

# Fit Shoulders First in Making a Dress

## Seam Acts as Anchor for Rest of Garment.

(Prepared by the Bureau of Home Economics, United States Department of Agriculture.)  
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 baggies, either in the front or the back, and there should be no appearance of tightness.



Correct Shoulder Seam for Dress of Kimono Type.

The normal shoulder seam starts at the highest point of the neck line and extends in a straight line to one-half 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 armholes, 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-

der the arm than the type made by folding 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

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 before the seam is stitched.

# 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 naturally and comfortably. When jammed 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 points especially stressed by those who have studied the fitting of shoes, and that is that the inner line of the shoe should be straight.

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 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.

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 salt, a drop of flavoring may be added to make it more palatable.

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# WOMEN OF MIDDLE AGE

## Praise Lydia E. Pinkham's Vegetable Compound

Mrs. Annie Kwinski of 526 1st Avenue, 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 feeling much better.

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 health is good.

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 and "COLOR NEWS" 500 in Free Contest for those who are willing to send in 100 in this connection—No selling, just recommending. If you feel you can recommend ALBERT DYES and DYEING, the best in the East, write and we will enter you in this Contest. Address Dept. R, North American Ink 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 and information sent upon request.

W. H. FORST  
Discoverer and Manufacturer  
Scottsdale, 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 unailing in thousands of cases. These are combined in a time-tried, 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 blood in cows. Every day chickens are becoming better money-earners, and there is an increasing use of Porter's Pain King by careful poultry raisers everywhere. It is a positive relief for gasps, roup and parasitic growths. Sick hens 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 Cortnessel. "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 golf.  
Salesman—But our club is the only one that has adding machines for beginners.

**Let It!**  
Jim—You shouldn't use rouge. It injures the skin.  
Mae—Well, who ever sees that?

## Why He Succeeded

Honored politically and professionally, during his lifetime, Dr. R. V. Pierce, whose 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 sellers." Dr. Pierce's Golden Medical Discovery is a stomach alternative 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 tablets to Dr. Pierce, Buffalo, N. Y., and write for free advice.

# About Milk and Meat

By NELLIE MAXWELL

Milk is such a commonly accepted food and drink upon our tables that we give it little thought except to know that it is properly produced and free from injurious bacteria.



There are many people who cannot drink cold milk, and in consequence will not touch it in any other way.

Hot milk is a relief as well as a positive cure for any number of ills. Sleeplessness, a most annoying affliction, 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. Repeat some favorite verse or count slowly for a few minutes to get the mind off worrying thoughts.

For extreme nausea this is considered a remarkable cure. Patients suffering 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, refreshingly cool when chilled in hot weather, but a food and life-giver as well.

Many physicians prescribe buttermilk for medicinal purposes. It is believed to be a remedy for various kidney troubles.

Meat for salting should never be prepared until the animal heat is out. The meat should be cool, but not frozen. A barrel which is tight and clean is the best of receptacles for

quantities of meat; for small amounts use a large firkin or stone jar.

In localities where snow and continued dry cold weather are prevalent, meat may be frozen and kept all winter. This is true of fish as well.

Take a large clean box, cover the bottom with clean snow and when the meat 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



packing the meat remember to have the pieces in such sizes as will be convenient to use, as such meat when once thawed should be used, not frozen again.

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 manner.

It is best to avoid the patent preparations which are on the market for curing meat. Salt, sugar, nitrates are safe and wholesome. Saltpeter is

# Bedtime Story for Children

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."

"I suppose they're called family trees because they're high up," said the Wild Cat, "though lots of trees

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 grandmothers 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 neighbor, "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," asked the Wild Cat.

"Yes, that's about it," said his neighbor.

"So that is what they mean by a family tree?" said the Wild Cat.

"Yes, that's about it," said his neighbor.

"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 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 Wild Cat.

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

"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 meat had been discovered. Here are directions for preparing it, furnished by the bureau of home economics:

1 beef tongue, 1 onion, large  
1 quart water, 1 teaspoon pepper  
2 sprigs parsley, 2 corns  
1/2 teaspoon salt, 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 meat 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

because it doesn't tell any secrets. It doesn't tell folks that I'm everything!"

"Well, well, well," said the Wild Cat, "that is bragging a little bit too much."

"Not at all," said the Serval. "I am from Africa. That is a long way from the zoo."

"It's interesting 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," said the Serval, "very true, but I feel there are enough sensible people in the world who do 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 ready, 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.

# Spring, Summer Duds

By JULIA BOTTOMLEY



A FORETASTE of that which is to be outstanding in the foreground of the spring and summer picture—enchancing gowns all of lace or lace-trimmed 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-garnished 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 interestingly 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 "treason 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."

Those who are costuming the fashionable winter guest of the Southland are giving an intriguing interpretation to the lace mode in that they are designing adorable ensembles of all over lace and chiffon. These display a skirt with jacket of the lace.

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Beguiling dine and dance frocks