

a broken shoulder. Before seaming the shoulders, press the edges and seams hard and flat. Join the shoulders and complete the collar. Stitch the edges and work the buttonholes. Before going any further I wish to say that extra precaution should be taken in basting in the sleeves. As all men do not hold their arms alike, all sleeves should not hang in the same position. For instance, for a man with drooping shoulders the sleeves will hang more to the front, but for a well shaped, erect man the sleeves will hang more to the back or straight down parallel with the front edge of the coat. This, however is the regular position of the sleeve. Remove all bastings, sew on the buttons and the coat is ready to be pressed. It is desirable that the coat be properly pressed. Before delivering the coat, give it a thorough inspection. See that the linings are smooth and that the sleeves have been properly placed. If the inspection meets approval the coat is finished.

In conclusion, I wish to say that tailoring is cleanly and offers to a young man a promising future, for good tailors are in great demand all over the country.

COOKING DEMONSTRATION

BY ROSE O'BRIEN



WHAT is home economics? Terrill says that home economics stands for the ideal home life of today, unhampered by traditions of the past; the utilization of the resources of modern science to improve the home life; the simplicity of material surroundings which will most free the spirit for the more important interests of the home and society.

In this era of progress every-one will agree with the writer whom I have quoted. There is no greater problem than that of home-making, which includes the house, sanitation, hygiene, right living, and the food problem.

How truly has it been said that prosperity of a nation depends upon the health and morals of its citizens, and the health and morals of a people depend mostly upon the food they eat and the house they live in. In other words, right food, right shelter, and right clothing are the primary conditions of health, and health is essential to the most complete happiness and highest usefulness.

It is a notable fact that our most inefficient and inferior class of people are those of communities where children grow up without special care