Diebel Habit. It's Thrifty.

DIEBEL'S

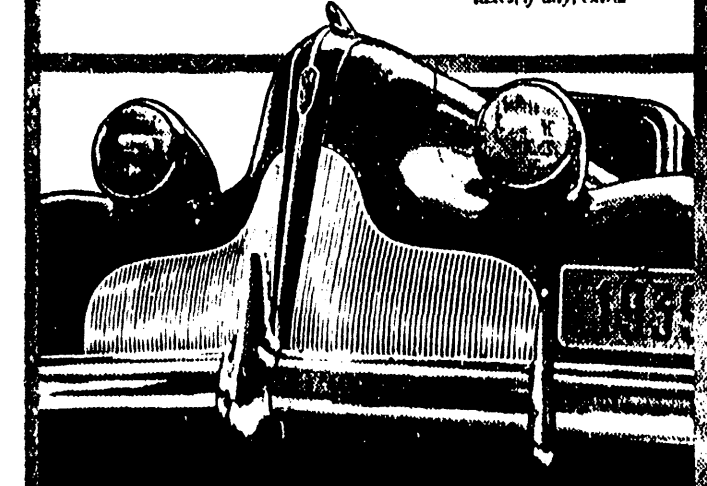
Use Our Convenient Lay-Away Plan.

217 E. GENESEE. 109 N. FRANKLIN

THIS BEAUTY'S THE BUY at

\$894

* Buick business coupe, fully equipped and ready to drive, delivered at Flint, Mich., for \$894. Two-door sedan, \$955, four-door sedan, \$996. Transportation, state and local taxes, if any, extra.



The buy? With its Dynaflex straight-eight power, Buick Coil Springing, style-blazing smartness and "visibility unlimited," this Buick's the car and the value of the year! Drive one—and see for yourself!

"BETTER BUY BUICK!"

EXEMPLAR OF GENERAL MOTORS VALUE
SEE YOUR NEAREST BUICK DEALER