CORRECT FIT IN ONE-PIECE DRESS

Maker Not Sure Where to Take in or Let Out.

(Prepared by the Bureau of Home Economics d States Department of Agriculture.) If you have had trouble in fitting dresses on yourself or on anyone else in the family, it may have been because you were not quite sure where to take in or let out to get the proper "hang" or "set" of the part of the garment that was wrong. You will find Farmers' Bulletin 1530F, "Fitting Dresses and Blouses," which has been issued recently by the bureau of home economics of the United States Department of Agriculture exactly what you need.

Suppose, for example, you have just basted up a dress and the skirt swings out in the front. The two illustra-



A-Poor Fit Due to Underarm Seam Slanting Toward Front. Sleeve Wrinkling From Top to Underarm.

tions given here show a dress which had this defect and which was corrected by the following method:

The entire back of the dress was raised 11/2 inches and the front edge of the underarm seam was eased onto the back edge for severel inches below the armscye. This treatment was necessary because of the border on the bottom of the dress. The armscye of the dress was recut, and the sleeve was cut out three-fourths of an inch lower than the arm. When the shoulder line was correctly placed, the top trimmed and the collar put back, the dress hung perfectly.

Another way would have been to open the underarm seam its entire length and to take a dart three to five



8-Dress Shown in A Correctly Fitted Entire Back of Dress Raised 11/2 Inches and Front Edge of Underarm Seam Eased Onto the Back for Several Inches Below Armscye.

inches long parallel to the floor on the front edge at the belt line or at the fullest part of the bust. One or more darts in either of these places. or both, are especially needed in dresses for stout figures, but a small dart under the arm improves the hang of any dress. The width of the darts will vary with the figure and with the number needed. Sometimes gathers are used, as in the illustration, but they are not so satisfactory unless the fullness is slight.

Spiced Prunes Favored for a Change in Diet

Those who enjoy spiced peaches, ginger pears, grape conserve or apple butter will welcome this recipe for spiced prunes, which can be made at any time and practically anywhere, since the ingredients are found in all localities. The recipe is from the bureau of home economics.

Spiced Prunes.

1 pound large 1/4 cup vinegar prunes
pints water
teaspoon salt
pound sugar

1/2 teaspoon whole cloves 3 1-inch pieces of stick cinnamon

Select large prunes, wash them well and soak them overnight in the water. Drain the water from the prunes and make a sirup of it and the sugar. Tie spices in a cheesecloth bag and add them to the sirup. Then add the prunes and cook them for 15 to 20 minutes. Add the vinegar and cook about 10 minutes longer or until the sirup is fairly thick. Serve the is left on, so that the food is deliv spiced prunes hot or cold.

KEEPING RECORDS OF EXPENDITURES

Bureau of Home Economics Plans Loose-Leaf Book.

(Prepared by the Bureau of Home Economica, United States Department of Agriculture.)
The woman in the home partnership often handles the greater part of the family money and keeps the accounts. The bureau of home economics of the United States Department of Agriculture believes in keeping records of family expenditures for the same reasons that business accounting is considered important. The various groups of home expenses -food, housing, clothing, and so onmay be compared to the different sections of a business enterprise. Without a satisfactory system of records there would be no way for the business man to know which departments were well managed and which needed to be reduced. In a similar way any group of household expenses must stay within the budget for that group. It is not enough, therefore, merely to list home expenditures in miscellaneous order and add them up. They must be classified under definite heads, so that they can be analyzed, and used as a guide to future spend-

To simplify the homemaker's task in keeping track of household expenditures, the bureau of home economics has planned a loose-leaf account book with marginal indexes and concise directions for entering expenditures under the correct heads. There are pages for estimating the yearly income and probable expenditures, for recording insurance and investments, for making a summary of property owned and a household inventory. Special pages are furnished for farm families who depend in part on homegrown products.

The account book may be purchased for 50 cents in cash from the Superntendent of Documents, Government Printing Office, Washington, D. C. The Department of Agriculture has no supply for free distribution.

Women Continue to Sew at Home for Families

Women continue to sew at home, in spite of the wide distribution of at tractive ready-to-wear clothing. More than two-thirds of a large group o women reached in a recent survey of clothing practices reported that the; made nine or more kinds of garment for their families, according to the bureau of home economics, United States Department of Agriculture Nearly 2,000 women were included in this survey. They represented com munities ranging from less than \$1,000 to over \$5,000.

In most cases the largest percentage of women making garments for wom en and girls were in the rural dis tricts and the small towns. It was also found that a larger percentage of women with a small income are mak ing garments at home than those hav ing large incomes. More than 80 per cent of the women in this survey were making house dresses, summer wash dresses, aprons and nightgowns for girls and women. The percentage making children's clothes decreased as and in most cases as the income in

Cranberry Pie Slightly Tart and Is Enjoyable

People are beginning to realize that cranberries may be used during a number of months, as well as at Thanksgiving and Christmas, and also that there are many good ways of serving them beside making them in to sauce or jelly. Those who like a slightly tart pie will enjoy one made of cranberries. The recipe is given by the bureau of home economics.

quart cran- 2 tablespoonfuls berries butter
1½ to 2 cupfuls ¼ teaspoonful 1/2 cupful water Pastry

Select firm berries and wash them well, rejecting all that are withered Prepare a sirup of the sugar, water and salt, and when the sugar is dissolved, add the fruit and cook for five to eight minutes. Line a pie tin with pastry, pour in the cranberries. Place on the upper crust after moistening the lower rim and press the edges together to hold in the juices. Cut a slit to allow the steam to escape Bake until the crust is golden brown

Bananas Are Regarded as a Good Source of Energy

Bananas are high in food value Because of the starch and sugar they contain, they may be regarded as a good source of energy. Baked bana-nas may be served in place of a starchy vegetable with meat or as a dessert. The bureau of home economics gives the following method of preparing them as dessert.

Baked Bananas With Lemon Sauce. -3 cup sugar spoons melt- 1/4 teaspoon salt

ed butter Skin the bananas, scrape them lightly to remove the stringy portion and split them in half lengthwise. Place in a greased shallow baking dish and pour over them the liquid mixture. Bake in a hot oven until brown.

Serve from the dish, Bananas should be fully ripe before using in order to get the best flavor and the most digestible condition. In buying them, be sure the stem e.id ered in a sealed package.

"You can't be always sunny
If there isn't any sun.
You can't be always funny
If there isn't any fun.
But you can be always happy
If you let the clouds go by
In the faith there's always somewhere

Little patches of blue sky."

DELECTABLE MUSHROOMS

A tablespoonful of mushrooms added

to a sauce will give such a flavor and add to its daintiness. that without them, leaves the dish very ordinary. During the season when they are plen tiful they may be gath ered, canned, pickled or dried so that when they are very high priced fresh they may still be

available. Fresh mushrooms are usually simmered in butter for five minutes before they are added to any sauce, gravy or other dish.

Mushroom Soup.-Take one-half pound of cleaned, peeled and chopped mushrooms, cover with one quart of chicken or veal stock, with a teaspoonful of minced onion and one half teaspoonful of salt, one-eighth teaspoonful of pepper and a dash of eayenne. Cook for half an hour, then put through a puree strainer. Add one cupful of the stock thickened with two tablespoonfuls each of but ter and flour with one cupful of cream. Reheat in a double boiler whip with an egg beater and top with a spoonful of whipped cream.

Florida Mushrooms With Rice .-Whip into a pint of well-seasoned white sauce two tablespoonfuls of grated cheese and one cupful of cooked rice which has been drained and rinsed in cold water. Add one half pound of mushrooms that have been cooked in three tablespoonfuls of butter and seasoned with salt and pepper with a bit of mace. Pour intea baking dish, cover with grated cheese and brown quickly in a hot

Savory Mushrooms.-Use one quart of canned tomatoes, one small onion minced, one teaspoonful of sugar, salt pepper and cayenne to taste and a teaspoonful of worcestershire sauce Cook until smooth and thickened. Add one can of mushrooms or half a pound of fresh ones cooked in butter and seasoned with salt and pepper Pour into a buttered baking dish, to: with buttered crumbs and brown in g hot oven for fifteen minutes.

Mushrooms en Brochette.-Selec arge mushrooms, peel the caps and cook in boiling salted water for ten ninutes. Alternate the mushrooms with oysters and squares of bacon or skewers. Lay them in a shallow pan and bake in a hot oven for fifteen minutes, until the bacon is crisp and the oysters plump. Serve on strips of buttered toast and pour the pan drippings over them

Marmalades. The season to prepare the marma

lades is at the time the fruits are the cheapest. A most delicious marma lade may be made Kumquat Mar

lade.-Be sure that the fruit is well ripened wash and cut in to halves, removing the seeds; cover with water and let stand overnight. In the morning set on to cook until ten

der. Drain and add an equal meas ure of sugar, cook until thick. If one wishes the candied fruit remove the fruit and cook down the sirup, dir into the sirup, roll in sugar and place in the sun to dry, Carrot Marmalade.-This makes a most economical and a very good con

serve. Grate twelve large carrotsthe new ones are to be preferred Measure the carrot pulp and for each cupful allow one cupful of sugar. Let stand overnight; in the morning adthe juice of three lemons and one or ange, strained. Cook slowly for one hour, or until thick. Pour into glasses and seal if to be kept.

Date Marmalade,-Cut and chop one package of dates, add three cupfulof water and cook until smooth. Add one-fourth of a cupful of lemon juice and the fulce of an orange; add one half cupful of sugar and cook untithick. If desired slice the orange very thin and cook in some of the water until tender, then add to the date mixture; this gives the flavor of the peel which is so well liked.

The following is a different marma lade than is usually made, the seeds adding the bitter flavor which the English like so well:

Lemon Marmalade,-Use a dozen lemons and one and one-half pounds of sugar to each pound of fruit and water.

To make: Cut lemons into very thin slices, remove but keep the seeds Add a pint of cold water for each pound of fruit and let stand over-6 ripe bananas 2 tablespoons night. In the morning boil gently un til the fruit is tender, and again set aside until cold. Weigh and add sugar in the proportions named above. Put the seeds into cheesecloth bag and whole is thick and transparent and with paraffin

children in too large a quantity will ruin not only their first teeth but the permanent teeth which should last into old age.

Nellie Maxwell

Improved Uniform International

Sunday School Lesson

(By REV. P. B. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.) (©. 1928, Western Newspaper Union.)

Lesson for March 18 JESUS TEACHES SINCERITY

LESSON TEXT-Mark 7:1-23. GOLDEN TEXT-Keep thy heart with all diligence, for out of it are the PRIMARY TOPIC-Obeying God and

JUNIOR TOPIC-Honoring God and INTERMEDIATE AND SENIOR TOP-IC—Sincerity in Religion.
YOUNG PEOPLE AND ADULT TOPIC—Jesus Denounces Formalism.

I. The Emptiness of Formal Wor-

ship (vv. 1-7). The tendency of the human heart is to depart from the life and to choose the mere form which is calculated to express the life. The traditions and customs adopted by men for the temporary help of the spiritual life frequently are crystallized into laws and ade to supersede the laws and institutions of God.

1. The charge against Christ (v. 2) This was that Christ's disciples ate bread with unwashed hands. The charge was not on the basis of physical uncleanness, but their disregard of custom which was to engage in the thorough washing of the hands before eating, as well as washing the pots

2. Examples of empty forms (vv.

2-4).(1) Washing of the hands before eating (v. 3). They not only washed their hands often but diligently and

(2) Washing of cups, tables, pots and brazen vessels. The ceremonial washing applied to the vessels as well as the hands.

3. Explanation demanded by the Pharisees (v. 5). They asked Christ to explain why His disciples ignored the tradition of the elders with reference to ceremonial cleansing.

4. Christ's answer (vv. 6, 7). He declared that worship which centered in forms was as empty and meaningess as was lip service where the heart was away from God. This He calls hypocrisy, even such as foretold by Isalah, the prophet. Men of his day made much of external observance and of religious rites, while their hearts remained unchanged.

II. Making the Word of God of None Effect (vv. 8-13).

1. How it may be done (v. 8). It was done by punctiliously observing the precepts of man, such as washing of the hands, pots, etc., while ignoring the commandments of God. This is being done by those who make much of the externalities of religion but at the same time are indifferent to the moral requirements.

2. An instance cited (vv. 9-13). The law of God as given by Moses said, "Honor thy father and thy moth- of petty larceny!" er, and whoso curseth father or mother, let him die the death: but ye say, if a man shall say to his father or mother, it is Corban, that is to say, a gift, by whatsoever thou mightest be profited by me, he shall be free, and ye suffer him no more to do-ought for his father or his mother." The law of care and provide for parents in their need. According to an accepted tradition among the Jews, if a man should consecrate his goods or possessions to the Lord's service by pronouncing over them the word "Corban," which means "the gift," his goods would be thus dedicated to God, and would not be available for help to his parents. It was possible, therefore, for a man to be enjoying wealth while his parents were in destitution.

III. The Real Source of Defilement and Impurity (vv. 14-23).

1. Sin is moral and spiritual. Uncleanness before God is not of the body save as the body is directed by the soul. A man is not defiled by that which enters his mouth but by that which springs out of his soul.

2. That which springs out of the heart-the deliberate choice of the will-is the source of defilement (v.20). 3. A list of evils springing out of the heart (vv. 21, 22). The awful list

is as follows: Evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness, which all come from within. This catalogue includes every possible form of evil. Every one of them originate in the heart and when they become acts of the will and life they defile the man. It is only when temptations and solicitations lead to indulgence by the deliberate act of the will that they corrupt a man.

Children's Needs Children have more need of models

than of critics .- Joubert.

Christian Giving

Our Father has so much confidence in us that He makes no hard, arbicook with the fruit. Cook until the trary rule for Christian giving, but leaves it to the fillal love and loyalty pour into sterilized glasses. Cover of His children to determine how much of their possessions they will Sweets and starchy foods given to offer to relieve the pains and sorrows of the world .- J. H. Jowett.

Faith in God

A little faith in a great God is better than a great faith in mortal man. -- Methodist Protestant.

WORSE AT EVERY WORD

Buck and Bud had not seen each other for several years when they met at a Legion convention. "Hello, Bud, old scout! How's the

"She's in heaven," replied Bud sorrowfully.

"Is that so? I'm sorry." Then, realizing that this did not sound quite right, Buck added: "I mean I'm glad -no, that is to say, I-I'm surprised." -Brooklyn Eagle.

Confiding Public

"You have the confidence of your constituents."

"I am sure of that," answered Senater Sorghum. "I often think, but never with regret, of the money I might have gathered if instead of being a statesman I had become a reguconfidence man."-Washington

BEEN IN WAR



She-How dare you try to kiss me! He-Well, I'd been in the war in France and-

Admiring Attention

An artist gains our great applause,
The kindly audience hollers—
Not for his art—but just because
He gets a million dollars!

The Appeal

The second speaker on the program arose and with evident dismay said: "The speaker who has just preceded me has taken the words out of my mouth."

The other speaker jumped to his feet, and with a dramtic appeal to the audience exclaimed: "I am accused

Willing to Oblige

That's a pretty bad cold you have. old man. What are you doing for it?" "Today I'm doing what Jones told me to do. It's Simpson's day tomorrow and the next is Brown's. If I'm not better by Sunday, and if I'm still God demands of children that they alive, I shall try your remedy. Just write it down on this card, will you?"

MOUTH OMITTED



He (sentimentally-Answer me with

She-You will always be answered with my noes.

Responsible Detail

The merchant said, attempting fate
Without a tremor of dismay,
"My goods are not so very great,
But my Publicity's O. K."

Unforgetable

"You say you never forget a friend?"

"Yes," answered Senator Sorghum. "As a matter of fact, the friends to whom you are indebted in practical politics never permit you to forget

Taking Advantage of It

"What is it?" "Collision between automobiles." "Sorry, but it's our chance to cross the street."

That Settles That Lot

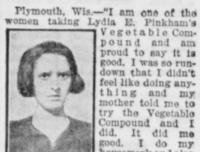
Ad in English paper: "For Sale, Jazz Outfit. Terms: Nothing down; the same weekly." We'll take the lot on those terms. Scrap metal dealers please call in

two weeks.-Boston Transcript, Has Two Effects

First Man-1 tell you the feminine touch adds interest to one's home. Second Man-Righto! But it's the deuce for subtracting from one's principal in the bank,

HOUSE-WORK TIRED HER

Finds Aid in Lydia E. Pinkham's Vegetable Compound



pound and am proud to say it is good. I was so rundown that I didn't feel like doing anything and my mother told me to try the Vegetable Compound and I did. It did me good. I do my housework and also

work and I have a three-year-old girl to look after. I have told quite a few others to try the Vegetable Compound and I am willing to answer letters about it."—Mss. ED. Behb, R. 4, Plymouth Wisconsin. do all my garden mouth, Wisconsin.

Garfield Tea

Was Your Grandmother's Remedy



For every stomach and intestinal ill. This good old-fashloned herb home remedy for constipation, stomach ills and other derange-

ments of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.

Electric Cure for Colds

Colds can be treated by applying electric heat to the inflamed interior of the nose.

Electric current is sent between metal plates at each side of the nose, so that the inner membranes of the nose and not the skin receive most of the heat produced. Several remarkable successes have

been reported after a few minutes of

Quickly Relieves Rheumatic Pains

12 Days' Free Trial

To get relief when pain tortured

joints and muscles keep you in constant misery rub on Joint-Ease. It is quickly absorbed and you can rub it in often and expect results more speedily. Get it at any drug-

gist in America. Use Joint-Ease for sciatica, lumbago, sore, lame muscles, lame back, chest colds, sore nostrils and burn-ing, aching feet. Only 60 cents. It

FREE Send name and Address for 12 tories, Desk 3, Hallowell, Maine. Joint-Ease For Caked Udder and Sore Teats in Cows

Try Hanford's Balsam of Myrrh Money back for first bottle if not suited. All dealers

Free Smokes "So you prefer cigarettes to cigars?" "Yes; it requires less nerve to ask for a cigarette.

It's Acquired "That Maud Sniffy is awfully up-

"Yes, made-uppish." Wherever there is a human being there is an opportunity for kindness.

That Cold

May End in Flu Check it Today.

Colds

There's a way to do it-HILL'S. Does the four necessary things in one.
Stops the cold in twenty-four hours,
checks the fever, opens the bowels, tones the entire system. That's the aid you need. Don't be satisfied with anything less. Go right now and get HILL'S, in the red box. 30c. Hill's

and Bladder Trouble, Don't let these organs of you. Heed the first warning that "things are not right." Drink freely of water and take Gold Medal Haarlem Oil Capsules. A world famous remedy for kid-

HILL'S

Cascara-Bromide-On

ney, liver, bladder and uric acid troubles GOLD MEDAL HAARLEM OIL CAPSULES

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