Cutting Dress Materials

Alterations on a Foundation Pattern of Checked Gingham.

(Prepared by the United States Department of Agriculture.)

The "perfect thirty-six" figure—or that for any other measurement—is occasionally found, but more often, after buying a pattern of any given size, adjustments and changes must be made to suit the individual. A woman may have large hips and slender shoulders, or vice versa; extremely square or extremely sloping shoulders; an expecially wide or narrow back; shorter or longer arms than the average; longer or thicker trunk in proportion to other measurements than the standard, or some other odd characteristic.

Changes can often be made on the person, after cutting out a dress and basting it up, or on the paper pattern, to conform to individual deviations in figure. But unless these alterations are transferred to a permanent pattern the fitting must be done over and over again with each new garment that is made. A better plan, suggested by the bureau of home economics of the United States Department of Agriculture, is to make a foundation or guide or permanent pattern in some inexpensive material like gingham, cambric, or unbleached muslin. A gingham with a large check is especially good for the purpose because the lengthwise and crosswise threads show plainly.

Get a good commercial pattern of your size, plain in design, with normal shoulders, set-in sleeves, high neckline and other standard features. In cutting the material for your permanent pattern make any obvious allowances, such as a longer skirt for a tall woman or longer sleeves. Baste up the foundation pattern and try it on. It has to be fitted as carefully as the dress you expect to make from it. The shoulder seam is first balanced, and then the underarm seam is adjusted. Fit the bust, hips, armscye, sleeve, and mark the desired length for the skirt. The neckline and armholes should be trimmed out until they are exactly right, with a seam allowance uniform with other parts of the garment. Baste in darts where they are needed, and, if necessary, slash any sections which may need enlarging by having pieces inserted. After the material is cut it is too late to find that the back should have been an inch longer between the neck and the belt, or that a large bust required a longer front section than the pattern provided for. The hem is turned at the right distance from the floor.

While the fitting is being done the hipline and natural waistline should be marked, and the points at which pockets should come if used. In some styles of dress with pleats or insets in the skirt it is desirable to know where the knees come. When the foundation pattern is entirely fitted, sleeves as well as body, it is cut down the center front and center back. The sections are separated, and each is stitched around with contrasting thread—once to show the actual seam line, and once, about an eighth of an inch from the edge, to prevent stretching. One-half of the pattern is used for a permanent guide, and the other as a basis for designing. Sometimes the two sides of a person's figure are so unlike it is necessary to save both halves, with careful marking, for the future pattern.

Possessing a guide pattern does not entirely eliminate the use of all ordinary patterns. It enables you to fit the fundamentals of each new garment with a minimum of trouble, but if you want special details of design you will need to get other patterns to provide them. In the present mode of dresses with trimming pieces of unusual shape, a foundation pattern that fits properly is a necessity to work with. In combination with it it is a great boon to have a dress form that reproduces your figure, on which the pattern can be placed for trying the effect of the special shaped pieces with reference to your build.

Evening Fairy Tale for the Children

By MARY GRAHAM BONNER

"You're certainly too amiable," said the little toy spaniel dog at the dog show to the St. Bernard dog.

"You aren't fashionable enough. You try to be sensible."

"My friend," said the St. Bernard, "you are right when you say that I try to be sensible.

"But tell me, truly, don't I succeed in being sensible?

"That is—bow-wow—am I not sensible? I'd hate to think that I was not sensible when I tried all the time to be."

"You succeed all right," said the toy spaniel. "But I don't think you've got the right idea.

"I don't think you should be so good-natured and pleasant and friendly."

"You like to have me for a friend, don't you?" asked the St. Bernard.

"Ah, that is different, very different," said the toy spaniel. "You are quite safe in knowing me.

"My ancestors were very fine. We are a noble family. Yes, we have a fine lot of dogs back of us."

"It seems to me," said the St. Bernard, "that it doesn't make much difference how many fine dogs are back of a fellow if the fellow himself isn't going to amount to something, too."

"Pooh! Bow-wow," said the toy spaniel. "You don't understand. The joy in having fine ancestry is that one doesn't have to do anything one's self to be fine.

"It is all there without any effort."

"Ah, my poor little spaniel, that is where you are wrong," said the St. Bernard dog.

"What do you mean by saying I am wrong?" asked the toy spaniel, barking angrily.

"You are wrong," repeated the St. Bernard. And his eyes twinkled merrily, for he saw that the toy spaniel was very angry and yet didn't dare start a fight.

"You Are Wrong."

Of course, the St. Bernard wouldn't have fought with the toy spaniel for anything in the world, but it amused him, just the same, to see how much the toy spaniel longed to fight.

"Listen, my friend," said the St. Bernard, after the toy spaniel had grown tired of barking, "it is a wrong idea which you have in your little head when you say that a dog doesn't have to be a fine dog if he had had noble grandfathers and great-grandfathers.

"If he has noble ones, then all the more reason that he should be worthy of them; and if he has been unfortunate and had very wild and peculiar ones, then he should make every effort to do his best to be a fine dog.

"Because it is something very fine to be noble when everything around gives you an excuse to be the opposite way."

"I do believe you are right," said the toy spaniel. "I had never thought about it in such a way before."

The St. Bernard grinned and his eyes looked more friendly than ever.

"I didn't mean to preach," he said, "but I thought you had the wrong idea and it wouldn't bring you any happiness."

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About Good Things for the Table

By NELLIE MAXWELL

Laugh and the world laughs with you,
Weep and you weep alone,
For this old gray earth has need of your mirth,
It has sorrow enough of its own.
—Ella Wheeler Wilcox.

They tell us there is nothing new under the sun and he that discovers a new star is not nearly so important as he who discovers a new dish, as we already have all the stars we need, but can always enjoy a new dish.

Some good lover of spinach has added another way to make it attractive. Serve it well cooked and seasoned with two or three sections of luscious grapefruit atop each serving—giving a tart taste to the vegetable which makes it more palatable.

Golden Fruit Salad Dressing.—Take the juice of a large orange, the juice of half a lemon, one tablespoonful of butter, one-fourth of a cupful of sugar, two egg yolks and one-half cupful of cream, whipped. Melt the butter in a double boiler top, add the fruit juices, sugar and slightly beaten yolks of the eggs. Cook over a low flame until thick, stirring constantly. Cool. Fold in whipped cream just before serving. If one has canned grapefruit one cupful of the juice may take the place of the orange and lemon.

Grapefruit-Cherry Spring Salad.—Take one can of grapefruit, two canned red cherries drained, ten toasted almonds, serve on lettuce with french dressing. Arrange segments of grapefruit on a bed of lettuce to form an ellipse. Allow four segments or sections for each serving. In the cavity place a row of cherries which have been pitted and stuffed with the havled toasted almonds, or filberts may be used. Serve with a french dressing prepared from the grapefruit juice according to the above recipe.

Grapefruit French Dressing.—Take one teaspoonful of salt, one-half teaspoonful of paprika, three tablespoonfuls of grapefruit juice and one-half cupful of salad oil. Mix the seasoning well, add the fruit juice and oil and shake or beat until slightly thickened. A small piece of ice added to mixture will hasten the mixing.

Nearly every home maker at some time in her life finds it necessary to cook for and prepare food for a convalescent who cannot eat the food prepared for the family.

The returning strength and good health of the invalid depends in a large measure on the food which he eats and assimilates. His appetite should be tempted.

Custard should be velvety as cream if it is to be served; one that is overcooked and separated into whey should be eaten by some other member of the family and a fresh one prepared for the one who is ill.

For the person who is ill in bed, the meal time should be the joyous time of the day, an oasis in the monotony of the long day.

It is worth while to bring to bear upon this matter all the artistic ingenuity one possesses, as variety and element of surprise and making the tray and all food appealing to the eye, are most important.

Desserts should be something like custard of different flavor—prune whip or souffle, jellied fruits, junket as well as ice creams and ices.

Never serve an invalid pie or pudding which is rich and not easy of digestion. Pastry is for those who are well and able to digest it. One may purchase small cartons of junket tablets of various flavors or the plain ones. Add, after dissolving in a tablespoonful of water to milk that has been warmed, flavor and sweeten and pour into a pretty cup or sherbet glass to stiffen. If cream is allowed, a spoonful will top the junket when served. Have all such foods nicely chilled and garnished.

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HINTS FOR HOUSEKEEPERS

Hot breakfast cereal is more nourishing if made with milk instead of water.

• • •

Before sour milk is used for cooking, beat with a rotary egg beater to break the curd.

• • •

For the thrifty housewife's recipe files, a left-over section proves useful. It contains recipes for using left-over vegetables and meats, hard bread, and sour milk and cream.

• • •

In modern homes systematic housecleaning has replaced the old-fashioned spring upheaval when tempers and furnishings of the whole household were usually upset together.

• • •

Instead of discarding the large green outer leaves of lettuce, wash them carefully, trim off any brown sections, shred with shears, and use as a garnish or as the salad foundation.

Apple and Rhubarb Fine Combination

Everybody likes apple pie and almost everybody likes rhubarb pie—so why not try both fruits together for a somewhat novel combination? The suggestion is from the bureau of home economics of the United States Department of Agriculture, which has tested the result before recommending it.

1 large apple
3 cups sliced rhubarb
2 tbs. butter
½ to ¾ cup sugar
¼ tsp. salt
Pastry

Line a deep pie tin with pastry and bake until lightly browned. Pare and cut the apple into thin slices, cover the crust with the sliced apple, and sprinkle with part of the sugar and salt, which have been mixed together. Put the sliced rhubarb over the apple, add the remaining sugar, and dot with the butter. Lay strips of pastry in checker board fashion over the fruit and bake in a moderate oven until the fruit is tender.

Sheer White for Girl Graduates

By JULIA BOTTOMLEY

Soon the "sweet girl graduate" will be having her day. After the dreadful strain of "exams" is over and all the available credits have been garnered in, depend upon it Miss Graduate's fancy will immediately turn not "lightly" but seriously to the question "what to wear" when she curtsies as her coveted diploma is handed to her.

In creating frocks for the youthful graduate designers are working along the theory that "beauty unadorned is adorned the most." Therefore while the materials employed are superlatively lovely, such as exquisite white chiffons or georgettes, dotted swisses, too, if you please, and especially organdies—for the sheer materials are "it" this season—they are made up in the simplest possible manner. That is, to all appearance, they are decidedly ingenue, but in reality they are fashioned with meticulous observance as to detail and effect.

The picture does not do justice to the very lovely frocks here shown. It is almost impossible for the camera to catch the subtlety of the soft accordian pleating which enhances the dress of chiffon which the seated figure is wearing. Then, too, there is a wide border of sheerest net footing about the hemline and its exquisite daintiness cannot be told in mere black and white print. The boutonniere of self-fabrics is very effective, and even if one makes this frock at home, this decorative flower could be easily fashioned.

The frock to the right lays claim to style distinction because of its bolero, although if preferred, in making this model, the sleeves could just as well be sewed in the jacket, thus offering the prospect of a sleeveless frock with the bolero removed. An ensemble of white georgette such as this is practical. With care it can be beautifully laundered so that the summer through it will look like new.

Organdie posed over a slip of white lace presents a new effect which designers are playing up with fascinating results for the popular girl graduate.

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Ways of Renovating Bedding

(Prepared by the United States Department of Agriculture.)

Pillows that have been in constant use throughout the year may need freshening. This is particularly true if they have been used in a sickroom. June is a good month for any of the work connected with renovating the bedding, but especially the pillows, because of the many mild sunny days available when they will dry easily.

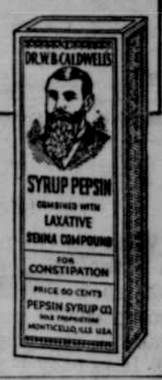
Pillows can be washed by either of two methods, according to the bureau of home economics of the United States Department of Agriculture. The first method of washing them is without removing the feathers. Scrub the pillow in a weak washing soda solution, using a good suds. Repeat in a second suds if necessary. Rinse in lukewarm water, changing it two or three times. If an extractor is used, extract, and then dry the pillows on a sheet in a warm place, preferably in the sun. Otherwise squeeze out as much of the excess water as possible and dry in the same way. Beat the pillows from time to time during the drying.

The second and more satisfactory way is to transfer the feathers to a muslin bag two or three times the size of the ticking by sewing the edges of the openings of the ticking and the bag together and shaking the feathers from one to the other. Wash and dry the bag of feathers in the same way as a whole pillow. After the ticking has been washed separately apply a very stiff starch mixture to the inside with a sponge to close the pores of the material and prevent the feathers from working through. Refill the ticking in the same way it was emptied.

SOY BEANS USED AS FOOD

In North America the soy bean has attracted attention at various times as an article of food, but until recently it had not been used to any great extent. Several food manufacturers have now begun the manufacture of various foodstuffs, such as soy sauce, soy bean flour, breakfast foods, and edible oil, from soy beans. Two obstacles which will have to be overcome before the soy bean is accepted generally are prejudice and custom, factors which often operate against new foods.

Would you like to try this doctor's laxative free of charge?



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Brazilian City's Elevator

Bahia, in northern Brazil, has an elevator tower containing two elevators to bring people from the plateau to the level of the bay. The city is built on two levels, and each elevator has a capacity of 27 passengers and speed of 700 feet a minute, which means that nearly 4,000 passengers an hour can be carried the distance of 195 feet which separates the two parts of the city.

What this Doctor did for Humanity

As a young man the late Dr. R. V. Pierce, practiced medicine in Pennsylvania and was known far and near for his great success in alleviating disease. Finally he moved to Buffalo, N. Y., and put up in ready-to-use form, his GOLDEN MEDICAL DISCOVERY, the well known tonic for the blood. This strength builder is made from a formula which Dr. Pierce found most effective when in private practice.

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War on Coyotes From Air

Instinctive cunning has failed to protect coyotes against air raids in North Dakota. George Albrecht and William Fisher are the aerial coyote hunters and they are experiencing marked success. Fisher pilots the plane and Albrecht does the shooting.

Gave Telephonic Consent

Unable to attend the wedding of his daughter, Miss Florence Mills, a graduate of Vassar, Maj. Byron J. Mills "gave her away" over long-distance telephone wires when she was married recently to Albert Hawkins in Calgary, Canada. Major Mills was at his home in Seattle, Wash., when the words came over the wire, "Who giveth this woman away?" "I do," answered the bride's father in Seattle and the marriage ceremony became a fact.

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