

# A PAGE FOR THE HOME

## FEATURING FOUR FROCKS



BROWN COBWEB LACE AND GOLD BROWN SATIN



LONG WAIST EFFECT SO POPULAR JUST NOW



BROGADED TAFFETA



AN UNUSUAL TAFFETA FROCK

### Fashion Draws Lines Curved and Straight

If a woman would wear all the new frocks, she must have many figures, or at least she must be one of those fortunate ones, very much in the minority, who can adapt their figures to any mode. Usually this is the slim, graceful type. But the news of any style is always good news, as it means plenty of variety from which to choose.

It is interesting to note among the new clothes that the fabric immediately suggests the silhouette the dress shall follow. With very few changes of cut, for instance, the taffeta frock, which is as popular as it ever has been, follows the hour-glass lines, nipped waist with tight bodice, and full billowing skirt. It remains for the trimming, its combination with organdie, the slashings and puffings of its skirt and sleeves, its color and its pattern to give variety. The fundamental lines are the same. Thus, while wholly different at first sight, a navy taffeta with paneled overskirt topping another overskirt of tan organdie, generously eyelet-embroidered in brilliant colors, is cut with the same tight bodice that a dark brown taffeta with hairline

stripes of silver gray shows, though the latter is untrimmed except for large cabbage roses of self-material on the skirt and a fine antique lace bib collar to aid the old-fashioned look of the frock. The very same pattern could be employed for a silver gray taffeta with apron panel, fichu collar and cuffs of eyelet-embroidered sheer organdie edged with fine filet lace. The skirt in this frock is puffed over the hips. Organdies and dotted Swisses follow the taffeta lead.

The same thing concerning material dictating lines might be said of the crepe de chine and cotton crepe frocks. Chenille lines with wide slash blousing the frock at a low waistline, a deep cut in the front to waistline turning back in revers or tied together at a rounded neck and filled with self-material of a contrasting vessee is the story of the silk crepe. Again, there are enough variations to deceive one that the silk crepe has many styles. There are floating panels, parts of overskirt that loop under the hem, set-in fullness at the hips, embroidery to suggest a two-piece dress, but fundamentally the straight, easy-lined sil-

The frock to left shows the possibilities of lace and satin. It is carried out in gold-brown satin and brown cobweb lace. In the center is a frock showing long waist effect. This is designed in white crepe de chine, embroidered in black and white silk floss. The lower picture shows a blue taffeta dress embroidered in white silk and in white crystal beads. It is made with low rounded neckline and the short sleeves are formed of wide full circular flounces. The restaurant frock to the right is designed in metal brocaded taffeta in pale blue with silver design. The drop skirt is of silver lace, the bodice is designed in basque effect finished at the waistline with spray of flowers.

### Are You One of the Cooks Who Can't Cook?

DESPITE domestic science schools, books and magazines, there are many women who are very ignorant on the subject of feeding a family. They don't know what or how to buy; they don't know how to cook properly and tastily what they buy.

Feeding the family right has been stressed time after time, but still housewives go their own sweet way. What a family should have is here set forth according to Farmer's Bulletin No. 808:

A man who does fairly hard muscu-

lar work would be likely to get the food which his body needs if supplied daily with such a combination of foods as the following:

One and one-quarter pounds of bread, having about the same food value as one pound of such cereal preparations as wheat or rye flour, oatmeal, cornmeal, rice, etc.

Two ounces, or one-quarter cup of butter, oil, meat drippings, or other fat.

Two ounces, or one-quarter cup, of sugar; or one-third cup of honey, or syrup, or an equivalent amount of other sweet.

One and one-quarter pounds of food from the following: Fresh fruits and green or root vegetables.

Twelve ounces of food from a class which may be called "meats and meat substitutes;" that is, moderately fat meats, poultry, fish, eggs, cheese, dried legumes (beans, peas, lentils, cowpeas, and peanuts). Milk also belongs among these foods, but because of the large amount of water it contains half a glass, or four ounces, of it would be required to equal an ounce of any one of the others.

#### For Outdoor Worker.

A man who works hard out of doors all day probably would need more food than this, and one who sits all day at his desk would need less. The amounts given are suitable for a man who, like a salesman in a store, walks about more or less and does more or less

of such work as lifting.

A family consisting of a man and a woman who do moderately hard muscular work and three children—say, between three and 12 years of age—would get the food they require if supplied daily with:

Four and one-half pounds of bread, having the same food value as three pounds of wheat or rye flour, oatmeal, cornmeal or hominy, or rice; or about 2½ pounds of cereals and 5 or 6 medium-sized potatoes.

Three-quarters cup of fat (butter or butter with oil, beef drippings, or other fat) a weekly allowance of 2½ to 3 pounds.

A little more than one cup of sugar, or a weekly allowance of four pounds; or an equivalent amount of some other sweet.

Four pounds in all of fresh fruits and fresh or root vegetables.

One of the two following, the choice depending on the age of the children:

Three quarts of milk and one pound of other foods taken from the meat and meat-substitute group.

Two quarts of milk and 1½ pounds of other foods taken from the meat and meat-substitute group.

#### Just a Calculation.

This rather rough calculation is based on the assumption that cereals contain, on the average, about 12 per cent protein, one per cent fat and 75 per cent carbohydrates, and that one pound of bread contains about two-

thirds of a pound of cereal; that butter, oil, lard and other fatty foods average 90 per cent fat; that fresh fruits and fresh or root vegetables average about one-half per cent protein and 10 per cent carbohydrates, with negligible quantities of fat; and that meats, fish, eggs, cheese, etc., as purchased, may be considered to average about 14 per

cent each of protein and fat. The estimate also assumes that all the fat obtained with the meats, etc., is utilized, being either eaten with the meat or saved for use in cooking. Under these conditions the fuel value of the diet would be about 10,000 calories per family per day, or the equivalent amount of 3,000 calories per man per day, the protein value would be about 50 grams per family, or 100 grams per man per day.

#### A Seam Finish.

When stitching a seam it is very helpful to turn back when the end of the seam is reached and stitch over the previously made stitches for about one inch. This I find a very great help, as it relieves the strain on the end of the seam and prevents ripping.

#### To Mark Stockings.

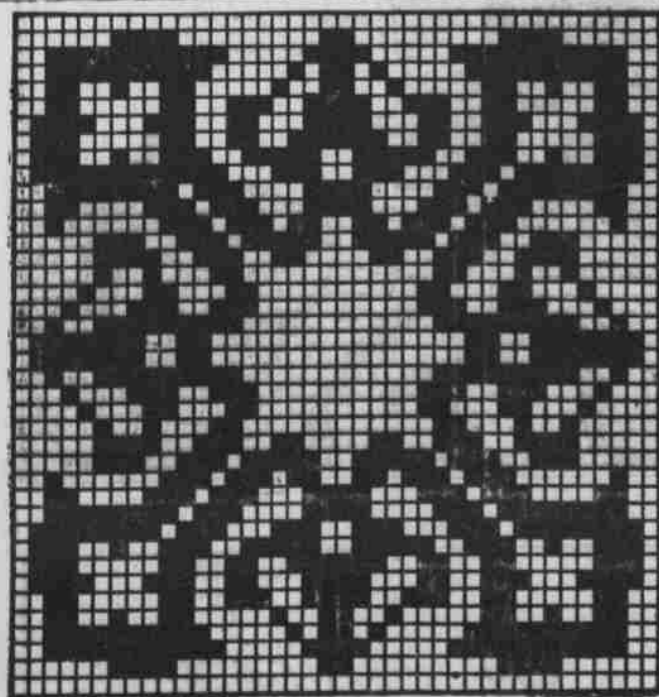
Before wearing new stockings put a mark of some kind with colored embroidery cotton at the top of each and with another color mark the next pair. A very small mark at the tops of stockings will not make much difference and then they can easily be matched after washing.

#### Paraffin Paper for Ice.

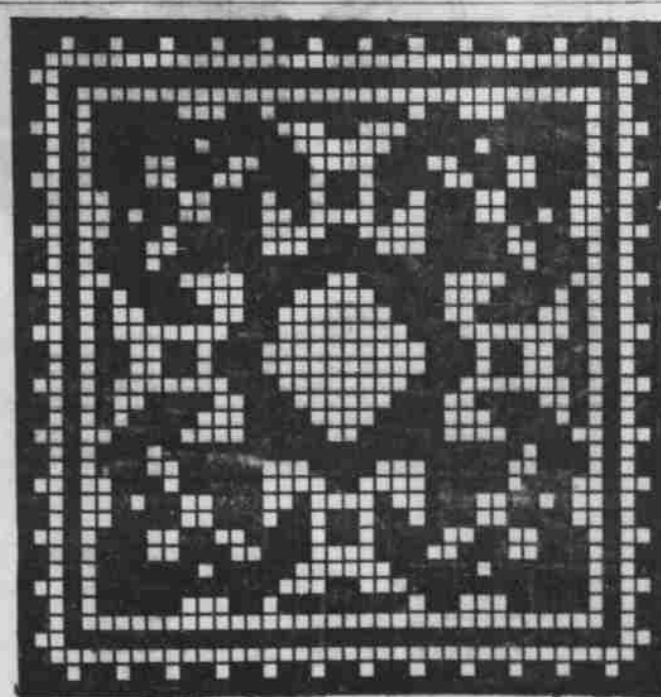
When protecting ice from the air to keep from melting, do not use newspaper, as this rapidly softens to pulp. Wrap the ice in the wax paper which you take from loaves of bread or cereal boxes. This will resist the moisture and the ice will keep longer.

#### Make Use of the Heater.

Try roasting potatoes in the heater. When opening the heater door you will find enough space to roast potatoes for a meal. Use a piece of tin for a shield to keep them from burning if the fire is too strong. Can use same method to bake beans if put in a casserole.



A CROCHETED DESIGN



BLOCK FOR REDSPREAD