# Fit Shoulders First in Making a Dress

Seam Acts as Anchor for Rest of Garment.

(Prepared by the Bureau of Home Economics, Fit the shoulders first of all when you are making a dress. When the shoulder seam is properly placed it acts as an anchor to the rest of the garment. As a result the material should hang smoothly over the chest and shoulder blades with no wrinkles or bugles, either in the front or the back, and there should be no appearance of tightness.

The normal shoulder seam starts at the highest point of the neck line and extends in a straight line to onehalf inch back of the highest point on the tip of the shoulder. Try laying a pencil from the neck following the correct line to the tip of the shoulder. This seam line should not be visible from either the front or back when the garment is worn.

When fitting the shoulders, begin at the neck and work toward the armboles, keeping in mind that the lengthwise threads of the cloth must be parallel to the center front and back of the figure and crosswise threads parallel to the floor. The large figure necessitates a slight exception to this general rule, as the crosswise threads over the bust slant slightly downward.

Other locations of the shoulder seam are used to give different shoulder effects. For example, to produce a square-shouldered or yoke effect the seam may be placed two or three inches lower in front than the normal shoulder line. That is, the back section of the dress is made to extend further over the front, and the front section of the pattern is correspond-



Correct Shoulder Line for Dress With Set-in Sleeves.

ingly shortened. The epaulet shoulder is a yoke cut as part of a set-in sleeve. It has two seams parallel to the normal shoulder line.

A set-in sleeve meets the shoulder line at the tip of the shoulder, as shown in the Illustration. In the ki mono type of sleeve having a shoulder seam the line of the shoulder is followed down the arm as it hangs naturally at the side. This type of kimono sleeve usually fits better un I clean is the best of receptacles for the Wild Cat, "though lots of trees



Correct Shoulder Seam for Dress of Kimono Type.

der the arm than the type made by foiding the goods for the shoulder. In discussing the fitting of dresses and blouses a specialist of the bureau of home economics of the United States Department of Agriculture suggests that if the pattern has not allowed for such a seam you can make a fold in | before the seam is stitched.

food and drink upon our tables that

Hot milk is a relief as well as a

positive cure for any number of ills.

Sleeplessness, a most annoying afflic-

tion, has been cured by a glass of hot

milk sipped at night before going to

bed. It is soothing, warming and will,

if one relaxes and throws away all

fretting care, bring sleep quickly. Re-

peat some favorite verse or count

slowly for a few minutes to get the

ered a remarkable cure. Patients suf-

fering to the point of starvation have

been entirely cured in a few days

and are able to eat other foods. This

is a recipe which should be kept and

cherished in every household. It is

not only agreeable to the palate, re-

freshingly cool when chilled in hot

weather, but a food and lifesaver as

Many physicians prescribe butter-

milk for medicinal purposes. It is be-

lieved to be a remedy for various kid-

Meat for salting should never be

ney troubles.

worrying thoughts. For extreme nausea this is consid-

we give it little thought

except to know that it

is properly produced and

There are many people

who cannot drink cold

milk, and in consequence

will not touch it in any

other way.

free from injurious bac-

the pattern or in the material directly on top of the shoulder, following its slope, and sew on this line. This seam will help to adjust the costume to the figure. When this alteration is made the underarm seam is let out the same width as was taken off the shoulder, or a gusset is set in to make the armhole the correct size.

For a round-shouldered person the shoulder seam line should be placed slightly back of its normal position, in both the set-in and kimono-type of sleeve. This will give a more erect appearance to the figure. Placing it on top or to the front will emphasize round shoulders. On the very erect type, this seam is more becoming directly on top of the shoulder. The shoulder of a garment should be wide enough that the set-in sleeve will not be brought up on the shoulder, which gives a pinched effect, yet the shoulder of the garment should be narrow enough to prevent the sleeve from falling below the shoulder tip and so give a drooped appearance. The choice of set-in or kimono type of sleeve depends, in part, on what points ought to be emphasized in the wearer's build. Extending the shoulder line, as in the kimono type of sleeve, broadens the apparent width of the shoulder, so if a more slender appearance is desired, the set-in sleeve, correctly placed, is better.

Hold the back of the waist toward you when basting the shoulder seam. The back shoulder edge should be about one-half inch longer than the front edge. By easing in this extra fullness the entire length of the seam. the shoulder blades are fitted more perfectly. In woolen materials it is well to shrink out this fullness after the shoulders have been fitted and

About Milk and Meat

Milk is such a commonly accepted | quantities of meat; for small amounts | packing the meat remember to have

In localities where snow and con

tinued dry cold weather are prevalent,

when the ment is frozen solid pack it

into the snow, so that no two pieces

touch. Cover with snow and continue

to pack until all the meat is placed

Put the box where sudden changes of

temperature will not affect it. When

use a large firkin or stone jar.

meat may be

frozen and kept

all winter. This

is true of fish as

Take a large

clean box, cover

the bottom with

clean snow and

### Wear Shoes That Do Not Cramp Your Toes



Shoes Too Pointed Out and Heel Too High and Badly Placed.

Prepared by the Bureau of Home Economics. United States Department of Agriculture.) No one can get around the fact that five toes need a certain space of a certain general shape if they are to spread out naturaly and comfortably, When tammed into shoes with pointed. needlelike toes, the feet are sure to be cramped, twisted, and finally deformed. Toes are buckled and piled on one another and bones are bent. Other foot troubles develop. Take this picture of a woman's shoes with a pointed toe. The shoe violates one of

the pieces in such sizes as will be

convenient to use, as such meat when

once thawed should be used, not

In some places where sausage is

made in abundance, it is partly cooked

and packed in jars, then covered with

hot lard. This will keep into warm

weather, making a very convenient

dish of meat to serve in a hurry. The

sausage is made into small cakes and

well seared over with heat. Pork

chops are good packed in this man-

It is best to avoid the patent prepa-

rations which are on the market for

curing meat. Salt, sugar, molasses

are safe and wholesome. Saltpeter is

frozen again.

who have studied the fitting of shoes, and that is that the inner line of the

To be comfortable, safe, durable and attractive, shoes for everyday wear must conform to the natural shape of the feet and protect them. They must also provide a firm foundation for the body. Shoes of correct shape are broad and round at the toe and straight along the inner edge. A pair of normal feet placed together touch at the heel and also from just in back of the big joints of the big toes to the ends of these toes. The inner edges of a pair of properly made shoes do likewise. The more these edges diverge or curve toward the outside of the shoe the more unnatural the shoe's shape and the greater the wearer's discomfort. If such shoes are persistently worn enlarged joints and bunions are bound to result.

Compare the X-ray of the foot in

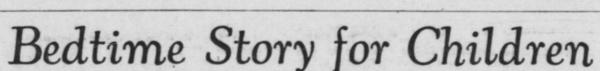
used to give the bright color and is also a preservative; it is considered harmful, though it is used almost universally in small quantities

For a tired and hungry shopper who comes home too early for a meal a glass of hot milk not only nourishes but relieves the tired nerves. A pinch of sait, a drop of flavoring may be added to make it more palatable.

## the points especially stressed by those shoe should be straight.

badly shaped shoes with the position of the bones in the correctly shaped man's shoes designed for army use. There is no room for choice as to which shoe is more desirable.

(@ 1928, Western Newspaper Union.)



By MARY GRAHAM BONNER

"There are people who brag about their family trees," said the Wild Cat, and I don't understand how a family of people have a family of trees." "Oh," said the Wild Cat's neighbor, "they don't mean they have a tree made of the family,

"What they mean is that they all belong to grandmothers and grandfathers of great importance and who are very high-up people."

prepared until the animal heat is out "I suppose they're called family The meat should be cool, but not frozen. A barrel which is tight and | trees because they're high up," said

aren't very high, come to think of it." | "No," said the neighbor, "that has nothing to do with it.

"A family tree all depends on whether a creature has grandmethers and grandfathers and great-grandmothers and great-grandfathers. Don't you see?" "But then every one would have a

family tree," said the Wild Cat, "and I didn't think every one had." "My dear Wild Cat," said the neigh-

bor, "there are grandmothers and grandmothers." "I suppose so," agreed the Wild Cat

"But I mean," explained the neighbor, "that some grandmothers are high up and some aren't." "Some are snobs and others aren't.

eh?" asked the Wild Cat.

"Yes, that's about it," said his neigh-

"So that is what they mean by a family tree?" said the Wild Cat. "Yes, that's about it," said his neigh-

"It's all very well to have one, but unless a creature amounts to something himself I don't see how he can think he is fine simply because his grandfather was." Just then another neighbor of the

Wild Cat's looked about him. "I wish to boast," he said. "To hear my name, my fine and dignified name, my name which means nothing and yet which means everything, one would never believe I was a cat, eh?"

asked the Serval. "Why does your name mean everything and nothing?" asked the Wild

"That sounds rather queer to me, In fact it sounds quite impossible."

#### TRY FRESH BEEF TONGUE FOR A GOOD DINNER DISH

It is not necessary to have all tongue cured before cooking it. Fresh beef tongue makes a delicious dish and is so unusual that one might Imagine a new ment had been discovered. Here are directions for preparing it, furnished by the bureau of home economics:

1 onion, large 1 teaspoon pepper quarts water 3 sprigs parsley 2 bay leaves

Wash the tongue well and do not trim it. Place it in water to cover, add the seasonings and simmer for two and one-half to three hours or until the meat is tender. Skin the tongue. Slice it and serve hot, or allow it to cool in the liquor after skinning, and serve it cold. Make a stew from the meat at the base of the tongue, the liquor and added vegetables. Or cook spinach or kale in the liquor and serve with the near which is not in shape for slicing.

"Ah, but it isn't," said the Serval. "Then pray explain it to me," said the Wild Cat.

"The name of Serval sounds very dignified," said the Serval. "Well, I suppose so if you want to

think it does," said the Wild Cat. "And it means nothing in one way



"Pray Explain It to Me."

because it doesn't tell any secrets. It doesn't tell folks that I'm everything!" "Well, well," said the Wild Cat, "that is bragging a little bit too

from Africa. That is a long way from the zoo.

"Not at all," said the Serval. "I am

"It's interestiing to think that my home is so far off."

"Well, it depends on what one thinks is interesting," said the Wild Cat. "Of course," continued the Serval, "and I think that that is interesting "When one thinks of the Serval, one thinks of a beautiful little spotted cat. a rare cat, a cat with thin and handsome long legs, a tiny head, a delicately shaped body and beautiful round

spots." "That's all very true," said the Wild Cat, "but of course if no one were to think of Serval, one wouldn't think of all those things."

"Ah," sald the Serval, "very true, but I feel there are enough sensible people in the world who de sometimes think of the rare Serval family or spotted cats."

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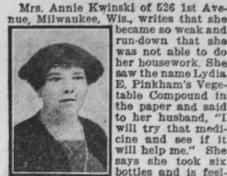
Cleaning Your Rooms

Cleaning a room according to a definite plan will save labor because the different steps in the process will not need to be repeated. When rooms near together are to be cleaned on the same day, it is often easiest to get all of them rendy, then clean them all, and finally put them all in order.

Sweeping and dusting should be made as dustless as possible, for the object is to remove dust, not to scatter It, the United States Department of Agriculture points out.

### **WOMEN OF** MIDDLE AGE

Praise Lydia E. Pinkham's Vegetable Compound



nue, Milwaukee, Wis., writes that she became so weak and run-down that she was not able to do her housework. She saw the name Lydia E. Pinkham's Vegetable Compound in the paper and said to her husband, "I will try that medicine and see if it will help me." She says she took six bottles and is feel-

Mrs. Mattie Adams, who lives in Downing Street, Brewton, Ala., writes as follows: "A friend recommended Lydia E. Pinkham's Vegetable Compound and since taking it I feel like a different woman.'

With her children grown up, the middle-aged woman finds time to do the things she never had time to do before -read the new books, see the new plays, enjoy her grand-children, take an active part in church and civic affairs. Far from being pushed aside by the younger set, she finds a full, rich life of her own. That is, if her

Thousands of women past fifty, say they owe their vigor and health to Lydia E. Pinkham's Vegetable Compound, and are recommending it to their friends and neighbors.

WANTED— Women and Girls who are lovers of color to send for FREE 4-color publication entitled "COLOR NEWS." E.MO in Prize Contest for those who are willing to use a little energy in this connection—No selling, just recommending. If you feel you can recommend EUNSET DYES and DYTINT, the new life Tint, write and we will enter you in this Contest. Address Dept. B. North American Dye Corporation, Mt. Vernon, N. Y.

#### WOMEN GETTING BALD

The next five years will show women with Bald Heads, or going in that direction. Men attribute it to Heredity. What will the women say is the cause for it? Thousands of young men bald, or going that way, who had no need for getting bald or even scarce of hair. You surely can give one or two minutes each day to take care of your hair. This is all the time required. You owe this to Nature, as it was given to us in the beginning by Nature. Grow hair on your Bald Head. Grow new hair, destroy dandruff by improving the condition of the scalp which feeds the hair. Then you have the problem solved.

Forst's Original BARE-TO-HAIR is not a tonic, but is a scalp fertilizer and germicide. The results from its use has really created its own demand over the entire country. Literature

W. H. FORST Discoverer and Manufacturer Scottdale, Penna.

#### NOTICE!

To Livestock Owners If You Own Any Horses, Cattle, Poultry

or Hogs, by All Means Read This. Safeguard your stock against the costly ravages of quick-spreading disease. Nature has provided wonderful health-giving roots and herbs which have proved unfailing in thousands of cases. These are combined in a timetried, reliable remedy, Porter's Pain King—the standby of hundreds of farmers in this community. They recommend it highly for sores, colds and distemper in horses and for soreness of the udder, caked teats, and bloat in cows. Every day chickens are becoming Every day chickens are becoming better money-earners, and there is an increasing use of Porter's Pain King by areful poultry raisers everywhere. It is a positive relief for gapes, roup and parasitic growths. Sick hens are not good layers.

parasitic growths. Sick nens are not good layers.
Use Porter's Pain King at the slightest sign of trouble. Just follow the directions with each bottle. It may save you several hundred dollars. Your dealer guarantees satisfaction or money back. Made and guaranteed by The Geo. H. Rundle Co., Piqua, Ohio, since 1871.

#### Enjoyment

"Have a good time in New York?" "I should say so," answered Farmer Corntossel. "I paid \$14 for a seat to a show." "Did you enjoy the show?"

"No. But I enjoyed the idea of being able to squander \$14."

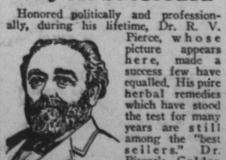
#### Inducement

Prospect-But why should I join your golf club? I never have played

Salesman-But our club is the only one that has adding machines for be-

Let It! Jim-You shouldn't use rouge. It njures the skin.

Mae-Well, who ever sees that? Why He Succeeded



picture appears here, made a success few have equalled. His pure herbal remedies which have stood the test for many years are still among the "best seilers." Dr. Pierce's Golden Medical Discov-

alterative which makes the blood richer. It clears the skin, beautifies it, pimples and eruptions vanish quickly. This Discovery of Dr. Pierce's puts you in fine condition. All dealers have it in liquid

or tablets. Send 10 cents for trial pkg. of tab-lets to Dr. Pierce, Buffalo, N. Y., and write for free advice.

### Spring, Summer Duds By JULIA BOTTOMLEY

A FORETASTE of that which is to be outstanding in the foreground of the spring and summer pictureenchanting gowns all of lace or lacetrimmed and welcomed by fashionables as the very thing for wear during the immediate social hours of bridge and afternoon tea.

According to these advance modes, the lace enthusiast is to have her "fling" at lace of every description during the coming months. To be sure, our stylists have been for some time past hinting of the coming supremacy of lace in the mode. Day by day afternoon frocks of velvet and cloth, silk and satin, have been taking on more of a lace-garnitured appearance, especially in the form of handsome lace collar and cuff sets. By the way, these lace accessories are to be more than ever highlighted by the mode. There is nothing so enhances a simple frock or blouse as fine lace at neckline and waistline. The newer lace sets are very elaborate and are styled most interesting ly in points and squares (back and front) to be worn over the dress, the cuffs assuming fantastic shapes either

shallow or of exaggerated depth. It is, however, the costume which includes lace in its actual construction which is being presented in many new phases. Seeing that style-messages often have a way of traveling via Hollywood, one readily appreciates the "reason why" one of its fairest residents, Marion Nixon, chooses for "dress-up" afternoon wear the gown in which she posed so charmingly for this picture. In the lace treatment here shown "coming events

cast their shadows before." Beguiling dine and dance frocks



wise trimmed.

Those who are costuming the fash-

which are proving of irresistible lure | ionable winter guest of the Southland to the debutante for immediate wear, are giving an intriguing interpreta are fashioned of delicate all-over lace tion to the lace mode in that they are in a "delicious" pink tint. These are designing adorable ensembles of all intricately draped, but seldom other over lace and chiffon. These display a skirt with jacket of the lace.

(6), 1928, Western Newspaper Union.)