

GOOD SHOULDER FIT IMPORTANT

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 bulges, 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 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 correspondingly 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 kimono 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 under the arm than the type made by folding the goods for the shoulder. In discussing the fitting of dresses and

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



Correct Shoulder Seam for Dress of 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 woollen materials it is well to shrink out this fullness after the shoulders have been fitted and before the seam is stitched.

Fresh Beef Tongue Makes Delicious 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:

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| 1 beef tongue | 1 onion, large |
| 4 quarts water | 1 teaspoon pepper |
| 3 sprigs parsley | corns |
| 1/4 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.



Correct Shoulder Line for Dress With Set-in Sleeves.

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

AVOID WEARING SHOES THAT CRAMP 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.

THE KITCHEN CABINET

(© 1928, Western Newspaper Union.)

Cheerfulness means a contented spirit; a pure heart, a kind and loving disposition; it means humility and charity; a generous appreciation of others and a modest opinion of self.—Thackeray.

TEA-WAGON SUPPERS

Informality seems to be the keynote of all entertaining these days, and what a comfort it is to find that we need not be Mrs. C.—just open our homes and our hearts to our friends and give them a royal welcome. A cup of tea with a small cake, and a cheery greeting that warms the heart of even the stranger will make a feast.

We all love to use and enjoy our beautiful linens on occasions, but they are often a weariness to the flesh when we have to launder them ourselves. Now with the comfortable large-sized paper napkin, and paper dollies so dainty in design, one may revel in them without thinking of the laundry tubs.

There is no meal so well fitted for informality as the supper around the grate fire on a Sunday night or after an evening out skating, skiing or at the theater.

With the food placed on the tea-wagon with the serving dish on the bottom, it will be little work to serve a small party. If one wishes to use a chafing dish, that always adds to the pleasure, as one likes to see a dish being prepared.

With a toaster and good coats in the grate the toast may be prepared by one and the rarebit by another. Give every one something to do; this helps break the stiffness and adds to the enjoyment of all. Finally let the male members help remove the meal, and if you choose, wash the dishes. They will like it.

One may serve scalloped oysters with sandwiches, pickles or a salad. The hot dish of course would be prepared in the kitchen and baked in the range. Creamed oysters served on toast may be done in the chafing dish.

A hot cheese sandwich, with hot milk or cocoa, or a cup of tea, a bit of cake and fruit, will make a most satisfying supper. Chicken à la king is another good supper dish to serve in this way. There will be many others which will occur to the hostess and provide variety.

A small table covered with pretty linen and holding the silver and pretty plates always adds to such an occasion.

Approved Recipes.

A good vegetable soup is a dish enjoyed by everybody. Try this one:

- Vegetable Cream Soup.**—Chop together one potato, one onion, one carrot, add one quart of boiling water and a can of peas, cook for an hour, replenishing the water when necessary, then strain, add two tablespoons each of butter and flour cooked together, salt, pepper, a grating of nutmeg, a can of vegetable soup, one-half cupful of hot water and just before serving add one-half cupful of cream or evaporated milk.

Grape Fruit and Apricot Salad.—Cut three grapefruit into halves, remove the pulp, add sugar to sweeten and let stand to chill for two hours. Arrange on lettuce leaves, piling on a few spoonfuls of grapefruit, then mayonnaise and top with an apricot.

Rack of Lamb.—Order a three-pound rack of lamb cracked, with a small piece taken from the top; this may be used for soup. Remove any surplus fat and wipe the meat with a damp cloth. Put a tablespoonful of butter in a roasting pan and when very hot add the lamb. Brown well and dust with salt and pepper, then add the following chopped vegetables: One onion, two green peppers, two cupfuls of celery, two carrots; cook fifteen minutes, then add one cupful of boiling water, pouring it around the meat. Roast for an hour, basting occasionally. Serve with the meat in the center of a platter with buttered peas and small potatoes, also buttered, as a garnish. Make a sauce from the gravy in the pan, and serve with meat.

Stuffed Cheese Potatoes.—Bake six large even-sized potatoes after rubbing them over with a little bacon fat. When thoroughly done cut into halves lengthwise, scoop out the potato and wash well, then add one teaspoonful of butter, one-third of a cupful of milk, salt and pepper to season; fold in the stiffly beaten egg whites of two eggs. Fill the shells and place a thin slice of cheese on top of each. Return to the oven to brown and melt the cheese. Serve at once.

Sliced Tomatoes With Spanish Dressing.—Mix together three-fourths cupful of sugar, one-half teaspoonful of salt, one-fourth teaspoonful of mustard, one teaspoonful of paprika, one-fourth teaspoonful of white pepper; add one teaspoonful of vinegar and one-half cupful of olive oil with the juice of a lemon, strained. Beat thoroughly, chill, then beat again. Serve on fruit or tomato salad.

Let Christ Do It
Christ can develop us far better than we can develop ourselves. Suppose we let Him do it.—F B Meyer

Holy Spirit Must Lead
If God is going to have control of your life, then the Holy Spirit must be able to lead you.—War Cry

Stilling the Inner Voice
A good deal of the world's noise is made for the purpose of stilling the inner voice.—F. B. Meyer

Nellie Maxwell

Improved Uniform International Sunday School Lesson

(By REV. P. H. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.)
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Lesson for February 19

TWO MIRACLES OF POWER

GOLDEN TEXT.—Mark 4:35-5:20. GOLDEN TEXT.—What manner of man is this that even the wind and the sea obey him?

PRIMARY TOPIC.—Jesus Stills the Storm.

JUNIOR TOPIC.—Jesus Rules the Storm.

INTERMEDIATE AND SENIOR TOPIC.—The Universal Power of Jesus.

YOUNG PEOPLE AND ADULT TOPIC.—Jesus' Power over Nature and Human Life.

1. Jesus Calms the Sea (vv. 35-41).
1. Crossing the sea (vv. 35, 36).
Wearied by teaching the multitudes, He proposed that they take ship at evening time to the other side of the sea, doubtless to escape from the throngs of people.

2. Overtaken by a storm (v. 37).
Even though Jesus was in the boat with the disciples they were overtaken by a storm. It is not God's will that we should escape the storms, but those who have Christ on their boat are safe because that boat cannot go down.

3. Jesus asleep in the storm-tossed boat (v. 38).
In the midst of the turbulent elements He was resting in sleep. The day had been a very strenuous one and He was weary. He who made the sea could well lie down and sleep, though the storm violently raged.

4. The terrified disciples (v. 38).
In their minds nothing but disaster and death awaited them. They were not only terrified, but they chided Jesus for sleeping while they were in such great danger.

5. Christ's rebuke (vv. 39, 40).
(1) The wind (v. 39).
This showed the Lord's mighty power to control the forces of nature.

(2) The disciples (v. 40).
He rebuked them for their lack of faith. He showed that they were looking upon their circumstances instead of upon their Lord.

6. The effect upon the disciples (v. 41).
They were filled with great fear. A little while ago they were afraid in the face of the storm; now they are afraid in the presence of the Lord.

11. Jesus Heals the Gadarene Demoniac (5:1-20).
After the stilling of the tempest, Jesus crossed to the other side of the sea into heathen territory.

1. Met by a demon possessed man (vv. 1-6).
This man was in a desperate condition. He was so fierce that no one could safely pass that way. He wore no clothes (Luke 8:27). No chains were strong enough to hold him and no one was able to tame him. In the night time his hideous cries could be heard while he vented his rage by cutting himself with stones. Many today are demon possessed. Much of the insanity of the age is traceable to this cause. As the coming of the Lord draweth nigh these things will increase (I Tim. 4:1).

2. What the demons knew about Christ (v. 7).
They knew that He was the Son of God and that He had come to destroy the devil and his works. Among the demons there is no doubt as to the deity of Christ and the judgment to come, though we have many theologians and preachers who say they do not believe it. The devil blinds their eyes so they cannot understand (II Cor. 4:4).

3. Christ's power to deliver from the devil (vv. 10-13).
He cast out the demons from the man (v. 8). The demons quail before Christ, not daring to dispute His power, so they begged him to be permitted to enter the swine. As soon as the Lord issued the permit, they hastened away to hurl the swine to destruction.

4. The effect upon the people of the city (vv. 14-17).
The keepers of the swine fled to the city and made report of what had occurred. This miracle brought the people out, but when they realized the loss of their hogs they sought Him to leave their coasts. They cared more for their hogs than for Christ and the cure of this man. These Gadarenes have many successors today.

The man who was healed sent home to testify (vv. 18-20).
No doubt it would have been safe and pleasant to abide with Jesus, but his friends needed his testimony. The best witness for Christ is one who has been saved by Him. The best place to begin that testimony is at home where one is known best.

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A Little Bit Humorous THEREFORE THE WATER

Father wanted to use the ink, but its condition clearly indicated that six-year-old Jane had had the same idea.

"What have you been doing to the ink?" he asked.
"I put some water in it to make it weak," replied Jane.
"But what for?"
"Cos I'm sending a letter to mother and wanted to whisper a secret."

Forgot to Count
They were quarreling, and the wife said to her husband:
"You were bright and sweet enough in summer at the seaside, you old bear! I'd just like to know how many girls you made love to at the hotel before you met me."
"Twelve," the man groaned, "but I didn't remember to count them until it was too late!"

HOW IT WAS
"My Henry has been on the flat of his back for a whole week."
"My, I didn't know he was ill."
"He's not. He's been overhauling the machine."

Intangible Asset
"The motor's cheap," a salesman said. About economy he raved. And here I stand with puzzled head. Where is the money I have saved?"

Salesmanship
Widow Smith—What? You charge me a dollar for that loose-leaf notebook? How is it I can get the very same thing at Brown's for 60 cents?
Clerk—I cannot say, madam. It may be Mr. Brown has taken a fancy to you. He is a widower, and you, being attractive and—yes, one dollar even. Thank you, Mrs. Smith. Call again!

A Strange Mistake
"How can you spend your time doing nothing?"
"Doing nothing? Do you realize that the work performed by the mere vital processes of the human body every 24 hours amounts to lifting 3,400 tons? Doing nothing, indeed!"

THE MIRROR
"They say the theater is a mirror of real life."
"No doubt. Are you going to see that new play called 'Pigs'?"

Holiday Hesitation
An honest human being linds a genial cheer extensive. I'd rather have my mortal friends. A myth is too expensive.

Did It Himself
The other day a dainty young woman walked into the People's Trust and Savings bank at Chillicothe, relates the Constitution. She stepped up to the teller's window and presented her bank book, money and deposit slip. The cashier looked at the slip, and said, "You didn't foot it up."
"Oh, no," replied the sweet young thing. "I rode up in daddy's car." And the cashier proceeded to do the adding-machine stunt without another word.—Kansas City Times.

Modesty
Liza—Dis am de fust time Ah's seen yo' husband fo' a long time. My, but he am corpulent.
Mandy—Dat's Rastus fo' you! Dui man am so modest he nevah told me he was a corporal.

Maybe 20 of 'Em
Assistant—I couldn't find the leak on the eighth floor.
Janitor—Why didn't you look on the seventh floor?
Assistant—Oh, that's another story.

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 household work. She saw the name Lydia E. Pinkham's Vegetable Compound in the paper and said to her husband, "I will try this 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.

STOP CHILBLAINS
The crippling annoyances of chilblains, that indescribable half numbness and half pain in the feet caused by exposure to snow or cold, quickly relieved by Carbol Why suffer when a 50-cent box of Carbol will take the misery out of walking? Get a box at your druggist now. Your money back if not satisfied. SPURLOCK-NEAL CO., Nashville, Tenn.

Eminent Organizers Wanted—Club for "The New Psychology." Big inducements for local members. Solves personal problems. Profitable, dignified. Write 1106 Times Bldg., New York.

Garfield Tea
Was Your Grandmother's Remedy
For every stomach and intestinal ill. This good old-fashioned home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

Flood Brought "Gifts"
Many persons returning to their homes after the flood waters had receded in Vermont found unusual "gifts." In one house a cow was found, alive and contentedly reposing on a sofa in a second-story room, and in the dilapidated library in another dwelling stood a small, white marble statue of the Venus de Milo, unharmed and as beautiful as ever, but it had never been there before and no one knew where it came from.

When You Feel a Cold Coming On, Take Laxative BROMO QUININE Tablets to work off the Cold and to fortify the system against an attack of Grip or Influenza. 30c.—Adv.

Dangerous Incubator
"By doing away with the under-world poolroom," says a reformer, "we'll destroy the breeding place of gangsters and gunmen." Right! Let's kill the goose that lays the hard-boiled eggs.—Farm and Fireside

Are You Really Well?
To Be Fit There Must Be Proper Kidney Action.

DO you find yourself running down — always tired, nervous and depressed? Are you stiff and achy, subject to nagging backache, drowsy headaches and dizzy spells? Are kidney secretions scanty and burning in passage? Too often this indicates sluggish kidneys and shouldn't be neglected.

Doan's Pills, a stimulant diuretic, increase the secretion of the kidneys and thus aid in the elimination of waste impurities. Doan's are endorsed everywhere. Ask your neighbor!

DOAN'S PILLS 60c
ASTIMULANT DIURETIC FOR KIDNEYS
Foster-Milburn Co. Mfg. Chem. Buffalo, N.Y.

PASTOR KOENIG'S NERVE
for Epilepsy Nervousness & Sleeplessness.
PRICE \$150 AT YOUR DRUG STORE.
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