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## Bon <br> Ami



## -makes white shoes like new!

"At last, we've found the way to make Daddy's white shoes really clean!"

Here again-as for so many other things around the houseBon Ami is just the thing! There's nothing else like it for cleaning white shoes-all kinds except kid. Bon Ami removes all dirt and stains-doesn't hide the blemishes under a chalky paste.

Just apply the Bon Ami with a well moistened brush. Let it dry - then dust off with a dry cloth and the task is done-quickly and easily. The shoes are as white and spotless as new!

When the original whiteness has worn off, avoid that pasty look by cleaning first with Bon Ami before applying a whitener.


IT seems hardly possible, yet a friend told us recently of having met a number of regular Priscilla subscribers who did not realize that Modern Priscilla has a Service Department which supplies patterns for the various embroidery designs shown on Priscilla's pages, as well as a wide variety of materials for doing all sorts of decorative hand work. Without this Service Department, Modern Priscilla could not be a real service magazine.

No needleworker, or craftworker, is or should be content merely to look at pretty pictures. If something you see in Modern Priscilla appeals to you because you are interested in the particular kind of work shown, you just naturally want to have it for your own - to make it.

In order to do this, you need perhaps only a pattern or perhaps the stamped fabric - or possibly a variety of materials. Whatever it is you need, it is the function of our Service Department to supply all that is requisite.

No matter where you live, therefore, you can, if you like, duplicate anything you see in the Needlework Section of Modern Priscilla.

The real mission of this Service Department of ours is not to make money, but to serve. The materials it supplies are good materials. The prices charged are no higher than you expect to pay for similar quality anywhere. Fabrics are right. for the purpose, color schemes are artistic.

Thousands of Priscilla readers know all this from experience. If you chance to be one of those who has yet to get acquainted with our Service Department, do not hesitate to send for anything that is offered. If it does not come up to expectations we shall be grateful to you for telling us so. We are here to serve you, and the better we know each other's feelings, the better friends we shall be. - с. в. м.

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## Are You One of These?

# The Editors' Page 

IHAVE a question to ask which will take about three minutes of your time to answer, and you don't even need to seal and stamp an envelope. Use a postal card. What I want to know is the shape and size of your dining table, and the reason for this thirst for knowledge is that Priscilla designs for table linens may be made to suit Priscilla tables.

Most of our table cloth designs are made square for the reason that a cloth of this shape is suitable to use on either a round or square table, either one of which we believe is to be found in the average home more frequently than is the newer oblong table. Now are we wrong? This is what I want you to tell me. You naturally look to Priscilla to give you designs which are practical for your use, so you see it is quite necessary that we know about your dining table. Send that postal card now while the matter is fresh in your mind, and if at the same time you tell me whether you prefer white or colored embroidery, or doily sets to table cloths, I shall be very grateful.

Remember that Priscilla is your magazine, and that it is up to me - in the picturesque phraseology of the day - to provide you with new ideas for making the articles you want to make. The better we become acquainted, the better I can serve you, but please don't expect that your needs can be taken care of in the very next issue. It is mechanically impossible to do this, for it takes time to produce a magazine and every issue is planned several months in advance.

Another thing to be taken into consideration is that it is the needs or desires of the majority which must first be satisfied. I have before me at this moment a letter from a dear lady who feels very much aggrieved because her request for a certain article in a particular kind of needlework has not yet been gratified. I feel quite as distressed as does she, and yet here is a case of the desire of the individual being submerged by popular demand.

Next month, in answer to many requests, we are repeating the story of the Chinese maiden and her lover as told by the decoration of the famous blue and white Willow Ware and are showing a delightful arrangement of the pictured story for table cloths of several different sizes. For the July issue we are also planning a large white table cloth in the French and eyelet work, which is always standard, and for which we have been receiving many requests. This cloth is square, but the design is such that it can be used on both round and square tables.

In the same issue is another response to requests in the form of a collection of monograms for table, bed, and bath linens - eight different styles of markings made for us by a monogram specialist, much in demand by Fifth Avenue linen shops. Among this collection you will surely find one to suit you and have the satisfaction of knowing it is a la mode.

For August, because of popular demand, we are planning to show several old-time designs for Colonial knotted coverlets. In fact, every issue contains one or more designs which are planned because we definitely know that you want them. So you see it is worth letting your wants be known.

If you don't see exactly what you want in a shop you ask for it. If you don't find what you want in Priscilla, ask for it. Perhaps it is already planned and we can tell you in exactly what issue it will appear. In any case we want to know that you want it. Write Priscilla. Get the habit.


OUR bride has been for a year studying housekeeping methods, taking housekeeping lessons at the Priscilla Proving Plant. She now passes out of the realm of young "bridehood" into the young matron's rank. She has learned a good many valuable lessons - many more than we have had room to tell you about through the pages of Modern Priscilla. So valuable has she found her apprenticeship at the Priscilla Proving Plant that she wishes we could have a homemaking school for all brides, which, after all, is exactly what Modern Priscilla and the Priscilla Proving Plant are.

But - there are many more lessons for her to learn. She is going to begin real housekeeping within the next year, and she wants you to help her in her planning and management.

Some of you are brides of about her own age. Some of you are older brides whose years are rich with experience. Betty wants you to help in the beginning of her homemaking career so that she will not make too many mistakes. She hopes to receive a lot of letters.

The first important matter to be settled is how to budget the income. Betty's husband is not rich. Few young men starting out in life are. He has a fair salary and a good job, but they must live on what he has with no generous relatives to help plug up occasional leaks caused by reckless expenditure. And out of this salary they want to save a little something to buy a home of their own. Moreover, they want to buy one - or two if they can - pieces of household equipment which they must pay for on time basis.

Now - here is where Betty - and Modern Priscilla ask for help.

Betty's husband gets $\$ 2500$ a year, and he is paid $\$ 208.33$ by check on the first of every month.

Betty will do all her own work, but she wants to get as many labor saving devices as possible to help her.

They have $\$ 100$ in cash which was given them as a wedding present. Out of this she expects to buy one or two pieces of equipment on time basis, paying so much down on each out of her $\$ 100$ and so much each month.

Your letter this month is not to deal with what she buys. We will leave that to next month. I am telling you her situation so you can help her the better You are simply to budget the yearly income, telling Betty -

How much can they afford to pay for rent?
How much to run or "operate" the house - fuel for cooking, heat, lights, telephone, and the like?
How much should they pay for food?
How much may they allow for clothing?
How much can they set aside for church, charity, entertainment, and books?
How much should they put aside for savings and insurance?
How much can they pay each month for some one or two pieces of essential labor-saving equipment?

Here is a chance for you to help a young beginner-and probably a good many other women as well - out of your experience, and earn a little money besides.

If your income is larger than this you can tell, by what you have done, what you would do with a little less. If yours is smaller, you can, if you have managed well, tell what you would do with a little more.

If, now, you will turn to page 40 you will find the details of this contest.

Dreln Thougan Auty

asked Mrs. Wilkie Todd, of Peekskill, New York. Her friends said wood was good enough. She didn't think so. Today she has floors as modern as the rest of her well-planned home.

SHE was building a new home. She wanted it to be modern, even to the extent of a copper roof, the first one in Peekskill. Yet the plans called for the same kind of floors that had caused so much work and worry in her old home.
Mrs. Todd was almost reconciled to her neighbors' advice that "wood floors were good enough." Then one day she chanced upon an article in a magazine. It told about the new floors of linoleum, floors that retained their beauty of color and design for a lifetime of hard wear. It also told that these new floors were being used for every room in the house.

Linoleum for her dining-room, her living-room? Somewhat doubtfully, she penned a letter for more information. Even her husband's skepticism was quickly dispelled by the samples of the new linoleum that she received the following week.
She never knew linoleum could look so pretty and yet be so sturdy and tough! She had never thought of it as a warm floor. Yet she could see now that linoleum would make a delightfully warm and comfortable floor.
Best of all, she learned that she could now
choose from the many new linoleum designs patterned floors that would be a lively, colorful part of each room's color scheme. This was something new-something different!
The next two weeks were interesting ones for Mrs. Wilkie Todd. She wrote to Mrs. Hazel Dell Brown of Armstrong Cork Company's Bureau of Interior Decoration, who advised her in selecting not only attractive linoleum patterns but also draperies and wall colors that would go well with her rugs and furniture. She visited a good merchant who showed just how the new linoleum floors form the basis for well-planned rooms. Then she made arrangements to have her linoleum floors laid the permanent way-cemented over a warm lining of builders' deadening felt.
Today every room of her attractive Peekskill home is floored with linoleum. Mrs. Todd says it took only two days to install these floors. Right after they were put down, they received a thorough waxing and polishing. Now all she need do to keep her floors clean is to dust them with a dry mop and occasionally renew the soft polish with a little liquid wax.
Mrs. Wilkie Todd is just one of thousands


All the rooms of Mrs. Todd's modern home at Pcekskill, New York, have floors of long-lasting color and design. The Armstrong's Inset Tile Inlaid Linoleum Floor (Pattern T46) adds color and interest to this plain white bathroom.
of thoughtful women who have made their homes prettier, and have relieved themselves of much household drudgery, by installing modern floors of linoleum. If you would like to learn what new beauty the newer linoleum designs will add to any interiors you may now be redecorating, write to Mrs. Hazel Dell Brown of our Bureau of Interior Decoration. Mrs. Brown will be glad to help you.

## New-a book on furnishing and decorating homes

Would you like to know the correct use of color in decorating and furnishing your home? Then read this new book, "Floors, Furniture, and Color," by Agnes Foster Wright. It will be sent to anyone in the United States for 25 cents. Armstrong Cork Company, Linoleum Division, 2533 State Street, Lancaster, Pa.

## Now in Ontario and Michigan, too!

America's favorite laundry soap also takes first place across the border

" $P$ and G The White Naphtha Soap is almost as much of a necessity in my home as bread. It is wonderful. I have used it for all purposes for the past sixteen years.'

$$
\begin{aligned}
& \text { —Mrs. R. E. B., } \\
& \text { Detroit, Mich }
\end{aligned}
$$



HHIS remarkable soap continues to pile up its triumphs. P and G has long been the largest selling laundry soap in America. The women of Michigan gave it first place many months ago. And now come the progressive housewives of Ontario.
Wherever there are especially difficult laundry problems, P and G The White Naphtha Soap meets each need better than any other soap made. This is not merely our opinionwomen everywhere have said so in letter after letter.
Truly, no other laundry soap combines so many remarkable qualities. Just read this list:

P and G is white, and keeps white clothes white.
It makes rich suds in any water, hard or soft, hot or cold. It is safe for colored clothes.
It dissolves dirt with amazing speed, and thus reduces rubbing and boiling to the very minimum-only the very dirty things need rubbing at all.
It rinses out promptly and thoroughly, leaving no hint of grayness or soapy odor.
By sudsing readily in lukewarm water, it helps you to keep your hands in good condition.
You'll be surprised at its small cost-less than that of your present soap.
What do all these qualities mean to you? Less work, less worry, more time, more energy, finer washing results, longer wear from clothes, greater economy.
Yes, even though your work be done by a laundress, you will find it profitable to provide her with P and G. You will quickly prove that there is no mystery about the national supremacy of P and G -it is simply a better soap.



No. 25-6-41. Pillow Cover.

## Bedspread and Matching

Covers that Harmonize

## With Your Room Colors

By ETHELTN 7 . GUPPY



Leaves and stems are not applied, but are buttonholed in color on the edges with long and short stitches slanted toward the stem portions

Criss-cross lines in the border are outlined, and those on the spread are run. The little dots sprinkled about are done in satin stitch.

The border lines are an interesting variation of buttonhole stitch made by taking five buttonhole stitche $1 / 4$ inch long covering a halt inch space, then a short tight little stitch at base of last stitch, followed by cat stitch in the next half inch, inserting needle and bringing it up $1 / 4$ inch away on a line with the tops of the buttonhole stitches. The diagram at the bottom of the page shows plainly how this is done

Edges of small pieces are blanket stitched.

## Materials and Prices

The prices which follow are for stamped unbleached muslin of excellent quality, and patches for appliqueRose, Delft Blue, or Golden Tan (state color).
No. 25-6-41. Sham. $90 \times 32, \$ 1.10$. Cotton for working, $\$ 1.80$.
No. 25-6-42. Bedspread. $90 \times 96, \$ 3.25$. Cotton for working, $\$ 4.80$.
No. 25-6-43. Chatr Back. $12 \times 18,20$ cents. Cotton for working, 40 cents
No. 25-6-44. Pillow or Chair Cushion. $16 \times 16$ finished, 30 cents. Cotton for working, 60 cents. No. 25-6-45. Bureau Scarf. $18 \times 42,35$ cents. Cotton for working, 70 cents.
Perforated stamping patterns may be had at the following prices: Bureau Scarf, 50 cts.: Chair Back, 30 cts.; Pillow or Chair Seat, 35 cts. Order by number.


No. 25-6-43. Chair Back.


No. 25-6-42. Bedspread.

YOU can live with these bedroom things and love them for "many moons," never tiring of their well chosen colorings or their charming design. By using a lovely shade of golden tan chambray for the posy patches, and pearl cotton in a like shade for the embroidery, you bring California poppies and sunshine right into your room. When you use a soft rose chambray, it suggests June and
bridal chambers. When you use a Delft blue decorabridal chambers. When you use a Delft blue decora-
tion, it gives an atmosphere of exquisite cleanliness tion, it give
and peace. and peace.
Gold, or rose, or blue - which will you choose? Either is charming against the pleasing natural creamy tone of the unbleached cotton of which all these bedroom things are made.
If you make a complete set for your room, you may wish to vary the appliqué design, and to do so it is quite feasible to embroider the smaller pieces, as the detail at the bottom of the page indicates. The materials for appliqué are sent with all the pieces, however, and it is purely optional with you whether you use them or fill in with the easy stitchery.
Cut out the chambray flowers just outside the stamped line, thus making sure that the applied fabric covers the stamped pattern on the muslin. Baste covers the stamped pattern on the muslin. Baste patches in place and finish with rather long button-
hole stitches of irregular length placed close together hole stitches of irregular length placed close together
to cover the raw edge. At the base of the "buds" to cover the raw edge. At the base of the "buds"
stitches are taken from the petals on to the calyxes.


No. 25-6-44. Cushion.


Roses for the bride's bouquet of little linens - wild roses as lovely as their namesake blossoms by June waysides, and infinitely more enduring. Rich in charm and dignified daintiness, they are well fitted by their qualities of beauty and permanence to carry into a new home your zeishes for lasting happiness.


The June bride ma set her refreshment table with wild roses in season and out if she is fortunate enough to possess the lovely to possess the lovel set at the lef. The buffet set and sherbe doilies below are made of the same lovely creamy white linen and may be used in combination with it.

## Wild Rose Cutwork Linens to Delight the June Bride

By E. MARION STEVENS

THE simplest form of cutwork decorates these "little linens" which are useful for so many purposes, so easy to do and so inexpensive. They are ideal for summer needlework - no color placing problems - no complicated stitchery nothing but buttonholing done with tiny stitches, eyelets for flower centres and stamens in French knots and outline stitch.
The background bars, few in number, should be worked while running the outlines of the different parts of the designs. They should be worked over foundation threads and not into the material. When the embroidery is completed cut away the material under the bars close to the buttonholed edges.

## Embroidery Materials

No. 25-6-16. Refreshment Set. Stamped cloth, white or cream linen, $36 \times 36$ inches, and four napkins, each $12 \times 12, \$ 2.85$. Embroidery cotton, $\$ 1.20$.
No. 25-6-17. Sherbet Glass Dollies. Size, 4


No. 25-6-18. Linen Towel.


No. 25-6-20. Buffet or Dresser Set of cream linen.
inches. Stamped linen for six (white or cream), and embroidery cotton, all for 35 cents.
No. 25-6-18. Towel. Stamped linen, $18 \times 30$ inches, and embroidery cotton, all for 85 cents.
No. 25-6-19. Pillow Slips. Stamped cotton tubing $(42 \times 36), \$ 1.50$ a pair. Stamped linen ( $45 \times 36$ ) , $\$ 5.00$ a pair. Embroidery cotton for either, 30 cents.
No. 25-6-20. Buffet or Dresser Set. Stamped centre, $12 \times 15 \mathrm{x} / 2$, and two doilies, $9 \times 11,75$ cents. Embroidery cotton, 40 cents.

## Stamping Patterns

No. 25-6-16. Perforated, 65 cents
No. 25-6-16. Per
No. 25-6-17. Perforated (one), 10 cents; transer (six), 20 cents
No. 25-6-18. Perforated, 20 cts . ; transfer, 15 cts
No. 25-6-19. Perforated, 40 cts.; transfer, 25 cts.
No. 25-6-20. Perforated, 45 cts .; transfer, 25 cts .

HERE are pretty things for the crocheter to make and to wear: a hat of sweater silk with a little straight brim and a ribbon trim; a straight-around camisole top which is equally suitable for use on a silk vest; a little collar of interesting design. An explanation of crochet stitches will be found on page 53.

## A Youthful Crocheted Hat

For the little girl or the young girl whose bob makes imperative a hat with a small head size, this is a smart little sports model. The hat pictured was made of seal brown sweater silk, trimmed with doubled faced satin ribbon, rown and camel Any preferred color combrowtion may of course be substituted
You will need two 175 -yard spools or one 350 -yard skein of sweater silk, and 33 inches of wire for the brim, together with two yards of wire for the brim, together with two yard of ribbon for the trim and a No. 3 bone cro chet hook for working. Brim wire, held with
wire fasteners, may be purchased of your local wire fasteners, may be purchased of your loca milliner. The wire should be wrapped firmly with bias strips of silk to match the sweater silk, so that it will not be visible through the crocheting.
Crown. - The crown is worked in crazy stitch. Chain (ch) 3, slip stitch (sl st) in first ch, to join. * Chain 3, double (d) in next st, ch $3, \mathrm{~d}$ in same st, repeat from * twice (making six 3 -chain loops). 1st round -sl st in 1st loop, * ch 3, 3 trebles ( $t$ ) in same loop, s 1 st in next loop, repeat from * 5 times, making the last sl st in base of 1 st ch. Mark the end of each round with a pin or with thread Every alternate round is made on wrong sid every alk $2 d$ roud - 3 forning sid of work. ${ }^{2 d}$ round - ch 3 for turning, skip group of 3 t , sl st under ch, © ch 3, 3 t , ch 1 , st under sa der same ch, skip group of 3 t , sl st under next 3 -ch, repeat from $* 5$ times, making the last sl st in base of first 3 -ch, turn. $3 d$ round - ch 3, skip group of 3 t , sl st under ch, * ch $3,3 \mathrm{t}$ under same ch, skip group of 3 t , sl st under next 3 -ch, repeat from * 11 times, making last s1 st in base of 1st ch, turn. 4th round - (In crease in every second crazy stitch). Chain 3, skip group of 3 t , sl st under ch, * ch $3,3 \mathrm{t}$ under same ch, skip 3 t , sl st under next ch, (ch $3,3 \mathrm{t}$, ch 1 , sl st, ch $3,3 \mathrm{t}$ ) under same ch, s1 st under next 3 -ch, repeat from * 5 times, making 18 crazy sts and last st in base of 1st ch, turn. 5th round - Working without increasing, make 18 crazy sts, turn. oth round -



A becoming hat for the girl with bobbed hair.


Dainty top for silk vest or camisole.

Increase in every 3rd crazy st, turn. 7th round Work without increasing, make 24 crazy sts, turn. 8th round - Increase in every 4th crazy stitch, turn. 9th round - Work without increasing, make 30 crazy sts, turn. 10th round - Increase in every 5th crazy st, turn. 11th round - Without increasing, make 36 crazy sts, turn, 12 th round - Increase in every 6th crazy st, turn. Make 3 rounds without increasing (42) turning at end of each round. 16th round - * Make 6 crazy sts, sl st under next 3 -ch, sl st under following 3 ch (to decrease), repeat from * 5 times, turn. Make 3 rounds without decreasing (36), turning as

Smart and Dainty ThingstoWear for Those Who Enjoy Crocheting Them
before. 20th round - * Make 5 crazy sts, (s1 st under next ch) twice, repeat from * 5 times (30) turn. 21 st round - Without decreasing make 30 crazy sts, turn. 22nd round -* Make 4 crazy sts, (sl st under next ch) twice, repeat from $* 5$ times (24), turn. (This should give about 21-22 inches for head size.) $23 d$ round - ch $3, * \mathrm{t}$ in $1 \mathrm{st} \mathrm{t}, \mathrm{d}$ in each of 2 t , repeat from * around, sl st in 1st t. Continue without turning. Make 3 rounds of 72 d . In next round make $\mathrm{a}^{*} \mathrm{~d}$ in each of 7 sts, double treble (to form a loop) in next d of 3rd row below, repeat from * around.
Brim. - Chain 4, sl st in 2nd d, * ch 4, skip 1 , sl st in next, repeat from $*$ making 36 loops. $2 d$ round - ch $3,3 \mathrm{t}$ in 1 st loop, (sl st, ch 3 , 3 t ) in 2nd loop, $*$ sl st in next loop, ch 5 , (sl st, ch 3, 3 t ) in next loop, (sl st, ch $3,3 \mathrm{t}$ ) (sl st, ch $3,3 \mathrm{t}$ ) in next loop, (sl st, ch $3,3 \mathrm{t}$ )
in next loop, repeat from * ending with 5 -ch in next loop, repeat from * ending with 5 -ch loop and sl st in 1st ch, turn. 3d round -sl st in each of 3 ch (centre of loop), * ch 5, skip 3 t , ( sl st, ch $3,3 \mathrm{t}$ ) under ch, sl st under next ch, ch 5, sl st in 5 -ch loop, repeat from *, join and turn. 4th round - sl st in each of 3 $\mathrm{ch}, *$ ch $3,3 \mathrm{t}$ in same loop, (sl st, ch $3,3 \mathrm{t}$ ) under next ch, sl st in 5 -ch loop, ch 5, sl st in next loop, repeat from * around, join to starting point, turn. 5th round - sl st in each of 3 ch , * ch $3,3 \mathrm{t}$ in same loop, skip 3 t , sl st under next ch, ch 5 , (sl st, ch $3,3 \mathrm{t}$ ) under next ch, sl st in loop, repeat from * ending with 3 t , sl st in 1st ch, turn. 6th round ch 3 , skip 3 t , sl st under ch, * ch 5 , sl st in loop, ch 5 , (sl st, ch 3,3 t) under next 3 -ch, sl st under next 3 -ch, repeat from *, join and turn. 7th round - ch 3, skip 3 t , *' (sl st, ch $3,3 \mathrm{t}$ ) under next ch, (s1 st, ch $3,3 \mathrm{t}$ ) in next loop, (sl st, ch $3,3 \mathrm{t}$ ) in next loop, repeat from ${ }_{*}$ lop, around, join and turn. Sth round - ch 3, * $t$ in 1st $t, d$ in each of $2 t$, sl st in ch, repeat from $*$ around, join.
Work a last round over covered wire, making a d in each stitch. Fasten off carefully. Run ribbon through loops.

At right, block pattern of filet crochet border for collar shown at bottom of page. The border is made first and then the filling is added, after which the simple edging is worked around the collar.


## A Pretty Camisole Top

For this camisole top you will need two balls of No. 80 hard-twist crochet cotton and a No. 14 steel hook.
Work begins with the band which forms the centre of the lace strip, and the upper and lower edges are added to it. The model was done entirely in pink, with ribbon shoulder straps and a pink crêpe de chine body.
Centre Band. - Chain (ch) 27, treble (t) in 6th st from hook, ch 1 , skip $1, t$ in next, repeat to end of chain, making 12 small spaces (sp), turn. $2 d$ row ch $4, \mathrm{t}$ in first $\mathrm{sp}, *$ ch $1, \mathrm{t}$ in next sp , repeat from * to end of row, turn. Repeat 2 nd row until 20 rows of 12 sp are made, then * continue without turning along side of work, ch $4, t$ in last $s p$ (over last $t$ made), (ch $1, \mathrm{t}$ in next sp) 9 times, turn. Make 10 rows of 10 sp and repeat from * for width desired. In last repeat (which is joined alongside while working), the rows must run in same direction as the 20 rows made in beginning. To join while working, ch 2, remove hook, insert in last sp of 1st row (of beginning) and pull dropped st through, ch $2, \mathrm{t}$ over ast t made, 9 sp along side of last repeat, turn, 9 sp , $t$ in 2nd row of beginning, ch $1, \mathrm{t}$ in last sp of next row, ch 1 , turn, 9 sp , turn, 9 sp , join in same way until 10 rows are made. Slip stitch along side of remaining 10 rows and work 6 doubles (d) in sp at point.
Upper Edge. 1st row - ch 13, skip 4, * double treble (dt) in next, keeping last loop on hook, repeat from * 5 times, and work off by twos, ch 10 , skip 4 , 6 dt worked off by twos, ch $1, \mathrm{t}$ in 6 th sp from point, work 5 sp on this and 5 sp on next point, omitting ch at angle, ch 10 , petal as before, remove hook and insert in st between first two petals, draw dropped st through, ch 10 , petal as before, ch $3,6 \mathrm{~d}$ in next point. Repeat from beginning of row and join with sl st to first $d$ made. $2 d$ row - ch 4 , $t$ in each $d$
with 1 ch between, * ch 20 , petal as before, join with 1 st to centre of flower, ch 10, make last petal, ch $10,5 \mathrm{sp}$ over d in point, repeat from * around and join, making a d in first sp. 3d row - For picot loops ( pl ) (ch 5, d in 3rd ch to form p) twice, ch 2, d in 3 rd sp, * pl, d over $10 \mathrm{ch}, \mathrm{pl}, \mathrm{d}$ in top of next petal, pl, long treble in top of same petal, d in top of next petal, pl , d over next $10 \mathrm{ch}, \mathrm{pl}$, d in 3 rd sp , repeat from *. In 4th and 5th rows - Make pl as before, joining them with d between p 's of pl in previous

Lower Edge. - Fasten thread into sp of a point, work 5 d in same sp and repeat 1st row of upper edge, making 5 d in each point instead of 6 d . 2 nd row ch $4,{ }^{*} \mathrm{t}$ in each d with 1 ch between ( 4 sp ), ch 16, petal as before, join to centre of flower, ch 10 , make last petal, ch 6 , repeat from * around and join, making a d in first sp. $3 d$ row - (ch $2, \mathrm{~d}$ in next $\mathrm{sp}) 3$ times, (ch 2, d over 6 ch ) 3 times, ch 8 , d over next 6 ch , (ch 2, d over same 6 ch ) 3 times, repeat from beginning around and continue without joining. 4th row - ch $2, \mathrm{~d}$ over first 2 ch, ch $2, \mathrm{~d}$ over next 2 ch, continue around, making ( $2 \mathrm{ch}, \mathrm{d}$ ) 4 times over chain between petals. 5th row - ch 2, d over next 2 ch , repeat all around. 6th row - ch 9, t in 5 th ch to form picot, dt in 2 nd sp, ch 1, dt in same sp , * ch $5, \mathrm{t}$ in top of last dt to form picot, skip 1 sp, (dt, ch 1, dt) in next, repeat from * around and fasten off.

## A Dainty Little Collar

Two balls of No. 100 hard-twist crochet cotton will make this lacy collar, which, with 14 repeats of the pattern, will be 20 inches long and 4 inches deep. Use a No. 14 steel hook.
The filet lace (worked in the width) is made first. Start at letter A, chain (ch) 27, treble (t) in 9th st from hook, (ch 2, skip 2, t in next) 6 times, turn. Chain $8, t$ in 1st $t$ to add a space, 7 sp , ch 2, long
treble in same st where last t was made, turn. Work 2 more rows, following the block pattern. Break thread. Start at letter B and work 3 rows. Before turning, ch $5, \mathrm{t}$ into last 1 t made for first piece, turn, ch $2, \mathrm{t}$ into 1 st t of last row, 1 space, continue following block pattern and break thread at end of 19th row. Turn work and fasten thread into 19th t (skipping 18 sp from straight edge). Follow block pattern and repeat from C to D for half the length of collar, work the row marked C, reverse pattern and repeat from D to C. To add 18 sp across end, fasten an extra thread into corner stitch and ch 54 (long trebles make too heavy an edge). Work the end to correspond to beginning, finishing the two scallops separately.
Filling. - Fasten thread into end, into 2nd space above corner, ch 5 , skip a sp at each side of corner 2 doubles (d) in next, * ch 7, skip 2 sp, 2 d in next, repeat from * across ending with ch 5, d in 2nd space above corner, turn. 2d row - * ch 8 , thread over, insert hook in next 7 -ch loop, over and draw through, forming 3 loops on hook, (over, insert hook in same loop, over and draw through) 3 times, making 9 loops on hook, over, draw through 8 , over draw through 2, repeat from * to end, ch 8, slip stitch (sl st) in starting point of previous row, sl st in each of 8 sts (4th sp from corner), turn. 3d row - ch 4, work cluster (as before) in next loop, * ch 8, cluster in next loop, repeat from * ending with 4 ch, skip 7 sts on edge, $d$ in next, turn. Repeat these 2 rows until there are 13 rows, then work a row of ( $4 \mathrm{ch}, 2 \mathrm{~d}$ ) in each loop and fasten off.
Edging. - Fasten thread at inside corner of one end, ch 8, skip a sp, double treble (dt) in next, * ch 4, dt in next sp, repeat from * skipping 3rd and 5 th sp at bottom of scallop and omitting chains between scallops. In next row work ( 3 d, ch $4,3 \mathrm{~d}$ ) in each space.
To strengthen the inner edge of the collar and keep it firm and shapely, finish it with a row of doubles.

## Luncheon Cloth of Simple Elegance

WHEN arranging your table for a bridge luncheon, a wedding breakfast or a buffet supper have you not often longed for a really beautiful cloth upon which to display your treasured silver and glass? Here is such a cloth - one which will command the admiration of all your friends and one equally suitable for a round or square table. Its beauty and elegance can be captured by even the inexpert needlewoman, because the lace motifs can be purchased at no great cost ready to set into the linen, and there remains only the Italian hemstitching and bullion stitch tendrils - details any worker can easily add - to complete it. The big 72inch cloth pictured was actually made in less than three days for use on the bride's table shown on page 19. What a beautiful gift to make a bride; one which could not be duplicated, if purchased in a linen shop, for double the cost of the materials.

The small illustration on page 5 shows the way a cloth of this size looks on a 54 -inch round table, the yard square centre design coming on the top and the remainder forming the drop. The only change made in adapting this design to a 54 -inch square is the omis sion of two of the small medallions in the edge borde on each side. On a 45 -inch square the centre design
only is used. Napkins to match (not pictured) are 15 inches square with a small Reticella
angle in one corner, just inside a border of Italian hemstitching, which is set close against a rolled hem like that which finishes the outer edge of the cloth. Because the lines of hemstitching must be true to a thread it is impracticable to stamp the design on linen; but a paper pattern is supplied to show placing of lace motifs and lines of hemstitching.
$4 \times 51 / 2$ inch triangle, 65 cts

First straighten the edges of your linen. Allowing $1 / 4$-inch for a rolled hem, draw threads for the outer border of Italian hemstitching, draw two, skip outer border of Italian hemstitching, draw two, skip tour, draw two. Roll hem against outer line of
drawn threads and hemstitch in the ordinary mandrawn threads and hemstitch in the ordinary man-
ner. The Italian hemstitching may be done later. ner. The Italian hemstitching may be done later.
The connecting lines between motifs on the paper The connecting lines between motifs on the paper
pattern indicate the middle of the group of four pattern indicate the middle of the group of four
threads skipped when the threads are drawn. Draw threads skipped when the threads are drawn. Draw
bottom pair for first row of border $15 / 8$ inches from upper pair already drawn at edge, and measure on pattern for placement of rows for centre design. Draw threads disregarding intersecting motifs. Since the lines do not run all the way across the fabric, from edge to edge, clip them carefully at the points where they meet
When all threads are drawn, place lace motifs and whip into position with fine sewing cotton, keeping edges straight to a thread.
Next do the Italian hemstitching, then cut away the linen beneath each motif, leaving $1 / 4$-inch to turn back, and overcast closely and firmly the edge of the motif and the turned-back edge of the linen.
Trace tendrils and work in simple bullion stitches, as described on instruction sheet.
intervals
along edges of cloth, and groups of

$1 / 4$ or 2 inch square, 15 cts.

Creamy Old Bleach linen of delightful texture, exquisite hand-made Reticella lace squares and triangles, white linen embroidery thread (No. 50 for embroidery; No. 16 for picots), a paper pattern of design and an instruction sheet explaining stitches are all included in the following prices
No. 25-6-1. Luncheon Cloth $\begin{array}{lll}45 \times 45, & \$ 11.65 . \\ 54 \times 54, & 16.45 .\end{array}$ $72 \times 72, \quad 20.75$
No. 25-6-2. NAPKIN, 15 inch.
Set of six, $\$ 3.95$
The lace insets may be purchased separately at prices given below.
three at corners. Finish napkins also with corner groups of bullion picots like those on the cloth Press linen under a damp cloth and trim away sur plus material on back at edges of insets.

## Materials

## Clorf.

$7 \times 93 / 4$ inch triangle, $\$ 1.10$.

# Interesting Crocheted Trims for Household Linens 

Two Guest Towels and a Lovely Tea Cloth That<br>The Crocheter Will Welcome with Enthusiasm

By SUE E. MOSS

WHAT a lot of crocheting is going to be done at summer porch parties - and small wonder, with designs as charming and easy to do as these. Guest towels are always acceptable Christmas gifts, and June "isn't too early to begin your Christmas "thinking."
On page 53 you will find an explanation of crochet stitches.

A Guest Towei, with a Crocheted Basket. - This charming towel requires about $3 / 4$ yard of 18 -inch white or ivory linen, and 5 inches of colored linen for hems. Except for the crocheted hemhems. Except for the crocheted hemchet cotton to match the linen hems, the chet cotton to match the linen hems, the crocheting may be done with odds and ends of cotton you may have on hand. A small ball of No. 70 cotton will be ample for the hemstitching. Use a No. 14 hook.

To prepare the colored hems, turn in the raw edges $1 / 8$-inch, fold the strips lengthwise through the middle and baste to hold the edges together; then press.
Turn a narrow hem at each end of the towel, and cover with a row of doubles (d) separated by 2 chains (ch). Work a treble $(t)$ in each $d$ with 2 ch between. Whip hem to row of spaces being sure to

a No. 14 steel hook and about 30 inches of 18 -inch linen of a weight suitable for towels

Work the filet inset, following the block pattern.
From each end of the linen, cut a strip $21 / 4$ inches wide. Fold these strips lengthwise through the middle, turn in the raw upper edges $1 / 8$-inch, baste together to hold and press. These are the hems which you will later apply to the towel with crocheted hemstitching.
Turn narrow hems at both ends of the strip of linen, and baste. At the centre of one end, baste the inset, the bottom of the crocheting flush with the bottom of the hem. Use a thread of the fabric as a guide to as sure straight lines, and whip the inset to the linen all around the irregular upper edges. Using your crochet cotton, buttonhole the inset to the linen, the pur of the buttonholing coming next the fabric. Cut away the linen from beneath the inset.
Cover the hems at the sides of the insert and at the opposite end of the towel with doubles (d) separated by 2 chains (ch). Work a row of spaces (ch 2, t) across the bottom of the towel at both ends, and with sewing cotton whip the hems you have already prepared to the edge of the hemstitching.
Tea Cloth with Filet Crochet Corners and Filet Crochet and Lacet Stitch Insets. - For this tea cloth you will need six balls of No. 40 hardtwist cotton and a No. 11 steel hook. The linen may be white or ivory, but to look well with insets of heavy thread it should be rather heavy and coarse-

take a stitch into each crocheted stitch through both thicknesses of the applied hem. Use self-colored sewing cotton.
BASKET. - The model was made with golden-brown soft-twist cotton. Whatever kind you use, it should not be heavier than No. 30 hard-twist. Work 3 rows of 5 filet crochet spaces each, then chain (ch) 11, to add two spaces at beginning of next row; at end of row ch 2, long treble (1t) in same st where last t was made, ch 2 , 1 t in middle of 1 t . Work another row of 9 spaces. In next row work 2 spaces, then make a chain $21 / 4$ inches long (for handle), skip 5 spaces and work 2 spaces, turn. Slip stitch (sl st) across the 2 spaces and cover across the handle with d, sl st and fasten off. Whip to towel with sewing cotton.
Flowers. - There are three of these, all made alike. The model showed one of lavender, one of rose, and one of yellow. At least one should be the same color as the applied hems, if possible. (The hems of the model were yellow.) Chain 8 and join with a sl st. Chain 1 and work ( 5 t , d) 4 times in ring. Join and fasten off. Sew to basket as pictured. Make lazy daisy leaves with green embroidery cotton, placing them at your discretion.
Guest Towel with Rose InSet in Filet Crochet. - To make this towel you will need one ball of No. 60 hard-twist crochet cotton,


Above, block pattern for filet crochet inset on towel at left. Left and right, cort. Left and right, corner and inset pat-
terns for tea cloth.

ly woven. You will need a 40 -inch square, which will give you a 36 inch cloth when finished.
The insets at the sides are worked 5 meshes to the inch, and measure $4 \mathrm{x} 91 / 2$ inches. A finer thread may be used with finer linen if preferred.
if preflow the block patterns for making corners and insets. When lacet stitch appears in the 4th row ch 3 , double (d) in next treble $(\mathrm{t})$, ch $3, \mathrm{t}$ in next t , repeat. In next row work bars of 5 ch over each lacet stitch. There is no lacet stitch in the corners.
Finish two outside edges of each corner with 2 rows of d, then make a 3rd row of $d$ with picots ( p ) at intervals.
From the square of linen, cut four straight strips, each 2 inches (Continued on page 54 )

## The Hålsombroderi or Holestitch Work of Sweden

An Unusually Interesting Form of Drawnwork

SWEDEN is known the world over for its wealth of beautiful handiwork. For centuries the skill of their needleworkers has been a tradition. The Hălsömbroderi or Holestitch has its origin in the sixbroderi or Holestitch has its origin in the six-
teenth and seventeenth centuries and is perteenth and seventeenth centuries and is per-
haps the most distinctly national type of stitchhaps the most distinctly national type of stitch-
ery appearing in varying forms on household ery appearing in varying forms on household
linens and apparel. In the olden time the bride-to-be wove the cloth for the bridegroom's wedding shirt and lavished upon it every exquisite variation of holestitch which her love inspired fingers could invent; even her own bridal kerchief was lovely with this lacy work. This fine "homesloyd" of the old days is coming into new life in Sweden, and the housewives are displaying their holestitch linens with pride in their true artistic merit. So Madame Berg, who has for many years been employed by the Swedish Government to teach her native handicraft to the women of her own land, now comes across the sea and brings her national art to beautify the housebrings her national
holds of America.
Wrapping or overcasting sometimes over one group of threads and sometimes over two, with the thread to the right of the needle or to the left, according to the direction in which one is working, is technically all there is to this interesting stitchery. The diagrams I to VI tell the whole story. Designs are developed by variations in the grouping of the stitches, and in the wider drawn spaces very decorative effects are possible. Try the simple little border shown to the left of the samper and see if you do not find this new-old work fascinating.
The first step is to draw the threads. For this pattern a half inch drawn space is about ight. Let your first "effort" be made on a towel or runner so that the threads can be drawn from edge to edge. Twisted embroidery cotton is used for overcasting, the size

## 

Try this little border first.



II


III



On page 55 you will find close-ups of the wide bor der of Swedish weaving and also of the corner motifs.

## 

The "samp-
ler" shown above shows six patterns of the holestitch From the simple principle shown in the diagrams you can work them out.

## Jolly Little Gift Things to Make-to Sell or

 to Hide Away for the HolidaysNo. 25-6-11. White soft-finish Art cotton bound with blue and white check bias-fold bound with blue and white check bias-fold
makes this feeding bib. A patch of blue and makes this feeding bib. A patch of blue and
white check gingham cut out $1 / 4$ inch beyond white check gingham cut out $1 / 4$ inch beyond
the stamped line and whipped down makes the stamped line and whipped down makes
rompers for the polite infant offering to share rompers for the polite infant offering to share
his lunch with his pal. Outlining with three his lunch with his pal. Outlining with three
strands of cotton makes the black pup and his strands of cotton makes the black pup and his
red wagon, brown hair for the kiddie, and the rest of the picture. A color diagram tells where to use the cottons. Stamped bib with bindings, patch, white tie tapes, and embroidery materials, only 35 cents.


No. 25-6-13

No. 25-6-13. Tufting in white wool makes the fuzzy Peter Rab bit on this carriage robe of sky blue cotton crepe, and the tufting is done in the old-fashioned way in order to give a fuzzier tuft. Thread the wool double in your needle. Run a stitch from one dot to the next, then make a half inch loop, run to next dot, make a loop, and so on. When finished, cut the loops and each long stitch and fuzz up the yarn. An stitch on the pattern illustrates this sim ole process ple process. Big pink French knots, a pink eye and nose on Peter give a charming color touch. Stamped material cut 29 x 35 inches, with white embroidery wool and pink and white cot ton to complete, only $\$ 1.00$.

No. 25-6-14. What wonderful bedtime stories there will be to tell to the small person under this snowy white crib coverlet - all about Betsy and Bobbie and Bimbo the pup and the fishes in the sea, not to mention the birdies in the air. You can embroider this enchanting thing in less than no time for it is all outlined in shades of blue except for a satin stitch dot or two.
Betsy's pigtails can be filled in with outlining or satin stitch. If done in outlining, cut threads about $1 / 8$ of an inch from last stitch at end of each braid thus leaving fuzzy ends free
Stamped soft-finish Art cotton cut $36 \times 48$ inches, blue fast color Art cotton for bands at top and bottom, with embroidery cotton, only $\$ 1.00$. A color-placing diagram is sent with the materials.

No. 25-6-12. The Cheshire cat is a smiling person to have around at lunch time, and in this instance seems to have an especially sunny disposition because he's made of a gay yellow soft-finish Art cotton bound all around with yellow bias-fold trim. All his "features" are outlined with brown and his big green eyes are satin stitched. Two strips of yellow bias-fold trim whipped together at the edges make the bib ties. Stamped material for this bib, with embroidery cotton and binding, only 35 cents. A row of these smiling pussies across the top of your booth will bring the crowd to your counter with pocketbooks open.


No. 25-6-14

## The Brand New Houservife

## Will Find Many Uses for

 Gifts of Sparkling LustreBy ЭETT'A EHLERS

$I_{t}$ is especially in sets of this kind that lustre may be most happily used io give a touch of lovely color to the table. There is something cheery in the shimmery glowe of lustre which makes it universally liked. The in the shimmery glowe of lustre which makes it universally liked. The
fact that really beautiful pieces such as these are not difficult for a fact that really beautiful pieces such as these are not difficult for a
beginner to carry through is an added virtue. Social tea plates and beginner to carry through is an added virtue. Social tea plates and
sherbet cups make unusual gifts for the bride, not likely to be dusherbet cups make unusual gifts for the bride, not likely to be du-
plicated, and are doubly prized as the handizork of the donor.



A boon to hostess and guest are these tea plates with ample room to harbor ple room to harbor and delicacies.

Sets of eight social tea plates with tea things to match are now smart for luncheon bridge.


LSTRES that are easily handled and gold are used for all these charming gift pieces, except the social tea plate with the wavy border, which is done with the ordinary china colors. If you have never attempted lustre decoration, we suggest that you send for the Priscilla China Painting Book which gives instruction in the utmost detail for the beginner, as the descriptions given here are necessarily brief and presuppose some familiarity with the work.
Tracing patterns for these designs, including color diagrams, will be supplied at prices listed on page 48 and arrangements have also been made to supply, china to those who desire it. Cups of the "social teas," however, may not be exactly the same shape as i1lustrated, as such ware is imported and it is difficult to obtain exact duplicates over a period of several to obtain exact duplicates over a period of several
months. The designs, however, are adaptable to difmonths. The
ferent shapes.
Transfer designs to china, outline with black using an outline medium which can be worked over before it is fired. Use a small square shader, No. 4, for
painting in designs, and No. 6 or No. 8 for the tinting. All these pieces must necessarily be fired twice as gold is used in every case.
The social tea plates are each given a different treatment in application of color. For the one with the wavy border prepare your ordinary china colors in the usual way. The centre of plate and lower part of cup are tinted with a delicate wash of Deep Blue Green and padded until perfectly smooth. Flowers are in dainty pastel shades of violet, rose, and blue with green foliage. Bandings are of gold.
The set with the all-over pattern is done in gold on a background of Turquoise Blue lustre. Trace on design, outlining it in this instance with India Ink; this is used solely to keep the drawing and will disappear in the firing. An ugly heavy line of ink will appear in the firing. An ugly heavy line of ink will
affect the lustre, so to avoid this, go over the inked affect the lustre, so to avoid this, go over the inked
line with a piece of fine sand paper or emery cloth, line with a piece of fine sand paper or emery cloth,
rubbing it down until it is a light gray. Wipe over rubbing it down until it is a light gray. Wipe over
plate and cup with oil of lavender, as usual in applying lustre, as this assists in gaining a smooth, even
tint. Work rapidly to cover surface before it dries, and then pad quickly. Line cup with Orange lustre, padded. Lay in the design with gold going right over any lustre that may have brushed over the little flowerets. Finish edges and handle with gold. After first firing give lining of cup a coat of yellow lustre padded, and if the blue is not rich and deep, paint again and pad. If this is not necessary, only the gold will need retouching before the second firing is given. For the third set, No. $25-6-35$, a tinting of yellow lustre (padded) is used on plate and cup, and the gorgeous flower motif on the plate is done in the Orange lustre and gold, just touched with New Blue and soft green. The design is painted in with the lustres but not padded.
Trace on this design and outline with black using a medium that can be worked over. After applying the yellow lustre, the design must be carefully cleaned out with a toothpick wrapped with a bit of cotton moistened with alcohol. This time you cannot leave (Continued on page 49)

Gli stening sherbet cups and plates for servin? the frui cocktail, ices, or dainty desserts.


No. 25-6-38
No. 25-6-39
No. 25-6-40

Painted largely in the easy-touse yellow lustres combined with gold.


PERHAPS the one detail of a gown, receiving the least amount of attention from the home dressmaker, is the hem. This line is extremely important and should be given as much thought in the planning of a dress as the sleeves, neck, and belt lines. To so arrange the hem as to prevent the sewing line at the bottom of the skirt from being conspicuous, or from lessening the height of the wearer, is a very simple matter. It is the purpose of this article to suggest ways of finishing off hems on wool, silk, and cotton fabrics.

## Woolen Hems

For the amateur, woolen materials are undoubtedly For the amateur, woolen materials are undoubtedly the most difficult to handle due, in part, to the fact
that the worker is not familiar with the art of shrinking and pressing them. Directions for this have been ing and pressing them. Directions for this have been given in
Dresses."
Dresses. in materials of harsh, wiry weaves such as
Hems, mohair, rep cloths, and some serges should be just as narrow as possible - a depth of $21 / 2$ inches is sufficient. When using such fabrics, instead of finishing off the cut edge by turning it under, use prussian binding. This binding should be well shrunk before sewing to the top of the hem.
A basting line should always be run along the bottom or folded edge of the skirt. (Fig. I.) On a small piece of cardboard mark the exact width of the hem ( $21 / 2$ inches for example) and notch it. (Fig. II.) Using this as a guide measure from the bottom to the cut edge and run a line of small running stitches then draw it up to fit the skirt. This applies to gored then draw it up to fir the skirt.
or slightly circular skirts. Shrink out as much of or slightly circular skirts. Shrink out
the fulness that results as is possible.

# A Lesson in Fine Hemming 

By MAR T T. CLARK

Instructor Advanced Dressmaking, Pratt Institute, Brooklyn, N. $\Upsilon$.

The following method is the most correct and satisfactory for shrinking woolen hems. Thoroughly wet a strip of heavy muslin and wring as dry as possible. (Muslin that has lost its dressing through several launderings is the best to use as it absorbs moisture more readily.) Place this dampened cloth over the hem, then starting at the bottom, gradually press toward the top, barely touching the wet cloth with the iron. This drives the steam into the woolen fabric thereby shrinking out the fulness,
In soft woolens of good quality, such as flannel, kasha cloth, broadcloth, charmeen, Poiret twill, and the like, this fulness will entirely disappear. The harsher materials, already referred to, will not respond harsher materials, already referred to, will not respond
very easily to this treatment consequently great care should be exercised when pressing as tiny plaits will should be exercised when pressing as tiny plaits will
form on the hem side which, if pressed too hard, will form on the hem side which, if pressed too hard, will
leave unattractive, shiny streaks on the right side of the leave unattractive, shiny streaks on the right side of the
dress. A small blotter slipped between the hem and dress. A small blotter slipped betw
the dress will help when shrinking.

Next, adjust the prussian binding by pinning it on to the cut edge of the hem, then baste carefully, thus holding in any fulness that may not have been eliminated in the shrinking process. (Fig. III.) Care should be taken not to hold the binding too tightly as it will pucker the outside of the skirt. Stitch along the pucker the outside of line. Baste the free edge of the prussian binding to the skirt and hem by hand. When doing this, place the needle in the material at right angles to the braid, taking up one thread of the fabric at a time. (Fig. IV.)

## Turning Hem Over a Seam

Turning the hem over a seam, and the fold of a plait through the hem are two problems which the worker finds rather difficult. When folding for a plait, first carefully press the hem flat, then if a plait fold falls on a seam, simply cut away as much of the seam as possible before sewing in the hem. This is governed by the material. If it frays or is loosely woven, leave at least $1 / 4$ of an inch; if firmly woven, less than $1 / 8$ of an inch may be left. The trimming away of the seam applies only to occasions where the hem will cover it. Next cut diagonally out from the hem to the seam finish. (Fig. V.) When the hem is pressed, after finishing, turn on this under hem is pressed, after finishing, turn on thised edge (Fig. VI) through the hem only. Stitch opposite fold
in same way. If it is a plain skirt without plaits, cut the seam as illustrated in Fig. V, but in addition, cut diagonally to the stitching just where the hem turns. (Fig. VII.)
Hems in all heavy and light weight woclens, also those in velvet, may be finished off in this way, omitting, of course, the shrinking process on velvet, and using silk seam binding in place of prussian binding. Velvet hems can also be pinked or hemstitched. When pinked, the edge is cat-stitched down to the gown, but care must be taken not to catch both stitches through on the outside as they will show unless the material has a heavy pile. Some flannels may be finished off in this way. (Fig. XI.) The best and most satisfactory finish for velvet is the fitted facing of georgette or crêpe de chine. This should be carefully cut to fit the bottom of the skirt.

## Binding Skirt at Bottom

Gowns made of the lighter weight woolens, such as challis and wool crêpe, are very attractive just bound at the bottom, with no hem line. The binding need not be added as an extra piece of material, but can be allowed for when cutting. For example, determine the desired finished length of the skirt plus $1 / 2$ inch and mark with a basting line.
To make this binding, measure from the basting line $11 / 2$ inches up on the skirt, then turn the cut edge up on the right side on this line. Measure $1 / 4$ of an inch from the folded edge and stitch. (Fig. VIII.) This forms a tuck on the wrong side of the skirt. Turn the cut edge over so that the fold falls on the origithe cut edge over so that the fold falls on the origi-
nal hem line. Next, turn under the cut edge and hem nal hem lime. Next, turn under the cut edge and hem
it down by hand to the stitching of the tuck, being it down by hand to the stitching of the tuck, being
careful the stitches do not show on the right side. careful the
(Fig. IX.)

## (Fig. IX.)

For wool crêpe the binding should be $11 / 4$ inches finished, while on challis, it should be about $3 / 8$ of an inch, although its width is really governed by the design. If a plain material is used, the binding should be $11 / 4 \mathrm{inch}$; but if figured, a narrower finish is more suitable.
This method of finishing can also be applied to the lighter weight woolen fabrics; however, the plain hem is sometimes preferable.
For making the plain hem follow the same procedure as for heavy woolen materials, marking the desired width with the paper or light cardboard marker.


Turn the cut edge under and sew with fine, close running stitches, then draw the fulness in to fit the gar ment. Even on a straight hem one will find fulness which must be taken care of it one wishes a neat and attractive finish. Carefully baste the hem down to the gown and press into place before hemming, following the directions given for hemming heavy woolen fabrics.

## Hemming the Silks

Silk materials are very much more difficult to work with than wool and a careful handling of the fabric is absoluteiy necessary.
Before taking up the subject of different hem finishes on silk, it will be well to give a few practical suggestions or hints which may not be familiar to every one.
Pins mar badly, so when marking, it is better to use fine needles. Only white cotton No. 150 should be used for basting any kind of silk. The basting stitches should never be less than one inch long and $1 / 2$ inch apart. When pressing, do not press on the line of basting, but on either side of it. This is especially important when pressing the bottom edge of a skirt, because marks seem to show more at this point than at any other. Hems in silk should never be less than 5 inches wide. If possible, they should be 8 or 9 inches in width. All types of white silk materials should be hemmed with No. 200 white cotton, as this gives a dull finish which proves less conspicuous than silk
Many of the imported silk gowns show no hem line at all, simply the selvedge of the fabric which
makes a most attractive finish. Bands, one inch wide are now being used quite extensively. These must be cut on a straight grain and when applied the grain should run vertically to the grain of the garment (Fig. XII.) They may be stitched on just as is any bias binding. Such bands give an extremely smart effect to a gown, thus making other trimming unnecessary, consequently more money may be expended on the silk itself
Great care must be taken to have the sewing in silk hems as inconspicuous as possible. When making a plain hem, measure the desired width and mark, then turn the cut edge under and sew with small running stitches, as described for light-weight woolen fabrics. Press and baste using a No. 10 needle. Silk used for hemming should be split into three strands. used for hemming should be split into three strands Draw one strand over a piece of beeswax, thus preventing the knotting or breaking of the silk. Using this, hem as lightly as possible, taking the stitches $1 / 4$ of an inch apart. That a hem should be sewed tightly and firmly with tiny stitches is a mistaken idea. This kind of sewing is only necessary where a great amount of strain falls
A hem having a circular line is very difficult to manage. For this either a fitted facing which may be applied to the right side of the gown, or a bias binding of double thickness is suitable. To cut this double binding, take a piece of the material twice the desired width, fold in half lengthwise and press. Baste the cut edges together (Fig. Xa) before applying to the cut edges together (Fig. Xa) before applying to
the bottom or unfinished edge of the skirt. When the bottom or unfinished edge of the skirt. When
stitched ( Fig . $\mathrm{X} b$ ) and turned, the folded edge can be stitched (Fig. Xb) and turned, the folded edge can bc
hemmed to the stitching on the under side (Fig. Xc) hemmed to the stitching on the under side (Fig. Xc).
This doubling of the silk insures a firmer edge to the
bottom of the skirt and helps to prevent sagging. To the amateur, a circular hem line proves most troublesome. To handle this problem, pin weights (such as are used in coats) fairly close together along the bias part of the hem and allow the skirt to hang several days before marking the final hem line. This does away with much of the sag, and often times makes rebinding unnecessary. Clothespins may be used in place of the weights.

## Hems on Cotton Materials

For the gingham dress a plain hem is usually the most suitable. After laundering, it is frequently necessary to change the hem line. In this case, the original hem line always appears as a dark line that is very unattractive. To do away with this objectionable mark, remove the stitching and let the hem down. Turn the hem up on the right side, then take a $1 / 4$-inch tuck along the soiled line. Turn the raw edge over the tuck and under to the wrong side of the garment, and hem to the tuck on this side. See the directions given for finishing off the lighter weight woolen fabrics by this method. If the hem is not deep enough for this process split the skirt along the soiled line and set in a strip of material by fagoting or machine hemstitching it to the skirt.

When making children's dresses, it is an excellent scheme to make them two inches longer than the desired length, then after the hem has been finished off take a one-inch tuck on the under side of the hem. This will give the desired length. If the garment shrinks in laundering, the tuck can be removed thereby lengthening the skirt.

## A Smart Ready-Made Suspender Dress The Season's Favorite

By PAULET

THIS popular suspender dress has exceptionally good lines, the new inverted box plait at front and back, and a set-in pocket for a tailored touch. The blouse is the becoming peasant type made of white voile with raglan shoulders, bishop sleeves, a half-inch binding at the neck (which will serve as a casing for a slender tie), and is finished with a hem at the bottom.
Blouse is stamped for the embroidery which works up very quickly, but has the colorful effect of much more elaborate stitchery. The detail below shows the simple work done in rosy rust shade, soft green, and tan with touches of black, and bright blue for the outlining (A color-placing diagram is sent with outlining. (A color-placing diagram is sent with the blouse.) Use three threads of stranded cotton for
all the work except the crosses, which need four all the
threads.
The suspender skirt may be had all made up in linen of the new blue spruce shade (a lovely green), Persian pink (a Paris favoite), apricot, or Chinese blue; or it can be had made up in fine all wool French flannel of powder blue, Lanvin green, or a soft new brick dust color.
Costume is designed in sizes 34 to 42 and is well made in every particular. Be sure to state color, fabric choice, and size when ordering.
No. 25-6-10. Complete ready-made costume can be had at following prices: Stamped voile blouse and embroidery cotton, with linen skirt, $\$ 7.25$; with flannel skirt, $\$ 9.95$. Price of separate garments: Stamped ready-made white voile blouse with embroidery cotton, $\$ 2.50$. Ready-made suspender skirt of linen, $\$ 4.95$; of flannel, $\$ 7.75$.




By $\mathcal{F A N E ~ H E D D E N ~ L O E W E N ~}$

SUMMER hats of costume crêpe, linen, gingham, and organdy cost so little beside the work involved and add so much to the costume that every girl's wardrobe should contain several to match her better tub frocks. These hats may achieve as much style and be as finished and dainty in appearance as hats of the most expensive materials.
Gingham, linen and the heavier tub materials are smart for the tailored hat and combine well with flat straws. Last year's panama or bangkok may be made to serve very nicely for the foundation for this year's hat of wash fabric. Many panamas are of very fine weave but are rather impossible in shape. In order to utilize these, the crown of such panamas should be cut out, leaving only an inch side crown or headsize for foundation. The brim, when cut by pattern acfor foundation. The brim, when cut by pattern ac-
cording to the season's style of shape, may be wired cording to the season's style of shape, may be wired
on the edge and bound with a narrow bias of the fabric to be used. The top may then be faced to the fabric to be used. The top may then be faced to the
edge binding. For the crown a sectional pattern is edge binding. For the crown a sectional pattern is
appropriate. Four, six, or eight sectional patterns appropriate. Four, six, or eight sectional patterns
make admirable crowns for the tailored and sports hat. Check and stripes may be matched to give interesting design to a sectional crown. Figure No 5114 illustrates the use of striped gingham for crown trimming and a panama for the frame and facing.

## Effective Uses of Hemstitching

Hemstitching is a great convenience in the making of fabric hats. Organdy and linen flowers and leaf edges are often hemstitched and picoted to give a edges are often hemstitched and picoted to give a more natural effect. Organdy brims are very odainty and effective when the edges are extended beyond the brim and finished with a picot stit
are more finished looking when are more finished looking when hemstitched. The seams may be cut very close to the stitching so that no raw edges show.
To make an organdy brim with an extended edge as in design No. 5115 , first cover the frame with a wide bias. Cut a bias strip of material the length of the frame edge and twice the width of the brim at the widest point plus a two-inch allowance for seam and for bias stretch. No seam allowance is needed for the length beance is needed for the length because the bias stretches. For example, if a brim edge is thirtywo inches and its greatest width three inches, the bias strip should be thirty-two inches long and two times three plus two inches, which equals eight inches wide. Crease this bias lengthwise and stretch it over the brim with the centre crease on the brim edge. (See Figure No. 5115-1.) Place pins on the edge at intervals of three or four inches (see point A), and at the headsize at intervals of two inches (see point B). Lap a seam three-quarters of an inch at the back with the top edge turned back back with the top edge turned back one-half inch. Sew the seam with a slip stitch. Sew the headsize with a back stitch, pulling the fulness out as much as possible and adjusting what fulness remains into small even plaits.
Fit the top brim of organdy over the frame and allow the edge to extend at least one and three-quarters inches. Sew the headsize as for any hat. (See Figure No.

5115-2 point E). Baste the organdy to the frame edge using silk or very fine thread and inch long stitches. (See point B). Cut a strip of cardboard one inch wide and two and one-half inches long. (See point C, Figure No. 5115-2.) Using this for a marker place a row of pins in the organdy one inch from the edge.
Run a second basting thread over this line of pins one inch out from the edge to mark the hemstitching line. A three-quarter inch seam allowance gives the hemstitching machine operator enough room so that she can hemstitch without pulling the organdy out of shape. Always remember that a circle is on the bias at four points where the corners are cut off. Note points D, A, F, and G. Be careful not to stretch the edge at these points or the bias will ruffle and draw.

If hemstitching is not available, organdy may be finished with a roll edge and cross stitch, such as is used on handkerchief edges. This finishing stitch done in colors on a one inch bias strip of organdy makes flowers of charming effect. Shir the opposite edge and sew to the edge of a buckram circle. Fill in to the centre, row after row, to make a rose effect. This flower, with a hemstitched edge, was used for design No. 5115. Beige organdy was used for the crown and top brim with tarragon green organdy for the under facing. Pastel shades are blended for the drape and flower.

## Drape Trimmings

In making a side crown drape of many folds each one must lie smoothly and evenly in order to give a finished and professional effect. Cut all drape material on the bias. Each fold should be cut and sewn
separately. There is then no chance of the folds slipping or of shoddy work. Cut the folds one and onehalf inches wide (through the bias). Crease each one lengthwise.
A drape trimming is most effective when the folds are slanted rather than even. The drape may be higher in the front and graduate lower at the sides and very low at the back, or it may be high at the left side and low at the right side as in design No. 5115. In order to have the line of the drape true, rum a basting thread around the crown at the desired line. Then sew the first fold even with the thread (see point A). Start the fove with the thread (see poim closer the low poin at the high point low point and give them less lap at the high point of the drape. Finish the bottom of the drape at the base of the crown with a double fold - a fold with the raw edges turned under. Make the seam under the flower. Slip stitch this to the
crown with all stitches hidden. crown with all stitches hidden.

## Hat for a Little Girl

Design No. 5112 illustrates a practical model for a washable hat for the little girl. The original is in apple-green dotted Swiss. The front and back sections are finished with a sand colored piping and snapped together under a row of green and $\tan$ buttons, which outline the piping. The two sections make the hat easily laundered and easily adjusted as to size The standing trimming gives a to the hat which is carried further py the effect to the rim and appe caried further by the turned back brim and apple applique, which is done in rose, blue, sand and green. As there is no frame, there are no sewing problems involved, which are any different from those you meet in dressmaking. The hat is as easily made as a pocket handkerchief.

## Appliqué from Cretonnes



Design No. 5113 features one of the summer fancies for using India Prints and cretonnes. Flower and animal figures are cut out and appliquéd on a plain fabric with soutache or rattail braid to finish the cut edges. In this pattern a knight and charger, love birds, and flowers in dull blue, copper, rose and leaf green are appliquéd on a French gray crêpe de chine hat French gray crêpe de chine hat
with a matching gray soutache with a matching gray soutache
braid. Any desired variation may braid. Any desired variation may
be used. Squares of canton crêpe be used. Squares of canton crêpe
in a barber pole stripe design of rust, green, and gold may be cut and appliquéd to an ivory crêpe de chine with padding under the squares and a quilting stitch in fine squares to hold the cut-outs in place.
Floral designs may be cut, padded and quilted in the same way. Maize yellow roses with green leaves cut from cretonne appliquéd on a white crêpe or linen hat will give a charming summer effect. A drooping garden hat brim is needed for this type of trimming. The flowers may be outlined with a very narrow ribbon ruffled down the centre and slip stitched on to the hat to outline each motif.
Heavy designs from lace may be cut and appliquéd to silk or straw hats in a like manner. It is for such trims as these that the scrap bag may be called upon.

# This Modish Sports Jumper 

## and Baby's Outdoor Things <br> Are for Knitters to Make

Knit a Few and Purl a Few Is Really All You Have To Do

By MART ETHEL GOETZ

KNITTED wear is as popular as ever this season, for no one ever seems to have too many gay sweaters for sports wear - probably berom which one may select and the slight cost at rom which one may select and the slight cost at which one's supply may be augmented - and as for things to wear outdoors is positively unthinkable!
The model of the jumper so charmingly shown her was a smart combination of crimson and white; if was a smart combination of crimson and white; if
you are not able to wear shades of red, choose anyou are not able to wear shades of red, choose an-
other of the season's favored sports-wear colors and other of the season's favored sports-wear colors and
make your stripes, bands and collar of that. Pink, make your stripes, bands and collar of that. Pink,
blue or any of the other pástel colors now in good taste for tiny tots may be suitably blended with white for the cap and sweater set.

## A Sports Jumper for the Country Club

For this model you will need four 1 -ounce balls of white and two of colored Shetland floss, four pear buttons, two No. 5 bone or amber knitting needles and a No. 3 bone crochet hook. Novelty yarns of corresponding weight may be used with excellent effect.
Directions are for size 36
Back. - With color cast on 91 sts and knit (k) 12 rows or 6 ridges. **Change to white and k 1 row purl (p) 1 row alternately for 10 rows. Drop white, pick up color, and work the dot pattern as follows 1 st row - Knit the first 2 sts, then k 2 together 44 times, k the last st . $2 d$ row - k 2 , * pick up the thread between the stitch just knit and the next st, and knit it, k 1, repeat from * knitting the last 2 sts (91 sts). With white k 1 row and p 1 row. Change to color and repeat 1 st and 2 nd rows of dot pattern. With white $k 1$ row and p 1 row. With color repeat the 2 rows of dot pattern. Repeat from *** 5 times, until work, including border, measures 17 inches. In next row begin to ow begin to shape armhole. With white, commencing the first of 10 ing off the last 4 sts, $k$ across, binding off the last 4 sts. Carry thread to the first st and p 1 row. Then k 1 row, $p 1$ row alternately, decreasing 1 stitch at beginning and at end of every knit row, 4 times. On 75 sts work the dot pattern as before, 10 rows of white, the dot patern and 5 rows of white.
Front. - Purl 27 sts and slip 21 sts for back of neck and 27 sts for right shoulder on to a stitch holder. On 27 sts for left shoulder (k 1 row, p 1 row) twice, then $k 1$ row and $p$ next row to within 5 sts from neck edge, take color and knit these 5 sts and cast on 15 sts (These sts sts and cast on 15 sts. (These sts for neck border are knit in each row and the border is narrowed 1 st every other row until 8 sts are left.) With color k 20 sts, drop yarn, pick ip white, crossing color to form joining, k 22 sts. In next row, with white p 22 sts, with color k 20 . In next row k 19 ; repeat the 2 rows of dot pattern, knitting 21 sts at end

Below is a detail of the "dot pattern" used for the stripes of the jumper at the jumper at the right These dots, which stand out in relief like little knots, are in contrasting color. One row of the same pattern is used on the infants' set below.

of 2 nd row. In next row with color k 18 , with white 24 sts, turn; p 24, with color k 18, turn. Knit 17, repeat the 2 rows of dot pattern, knitting 19 at end of 2nd row. In next row k 16 , with white k 26 , turn, p 26, with color k 16 . In next row k 15 , repeat the 2 rows of dot pattern, knitting 17 at end of 2 nd row. Work the 10 white rows narrowing the plain knit colored border 1 stitch every other row, as before, until there are 8 sts left. Repeat the dot pattern, then increase for armhole, commencing with the first of 10 white rows, by knitting first the front and then the back of the last st in every knit row, 4 times. In the next knit sow east ener sts for armhole. On 50 sts (knitting border at centre front) work the fancy stripe, 10 rows of white, and fancy stripe once more, always crossing threads when changing color. At centre front break both threads and slip sts on to a stitch holder
Slip 27 sts for right shoulder on to knitting needle and leave 21 sts for back of neck on stitch holder. With white, starting at neck edge p 1 row, then ( $k$ ow) twice. In next row k 22 sts, with
color k 5 sts and cast on 15 sts. In next row k 20 tast with white p 22. Work 2 more rows, knitting 20 sts for border. In next row begin fancy stripe knitting 19 sts for border. Continue, following the pattern, and narrowing the plain kit pattern, and narrowing the plain knit left shoulder, making a buttonhole in 3rd row of next fancy stripe by binding row of next fancy stripe by binding off the 4th and 5th border sts, and casting on 2 sts in next row. When a st for armhole at end of every white a st for armhole at end of every white purl row, 4 times and cast on 4 sts at end of 10 th white row.
At beginning of next fancy stripe make second buttonhole (as before) and the third when knitting 9th row of white stripe. Work fourth fancy stripe counting from beginning of shoulder. In next row (first of 10 white rows) join fronts. With white k 42 sts, then insert needle in next st and in first border stitch of left front the 2 sts together, * $k$ the next st, $k$ right and on left berder the on right and on left border together, repeat from * 6 times, $k 42$ sts. Finish Sisever meorend to back.
(Continued on page 49)
This little cap and sweater set in pink and white, for the six months old baby features simple knitting and purling, with dot pattern stripes.



## The Wedding Breakfast or Buffet

As planned by the PRISCILLA PROVING PLANT

MERE food may seem an unimportant detail in the wedding festivities, but the choice of a menu is a matter of no small concern in the family of the bride.
If the ceremony is at noon a "breakfast" is served after it. It may be a "sit down" affair with a large table for the bridal party and small ones for the guests, but in most homes the buffet form of service is easier to manage
Unless the guests are very few in number do not try to do much of the actual serving from the centre table. Keep this rather as a decorative feature, having on it simply the bride's cake, flowers, and orderly piles of plates and rows of silver. The chafing dishes, coffee service, salads, and whatever else is required can be relegated to the buffet and side tables.

The wedding breakfast is really a luncheon of several courses. A typical menu has as its first course bouillon or fruit. A hot dish, such as chicken or sweetbread patties, lobster Newburg, croquettes or timbales, or a cold meat dish like a mousse or an aspic mold, forms the main course. If you wish an elaborate menu it is permissible to offer a number of such dishes. A light salad may form the third course. At a simple breakfast a heavy salad like chicken or lobster is often used as the main course. Ice cream in some form is the accented dessert, ices molded individually being particularly attractive. While a bride's cake need not necessarily appear on the menu, it is in

The Following Menus Are Suitable for a Buffet Wedding Breakfast

Lobster Cutlets
Iced
Creamed
Bouillon
Peas in Molded Fruit Salad
Molded Fruit Salad
Pistachio Ice Cream
Bride's Cake

## Coffee

Ham Mousse
Hot Bouillon
Chicken Croquettes
Tomatoes Stuffed with Peas in Mayonnaise Bride's Cake Strawberries, Whipped Creal Coftee Fruit Punch

## Iced Cantaloupe Balls

Chicken and Mushroom Cantaloup $\begin{gathered}\text { Iced } \\ \text { Patties } \\ \text { Rolls }\end{gathered}$
Julienne Potatoes
Celery Salad in Tomato Aspic
Frozen Custard and Cherry Ice (Molded together)
Fancy Cakes Fancy Cakes
Coffee

Chicken and Sweetbread Salad
Lettuce Sandwiches Rolled Bread and Butter Pound Cake (cut in fancy shapes and dipped in icing)
keeping with an old tradition and is a charming feature. The bride herself should cut the first slice. Small fancy cakes are usually served too. Coffee is always included and often a fruit punch.
At an afternoon or evening wedding the refreshments are simpler - perhaps a chicken salad or patty, ices, cake and coffee. The sort of menu used for an afternoon tea - a variety of sandwiches, cakes and beverages - is also suitable for an afternoon wedding reception.
The wedding buffet table which we set at the Priscilla Proving Plant proved to be particularly lovely because of its simplicity. The beautiful luncheon loth in Italian embroidery which Miss Ferry provided for the occasion, made an exquisite background for the rows of shining forks and spoons, the plates and the decoration.
The bride's cake was placed in the centre of the table, a rich white cake in two tiers. It was iced with soft white icing, and completely covered with frosting rosettes, each one topped with a glistening silver dragee. Around it were lilies of the valley with a bit of feathering asparagus fern and a spray of orange blossoms tucked in here and there, and a little pale green tulle ribbon to give a misty effect. Kewpie dolls, dressed as bride and groom, presided over the cake. Oneida Community, Ltd.


A wedding buffet table set at the Priscilla Proving Plant.


# Woman's Biggest fob 

## Sixth Article in 1925 Series

# Molding the Home's Finest Product 

By MARr s. HAVILAND

THE day of home-made things is so rapidly passing that it seems to be almost past. passing that it seems to be almost past.
Canned fruit, baker's bread, ready-made clothing - are so convenient, so cheap, and, on the whole, so satisfactory, that they have displaced, apparently forever, the home-made article

But how about the "home-made" child? Shall he go the way of the other home industries? Shall he, as it were, be kneaded and molded in the home and browned before its hearth-fire? Or shall he, at the earliest possible moment, be poured into the community hopper, there to be formed into the exact semblance of every other little loaf and to be duly baked in the great oven of school, church, club, and community life? Are we ready to discard the homemade child in favor of "quantity production" by teachers and other experts?

## The Home and the School

I would not for a moment seem to belittle the value of the school. It should be - and often is the child's second home; and many a teacher wields a far stronger and finer influence than the parent. The home cannot and should not take the place of the school, where the child mingles with his fellows, and in the generous rivalry of playground and classroom, prepares for citizenship in the larger world of social and business life.
But I am sufficiently old-fashioned to hold that, given the best schools in the world, every child still needs a home. I do not believe that " quantity production" methods can be successfully applied to the training of human souls. I will go further and say that much of the present dissatisfaction with our young people, most of the lawlessness and crime among boys and girls, is to be blamed not upon them, not upon the schools, but upon the "homes" which are no homes at all and the parents who are parents are no homes at all and the parents
only of the body, not of the soul.
I have a friend who raises Angora kittens. Before purchasing her first pair she read and studied the subject and asked advice from every expert she could find. Angora kittens are too fragile to be neglected or experimented with.
But how many girls - or boys - are given the slightest preparation for the tremendous business of parenthood?
In our grandparents' day, this lack of training for parenthood was not fraught with such serious consequences. Life was far less complicated, as most families lived amid the freedom and wholesome activity of country life. Even in the cities, children lived much more simply and at a less rapid pace. So our grandparents, with no more training than we, turned out fairly well-reared, creditable children, - just as, without being professional bakers, shoemakers or tailors, they made good, serviceable bread, shoes and tailors, they made good,
clothing, in the home.

In these days, however, the business of parenthood In these days, however, the business of parenthood
needs serious preparation and training. In Maine, they bring up Angora kittens without any care or trouble in the barn, - and fairly creditable children on the farm-but in cities like New York and Chicago the kitten fancier - and the parent - must be an expert.
Many a young mother, however, finds parenthood "not a theory, but a condition" where, prepared or not, she must daily face crises and make decisions Are there any sign-posts, any "blazed trails" by which she may be preserved from aimless, wandering? Any
guiding principles which she can have to follow?

## The Training of a Human Soul Is a Delicate Art

The training of a human soul is not a science it is the most difficult and delicate of arts; but, like all arts, it is based upon certain truths, certain unfailing laws. The successful artist is the one who best applies the universal laws of his craft to his given subject. Therefore, while it is true that no two children are alike, and that every child requires individual treatment, it is also true that all children need certain fundamentals. Let us see whether we can discover some of these.
The only way to get at these fundamentals is, I believe, to realize that children, at bottom, are no different from their elders, actuated by the same motives, elated or depressed by the same causes.
For instance, many a parent complains that "Jack simply will not mind. He never openly defies me, but unless I keep at him every moment, he is sure but unless I keep at him every moment, he is sure
to do something that I have told him fifty times he to do something that I have told him fifty times he
mustn't do." And another parent exclaims, "What mustn't do." And another parent exclaims, "What
shall I do with Betty? I never can rely on her. shall I do with Betty? I never can rely on her.
She will make all sorts of promises and never think of keeping them."
The answer to both of these parents is summed up in the one word "Consistency." If Jack knows that nine times out of ten he will escape punishment for the forbidden act, he will, if he has a drop of sporting blood in him, gladly run the remote risk for the sake of the certain pleasure. This is exactly what the adult sinner does where laws are badly enforced and punishment uncertain.
Betty is also in all likelihood the victim of inconsistency. She has repeatedly been promised this or that coveted treat, only to find that the promise was disregarded, - forgotten because of some other activity which, in adult eyes, quite overshadowed it Is it surprising that Betty fall into the habit of conIs it surprising that Betty fall into the habit of con-
sidering promises as mere pleasant remarks, not to sidering promises as mere pleasant remarks, not to
be kept unless perfectly convenient? In this, she is be kept unless perfectly convenient
only copying the adults about her.

## Consistency

Therefore, don't threaten, don't bribe, but if you have promised either a punishment or a treat, see that the promise is fulfilled. "Let your yea be yea and your nay, nay." Let your child know that he can count always and absolutely on you, that he cannot do with impunity to-day that for which he will be punished tomorrow. Let him feel that he lives in an orderly universe where doing right always brings approval and happiness, and where wrong-doing always makes for unhappiness. Just think for a moment how upsetting it would be for us grownups to live under an inconsistent government. Suppose that sometimes shop-lifting were looked upon as merely a clever trick and sometimes as a crime. That the traffic rules were enforced only when the policeman was in a bad humor. That promissory notes were paid only if the signer felt inclined to do so. If such a bewilderingly inconsistent world would drive us adults into crime, think what our inconsistency must do to our children.
Is it any wonder that girl bandits and boy murderers, without either restraint or training at home, feel that there is no binding law save their own desires and that anything is excusable if you can "get away with it."

So I would name Consistency as one of the great essentials in developing our children. It is very hard essentials in developing our children. "It is very hard,
for the grown man to believe in the "Reign of Law" for the grown man to believe in the "Reign of Law" and give willing obedience to either human or Divine commands, unless, as a child, he has been helped to
do so by just and consistent treatment - unless he has seen the Law embodied in a gentle and sympathetic, but wise and firm mother or father.

With such a parent, the child will come to realize at last that Law and Love are one, just as, in "Water Babies", poor little Tom finally learned that stern Mrs. Be-Done-By-As-You-Did and lovely Mrs. Do-As-You'd-Be-Done-By were the same person.

## Creative Expression

And if the first great necessity is Law and Justice, the second is the divine right of every human soul to Creative Expression.
I do not like the use of the word "molding" in the title of this paper. It seems to imply that the child is inanimate clay, to be molded after some preconceived pattern in the mind of his parents, whereas in reality, the child is a living spirit, to be helped in unfolding according to his own, individual pattern - a pattern hidden deep within his soul, and to be revealed only by loving and reverent search.
In an essay bearing the somewhat forbidding title, "Exfoliation", Edward Carpenter points out that the distinguishing mark of living things, as differing from manufactured things, is that they grow according to this inborn pattern. The egg, the acorn, and the human embryo all develop not by pressure applied from without, but by instinct exerted from within. At a certain stage, the embryo man looks remarkably like the embryo bird, but their inborn patterns are forever different and no power on earth can so alter their development that one will turn into the other
If I seem to dwell upon a self-evident truth, it is because, in dealing with our children we are so prone because, in dealing with our children we are so prone
to disregard it. Fathers like to have their sons succeed to their business, and so we see young Ben Franklin in a tallow-chandler's shop and Robert Louis Franklin in a tallow-chandler's shop and Robert Louis
Stevenson studying engineering. Mother would like Stevenson studying engineering. Mother would like
to see her girl on the concert stage, so daughter to see her girl on the concert stage, so daughter sullenly pounds her way through finger exercises when she longs to be developing photographs.
It is the same with the younger children's play. Instead of helping them to express their own ideas, we are everlastingly trying to impress them with ours. Go into the toy shops, or into any nursery. Count the toys by which a child can express himself as compared with those which express the idea of the toy-maker. For every box of paints or crayons, for every set of tools, for every foot-ball, or camer or other self-expressive toy, you will find a dozen self-winding, electric, ready made playthings devised self-winding,
by some adult.

Another trouble is that we grownups are inclined to think that "getting and having" will make our children happy. But do not we all know from our own sad experience that this is the road not to happiness, but to discontent?
Many a disgusted parent has spent ten dollars for an elaborate toy only to have it discarded in favor of some dilapidated favorite.
Did you ever watch the "poor little rich" chitdren at the seashore? See how carelessly they toss aside their expensive playthings to enjoy the delights of making sand-pies, gathering bright pebbles, building
(Continued on page 41)

## Two soups everybody should eat often!



## Gay Little Rompers for Dear Little Youngsters

Play Clothes That Are Easy to Make, Cost Little, Wear Well, and Are Altogether Adorable

By HELEN PERR 1 CURTIS


THE charming picture above needs a word of explanation. In her wholly commendable ef fort to show these dear little garments large enough so you could see how cunning and appealing they are, our artist made her children appear somewhat older and larger than the age for which rompers like these are intended. If that youngster of yours, girl or boy, is not over three years old, you will look far to find anything so altogether adorable as these little rompers and hats. And best of all, they are these little rompers and hats. And best
easy to make and most mexpensive.
Each of these small garments is made of sunfast Each of these small garments is made of sunfast
and tubfast materials; yellow chambray for "Dandeand tubfast materials; yellow chambray for "Dandelion"; an excellent grade of creamy, unbleached muslin and stout blue cotton for "Sorrel Top"; and a fine everfast blue gingham for "Little" Boy Blue." These fabrics are pleasing in color, yet strong enough to stand the strenuous sports of a healthy child. The rompers are roomy and are the kind that will not bind or tear out.
Ironing has been made as easy a problem as possible in both hats and rompers. Sleeves are kimono style and very short so that the rompers will not pu! up when arms are in action
This group represents three types of romper fashions. "Dandelion" is made with a drop seat "Sorrel Top" buttons across the bottom, and "Boy Blue" buttons bu the shoulders, "Dandelin"" and "Boy But tons on the shours. Din rompers are quite as cunmen on small lassies. A matching yellow hat (25-6-3) has bee especially desised ing bonnet (25-6-5) for the little lassie. "Boy Blue" strikes a martial note with his little trench cap.

The deft little touches of embroidery are in each case quickly accomplished, and in them lies half the charm of the costumes. Fig. I shows the stitchery
for the "Dandelion" outfit - lazy daisies with orange tips, and lines of orange cotton couched on with white. Bright appliqué flowers with outlined stems and lazy daisy leaves appear on "Sorrel Top's" costume. Cut these patches out $1 / 4$ inch beyond the stamped lines and whip them down. There are two flower clusters at each side the front and they should be put on after the blue band is sewed in place. "Boy Blue's" outfit is cross-stitched with borders of little white chicks, as Fig. II shows. Color-placing diagrams for the embroidery are sent with materials for all garments embroidery are sent with materials for all garments
except in case of the "Boy Blue" and "Sorrel Top" except in case of the "Boy Blue"
outfits where they are not needed.

## Prices for Materials

Prices below are for stamped materials for garments as described in the text, with all needed embroidery cottons, appliqué materials, linings bindings, facings, etc., included. All cutting lines are stamped on materials.
Rompers are cut in two sizes - one to two year size, and three year size. to two year size, and three year size
When ordering state size wanted.
Hats or caps are 18 -inch head size.

| No. 25-6-3. | Hat | $\$ 0.50$ |
| :--- | :--- | ---: |
| No. 25-6-4. | Romper | 1.25 |
| No. 25-6-5. | Bonnet | .75 |
| No. 25-6-6. | Hat | .35 |
| No. 25-6-7. | Romper | .95 |
| No. 25-6-8. | Cap | .35 |
| No. 25-6-9. | Romper | 1.45 |

The "Dandelion" romper (25-6-4), with its picoted frills of fine white lawn, is as picturesque as a Kate Greenaway costume. The lawn for frills and bonnet ties comes to you all hemstitched, and you simply cut the strips apart for the picot effect. Look at the bashful little girl in the background and you will see how the back of this "Dandelion" romper is made and how the little bonnet (25-6-5) looks tied under a dimpled chin; look also to the extreme right and see this same bonnet laid out flat for ironing, showing picoted ties, bonmet laid out fat and the the tabs of tape "hen shap the gether. The little boy's hat for this Dandelion outfit (25-6-3) is easily made with a simple four-section crown and plain yellow brim faced with white mercerized broadcloth. This same material is used to line the bonnet.
"Sorrel Top's" costume (centre figure) has a hat that irons out flat, too, as you see in the illustration (25-6-6) at the left. Bias bindings of blue finish the edges of the hat as well as the neck and sleeves of the romper. The wide blue band is seamed to the body of the romper and gives the effect of a skirt with puffy knickers showing a bit below. These knickers are run with elastic, the hems serving as a casing. Fulness is laid in inverted pleats under each arm "Boy Blue" drums up enthusiasm for a romper that will roll through the ironing machine as flat as a pancake. It is a sort of spread eagle pattern which is very wide at the legs and cool and comfy. After you have turned back the sleeve hem to the depth of the embroidery, there isn't any sleeve left worth menitioning. You face the pantie legs to a like depth tioning. You face the pantie legs to a like depth and bind the neck with a narrow bias-fold of blue.
Use flat white buttons on the shoulders and sew them Use flat white buttons on the shoulders and sew them on with blue. The snug trench cap has a long nar-
row crown set between the two thicknesses of the band.


Indeed she can-quickly and safely, with the extra help of Fels-Naptha!

Even dirt ground into the very fibres of a fabric, lets
go and slinks away when Fels-Naptha tackles it.

Naptha-that great dirt-loosener-works hand in hand with splendid soap in Fels-Naptha. Working together they give you the extra washing value that you cannot get in any other form. Dirt lets go quickly. Clothes come clean safely.

The Fels-Naptha way takes less strength from you.
No wonder millions of women feel that nothing can take the place of Fels-Naptha! Since they have found a way to make housework easier, why shouldn't you get its benefit, too? Get a Golden Bar or two from your grocer today, and let it prove its extra helpfulness.

Fels-Naptha is morethan soap. It is splendid soap and naptha-two safe, useful cleaners in one golden bar, working together to save you work, and to save save you work, and tosave
wear-and-tear on clothes Isn'tthis extra help worth a penny more a week?

## Smell the naptha

 in Fels-Naptha

The original and genuine naptha soap in the red-and-green wrapper. Buy
Fels-Naptha in the convenient ten-bar carton.

Usewater of anytemperature with Fels-Naptha. Boil clothes with Fels-Naptha, if you prefer. You are bound to get good results any way you use it. The real naptha in Fels-Naptha makes the dirt let go, no matter whether the water is cool, lukewarm, or hot. Be sure to include Fels-Naptha in your camp
kit this Summer. It makes short work of cleaning clothes and dishes.

[^0]
## *



NOT only does electricity take away the drudgery of housework represented by the heavier tasks, such as washing, ironing, and sweeping, but it saves innumerable steps through its application to table cooking devices. In the cheerful breakfast room shown above the cooking of the breakfast is done on the table itself, the work usually expected of the range all being accomplished without any trips to the kitchen.
By use of a "triple tap," placed just beneath the edge of the table where it is out of the way, it becomes a simple matter to attach your percolator and table stove and later perhaps the toaster or waffle iron. "Master" cords go from the table to convenience outlets and thus electrify the plural sockets at the table into which appliance cords are plugged at it is unsafe to use more than two heating devices such as a toaster and percolator at one time, for by increasing the convenience of using the for by increasing the convenience of using the cooking devices you have not increased the capacity of the socket or wiring of the floor outlet. While a new outlet and wiring may stand the overloading caused by using three heating devices, it is very unsafe to expect it of any light socket or old convenience outlet.
If some housewife is thinking that the use of electricity for operating table devices is expensive, she will be interested in the following figures. Operating costs may vary slightly, but those given are fairly representative. The rate for current, 10 cents per kilowatt hour, used in computing the cost of operation, is a fairly general one.

The wattage is given because it is the key whereby any houseis the key whereby any housewife may determine for herself the cost of operating any device of this kind. Usually the wattage is stamped on the device.
If it is not, the electrical dealer If it is not, the electrical dealer should be able to give it.

Electric current is sold to the householder by the kilowatt hour which is a thousand watts used for an hour. Take the grill, for example. If it is marked " 600 Watts," it means that the grill consumes, when being used, 600 watts of current. Six hundred watts is $600 / 1000$, or $3 / 5$, of a kil owatt hour. Therefore, if the rate


## A Little Chat Concerning

## Electrical Labor Savers

## For the Table

By YOSEPH ANDERSON


In the cheerful breakfast room above and in the cozy living room at the right, a breakfast and a Sunday night supper are being prepared on the tables themselves, by using electrical table cooking devices. An electrically equipped table may be used in any room.

Making pancakes at the table is a different proposition from older methods. With an electric griddle and a pitcher of batter at her side, the hostess can give a pancake breakfast as easily as one of toast-and eggs.

Watts consumed
Radiant toaster Disk stove Chafing dish Percolator Grill

Cost to operate, per hou $51 / 2$ cents 550
600 600
600
400 400
600
charged for current is ten cents per kilowatt hour, it costs only $3 / 5$ of ten cents, or six cents, to operate the device for a whole hour. The cost of operating other devices can be figured in the same way.
Figuring by the hour is somewhat misleading, however, as there are relatively few occasions when they are used for an hour. Reckoning by the cost of the work actually done is perhaps more practical.
Any housewife, by using the cost per hour operating any electrical household appliances, may figure out the expense of it in units of work accomplished by instance, knowing what it costs to operate a percolator per hour the number of cups of coffee it will make, and how long it takes to make, and how long it takes to make them, she can easily reckon the cost per cup. If it requires half rent is rent is turned on until it is turned off, to percolate the coffee, only two cents worth of current is used, for the six cups; or, in other words, the cost of percolating the coffee is only one-third of a cent per cup. Other costs may be figured in the same way.

## ONLY ONE SALAD DRESSING WILL DO SO MANY THINGS

Let us send you the little book that describes 63 of Premier's uses -some for cold dishes, some for hot.

$\mathcal{A}_{\text {DELICIOUS salad dressing? O }}$ Of course! A million women will tell you nothing else makes salads so appetizing. And thousands of them will tell you, too, that Premier's usefulness only begins with salads.

Baked potatoes, cauliflower, asparagus, croquettes, lobster Newburg, Welsh rarebits - not to speak of scores of other dishes all take on new zest with a dash of Premier's flavor.

For the same flavor that made Premier the most widely used salad dressing in America
is making it an essential ingredient in all sorts of dishes you have probably never associated with salad dressing at all.

Send for the Premier Book. It describes 63 ways of using Premier's piquant flavor in making old dishes new again. It gives plenty of answers to the question: "What new things can I give them?" We shall be glad to send it to you free, no matter where you live.

FRANCIS H. LEGGETT \& COMPANY NEW YORK

## Premier



Jellied Tomato Salad
A favorite but often monotonous dish served in a deliciously new way. See Premier free recipe book. Page 6


Date and Nut Sandwich
Two wholesome fruits kept from being heavy by the tang of Premier. See Premier free recipe book. Page 23.


Eggs Piquante
Almost everyone likes eggs, and here's a way to make it unanimous. See Premier free recipe book. Page 9.


Fish with Premier Here's a dish to please the person who thinks he doesn't like fish. See Premier free recipe book. Page 15.


Cold Cuts
An interesting, appetizing dish-when served with Premier.


By ROSS CRANE

Making the radiator successfully inconspicuous


Figure 2

PROBABLY the most familiar of all aphorisms that deal with the subject of home decoration is William Morris' famous dictum, "Have nothing in your home which you do not know to be useful or believe to be beautiful." And housewives recalling this and looking at the radiators in their homes have sighed and while sighing have comforted their souls with the thought, "anyhow they are useful."
It must be admitted that radiators are useful necessary in fact - during the colder portion of the year. But for half of the year and in some parts of the country during eight or nine months out of every twelve they are absolutely useless and what is worse are objects of distressing unsightliness.

Now there are parts of the mechanism of houses which in themselves are really decorative - such as the hinges, knobs, latches, and escutcheons on the doors, or the beams and timbers that enter into the construction of the house, or the bricks and stones of the fireplace - but there is something raw and crude about the metal pipes through which heat is carried and radiated - something naked about them, as it were - that makes them seem alien to just don't fit in," as one woman declared.
Sensing this fact many homemakers have misguidedly sought to make them attractive by covering them with gold or aluminum paint, succeeding only in focusing attention on them while accentuating their objectionable qualities. phantom compared with the coruscating effulgence of a gilded radiator.
Others, more wisely, try to make them as inconspicuous as may be by painting them the same color as the wall, which undoubtedly is about all that can be done in the effort to render them innocuous. But this does not make them pay for the floor space they occupy during the months when they perform no service. At all times really they are liabilities from the standpoint of beauty and interest.
There are two ways by which these decorative liabilities may be transformed into dective liabilities may fe transformed into deeorative assets; the first being to make them
part of the architectural background by buildpart of the architectural background by build-
ing them in like built-in furniture; the other ing them in like built-in furniture; the other
being to camouflage them as moveable furbeing to
niture. niture.
There are a number of radiator covers and grills on the market, all of which are made in standard units which can be adjusted to fit over
radiators of any height or length. Reference to the advertising pages of magazines dealing with home building and decoration will indicate the respective merits of each make. These can be used as the front panels of window seats, built over long low radiators; or for the front, tops and ends of lockers. They are practical and most of them very pleasing in appearance.
Radiator covers or grills should be painted similarly to the woodwork, for they are in fact part of the standing trim of the room. On the other hand, console cabinets used as radiator shields may be designed and finished to correspond with the furniture of the room, and thus, in many instances be the means of introducing an appropriate piece of furniture into of introducin
the scheme.
the it be thoroughly understood, however, that
Let it Let it be thoroughly understood, however, that
radiators thus covered will lose somewhat in heat radiators thus covered will lose somewhat in heat
producing efficiency. This must be provided for at the time of installation. From ten per cent to twenty per cent of extra radiating surface should be supplied to offset this loss. A wise precaution is to have the wooden window seats and tops of built-in lockers hinged or removable so that during the half dozen days of extra cold weather each winter they can be opened up and the greatest possible measure of heat obtained from the radiators.
It is absolutely essential, too, to leave an unrestricted open area at the bottom of all such contrivances to permit the cold air at the floor to permit the cold air at the floor
level to be drawn up over the level to be drawn up over the
radiator and thus secure proper circulation of the heated air.
Not only are such built-in conveniences attractive in themselves
but they may be constructed as to atone for unfortunate or unintelligent placing of radiators. It seems to be the highest ambition of many who make a business of installing radiators to put them where they will interfere as much as possible with the logical and comfortable arrangement of furniture. The ingenuity displayed in this matter is astonishing.
In one new house which I was called upon to furnish and decorate, the usefulness of the dining room and four bedrooms was utterly destroyed by such senseless placing. In the dining room, for instance, there were five wall spaces any one of which was sufficient to accommodate the radiator, but no place would do except the one space which was long enough would do except the one space which was long enough
for the six-foot buffet. So, too, in the bedrooms, for the six-foot buffet. So, too, in the bedrooms,
the radiators in each case were planted in front of the radiators in each case were planted in front of
the only wall against which a bed could be suitably the only wall against which a bed could be suitably
stationed. Of course they all had to be taken out and stationed. Of course they all had to be taken out and
re-installed in appropriate positions and at the expense, not of the man who blundered, but of the unfortunate owner.
The illustrations show what can be done to turn such errors of judgment into triumphs of decorative interest when conditions forbid a change of position. Figure 5 shows a radiator which fills the wall between two living room windows and thrusts itself out a few inches beyond the window casing on either side, a position which is not only awkward in itself but vetoes the use of floor length draperies not only at the two windows indicated, but at all the other windows in the room.
Figure 6 shows a window seat over this radiator and by continuing it the full length of the room the "chopped off" effect was eliminated. The space on chopped off" effect was eliminated. The space on
either side of the radiator is devoted to shelves for either side of the radiator is devoted to shelves for
magazines, books, and other objects. The architecmagazines, books, and other objects. The architec-
tural quality of the room was further enhanced by filling the space between the windows with a built-in bookcase, which became an integral part of the window seat beneath. All this built-in work was stained and finished to harmonize with the brown walnut woodwork and furniture and it produced a fine sense of dignity; while the radiator itself," instead of having the appearance of being an accident or afterthought became incorporated into a well designed architectural composition, which next to the fireplace, was the most attractive feature of the room.
There is magic in well constructed built-in features; not too many of them but one or two in a room. Built-in bookcases and lockers put a touch of homelike informality into a room and do more than anything else to banish the somewhat stiff and conventional appearance of rooms whose only architectural decoration consists of the baseboards, cornice and the casings of doors and windows.
The lower portion of built-in bookcases may shelter the radiator, in which case particular (Continued on page 43)




Veal Croquettes

## Reader Recipes

## Veal Croquettes

1 small onion, cut fine
1 tablespoon fat
2 cups veal stock
1 egg
4 egg
4 tablespoons
1 teaspoon salt
Paprika and black pepper to taste
4 cups finely chopped boiled veal
1/2 cup broken pecan meats
$1 / 2$ lemon
Cook onion in fat until golden brown, add to it one and one-half cups of the stock and bring to boiling point. Beat into the egg yolk the cornstarch mixed smooth with remaining half cup of stock. Pour heated stock over egg mixture and cook until very stiff, stirring constantly. Add salt, pepper, and paprika and remove from the stove.
Stir in veal, which has been mixed Stir in veal, which has been mixed
with nuts and lemon juice. Let with nuts and lemon juice. Let
mixture become very cold. Mold mixture become very cold. Mold
into croquettes. Roll in fine crumbs, into croquettes. Roll in fine crumbs, then in white of egg beaten with one tablespoon of water, and finally in crumbs again. Fry in deep fat. Arrange on a platter, surround with lettuce leaves, and serve with mayonnaise dressing.
Time in cooking, 6 minutes.
Temperature, 360 degrees.
Recipe makes eighteen croquettes. M. R., Iowa.

## Peppered Eggs

Wash green peppers and cut in small pieces. Cook slowly in a small small pieces. Cook slowly in a small amount of butter or oil in a covered
frying pan for about fifteen minfrying pan for about fifteen minutes or until soft. Shake the pan frequently to prevent the peppers from scorching. When peppers are cooked drop in on top one egg for each person to be served and cover pan again until egg is cooked. Serve on boiled ham cut slightly thick and heated through in butter. About two peppers should be allowed for each person to be served.
N. R. M., California.

Baked Peas
6 slices bacon
1 can or
2 cups cooked fresh peas
1 teaspoon salt
1 teasp
Pepper
1 cup cream
$1 / 2$ cup crackers or bread crumbs
Cut bacon in small pieces and brown it. Place peas in a casserole add bacon and fat, salt, pepper, and cream. Cover with bread crumbs and bake in moderate oven.
Time in cooking, 45 minutes
Temperature, 350 degrees.
Recipe makes six servings. Mrs. V. D. U., Pennsylvania.

## Crawford Salad

1 medium-sized onion
2 pimientoes
$5 / 2$ cup grated cheese
${ }^{2}$ cups cooked peas
Mayonnaise
Chop onion and pimientoes very fine. Add grated cheese and peas and mix with mayonnaise. Serve on let tuce. More mayonnaise may be used on top of the salad if desired. Recipe makes six servings. Mrs. G. C. H., Wisconsin.

Rhubarb-Raisin Pie
1/4 cup butter
1 cup sugar
1 egg
1 lemon
$11 / 4$ cups chopped rhubarb
1 cup chopped raisins
Cream the butter and sugar together. Add the well beaten egg and beat the mixture. Add the lemon juice and grated rind, rhubarb, and raisins. Bake between two crusts in a hot oven.
Time in cooking, 30 minutes.
Temperature, 425 degrees.
Recipe makes six servings
Mrs. M. L., Vermont.

Every woman likes to know what other women have in their homes to eat, and we all enjoy exchanging recipes. If your family is particularly enthusiastic about some dish of your ozen concoction, or if your friends find something you make so specially good that they all want the recipe, why not send us the recipe too?
In writing out recipes level measurements should always be used. All submitted recipes are read, compared, and if new to us, tested at the Priscilla Proving Plant before decision is made with regard to publication. For every recipe accepted for publication, $\$ 1.00$ will be paid to the sender. The receipt of recipes can not be acknowledged, and unaccepted recipes are not returned unless accompanied by stamped, addressed envelope.


## A little goes so far

## it's an economy to use it for the whole laundry

Week after week - it's the repeated washings that are so hard on your clothes!

YOUR fine bed and table linens - which you wash twenty times to once you wash your finest doilies-those special shirts about which your husband is so particular, the dainty things you embroidered so carefully for the children, your muslin undergarments, your gay house dresses - wash them all in gentle, tender Lux suds, bubbling with pure cleanliness, softly touching everything to sparkling freshness.

snowy clean, cuff edges stay whole longer, fabrics don't wear thin so soon. All your things last longer when they are Lux-washed! An important matter nowadays-for things cost so much that they repay extra care for preservation.

No harsh strong ingredients in Lux. Nothing but those familiar tender whipped-cream Lux sudsevery bubble alive with cleanliness - and so kind to your hands!

And just a few Lux flakes give such magnificent brimming suds! When you see that pile of snowy clothes you are amazed it took so little Lux. Thousands of women find it the most economical thing tousefor thewholeweek'slaundry.

Important Uses for Lux
In addition to the well-known es -washing silks, woolens, cottons and linens-use dry, shampoo, babies' milk botrles, paint porcelain woodwork, rugs and linoleum Lux won't hurt anything that water alone won't injure.

Lever Bros. Co.
Cambridge, Mass.

Now the
Big ${ }^{2}$ New
Package, too


MARK TWAIN in a certain passage in his autobiography plaintively marvels that there are so many unwholesome foods in God's universe and that the people who eat only the whole-
some foods get health and nothing else. As one reads certain articles on food and nutrition that are current today he feels a tug of sympathy with Mark. If the reader happens to be a worker in the field of nutrition, and if his work has included the actual feeding of mankind as well as laboratory research, that ing of mankind as well as laboratory research, that
tug is accompanied by considerable resentment at the tug is accompanied by considerable resentment at the
way the "thou shalt" and "thou shalt not" is used in way the "thou shalt" and "thou shalt not" is used
lieu of instruction in intelligent food selection.
It must of course be admitted that the universe is not entirely peopled with intelligent beings, and that there are times when commands are necessary and must be given without qualification; but every scientist knows the danger of being dogmatic, which is another reason probably why those who know most are often little read.
I would like to venture herewith the thesis that the science „of nutrition does not rest on a system of "taboo," that the great contributions which it has made do not require abstinence from all that is pleasurable with rigid adherence to a few selected foodstuffs, and that nutritional science has not convicted the food manufacturers of America of conspiracy to the food manufacturers of America of conspiracy to
sell only denatured products of little nourishment.
let me cite one products of little nourishment.
Let me cite one example of what occurs to me as the right interpretation and application of our present nutritional information. We hear much, condemnation to-day of white bread as "denatured," "unwholesome," "impoverished foodstuff." Those who use these terms cite in glowing contrast the virtues of "whole wheat bread," unbolted flours, and the like. Laying aside all prejudices for the moment let us examine the facts in the case.
First, what are the bases on which we judge the completeness of a foodstuff as a source of nourishment? The criteria are amazingly limited in number.

## 1. Energy

The human machine like the mechanical counterpart consumes energy in operating. We measure energy in units just as we measure length in units. The length unit is the inch, or foot, or meter; the energy unit is the calorie. Nutritional science has taught us how to measure the calorie requirements of human beings; it has also taught us to measure the energy value of foods in the same units. Given, then, your requirement for the next twenty-four hours in calories the only way to meet it is to measure off enough food to meet this requirement. The principle is as simple as meet this requirement. The principle is as simple as
measuring off carpet or wall paper to fit a given room. measuring off carpet or wall paper to fit a given room. In terms of our present example
whole bread energy producers?
$\begin{array}{lcc} & \text { Calories } & \text { Cost } \\ 1 \text { pound white bread yields } & 1174 & 11 \mathrm{c} . \\ 1 \text { pound whole wheat bread yields } & 1115 & 15 \mathrm{c} .\end{array}$
Pound for pound then, white bread is a better and cheaper source of energy than whole wheat bread. Both breads, however, are relatively rich sources of energy and are also cheap as compared with other sources.

1 pound beefsteak yields 1098 calories and costs 38 c .
1 pound potatoes yields 378 calories and costs 5 c .
1 pound peas yields 454 calories and costs 40 c .
1 pound lettuce yields 87 calories and costs 15 c .
The relative cheapness of the product and the abundance of calories provided are then one basis for our dance of calories provided are then one basis for our
use of bread and cereals to form so large a part of use of br
our diet.

## 2. Chemical Elements

A complete foodstuff must provide the chemical elements for the use of the human being's body building
operations. The food chemist classifies them as: (a) nitrogenous matter (proteins), (b) sugars and starches (carbohydrates), (c) fats and fat-like substances (lipins), (d) mineral salts (e.g. calcium, phosphorous, iron, sodium, chlorine, etc.), (e) water. Of these substances we have a minimum daily requirement. Protein, for example, must be present quirement. Protein, for example, must be present
to the extent of 50 grams ( $12 / 3$ ounces), calcium to the extent of 50 grams $(12 / 3$ ounces), calcium
oxide to the extent of 0.7 grams, phosphoric acid oxide to the extent of 0.7 grams, phosphoric acid
2.75 grams, iron 0.015 grams, etc. What are the facts in regard to our two products and how do they compare with other foods?

| $\quad$ Foodstuff | \% Water | \% Protein | \% Fat | \% Salts | \% Sar- <br> bohy- <br> drate |
| :--- | :---: | :---: | :---: | :---: | :---: | ---: |
| White bread | 35.3 | 9.2 | 1.3 | 1.1 | 53.1 |
| Whole wheat bread | 38.4 | 9.7 | 0.9 | 1.3 | 49.7 |
| Milk | 87.0 | 3.3 | 4.0 | 0.7 | 5.0 |
| Beef round | 67.8 | 21.0 | 10.6 | 1.1 | 0.0 |

These analytical data show that to provide 50 grams of protein daily we require:

$$
\begin{aligned}
543 & \text { grams of white bread } \\
515 \text { grams of whole wheat bread } & (18 \mathrm{ozs} .) \\
1515 \text { grams of milk } & (11 / 2 \mathrm{ozs} .) \\
238 & \text { grams of beef }
\end{aligned}
$$

Evidently then whole wheat bread provides slightly more protein per unit of weight than white bread, and meat as a source of protein is not so much more expensive than bread. Note also that in spite of its high content of water, milk is also a relatively cheap high content of wate of protein.
source
The above figures, however, do not permit us to compare these foodstuffs for particular minerals, the percentage table figures giving no clue to the composition of the salts. What are the facts here?

Per cent of the salts liste
below in the foodstuff.
Foodstuff
White bread
Whole wheat bread
Milk
Beef

| Calcium <br> oxide | Phosphoric <br> acid | Iron |
| :---: | :---: | :---: |
| .03 | .20 | .0009 |
| .04 | .40 | .0015 |
| .168 | .215 | .00024 |
| .011 | .500 | .0038 |
| .09 | .13 | .0032 |

White bread is obviously a poorer source of calcium, phosphoric acid and iron, than whole wheat bread. Milk, however, weight for weight is a much richer source of calcium than either, and spinach is also an excellent source of both calcium and iron. If then I am to combine foodstuffs in my diet, as most of us do, it may be cheaper and wiser to combine white bread and milk, or whole wheat bread and milk, white to attempt to meet my requirements with either alone, to attempt to meet my requirements with either alone,
and if I do so I need only increase the milk slightly to make white bread and milk equal to whole wheat to make white bread and milk equal to whole wheat
bread and milk as far as mineral salts go. Or again, I can combine white bread with meat and spinach and I can combine white
still meet my needs.
The point I wish to stress here is that we need not "taboo" white bread because it is a poorer source of minerals than whole wheat bread provided we select intelligently the articles of food with which to supplement its deficiencies. In equational form the following combinations are equivalent in calcium :

## 1 thick slice

 white bread and $=$1 thick slice whole wheat 4 pounds whole bread and $=$ wheat bread. 0.82 pints milk
and each combination meets the body's daily requirement of that article
Doesn't this look as though selection and proper supplementing were more important than blind adherence to one particular foodstuff and avoidance of others?

## 3. Food Combination

A food combination may contain all the elements noted above and still fail to meet our needs. Certain proteins, for example, vary in quality. We must not only have 50 grams daily, but we must be "fussy" about the quality. It is in protein quality that meat and milk are rich and white flour poor. Whole wheat meal, because it contains the germ and bran and because the germ and bran contain better proteins than the part separated by bolting, is of better quality protein than white flour. The difference between the two is slight and we must supplement both with other two is slight and we must supplement both with other
sources of good protein such as milk or meat. Since sources of good protein such as milk or meat. Since
then we must supplement, the problem is not solved then we must supplement, the problem is not solved
by using one to the exclusion of the other, but by by using one to the exclusion of the other, but by rect the deficiencies of each.

## 4. Vitamins

Foodstuffs must contain certain substances in minute quantities, which for lack of a better name we call vitamins, otherwise we are unable to utilize the foods we eat. We do not yet know exactly the human requirements of these substances or how to measure the vitamin content in exact units. Hence, for the present, we rely upon relative tests to guide our choice and combine in our diets foodstuffs known to be rich in each of the known vitamins. Three of these be rich in each of the known vitamins. Three of these
vitamins known as A, B, and C have been fairly well vitamins known as $A, B$, and $C$ have been fairly well
measured in common foodstuffs. On the basis of these measured in common foodstuffs. On the basis of these
tests white bread is found lacking in all three. Whole tests white bread is found lacking in all three. Whole
wheat bread lacks A and C but thanks to the germ wheat bread lacks A and C but thanks to the germ
of the wheat kernel, whole wheat is fairly rich in B of the wheat kernel, whole wheat is fairly rich in B.
In making a diet which contains bread these facts tell In making a diet which contains bread these facts tell us that if the bread be white we must add foods rich in each of the three vitamins, but if the bread is whole wheat we must still add foods rich in A and C though we need not worry so much about adding B-rich foods. How can we do this? Fortunately, milk is a good source of all tho this. Fortunately, mik is also, and fruits are rich in B and C.

From the viewpoint of vitamins alone then I may use either white bread or whole wheat bread as part of my diet, but my choice then determines in part what I shall put with these articles to complete the menu.

## 5. Digestible Food

Alfalfa hay would meet many of the requirements of a food listed in topics 1-4. Obviously we can't use it as food. We express that fact by saying that it is indigestible and that human foodstuffs must be digestible. This word, however, has several meanings. Strictly it refers to a chemical process by which the food we eat is so treated as to pass easily from the stomach and intestines of the consumer into the blood which can then convey it to the parts of the body where it is needed. But this digestive machinery of ours involves not only the action of digestive juices, but the cooperation of the muscles of our digestive tract. Muscles are prone to lose tone and activity unless constantly stimulated. Most of us disactivity unless constantly stimulated. Most of us dis-
cover this when we start to become athletic after cover this when we start to become athletic after
a winter's disuse of our leg and arm muscles. To a winter's disuse of our leg and arm muscles. To meet the full specifications for a digestible food we not only require that it be convertible into distributable food, but that it also keep our digestion tract exercised as to its musculature. Here is where whole wheat bread finds one of its most valued functions in human nutrition. By the roughage it contains (bran) it is a good stimulant to the digestive musculature, a function almost lacking in the equally chemically digestible white bread. Again its nature encourages chewing and that works good in nevere ways. The more we chew the better for our teeth. The longer we chew the better the taste of whole
(Continued on page 31)

## Strawberries! Strawberries Ripe!

Recipes Developed at the Priscilla Proving Plant
By RUTH COOLEY COWLES

Strawberry Cream Cake with Custard Filling

Cake
2 tablespoons butter or margarine
1 cup sugar
1 egg
1 teaspoon vanilla
2 cups flour
Speck of salt
2 teaspoons baking powder
1 cup milk
Custard Filling
1 egg yolk
2 tablespoons sugar
Speck salt
1 tablespoon cornstarch
1 cup milk, scalded
Vanilla
Frosting
1 egg white
1 cup strawberries
Sugar
To mix the cake, cream butter or margarine and add sugar gradually until thoroughly mixed. Add the egg, slightly beaten, and the vanilla. Sift flour, salt and baking powder together and add alternately with together milk. Mix well and bake in the milk. Mix well and moke layer
oven.
Custard filling: beat egg yolk, add sugar, salt, and cornstarch. Add to this the scalded milk, being careful to have all well mixed. Return to double boiler and cook slowly until thickened or until the mixture coats the spoon. Cool, add vanilla, and spread on first layer of cake.
Frosting: whip white of egg until it can stand alone. Mash strawberries and sweeten to taste. Then whip strawberries into the stiffly beaten egg white and beat until stiff enough to hold its shape. Spread on top layer of cake and garnish on top layer of cal
with whole berries.

Time in cooking, 20 minutes
Temperature, 350 degrees.
Strawberry Saucer Pies
Line plain saucers with pastry rolled thin. Fill with strawberries and add two tablespoons of sugar-more if desired, depending on the acidity of strawberries. Cover with cross bars for an upper crust. Bake in a hot oven. When ready to serve
slip from saucers and garnish with whipped cream.

Time in cooking, 25 minutes. Temperature, 400 degrees.

Strawberry Muscovite
2 cups strawberries
1 cup sugar
2 tablespoons lemon juice
2 tablespoons gelatine
$1 / 4$ cup cold water
$1 / 2$ cup cream
3 egg whites
Heat strawberries with sugar and lemon juice. Do not allow to boil. Mash thoroughly and add gelatine softened in cold water. Beat until cold. Add cream, whipped, and egg whites, beaten stiff. Place in ice whites, freezer with three parts ice cream freezer with three part three to one
hours.

Strawberry Punch
3 cups sugar
1 cup water
2 cups strawberries
2 cups strong tea
5 lemons
5 oranges
2 cups crushed pineapple
1 quart white birch beer
Heat sugar and water together, add strawberries and boil ten minutes. Mash the strawberries in the syrup so that all juice will be extracted. Cool and add tea, lemon juice, orange juice and pineapple. Let stand at least one-half hour Strain, chill and dilute to taste. Just before serving add white birch beer.

Recipe makes fifty servings.
Strawberry Shortcake
3 cups flour
7 teaspoons baking powder
$11 / 2$ teaspoons salt
3 tablespoons sugar
4 tablespoons butter or margarine
1 lemon, juice and grated rind Water
1 quart strawberries
Sugar
Mix and sift the dry ingredients and cut or rub in the butter or margarine. Add lemon juice plus enough water to make one cup of liquid. Divide the mixture into halves. (Continued on page 38)


Strawberry Cream Cake with Custard Filling.


## Make this your breakfast

## tomorrow morning

Strawberries and Post Toasties, Double-Thick Corn Flakes! The combination is delicious. A heaping bowl of scarlet and golden goodness, -ripe, luscious berries that fairly melt on your tongue; crisptoasted Post Toasties, the best Corn Flakes you've ever tasted! Hearts of white corn, flaked Double-Thick, Post Toasties have all the flavor of the corn. Expertly
seasoned, specially toasted to crisp, crackling brown, their flavor beyond compare.

Packed always in the red and yellow, waxwrapped carton to protect their flavor and their crispness. Post Toasties are corn flakes at their very best. Be sure to ask for Post Toasties at your grocer's and get the genuine, Double-Thick Corn Flakes that stay crisp in cream.

> Write today for free test package and make the Milk or Cream Test for corn flakes crispness.

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# Out of the Berry Patch Into the Jam Pot 

How the Proving Plant Makes Jams and Conserves

By RUTH AXTELL CHALMERS

ONE of the most fascinating tasks that falls to the Priscilla Proving Plant housewives has to do with the making of jams and conserves. colorful berries and fuits of early summer. You can tell from the pictures on this page something of the joy we have in playing with them.
Fruits used for jams may be less perfect and nearer the dead-ripe stage than those used for canning and the dead-ripe stage than those used for canning and
jell-making but nevertheless the choicer the fruit jell-making but nevertheless the choicer the fruit
the better the results will be. Moreover, it is always the better the results will be. Moreover, it is always
best to have part of the fruit a little under ripe in best to have part of the fruit a little under ripe in
order to supply the pectin which gives to perfect jam its jelly-like consistency.
Here are the steps we have worked out for making jam. You will see that the process is a very simple
one. Pick over and wash your fruit. Remove stems, hulls, stones.
2. Crush the fruit slightly, or cut in fine pieces. 3. Put in agate enamel, or aluminum pot and cook until it thickens somewhat, adding a little water if necessary to keep from burning.
4. Remove from stove and measure the pulp.
5. Measure the required amount of sugar according to the rule you are using.
6. Add sugar to pulp, stir the two together and put back on the stove to cook.
7. The amount of sugar depends on the acidity of the fruit and on personal taste. Three-quarters as much sugar as fruit is the general rule.
Equal parts of sugar and fruit make a richer jam but one less delicate in flavor.
8. Cook the jam rapidly. This gives a light color and delicate flavor. 9. Watch carefully to prevent burning.
10. Do not stir vigorously, but draw a woodously, but draw and forth
en spoon back en spoon back and forth across the bottom
kettle frequently.
11. Use an asbestos mat under the kettle.
12. Use a thermometer; 222 degrees is the correct temperature. 13. If you haven't a thermometer drop a lit-
tle of the juice on a cold plate and cool quickly in the refrigerator. This will show the consistency of the jam.
14. Use commercial pectin as a short cut, or to make up for a lack of natural pectin. By using the commercial pectin a thick jelly-like consistency can be obtained with any fruit and with short cooking The fresh flavor of the fruit is better retained without too long cooking. When using pectin follow directions on the bottle
15. Almost any berry or fruit makes good jam by itself and the possibilities for combinations and variations are unlimited. Here are some combinations we have tried with success:

Strawberries and cherries
Black raspberries or blackberries and red raspberries.
Pineapple and strawberries, raspberries or cherries.
Pineapple and gooseberries (equal parts).
The "company" jam that we served at the Proving Plant last winter was a combination which we called Pot Pourri. It consisted of six cups of cut strawberries, three cups of chopped pineapple, three cups of red raspberries, and two cups of pitted and halved cherries. Nine cups of sugar were used for this cherries. Nine
16. Use rhubarb to increase quantity. Rhubarb has the happy faculty of taking on the flavor of any fruit with which it is combined and helps considerably in lessening the cost of the jam. Half as much
rhubarb as other fruit may be used without detection and equal quantities often make delicious jam. Fruits that are themselves lacking in acid present another argument in favor of rhubarb. With blueberries it is especially good and the combination is unusual.
17. Spiced jams make an appetizing relish to serve with meats. Cherries, currants, gooseberries, and blueberries are particularly well adapted to spicing. The method is the same as for jam except that a spiced syrup instead of plain sugar is added to the fruit. For every quart of fruit pulp add three cups of sugar and one-half cup of vinegar. The spices may be a few whole cloves, allspice, and pieces of stick cinnamon in a cheesecloth bag or one-half teaspoon each of ground cinnamon and allspice and one-quarter teaspoon clove. In the latter case the finished product is dark in color
18. Conserves are made like jams but they always contain a mixture of fruits and usually raisins and nuts. Often lemon or orange juice and a little of the grated rind are used for added until just before the cooking is finished.
19. Jams and conserves may be poured while hot into hot sterilized jars and sealed immediately. If glasses or other containers which do not have air tight covers are used, allow the contents to cool and then seal with paraffin
20. Do not let the jam stand unsealed for any length of time after cooling because dust and bacteria are likely to settle on it. For the sealing, have the paraffin smoking hot, not merely melted, in order to sterilize the surface of the jam. If the jam is firm it is a good plan to run the point of a knife between it and the glass to the depth of about a quarter of an inch so that the paraffin will run down a little and so be less likely to loosen. As a final precaution an extra tablespoonful of paraffin may be poured in after the first coating of paraffin has hardened, and the glass tipped and revolved so that the paraffin may spread to the edge of the glass to form an added protection.

## Many <br> a woman

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FVERY housewife should have E. Knox Sparkling Gelatine on her pantry shelf.
One package alone makes four different desserts, salads or other dishes, each sufficient for six people.
Try this delicious recipe today:
Strawberry Bavarian Cream Soak $1 / 2$ envelope Knox Sparkling Gelatine
in $1 / 4$ cup cold water five minutes, and dis in $1 / 4$ cup cold water five minutes, and dis-
solve by standing cup containing mixture silve oy standing cup containing mixture
in hot water. Strain into 1 cup straw berry juice and pulp mixed with 1 tablespoonful lemon juice. Add $1 / 2$ cup suyar, and when
sugar is dissolved set bowl containingmixsugar is dissolved set bowlcontaining mix-
ture in pan of ice water and stir until mixture begins to thicken; then fold in $11 / 2$ cups heavy cream, beaten until stiff. Turn into wet mold lined with strawberries cut
in halves, and chill. Garnish with fruit, selected strawberries anc leaves.

## Recipe Books-Free

Write for Mrs. Knox's "Dainty Desserts"
and 'Food Economy," two very practical and Food Economy," two very practical
recipe books. Sent free for 4 c in postage and your grocer's name.
Charles B. Knox Gelatine Co. 114 Knox Avenue, Johnstown, N. Y. Both packages oontain the same plain Sparkling
Granulated Gelatine, but the
Acidulated Granulated Gelatine, but the Ae Aceidulutated has
an extra envelope containing lemon flavoring.


## Selection of Foods

## (Continucd from page 28)

cereals, hence we are inclined to eat more slowly and that in turn allows both better chemical digestion and tends to prevent over-eating. If our muscles are exercised we don't get constipated and allow bacteria to split off poisons from our foodstuffs. These reasons alone would be sufficient excuse for putting whole wheat bread into our diets and especially into the diet of children.
But again, this function of whole wheat bread is not peculiar to this foodstuff alone. The same function is exercised by other foodstuffs, notably green vegetables and fruits. I can still make part of my diet white bread and meet all the other requirements by judicious selection of supplements.

I have extended this comparison of white bread and whole wheat bread to some length in order to bread to some length in order to
strengthen my contention that the strengthen my contention that the
development of nutritional science development of nutritional science
is concerned with helping you to select proper combinations of foods, not to separate foodstuffs into wholesome and unwholesome groups. A wise Providence made eating a pleasure so that we would not neglect an operation essential to life. In securing this pleasure we naturally incline to certain foods on the basis of likes and dislikes. There is no crime in this. Furthermore, if in consulting my likes and dislikes I can still use foods that provide my requirements, I have increased my pleasure in the meal because the sepleasure in the meal because the se-
quences are not uncomfortable. To quences are not uncomfortable. To
enable us to attain this pleasure and enable us to attain this pleasure and
profit is to my mind one of the functions of the study of nutrition. It still leaves a very important place in the art of feeding for the cooks as well as for the family purchasing agent.
Before I leave this question of likes and dislikes, however, let me sound one warning. We have in our institution a well defined idea that the best teacher is the one who gets a child to wish to do what is best for him to do. That principle applies to any type of educative process. There is a widespread belief on the part of parents that all children like candy better than whole dren like candy better than whole
wheat crackers and milk. Perhaps wheat crackers and milk. Perhaps
you and I do, but the idea that a you and I do, but the idea that a
child does is not proven. In other words, if when planning your child's food you, from the first, use sparingly the things that are least essential and present in appetizing form the things that are most essential you won't have to make bogies out of foods like candy, and you will be surprised to find that your child's likes will tend to centre about these same essentials. Your fears that he will miss some of the good things of life because of your valuation of them are based on false premises. He has no such prejudices until you teach them to him or provoke him to them by talking about certain foods as forbidden fruit.
My thesis to this point has been to demonstrate that modern nutritional science has been steadily accumulating and disseminating the knowledge necessary to intelligent selection and utilization of foods for both pleasure and health and that these two purposes are not incompatible; that every foodstuff known to man has values and deficiencies and that the problem of the individual is solved when he makes combinations that give a complete diet. In view that give a complete det. In view
of the pleasure and profit to be of the pleasure and profit to be
gained by such a study it would algained by such a study it would al-
most seem as though we might find as much excitement therein as in
crossword puzzles. Perhaps we crossword puzzles. Perhaps we (Continued on page 33)


TENDER whole hams, cooked en casserole, chopped fine and delicately seasoned with mild spices. That is Underwood Deviled Ham. No finer or purer food product can be made. Underwood Pure Deviled Ham is delicious for sandwiches, salads, stuffed eggs and many other courses. The new handy picnic can is 10 cents everywhere. Larger sizes as usual. Insist on the can with the famous Red Devil and serve the "greatest sandwich in the world." Send 10 c for new size can.

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## Underwood <br> Pure Deviled Ham

## " $m-m-m$ 5 <br> its PINEAPPLE"

"Bet I could eat a houseful," says little sister.
"Aw, go'n-bet I could eat an oceanful," declares little brother!
And as for the rest of the family; just watch their eyes light up when you serve Hawaiian Pineapple Sherbet, Sundae, Ice or Ice Cream!
Fortunately, it's a "pineapple year" at your confectioners. Pineapple is at last taking the place it deserves as an Ice and Ice Cream ingredient. Order a quart! Or send for our free book which tells how to make it yourself-at home.
Enjoy Hawaiian Pineapple often -both kinds-Sliced and Crushed! Salads, Pies, Cakes, Puddings-no endoftemptinguses. And it is just as economical as other quality canned fruits.

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- For serving right -For sundaes, ices,
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for quick desserts for quick de
and salads.
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City


Chocolate coating ready for hand dipping. Starch box and molds and finished chocolates.

## Chocolate Dipping and Chocolate Candies

## The Fourth of a Series of Candy Lessons

By LILT HAXWORTH WALLACE

CHOCOLATE dipping is a process that requires a great deal of practice before perfection is attained. Most careful attention should be given to temperature - temperature not only of the chocolate coating in which the centres are to be dipped, but of the room in which the work is to be done. This latter should never exceed 65 degrees; indeed a slightly lower temperature is to be preferred. Do not attempt to dip chocolates on a humid moist day for by so doing you deliberately invite failure. Experts are unwilling even to have such moisture as would arise from the steaming of a tea kettle in the room where chocolate dipping is room where chocolate dipping is carried on. A clear, bracing, cold
atmosphere is best. Commercial atmosphere is best. Commercial their summer supply of chocolate candies before the weather becomes warm and "sticky," for chocolate candies if properly stored will keep in good condition for several months.
hand dipper for the a successful selves have much to do with success or failure. A person with moist warm skin should never select this profession, for it is a profession in itself and among candy makers is looked upon as one of the highest branches of the business.

The Three Methods of Chocolate Dipping

Machine Dipping.
This method is commonly used with the cheaper grades of chocolate candies where beauty of finish is sacrificed to speed.
2. Fork Dipping

This is an individual process. The prepared centres are dipped one at time into melted chocolate coating, then lifted out with a candy dipping fork in the same manner as described in our lesson on Bonbons in the January, 1925, Monern Priscilla.
3. Hand Dipping

Hand dipping, as before stated, is employed in the highest grade of chocolates. The melted coating is urned out on to a slab as shown in our illustration and then worked with the hand until of the right
consistency and temperature. After this the centres are placed one at a time in the chocolate mass, thor oughly coated, and then transferred to a board over which table oilcloth has been tightly stretched, or on which has been laid heavy waxed paper made especially for chocolate dipping. This paper must not be confused with ordinary waxed paper. It is of an exceedingly heavy grade, tough yet pliable, and may be used over and over again

## Chocolate Coating

There are many grades of dipping or coating chocolate, and as good chocolate candies command a good price it is hoped that students of these lessons will not spoil their product by trying to save a few cents a pound on their chocolate coating.
Remember that the coating used in chocolate dipping is an entirely different product from ordinary different product from ordinary confused with it. The unit of coatconfused with it. The unit of coating chocolate is the ten-pound slab, the price varying from twenty cents to forty-five cents per pound It is wise to have on hand sweet, bitter and milk chocolate coatings The use of each depends largely on the kind of centres to be dipped Very sweet centres are delicious when coated with bitter chocolate whereas nuts and fruits demand sweet chocolate. Milk chocolate is often used with cream centres and with maraschino cherries and other fruits.

## Suggested List of Centres for

 Chocolate Dipping
## Practically all varieties of nuts.

 Plain or fruit or nut-filled fonlant.Fondant mints, wintergreens or ther dropped candies
Crystallized fruits - pineapple, cherries, apricots, plums, and the like.

Small caramels
Butterscotch drops
Small cubes of fruit cake

## Nougat

Small dates - plain or stuffed.
Old-fashioned Almond Nougat.

## To Prepare Chocolate for Dipping

Break the chocolate into pieces and if convenient pass these through the food chopper or grate it. Failing this, break the chocolate into pieces not larger than a walnut preferably smaller - for the smaller the portions the more rapidly will the chocolate liquefy.
Remember that high grade chocolate coatings are more than fifty per cent cocoa butter therefore they melt at a very low temperature.
For our actual work to-day let us assume that we are using grated cocolate and that our centres are 11 prepared and ready for dipping. Put a small quantity of grated chocolate into the upper vessel of the double boiler, place over hot water and allow the chocolate to melt. The water in the lower vessel should never be allowed to register over 120 degrees - the chocolate itself should not even reach this temperature, 110 degrees being the limit. As soon as melted, add a little more grated chocolate beating it into the alrealy melted portion. The heat of this will usually be sufficient to liquefy the second addition, assuming that the second addition, assuming that me water a the low res mains at the temperature indicated. Should it fall below this, reheating will be necessary. Care should be taken that the steam from the lower vessel does not come in contact with the chocolate while it is heating, as steam means "water" and this has a tendency to make the chocolate heavy.
Do not attempt to work with too small a quantity of chocolate. It can always be remelted for subsequent use, therefore when beginning to dip, melt three pounds at least. Beat and stir constantly during the melting process, working and the melting process, working and This beating also helps in keeping the chocolate at an even temperature - in other words it keeps it agitated so that the portion nearest the bottom of the pan and consequently close to the hot water bath does not become overheated.
In practicing fork dipping arrange the centres at your left, and the prepared chocolate next to them The oilcloth or waxed paper cov(Contimued on page 37)

$A^{\text {NTICIPATION is childhood's }}$ keenest delight. A party-with Mother's "own make" of ice cream -the fun of "helping"- the anticipation - nothing equals it! And you make sure of its purity and cleanliness!

## The New Design White Mountain Freezer with its special patented Triple Motion beaters makes the finest Ice Cream-easiest and quickest.

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## Selection of Foods

(Continued from page 31)
ought to employ the crossword puzzle idea. How would this do? Select the names of six foodstuffs which when combined provide a complete diet and whose first letters mean health

In all seriousness, however, have we not a responsibility in this matter, not only to ourselves but to our children? The man who does not read his trade journals won't make much headway in that trade. The parent who does not study the laws of food selection won't make much headway in raising healthy children. We will admit for argument that by making a list of certain food combinations that provide health and rigidly adhering to them with taboo of all others we can raise a healthy young animal, but that isn't the intelligent way. It isn't a good system for either a child or a boarding house. It doesn't anticipate the child's temptations, it doesn't instruct him in the principles upon which he himself must act in later years. It is like all commands, justifiable only when the end justifies the fable on
means.

If instead of this method we keep in mind the principles that we have suggested, namely that feeding consists of intelligent selection and not taboo, the particular problems in feeding a given group assume a different aspect. Take the following list for example
What is the idea of feeding spinach to children?

Is there sufficient nutritive value in margarine?
At what age should children be given meat?
How much milk should a child drink per day?

How young a child may eat potatoes?
Should young children have sweet potatoes?
When should children be given radishes, cucumbers, cabbage, and such vegetables?
When may children begin to have candy?

It will be obvious, I think, that the first question you should ask in attempting to answer these questions is, - what is the place of these articles in the diet? What do they contribute to the diet, and if their contribution is matched by some other article, which is preferable? In the case of spinach, for instance, we have an abundance of vitamins, a product which is chewable, an excellent source of iron, and a certain amount of roughage, all of which should incline us to use it as early as possible. In the case of margarine, the deficiency in this article most commonly cited is the A vitamost commonly cited is the A vitamain the vitamin A marsarines contain the vitamin A, others have been shown by experiment to lack this vitamin. If, however, the diet contains plenty of milk we can obviously dispense with the A of the margarine and use it for its other valuable properties with a definite reTake the question of meat! Meat contributes protein of high value and certain mineral salts. Those who suggest that meat be not given until the child has reached ten or eleven years, do so simply because it is possible to make a meatless diet which provides all the properties of the meat and other valuable properties in addition. They say, therefore, that in the economical planning of the child's diet there is no necessity for meat up to that age. They are not attacking meat as an unwholesome food.

How much milk should a child drink per day? Practice has shown
(Continued on page 42)


## It doesn't

just happen-
that eyes are bright, and cheeks rosy, and that little growing bodies are straight and plump and healthy.

Behind this sturdy health is wholesome nourishmentpure, clean, rich milk, building muscle and blood and bone - making bright eyes and happy smiles.

Pet Milk is pure, clean, fresh cows' milk, concentrated - nothing added. It is sterilized-made more readily digestible than ordinary milk-and brought to the nursery free from any germ that can disturb digestion or impair health.
for babies
Diluted to suit the age, Pet Milk is always safe, wholesome food.
for children
Diluted with equal part of water, flavored with fruit juice, sweetened to taste, it is milk they like to drink.

Your grocer has Pet Milk. It costs no more than ordinary milk. Send for free booklets and formulas.



## thru his tears

Babies were meant to be happy - to gurgle and chuckle and croon.

And when a wee mite cries and whimpers and is fretful and unhappy most of the time, you may be sure something is wrong-in all likelihood with his delicate, flower-like skin.

Yet keeping baby's skin comfortable is simply a matter of keeping it clean and well powdered, with the right kind of powder.

Because each snowy fleck of Mennen Borated Talcum is as por-
ous as a little fairy sponge, it dries all hidden, inflaming moisture from the skin-folds. Every trace of bath-water, urine and perspiration is absorbed.

This soft, fragrant talcum also forms a smooth gossamer film over the helpless little body, saving it from the torment of friction -from the ceaseless rubbing of damp clothes
 and bedding and the chafing of baby's own skin-folds.

And Mennen's is made not only pure and healing but wonderfully antiseptic as well. It's just what an infant's skin needs to keep it free from infection-the infection that comes of trifling causes and often results so seriously.

After several dustings with this cooling, soothing powder baby will be smilin' thru his tears-skin all healed and comfortable and cheery disposition much in evidence.

Every problem of babyhood is discussed in the new Mennen Baby Book. Just use the coupon.

Aunt belle
c/o The Mennen Company
303 Central Ave., Newark, N J
1 enclose 25 c [coin or stamps]. Please send The
Mennen Baby Book, postpaid, in plain package to
Name
Address

## Cutting Dowon the Cost of Living

By THE FIELD EDITOR

A
SOCIAL worker told me yesterday of one of her volunteer visitors who was lamenting the extra burden of another six million dollars recently added, by will, to her fortune. Most of us have the opposite cause for lament. How to will ourselves more income and then to execute the will is what worries us. Every parent, watching worries us. Every parent, watching
the rapid maturing of children, the rapid maturing of children,
knows that it takes more food to knows that it takes more food to
feed them, more cloth to clothe them, and more and better teachers to educate them. More and more dollars do not always grow with the children's growth either. Besides, there is everywhere a rising standard of living. No more than a generation ago, in even the best regulated families, the family washtub, ranged alongside the kitchen stove, was also the family bathtub. Now we have an electric washing machine to which we entrust the baby's clothes but not the baby. We have also a luxurious, porcelain bath in a special room demanded and perfected special room demanded and perfected
by modern hygiene. How shall we by modern hygiene. How shall we
take hold of the income problem to take hold of
conquer it?
Like every dilemma this one has two horns. In this case we usually hold on to one horn all the time, with greater or less success. The other we often leave entirely untouched. We wrestle with personal economies, we
agonize over personal budgets, agonize over personal budgets, and we strive to earn more personal income. All of this
is right and necessary, but it is only half the battle. Unless, in doing all these things, we take account of a larger aspect of finance and society than our tiny individual share in it, we may be ex hausting ourselves in a hopeless effort. No matter how gallant our struggle, it is sure to fail unless we know enough about general conditions in world-wide economics to be wise in our individual economies.

The necessary basis then, for making more money or for making money go farther, is some understanding of present conditions as well as probable tendencies which control our personal expenditures. Women have not surveyed this field much, a fact which has operated to keep prices high. Homemakers, who spend five-sevenths of the pay envelope of this country, do not, as a rule, know one-seventh of what would be help-one-seventh of what would be help-
ful to them in actually controlling prices.

Everybody who spends money needs to know, for example, the implications of the statement that we have passed from a hand-made to a machine-made era. The conse-
quences of that change directly affect us whether we are building a house or having a tooth pulled. We ought not to buy breakfast food or shoes without a lively sense of what this change in the source of production means to us, because its effect is passed along to us in every single thing we use
The difference makes a problem for us because we are living in a machine-made age with the consumer habits formed in the hand-made era. Two diagrams will help visualize the startling difference between the old system and the new. As the the old system and the new. As the
diagram shows, the hand-made era gave us individual products turned out by local craftsmen to be conout by local craftsmen to be con-
sumed usually in the very house
where they were made. Production was slow and use wore out commodities slowly too. Very little came by importation anywhere. Methods of transportation were either absent or unreliable. Take the case of a bride in the eighteenth century as an example, and compare her with our own Priscilla Proving Plant bride. The girl of great grandmother's day wove her own blankets and linen from threads she had spun herself (we are speaking of the average

bride). Her furniture was made by her own father and brothers or by some skilful neighbor. Her heavy kitchen utensils were large enough for the dozen children in prospect, and were products of the local smith. Her shoes were made probably under her mother's roof by a member of the family or by an itinerant cobbler. She knit her own stockings, Not only was all her "fitting out" hand-made and home-made, but the tools by which it was fashioned were also hand-made, home-made, and also hand-m
Under such circumstances every product had a special individuality, product had a special individuality.
No two coverlets were exactly alike. No two coverlets were exactly alike.
There was the same stamp of perThere was the same stamp of per-
sonality on hand-woven linen that sonality on hand-woven linen that
appears inevitably in hand writing appears inevitably in hand writing
or any work fashioned intimately by or any work fashioned intimately by
human fingers. In such circumhuman fingers. In such circum-
stances the love of difference was stances the love of difference was
inevitably fostered. In such condiinevitably fostered. In such conditions the desire for individuality in fundamental necessities was sound and profitable. In a society where a small population possessed only a meagre total of necessities to use, unchanged, for years, difference in the units of such a tiny lifelong total was a saving grace. A closely restricted world must develop a high differentiation of product to keep its differentiation of product to keep its health of mind. Through such tuition in the past our attention has
been directed to unique possession.

The desire for "something different" was indelibly stamped into the fabric of our demand as consumers.

Consider now the modern picture of industrial conditions in a machinemade world. Our market is no longer in one household or one town or even one city. It is world wide. And products are no longer slowly hand-fashioned by ones and twos. Incredible machines swiftly perfect commodities by thousands. Distribution is massed to match production. Our great grandmothers could not have dreamed of a retail store employing hundreds of clerks to sell nothing but clothes, on acres of floor space.
When Betty prepares for housekeeping to-day she buys her blankets and her linen at a great store which has special departments for each of these commodities. The wool in her blanket quite likely came from Australia, the threads were spun probably in one great mill and the weaving done in another. Both the weaving done in another. Both
mills were many miles away from mills were many miles away from
the store where Betty bought her the store where Betty bought her
things, and the store in its turn was in a different city from the home in which they were to be used. Obviously neither Betty nor her husband owned the Australian flocks nor the American spindles and looms concerned in producing the blankets.
Yet, and here is the important point, has to-day's bride changed her buying habits to keep pace with the change in production, or is she still recklessly indulging her oldfashioned demand for "something different"
The facts of the case are here whether we approve of them or not. In food, in shelter, in clothes, in household equipment - fundamental necessities all - economy forces us to change buying habits which had their rise in the hand-made era. Under present circumstances of mass production by machinery, and wide communication, we are obliged to accept the advantages of standardization unless we want to waste not only part of our income but also that of others.
Not to accept the advantage of a nationally distributed standardized commodity is deliberately to throw money away. It is through the universal acceptance of centrally proversal acceptance of centrally produced commodities that production costs can be lowered and wages at the same time raised so that the standard of life not only for the individual, but the whole group con-
cerned in industry is raised. Every cerned in industry is raised. Every
time we buy a nationally advertime we buy a nationally adver-
tised, nationally distributed article tised, nationally distributed article
of food, clothing, or household equipment we are not only saving money for ourselves but registering our influence for better living conditions all along the line.
Schooled by our old hand-made tastes to demand differences, our first feeling toward a standardized product is one of repugnance. We want our food, our clothes and our homes to be different. A moment's reflection shows the economical woman must not seek for cal woman must not seek for
"something different." She will buy goods produced and distributed in goods produced and distributed in
quantity under a national guarantee quantity under a national guarantee
and she will, by her own personality and she will, by her own personality
and creative hand-work, enrich and and creative hand-work, enrich and
exalt them into a unique whole exalt them into a unique
which expresses personality.


## Let Chipso bring you "a new pleasure in housework"

CP Never has anything given me so much actual pleasure in my housework," writes a user of Chipso, who has tried nearly every soap on the market. "I never enjoyed chipping and melting of soap any more than anyone else, but through many years of experimenting I could find no other way that made it possible for me to do the work as well.

Then someone told me about

Chipso and its thin, quick-sudsing flakes. I used it at once for a large washing. The whole task was easier from the beginning. No chipping or melting, of course. Less rubbing-for after I had soaked the clothes for about 15 minutes, the dirt fairly fell out of them. I really rubbed only the very bad pieces.
'What pleased me most of all was the quick, easy rinsing! And the clean, sweet
odor of the clothes. Later I discovered I could get along with a very little boiling I boil only about a third as often as formerly.
"Needless to say, I use Chipso now for everything in the house-especially for dishes. I've given up my soap shaker, because Chip so dissolves and makes suds the instant hot water touches it. And my rough, red hands are things of the past.


However you wash-whatever you cleanChipso makes it easier


# Frocks youll love to wear! 

$\sim$ correct, charming yet delightfully inexpensive


No. 202. Just imagine! A beautiful, for only $\$ 15$ ! Silk Broad-cloth is such a lovable material - so soft, so lustrous, and so durable! Repeated tubbings only increase its high lustre. Long, slender, youthful lines make this a charming model for slim or full figures. Choice of these rich colorings - Pink, Blue, Brown or Lavender. Made-up, ready-to-wear. All
sizes $16-46$. Splendidly tailored and a wonderful value -only $\$ 15$.

Cutting lines for the Voile frock
shown to the left, and the Broad-cloth dress,
shown above, are stamped on the drawn-thread
dress lengths. All you need to do is to cut on the stamped
ines, stitch together and your frock is read
no dresmaking experience needed
soile, No. 201 - a a youthful,
straight-line style which charmingly features the exquisite drawn-
work. Broad-cloth, No. 203, developed along smart tailored lines for sport
wear. Copenhagen Blue, Orchid, Nile, Coral (or Rose), Gold, or Tangerine. Aston-
ishingly oow priced for such lovely materials and exquisite workmanship-only $\$ 5.98$
postpaid. Order yours promptly,
The Modern Priscilla Needlework Shop 85 Broad St., Boston. Mass.

## Chocolate Dipping and Chocolate Candies

## (Continued from page 32)

ered slab or board on which the finished chocolates are to be placed put at your right. Pick up a centre with the left hand being very care ful that there are no loose portions of granules attached to it to drop off into the chocolate mass and mar the finished candy. Drop gently into the prepared chocolate, cover very thoroughly then lift out with the dipping fork, turn upside down on the waxed paper or oilcloth covered board and proceed in this manner, working quickly, until the board is filled. An expert dipper keeps the chocolates in regular even rows with no waste spaces between them.

The appearance of the first few candies will readily indicate whether the dipping chocolate is of the right temperature. The surface of each piece should be entirely smooth and there should be no bases. Roughness in the coating or difficulty in lifting the fork from the candy after placing it on the board indicates that the chocolate is too cool Bases - that is a spreading of the chocolate coating under the candyindicate that the chocolate is too warm.

If you are using your thermome ter to test the chocolate temperature, as of course you are, it should register 85 degrees when beginning to dip. Much patience is needed at the outset to insure perfection, so do not be discouraged if your first chocolates are not all that you expected. Now let us turn our attention to hand dipping. For this process the chocolate must be prepared exactly as for fork dipping. When thoroughly melted it is to be poured on oughy marble tople worked thoroughly with one hand while it is cooling, to press and rub while it is cooling, to press and rub out every particle of roughness or lumpiness, for the chocolate when used as a candy coating must be as mooth as velvet.
It will not be easy in this instance, to use the thermometer in testing, but a little experience will quickly teach the worker to recognize the moment when the chocolate is ready for use. It should be as thick as heavy cream and feel cool to the touch.
Now draw towards you on the slab a portion, say a pound or so, of the smonth mass leaving the re mainder at one side. With the left mainder at one side. With the left hand pick up a centre, place it in the chocolate and with the fingers of the right hand move it about in the chocolate until it is thoroughly coated. Then pick it up with the fingers and transfer to the prepared board. The drippings of chocolate which cling to the fingers are what make the little markings on the top surfaces of hand dipped chocolates, thus giving them individuality. This is called "laying the string." Prac tice will be needed to make these perfect and practice is the only thing which will insure perfection.

As soon as the tray or board is filled with dipped chocolates place them where they will cool and set them where they will cool and set rapidly, and if the chocolate was of the right temperature while the dipping was being done the set ting will be quite rapid. In chocolate factories both temperature and humidity are carefully and mechanically controlled; but this of course is not possible in the home candy kitchen. An electric fan blowing directly on the chocolates will, however, materially assist in the cooling process.
For appearance sake a few nonpareils or No. 000 silver dragees may be gently dropped on to the tops of some of the chocolates. This should be done immediately after dipping for after the chocolate
surface hardens they will not cling A few very small halves of pecans or blanched and split almonds or candied violets or rose leaves may be used.

Molding Centres in Starch
Our illustration indicates how these starch molds are cast or molded. A box or pan is first filled with dry cornstarch pressed down a little but not too tightly, and then carefully leveled off The starch molds, of which but two styles are moids, of which but two styles are number of different forms are number are firmly glued flat side down to a strip of wood, the number of forms used depending on the width of the starch box. The ends of the strip of wood must extend beyond the edge of the box so as to permit the worker to handle them easily. Lay the strip across the starch filled box, then press the molds down into the starch and lift out very carefully so as not to mar the shape of the indentations. This process is repeated until the box or pan is filled with indentations. The remelted bonbon mixture is then dropped into these mixture is then dropped into these openings through a candy maker's funnel. This is a large pointed metal funnel, with a handle at one side, having a pointed wooden stick which fits tightly into the small opening at the pointed end of the funnel, the purpose of which is to regulate the flow of hot candy into the starch mold. The centres must remain overnight in the starch molds to set and become firm, after which they must be carefully removed, and all loose starch brushed off with a soft brush.
Of course it is quite possible for the amateur - making only a small quantity of candy - to roll or cut the centres without such a funnel, but manufacturers of large quantibut manufacturers of large quanti-
ties need mechanical aid of this kind.

## "Bursters"

This term applies to chocolate coated candies when the centres have burst through thin places in the coating, forming tiny bubbles on the surface. This usually occurs either with cream or crystallized fruit centres. Be careful then when using these centres to have a heavy coating of chocolate.

Difference in Consistency Between Sweet and Bitter Chocolate

Sweet chocolate because of its sugar content is naturally of much heavier consistency than bitter chocolate, and for that very reason is easier to work with. Never under any consideration attempt to thin a chocolate coating by the addition of water for this will have exactly the opposite effect. If through accident opposite effect. If through accident
a drop or two of water should go a drop or two of water should go into the melted chocolate it can be brought back to proper consistency by the addition of a little cocoa butter or nut butter. Bitter chocolate with its much thinner consistency may be made a little heavier, and easier to work with by adding a teaspoon of vanilla extract to a pound of liquefied coating.

## Grayness and Streakiness in

 ChocolatesThis may be due to several causes 1. Too great heat used in melting. 2. Cooling too slowly. 3. A1lowing the chocolates to stand in the sun. 4. Moisture in the palm of the hand and allowing the chocolate to go below the fingers into the palm. (This refers especially to palm. (This

## When Minutes Count

And Energy Food, needed-


## QUICK QUAKER-Cooks in 3 to 5 minutes

-that's quicker than toast

BECAUSE of lack of time, you needn't deny a nourishing breakfast to the family. . . "Hot oats and milk"-that's the world's premier start for an active day.
Quick Quaker, the new Quaker Oats, was perfected to meet the time limit for cooking set by busy wives and mothers.
You cook them in less time than coffee. They make oats the quickest breakfast-hot, savory and enticing, they're as easy now as plain toast!
All the richness and rare flavor that won the world to Quaker, you'll find here. The grains are cut before flaking and rolled very thin. They cook faster. That's the only difference.
Try Quick Quaker-you'll like it.
Your grocer now has two kinds of Quaker Oats-the kind you have always known and Quick Quaker.

Standard full size and weight packages Medium: 11⁄4 pounds; Large: 3 pounds, 7 oz .

## Quaker Oats

The kind you have always known


Quick Quaker
Cooks in 3 to 5 minutes

## ROPER <br> Strawberries Ripe! <br> (Continued from page 29) <br> Place one-half in a well-greased and

Complete Oven Control


- Better Cooking in the home

(America's Oldest Gas Range Manufacturer has been striving unceasingly for 40 years to lessen the labor and advance the fine art of cooking. Perhaps the most epochmaking Roper improvement is Roper Complete Oven Control-complete because it not only regulates the amount of heat, but distributes that heat uniformly in the oven. Only Roper can give this Roper Complete Oven Control.

floured pan and spread with butter. Spread other half of mixture upon this, making a second layer. Bake in a hot oven. Split apart and add crushed and sweetened berries to the bottom layer. Replace second layer and cover with more berries. Garnish with whipped cream and the grated rind of the lemon.

Time in cooking, 50 minutes.
Temperature, 400 degrees.
Strawberry Raggedy Ann
2 cups strawberries
$11 / 2$ cups sugar
2 cups cooked rice
2 eggs
$1 / 4$ teaspoon salt
2 cups scalded milk
Few grains nutmeg
Place strawberries in the bottom of a baking dish and sprinkle with one cup sugar. Cover with the rice. Beat eggs slightly, add remaining half cup of sugar, and salt. Pour the scalded milk slowly on to this mixture and turn immediately upon mixture and turn immediately upon
the berries and rice. Sprinkle with the berries and rice. Sprimkle with
nutmeg and place baking dish in pan nutmeg and place baking dish in pan
of hot water. Bake in a moderate oven until the mixture is firm or until a silver knife inserted comes out clean. Remember that eggs and milk in combination must be cooked at a low temperature. Serve chilled, with or without whipped cream.
Time in cooking, $11 / 4$ hours.
Temperature, 325 degrees.
Strawberry Tapioca Pudding
1 quart strawberries
Water
1 cup sugar
$1 / 2$ cup quick cooking tapioca
Heat the strawberries with one cup of water until they reach the boiling point. Drain off and measure the liquid. Add water to make three cups. Mix with the sugar and bring all to the boiling point again. Remove the berries. Add the tapioca to the boiling mixture and boil fifteen minutes. Chill. Serve in sherbet glasses topped with the fruit and garnished with whipped cream.

## Strawberry Canapés

Prepare strawberries, sweeten with powdered sugar, and chill. Sauté powdered sugar, and chill. Sauté
circular pieces of sponge cake in circular pieces of sponge cake in
butter until brown.
Pile strawberbutter until brown. Pile strawber-
ries lightly on cake. Garnish with ries lightly on cake
grated lemon rind.

Strawberry Cream Puffs
$1 / 2$ cup butter
1 cup boiling water
1 cup flour
4 eggs
Pour butter and water in a saucepan and bring to the boiling point. Add flour and stir vigorously. Remove from fire as soon as mixed and add unbeaten eggs one at a time, add unbeaten eggs one at a time,
beating until all is mixed. Drop by beating until all is mixed. Drop by
spoonfuls on greased sheets, one and spoonfuls on greased sheets, one and
one-half inches apart and bake in a one-half inches apart and bake in a
moderate oven. With a sharp knife moderate oven. With a sharp knife
make a cut to admit the filling. This make a cut to admit the filling. This
amount makes eighteen good-sized cakes, but for afternoon tea you can make them very small and have twice as many.
For filling: Whip one cup of cream and add to it one cup of mashed and sweetened strawberries. Beat together and fill cream puffs. The process of filling may be done very easily with a pastry be done very easily with a pastry tube or a very small spoon.

Time in cooking, 30 minutes
Temperature, 350 degrees.

An easy way to make better


A NYBODY can now make delicious jam A and jelly. No more guess-work or failures. Only one minute's boiling is required. This new method is as simple and as accurate as "two and two make four."
Success used to depend entirely upon the presence in the fruits of a substance called pectin. Some fruits contained little or none; others contained a lot when green, none; others contained a lot when green,
but the quantity always decreased as the fruits ripened. That's why under-ripe fruit fruits ripened. That's why under-ripe fruit
had to be used-why there were so many failures and no two batches were alike.
Now you can be sure of perfect jams and jellies every time. A way has been found to separate, refine and concentrate the jelly-forming property of fruit, so it can be used with any fruit to make the best jam or jelly you ever tasted-quickly, best jam or jelly you ever tasted-quickly,
easily and economically. This product, called easly and economically. This product, called
Certo (Surejell) is simply concentrated liquid pectin, made entirely from fruit.
Makes One-Half More Jam or Jelly
with Better Color and Flavor
Boiling only one minute with Certo saves the juice with all its bright color and delicious flavor. By the old long boiling method one-half the juice was boiled away, the color was darkened and the flavor escaped. More sugar is used with Certo simply to jell the juice which formerly was boiled away.

## How to Make Strawberry Jam

Crush about 2 quarts of berries in single layers so that each berry is actually crushed or
broken up to a pulp. Best results are obtained broken up to a pulp. Best results are obtained
by running berries through a food chopper. by running berries through a food chopper.
This allows fruit to quickly absorb the sugar This allows fruit to quickly absorb the sugar
during the short boil, and prevents fruit rising to the top or floating. Measure 4 level cups ( 27
ths) crushed berries into a large kettle add
7 lbs.) crushed berries into a large kettle, add ${ }^{7}$
level cups $(3$ bes.) sugar and mis well Use level cups (3 1 lss.) sugar and mix well. Use hot.
test fire test fire and stir constantly before and while
boiling. Bring to a full rolling boil and boil hard from 1 to 2 minutes, remove from fire and stir in $1 / 2$ bottle (scant $1 / 2$, cup) Cerro. Skim and stir repeatedly for just 5 minutes after taking from fire to cool slightly. Then pour quickly Raspberry or Loganberry Jam.
Certo is sold by all grocers and a recipe book is attached to each bottle. Get a bottle or two and some berries today. Start this fascinating method of making

## all jams and jellies. Fill your shelves now while fresh fruits are here.

Free Trial Bottle
Let us send you a free trial bottle of Certoenough to make 10 large glasses of strawberry jam. To help pay postage and packing cost, send 10 c in stamps or money. Use coupon below.

## Mail This Coupon Today!

Douglas-Pectin Corporation,
906-D Granite Building, Rochester, N. Y. Please send me postpaid a free trial half-size bottle of Cerro with recipe book se 10 c in stamps (or coin).

## My name

My address

## Helps for Housekeepers

As there are no enclosed cupboards for canned fruit in my cellar I find the following arrangement a great help. Two discarded window shades are hung in front of a set of shelves in such a way that they will roll up and down. They are easy to manipulate and protect the jars from dust and strong light. I find this much better than the old way of covering the jars with papers. - Mrs. S. E. H., New York.

A small vegetable brush proved to be just the utensil I needed for forcing the pulp of berries, grapes, and other small fruits through the sieve when making jam or marmalade. There is less waste and less effort is required than with any other method I
have tried. - Mrs J. D. C., Mississippi.

The work of labeling over a hundred jars of jam and jelly can be done in a very short time by using a toy stamping outfit with fount
 and rubber stamp to print the gummed tape for the labels. The small owner of the toy outfit insists that I let him do all the labeling in the future - and I think I shall. - Mrs. B. D. B. Idaho.

When jelly making time came I was at a loss for a place from which to hang my jelly bag while the juice was dripping. I put a screw eye in the under side of the seat of my kitchen stool, placed the stool on the drainboard of the sink, and fastened the jelly bag by a string to the screw eye. This arrangement proves very satisfactory. - S. J. P., California.

Instead of pasting labels on the outside of my jelly glasses I have found it much more satisfactory to lay them on top of the paraffin covlay them on top of the paraffin cov-
ering the jelly while it is still hot. ering the jelly while it is still hot.
When the wax hardens the label is When the wax hardens the label is
held firmly in place and is easily read through the paraffin coating. Mrs. L. W., Washington.

Having had some valuable ostrich plumes ruined by moths I conceived the idea of putting similar ones in glass fruit jars and sealing tightly. I have never had any more trouble. The same method might be used for any small articles which are likely to prove at tractive to moths - Mrs. I W Washington.

In order to have money ahead for the canning season I have devised a scheme which I call my "budget bank." When I do my canning I figure up the amount spent for fruit, vegetables, sugar, and other ingredients and divide it by the number of cans to get the cost per can. Then when I open a can i per can. The amount it cost in my savings bank. When summer comes ings bank. When summer comes again I have a reserve fund to buy materials for the season's canning. - Mrs. R. N. B., Ohio.

Among my culinary implements there was no tube pan for baking cake, and I very much wanted a cake with a hole in the centre. I took a small baking powder can and powder can and emptied its contents into an airtight jar. Then I filled the can with clean pebbles picked up from the walk. Placing the can in the exact centre of my cake pan I proceeded to distribute the batter around it. When the cake was baked the can was easily lifted out. - Miss
C. H., California.

I have always found that my dry mop needs an assistant for the corners and edges of the floor. My "aide-de-mop" is a round bristle aide-de-mop" is a round bristle paint brush. The two sides of its handle are whittled flat and tacked between two long thin pieces of wood. These are brought together at the top and bound tightly with adhesive tape. It is excellent for cleaning corners, edges and mouldings. - A. E. B., Massachusetts.

When making a berry shortcake, stew a few stalks of rhubarb until very tender, sweeten well and add to the crushed berries. This makes the berries bo farther and makes the berries go farther and Mrs. R. C. G., Vermont.

When traveling by motor with my baby I prepare the feeding formula as usual and put it in the largest container of my fireless cooker. I place it in the cooker, and pack ice under and around it and close the cooker tightly. The milk will be safe for twenty-four hours. - Mrs. F. B. P., South Carolina.

To water plants in a hanging basket, place a small funnel in the soil and fill with water each morning. The water ooes to the bottom of the basket fresh. - Mrs. C. G. W., California.


For every Help published in these columns we will pay $\$ 1.00$ upon acceptance. Do not submit anything that has been published in other magazines. Suggestions must be original. Address the Editor,Helps Department. Sian. your name on each sheet and write on one side only. Please note especially these two rules.

1. Helps manuscript will not be returned. Keep a copy therefore and do not enclose stamps. Decisions will be made as soon as possible, but no acknowledgment will be made unless the manuscript is accepted.
2. To avoid confusion, the author's initials and the State in which she lives will be printed with each Help.

was a young man he knew of such names as Westinghouse, Goodrich, Sturtevant, Edison, and the one outstanding association he had for them was - quality.

As pioneers in the manufacture of air moving machinery isn't it logical for us to build the sturdiest, most trouble-proof cleaner you have ever used? And, this is exactly what we have done. Tested and approved by the Priscilla Proving Plant.

Ethel Peyser says, "this machine is made to do your work completely, to stand up under constant service, and to be as convenient as it is possible to make a portable vacuum cleaner. It is simple, requires no extra care, and last, but not least, the tools are well made, efficient and are easily joined to the parent machine. Furthermore, the tools are attachments truly, in every sense of the word, for they do not wobble or pull out as you use them. Unless you are familiar with suction cleaners you cannot estimate what this one factor alone will mean to you."

When you write for the descriptive booklet and pricee you need have no fear that a salesman will be at your door to obtain an order.

Why not find out about this remarkable cleaner?

B. F. STURTEVANT CO. Department $D$
Hyde Park, Mass.


There's a heap more o' living time for the woman who cuts short the slaving time.
When Summer comes, thousands of women-proud cooking problems solved, there's more time for recreation, more time for the things they have wanted to do.
For, with a turn of the switch, KitchenAid does the
most difficult tasks; mixes-beats - slices-chops most difficult tasks; mixes-beats-slices-chops-strains-freezes ice cream, sherbets, etc.-and 101
hings to save time and labor, and improve quality
Leading colleges and high schools use KitchenAid methods of food preparation in the home.
Easy Budget Plan of Payment
Most women have bought KitchenAid on our digni-
fied, easy budget plan-just like paying very fed, easy budget plan-just like paying very low be KitchenAid equipped for as little as $\$ 150$ and pay $10 \%$ down, $10 \%$ monthly-no interest, no notes.

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Ittells the story of KitchenAid asit has come to us from
users over a period of time. Mail the coupon or write.
The KitchenAid Mfg. Co., Troy, Ohio
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Help Betty with Her Budget and
Earn a Money Prizethe Editorial page we told you that Betty, our bride of a year, is calling on you to help her in the budgeting of the family money. Here are the particulars.
Betty's husband has an income of $\$ 2500$ a year. He is paid monthly by check, $\$ 208.33$.
They have the wedding present of $\$ 100$ and they have $\$ 1000$ saved $\$ 100$ and they have $\$ 1000$ saved
with which to buy furniture, and this with which to buy furniture, and this
will cover all their needs in that will cover all their needs in that
line so you do not have to consider furnishings of any kind.
They have no car, because a man on a $\$ 2500$ salary cannot afford one. The expenses should be spread over the year, then Betty can divide them by twelve and know exactly what they can do with the monthly check.
For the best letter, a prize of $\$ 20$. For the second best, a prize of $\$ 15$ For the third best, a prize of $\$ 10$ For the third best, a prize of $\$ 10$.
For the fourth best, a prize of $\$ 5$ For the fourth best, a prize of $\$ 5$.
Letters should not be more than Letters should not
500 words in length.

Write on one side of paper only. Address, Betty's Budget, Modern Priscilla Magazine, 85 Broad Street, Boston, Mass.

Next month we will ask you to help with the furnishings.

## A Few of Our <br> Service Helps

THE following leaflets, any of 1 which will be sent you in return for a two-cent stamp, are designed to help solve some of the homemakers problems. Address your request to Service Editor, Modern Prisc
85 Broad Street, Boston, Mass.
85 Broad Street, Boston, Mass.
Guide to Homemaking Books.
Vacuum Cleaners Tested at the Priscilla Proving Plant.
Stoves and Cookers Tested at the Priscilla Proving Plant.
Washing Machines Tested at the Priscilla Proving Plant.

The One Woman-Power Kitchen. Care of Baby and Baby's Bath Necessary Clothing for the Baby A Year's Reading Course for the Homemaker.
Women's Exchanges (list and suggestions)
Intimate Things for the Hope Chest.
Household Linens for the Hope Chest (with list of correct sizes).

## Three Helpful

## Publications

The Modern Priscilla Cook Воок. Contains 1000 recipes tested at the Priscilla Proving Plant; chapat on menus and menu making, ters on menus and menu making,
special menus for Afternoon Teas, special menus for Afternoon Teas,
Company Meals, Christmas and Company Meals, Christmas and
Thanksgiving Dinners, Sunday EveThanksgiving Dinners, Sunday Eve-
ning Suppers, Wedding Feasts, Children's Lunches, Automobile Pic nics, etc.; Table Service, with diagrams and illustrations. Regarded by many competent judges as the best cook book yet published. Price, $\$ 2.00$ postpaid.

Menus for Spectal. Occasions. Price, 25 cents. Consists of menus, and selected recipes for Home Holiday Parties and Dinners, Afternoon Teas, Weddings, Club Affairs, Teas, Weddings, Club Affairs
Dances, Banquets and Pienics. Dances, Banquets and Picnics.
Parties for the Bride Elect Parties for the Bride Elect.
Price, 25 cents. A wealth of ideas Price, 25 cents. A wealth of ideas
for Announcement Parties, Showers, for Announcement Parties, S
Bridesmaids' Luncheons, etc.

## "Signs That Mark The Way To Satisfaction"



As you turn the pages of this magazine you see these 3-P triangular signs scattered thick among the advertisements. They are good signs. They are safety signs. They are signs of satisfaction.

They mean that the goods so marked have a woman's guarantee behind them. They mean that practical housekeepers like yourself haveused these goods and found them altogether to their liking. They mean goods that have proved their worth in an everyday American home, under normal home conditions.

The home we speak of is of course the Priscilla Proving Plant. The woman whose guarantee stands behind these little signs is the Housekeeping Editor of Modern Priscilla, whose home the Priscilla Proving Plant is. Her assistants there are practical housekeepers. Articles or products testedby them are actually used - as youwould usethem.

Get the habit of looking for these little signs of satisfaction-in advertisements, on packages, or in the case of household devices, on the articles themselves. Let these signs be your buying guide.



Cleaning the toilet ceases to be an unpleasant task when you let Slu Flush does by any other means. It makes
the porcelain shine like new. the porcelain shine like new.
Sani-Flush cleans and purifies the toilet bowl and hidden, unhealthful trap. Destroys foul odors. Makes the toilet sanitary. Won't harm plumbing connections. Sprinkle Sani-Flush in the toilet bowl-follow directions on the can -and flush. Keep it handy in the bathroom.
Buy Sani-Fiush at your grocery, drug or hardware store, or
send 25 c for a full-size can.
the Hygienic Products Co
Canton, Ohio

## BETTER FOR YOU than harmful remedies

Salicon
for sure relief of
Colds-Headaches-Neuritis
Neuralgia-Pain-Rheumatism
 stomach ATrial size
bottle
K. A. Hughes Company
Boston, 19 ,


Basketry Materials $\begin{aligned} & \text { 65-Page Catalog and directions } 1 \text { Ice. } \\ & \text { Reeds, } \\ & \text { raffia, woden whes. }\end{aligned}$ , weoden beads, case,
rush, pine needies, books, toans, dyes.

## "Home-Making, as a Profession"

A 100-pp. illus. handbook-YREEE Home-study of Domestic

Woman's Biggest Job
(Continued from page 20)
sand-forts, digging wells and all the other creative activities
reely by Mother Nature
In this longing for free self-expression, children are no different from ourselves. Getting and having never yet brought happiness to any human soul. It is making and doing and creating that bring joy to us and to our children.
So, not only in their play, but in all phases of their life at home and school, children need opportumity to express their thoughts, their feelings, even their crude and faulty opinions.
I have in mind a remarkably bright boy who had a somewhat "cocky" way of stating his views This so annoyed his mother and older sisters that they made a practice of squelching John on every occasion. If visitors were present at the family table, John's manners were the subject of constant criticism. "John, stop eating a moment and pass Mrs. Jones the bread." "John, do eat more slowly." "John, put your elbows in.
No self-respecting adult will stand such public nagging, and no child should be expected to. It is an insult to his rights as an individual.
The effects upon John were what any psychologist could have foretold. Constantly thwarted and repressed, he became unsocial, "queer", sullen. From being a very bright boy, he developed (or was stunted) into a touchy, eccentric, inefficient and altogether unsatisfactory man
child's efforts at self-expression are like growing plants. You cannot mash them flat every day and expect them ever to grow let alone bear any healthy fruit The unfortunate little lads who mistake "Johnnie Don't" for their baptismal name, the restless little girls for whom "No, no!" "Mustn't touch" and "Keep still" seem to make up the whole adult vocabulary $\rightarrow$ it is these repressed boys and girls who fill our sanatoria, and too often our insane asylums and re formatories. Heathful self-expres sion is a prime necessity to us all, and we deprive our children of it at our peril, and alas! at theirs also.
But for a well-rounded human But for a well-rounded human
life, self-expression is not enough. ife, self-expression is not enough.
An acquaintance of mine has An acquaintance of mine has
brought up her children with the fullest measure of self-expression. Each one thinks his own thoughts, expresses his own desire; and, so far as possible, "goes his own gait." Far from being happy children, they seem to me less happy than most families. If a picnic is afoot, an hour must be wasted while each child argues his preference for a different spot. If Father offers to read aloud it is the signal for a read aloud, it is the ignal for prolonged altercation as choose the story. If the
shall piazza must be swept, Mother often goes out and does it herself rather than listen to the cries of "I did it yesterday", "Well, you are the it yesterday", "Well, you are the
one that dirtied it," "It's Bob's turn, one that dirtied it," "It's Bob's turn,
not mine," "I always have to do not mine," "I always have to so
everything in this house," and so on endlessly
These children "express" themselves freely; but they have never been taught that mdividual self-expression must go hand in hand with social cooperation.
So, while we respect the individual desires of each child, let these desires be subject to the welfare of all the rest. While each child has his own allowance, let him also take part in the planning of the family part in the planning of the ramily budget. Whise he is perve ideas in his play let him do so only on con his play, let him do so only on con(Continued on page 42)


## Food

## Authorities Agree

## on Orange Juice for Children

$W_{\text {this ever seeking truth about }}^{\mathrm{E} \text { ared }}$ tise. So we adk physicians adverexperts, who have made exhaustive tests, to tell us facts that we may tell to you.

An authority of note gives three reasons why orange juice is good for children

1. Orange Juice supplies - " C " Vitamine Orange juice is rich in Vitamine C.
Therefore orange juice with milk, which has the growth-promoting vitamines in abundance, makes a complete and per-
Organic Salts and Acids
2. Fruit Sugar
practicaly predigested nutriment,
promoting healthful, muscular activity
promoting
"C" Vitamine prevents scurvy
The salts and acids act as appetizers and digestants.

The fruit sugar is a healthful form of sweets that most children require.

And not the least of all advantages that orange juice affords is its natural, mild laxative effect.

Orange juice for these reasons is almost universal baby food today,
and is just as good likewise for older children.

All food authorities agree on this Remember these facts also when you choose the entire family's daily food, for fresh, fruit is equally important to grown-ups.
"More RAW foods in the meals" is the modern expert's warning which is being sounded everywhere today.
Oranges may be had fresh the year 'round. And they're probably the most delicious and attractive "raw food" that you know.

However, in every question of the diet, your own physician should finally advise.
We wish to make no statement that is not well within the facts Show him this advertisement and ask hie opinion.
Send for free booklet, "Feeding the Child for Health," a booklet which contains complete feeding schedules for babies and children height and weight tables, simple recipes, and much valuable advic regarding infant and child care a ecommended by leading specialists.

## California Sulncisicic Oranges

## * Califormia Oranges




## Grandmother's Dower Chest

GGREAT-GRANDU MOTHER began to hem PequotSheets and Pillow Cases for her dower chest when she was a very little girl. One by one they were put away in sweet-smelling lavender to become among her most treasured possessions when she married.
The same finish, the same number of threads, the same delightful softness is in the Pequot Sheets and Pillow Cases which her granddaughters buy ready-made today. Of uniform excellence for four generations they continue to be the choice of the wise housewife and of the better hotels and hospitals.

Pequot Sheets and Pillow Cases are always to be identified by the well-known Pequot Shield. They are sold by most good dealers. They are attractively priced.

Pequot Sheeting and Pillow Tubing may be purchased by the yard, and can always be identified by the ticket reproduced below.

Made by
Naumkeag Steam Cotton Company Salem, Massachusetts
Parker, Wilder \& Company Selling Agents Boston and New York


This label on all Diece goods

## Selection of Foods

## (Continued from page 33)

that the consumption of a quart of milk per day as desirable for chilmilk per day as desirable for chil-
dren, does not mean that the entire quart must be imbibed. If some of quart must be imbibed. If some of
the milk is taken as a custard, then the milk is taken as a custard, then
less needs to be drunk. less needs to be drunk.
In regard to vegetables, it is probably safe to say that the fibrous vegetables, owing to their food values, may be eaten just as soon as the child is able to chew them.

The candy story we have discussed above. Experience shows that when children are not provoked or tempted to candy by adults, they do very well without it. Because of its sweetness it tends to provoke of its sweetness it tends to provoke
use in excess and to ruin the appeuse in excess and
tite for cereals.
You will note that in none of these replies have we suggested that any of these foodstuffs are unwholesome; merely that each has a function to perform, that there are many possibilities of choice to secure these functions, and that choice is based on securing a complete diet.

My final plea then is to educate yourself in the values and deficiencies of common foodstuffs and the place that each may take in the daily diet. Experiment as much as you like with pleasurable and palatable combinations, but be able to able combinations, but be able to
justify your combinations on the justify your combinations on the
basis of complete requirement. It basis of complete requirement. It
has come with a great shock to some people that by adding more milk to the white bread dough we may actually make it almost a complete food. Such surprises will not be so shocking if we will study combinations in the light of nutritional knowledge and not make fetishes of certain foodstuffs and anathema of others.

## Woman's Biggest Yob

(Continued from page 41)
dition that he shares in the family work. In other words, do not let children feel that they are "star boarders" in their home, but rather moarders in their home, but rather
members of a cooperative enterprise, members of a cooperative enterprise,
where each have a voice; their share of pleasure and profit and also of of pleasure and profit and also of
work and responsibility.

Therk and responsibility.
The home is the first school of citizenship and until we have honest cooperation in the home, we are not likely to have it elsewhere.
Just and consistent treatment, freedom for self-expression, cooperation. Are these three enough to ensure a solid basis for our children's lives?

To me it seems that we have omitted the biggest thing of allthe spirit - without which justice is cold, freedom aimless, and cooperation empty.
What our children, like ourselves, need more than all else is real reneed more than all else is real re-
ligion. Not creeds, not ceremonies, ligion. Not creeds, not ceremonies,
not dogmas, not even eloquent sernot dogmas, not even eloquent serTruth is stronger than falsehood, that Unselfishness is the happier way, that the universe is really based on Love and Law, and that somehow, somewhere, there is a Power, Creator, Father - call Him what you will - who does "keep watch above his own."

Unless we can give this Faith to our children-unless we have it ourselves-all our teaching is in vain. Shall we not, in all humility - for we are all but stumbling children on the great highway of life - take the great highway of life-take
our children by the hand and strive our children by the hand and strive rise of a sounder, finer Religion.

## "I Approve" Says Priscilla

The following goods, advertised in MODERN PRISCILLA during the past twelve months, have been approved by the PRISCILLA PROVING PLANT after careful and thorough tests which included actual home use. The P.P.P. seal of approval (\%) wherever you see it means excellent quality and proved satisfaction.


## Making the Radiator Decorative

(Continued from page 26)
pains should be taken to protect the books above from the heat by insulating the upper section from the lower by means of a shallow air chamber and the liberal use of asbestos lining.

Figure 1 shows a well planned architectural treatment of the space adjoining the fireplace which is full of individuality and decorative charm. Note the possibilities for color and for repeating a given color note afforded by the book bindings, note afforded by the book bindings,
the pictures over the mantel, the the pictures over the mantel, the
bricks in the chimney breast and the bricks in the chim
window draperies.
The radiator in some circumstances might be placed in the locker beneath the book shelves. In this instance, inasmuch as there is an adjacent window, the lockers are continued across the space beneath the window and the radiator installed in that portion; although, if need be, the entire locker space could be given up to them.

## A Hall Grouping

The dignified and decorative composition of console cabinet, mirror, position of console cabinet, mirror,
chairs and lighting fixtures, shown chairs and lighting fixtures, shown
in Figure 4, is another striking illusin Figure 4, is another striking illus-
tration of how a badly placed radiatration of how a badly placed radiator may be the means through which beauty can be achieved. When the owner of the house entered it a day or two after the radiators were installed he was greatly upset to find that the one in the hall had been placed in the very centre of the only wall space adequate for a console table and two new Charles II. walnut chairs he had purchased for use in that hall.

Finally it was decided to build a cabinet, using it as a console, to fit over the radiator. The cabinet over the radiator.
maker utilized one of the chairs as maker utilized one of the chairs as
a suggestion for the design and a suggestion for the design and
turned out a piece of furniture, which in style, wood, color, and finish accords perfectly with the two flanking side chairs. Even the cane inserts in the front and end panels of the cabinet harmonize admirably with the cane seats and backs which are characteristic of the Charles II. chairs. The period characteristics are echoed again in the mirror above the cabinet. The wall lighting fixtures which were introduced after the scheme was projected supply the finishing touch of decoration and balance to the composition. It might be well to add that this mademight be well to add that this made-
to-order cabinet which contains so to-order cabinet which contains so
much decorative charm and so unmuch decorative charm and feeling of individuality cost usual a feeling of individuality cost
little, if any more, than the ready little, if any more, than the ready
made piece which otherwise would made piece which otherwise would have been used.
This particular style of cabinet, as will be noted, calls for turnings and carvings, which add greatly to the expense of any sort of cabinet work; but very simple designs, if well proportioned may be exceed-
ingly pleasing. Such a design, for example, as that shown in Figure 3 makes up into a beautiful piece of furniture for living room, library or hall and at a very reasonable cost.

## Dining Room Suggestions

In a dining room the radiator shield or cover may take the form of a specially designed serving table. This should conform to the other furniture in the matter of design, but, if desired, may be very different in finish.
Again, the radiator may be installed in the lower portion of a built-in corner cupboard, grill work being used to let out the heat and contribute a touch of decoration to the room. Dining rooms too often have a stilted stereotyped air and need some such architectural feature as a corner cupboard or builtin wall cupboard to supply the needed note of character.
needed note of character.
Consider for a moment how much beauty and individuality could be beauty and individuality could be
incorporated into a dining room (or incorporated into a dining room (or
living room) by installing the radiliving room) by installing the radi-
ators in a row of lockers under a ators in a row of lockers under a
range of windows as illustrated in range of windows as illustrated in
Figure 2. The effectiveness of the Figure 2. The effectiveness of the
picture is due not only to the charmpicture is due not only to the charm-
ing way in which the windows are framed by their valance and side draperies of cretonne, set off by the flowers in the evenly spaced row of flower pots, but fully as much to the paneling of the lockers which enclose the radiators.

## Bedrooms

Window seats, lockers, built-in cupboards and cabinets as radiator shields are quite appropriate as furshields are quite appropriate as fur-
nishings for bedrooms. A charming effect may be produced where ing effect may be produced where painted furniture is used by painting
the cabinet or table so utilized, not the cabinet or table so utilized, not
in the body color of the bed and in the body color of the bed and
dresser but in one of the accent dresser but in one of the accent
colors - the one chosen as the domicolors - the one chosen as the domi-
nant hue of the room, - and repeatnant hue of the room, - and repeating the color in draperies, upholstery and bed spread. Of course, if preferred, the additional piece may be painted to match the rest of the furniture. The same mode of procedure may be followed where the other furniture is in walnut or mahogany and with equally satisfying results.
It is absolutely essential that only thoroughly seasoned wood and the thoroughry seasoned wood and the most conscientious workmanship be employed in building furniture and fitments which are to be subjected to such extremes of temperature as radiator covers must meet. Of course, those which are made of metal are immune to such variations. But whether of metal or wood they offer the one practical answer to the question, "How can I make my radiators as decorative as they are useful?"


certificate is issued to the manufacturer, and he is given the right to use the P. P. P. insignia here illustrated. Whenever you see this little merit mark in an advertisement in THE Modern Priscilla or else where, you may know that the article advertised is O . K. in every respect. This does not mean that goods pect. This does not mean that goods be O. K. also, but it does mean that be O. K. also, but it does mean that the manufacturer using the mark has a product that meets our high standard - a product that we have found worthy of recommendation to our readers.


## This $\mathcal{D}$ (ew, Easy Way

TNTERIOR decorators agree that the beauty of a room depends largely on the beauty of its floor. For the floor is the natural background for rugs and furnishings. The finish of your floors then becomes a matter of prime importance.

There is a floor finish which has withstood the wear and ravage of centuries-the waxed finish in the beautiful castles and palaces of Europe. Perfectly preserved, this waxed wood mellows and glows with the years. You can easily have this same beautiful finish ôn your floors.

## JOHNSON'S LIQUID WAX

Waxed floors, besides being beautiful and distinctive, have many practical advantages. They do not show scratches or heel-prints - are not slippery - and traffic spots can be easily re-waxed as they show wear, without going over the entire floor. Then too, waxed floors are economical - they eliminate costly refinishing every year or two.

The new easy way to wax floors and linoleum is with Johnson's Liquid Wax applied with a Johnson Wax Mop and polished with a Johnson Weighted Brush.

This new Johnson method makes the waxing of floors mere child's play. It takes only a few minutes - and requires no stooping. The Johnson Wax Mop has a removable lambs-wool swab which can be easily washed.


Ask for a FREE copy of the Johnson Book on Home Beautifying at your best paint or hardware store. Or mail us ioc to cover postage and wrapping.
S. C. JOHNSON \& SON - Dept. MP-6 - RACINE, WISCONSIN "The Wood Finishing Authorities"
(Canadian Factory: Brantford)


## The thrill of a health-cleaned home

EVery woman knows the joy L and relief of a house just cleaned and in order. But this satisfaction is twice as keen to the modern housewife whose work is not a mere surface soap-and-water removal of dust, but a bealth-cleaning that purifies her home of the invisible germs which daily threaten the health and safety of her family.

## It protects your family

from disease
This highly important healthcleaning entails no additional work or trouble, requires no extra energy. One very simple operation accomplishes it. Just put a few drops of "Lysol" Disinfectant in your cleaning water every time you clean.

Health authorities will tell you that to reduce the danger of illness, your home must be kept purified of the myriad of tiny germs that abound everywhere. These germs do not linger long in the air. They alight on all surfaces. They are to be found on your tables, chair arms, door knobs, door jambs, bannisters-a hundred danger-spots where hands, big and little, may rest.

You must destroy these germs if you would protect your family from them. Soap-and-water is in-


THE MAGIC DROPS Just a few drops of "Lysol" in the water whenever you clean, transform mere surface cleaning to health-cleaning,
No extra work or trouble.
sufficient to kill them, but the magic drops of "Lysol" Disinfectant destroy them instantly.
"Lysol" has three valuable properties that make it indispensable to the modern housewife. 1. It deodorizes. Your home is left sweet and fresh. 2. It purifies. 3. Its soapy nature belps to clean as it disinfects.

Never be without "Lysol" for your daily cleaning. Put it in your cleaning water-a tablespoonful to a quart-every time you clean. Thus your home is kept safe to guard the precious health of your family.

New facts about health in this free Health Library
THE "Lysol" Health Library is a set of threepocketbooklets,containing the latest suggestions of health authorities for protecting the health and prolonging the lives of yourself and your family.

One contains important information on "Health Safeguards in the Home." Another is for women, "The Scientific Side of Youth and Beauty." The third is a valuBeauty. The third is a valuComes." Just mail the couComes." Just mail the cou
"Lysol" Disinfectant is manufactured only by LYSOL, INC., 635 Greenwich St., New York City. Sole Distributors: LEHN \& FINK INC., New York. Canadian Agents: Harold F. Ritchie \& Co. Ltd., 10 McCaul St., Toronto.

LEHN \& FINK, INC. Sole Distributors
Dept. L25, 635 GREENWICH STREET Dept. L-25, 635 GR
NEW YORK CITY
Please mail me a freeset of your Library of Health.
Name.
Street
Civ


No. 25-6-34. Utility Bag.

## AN you think of any novelties that would rouse more enthusiasm at mid-summer bazaars or bridge parties? Both puzles are white squares zles are white squares <br> 

 sateen appliqué blocks and outlining done with two threads of outlining done with two threads ofblack stranded cotton, and then apblack stranded cotton, and then applied to a soft, leafy green background - chambray for the apron and a heavier cotton for the bag.
Back of apron has a bib top like front, opening down centre and attached to belt. Sufficient material is allowed so that apron can be lengthened from shoulders, and waist measure adjusted by lengthening belt. Pocket is topped with a white band checked off with black outlining and fimished with stitchery
same as edge of apron. Bag is made of green Art cotton lined with unbleached muslin. Seam up each separately, put together, turn green top down on inside and whip to lining. Straps are of material run with black caught together with fagoting. Little looped tassels of black cotton tip handles and are caught into bottom of bag No. 25-6-33. Apron. Stamped green chambray, with material for appliqué, 95 cts. Embroidery cotton, 15 cts . Perforated pattern, 45 cts No. 25-6-34. BAG. ( 11 x 13 inches.) Stamped green Art cotton, with material for appliqué and lining, 50 cts. Embroidery cotton, 15 cts. Perforated pattern, 35 cts.; transfer pattern, 20 cts .


Porch Pillows Made in a Yiffy By GRACE CORBETT REED
$\mathrm{N}^{0} .25-6-28$, at the right, has a red cotton background with like cotton patches on it, "leaded," like stained glass window panes,
with black bias-fold stitched over the unturned edges of the patches and around the top edges of the pillow.


No. 25-6-29 (left) is an other of these easily made and easily cared for pillows. This background is gray cotton crêpe, and the patches are red and blue cotton, two of each, alternately arranged. Black bias-fold is stitched over the edges of the patches when they have been basted in place.

No. 25-6-30 (right). A tan cotton crêpe background and orange crepe patches make this pillow pleasingly effective. The method o making is the same as for the foregoing models, with a "rim" of black bias-fold stitched around the patches and the outer edge of the top of the cover
To make up this pillow or any of the other models simply fold the material and simply fold the mater
Pitlows like these are so practical and durable, so easily and inexpensively made, that they are a wise and satisfactory investment for home, camp, or shore cottage.


No, 25-6-31 (left). Another model patched in red other model patched in red
and blue cotton on a gray and blue cotton on a gray
cotton crêpe background cotton crepe
concludes this quartet of concludes this quartet of "jiffy porch pillows."

## Materials

Nos. 25-6-28 to 31 inclusive. Size, 19 inches square when finished. Stamped material for front and back, material for appliqué, and black bias-fold, all for 95 cents each.
Perforated stamping patterns, 35 cents each.

10-Day Tube FREE

## Mother! Be sure you get

 Pepsodent for your child's teethD$0^{O}$ you want your prettier teeth now, and better protection from tooth troubles in later life?

Mail the coupon then for a 10 -day tube of Pepsodent, free. See what the world's leading dentists urge mothers to use as modern science's latest attainment in tooth care.

You will notice a film on your child's teeth. That's a frequent danger sign-an invitation for tooth troubles. The same stubborn film that you can feel by running your tongue across your own teeth. You must combat it. Ordinary dentifrices don't fight it successfully

Harsh, gritty substances are injurious to enamel.

Film is the greatest enemy of tooth health It clings to teeth, gets into crevices and stays. Germs breed in it. The acid that leads to early decay forms. Old type methods fail to combat it. Men of science engaged themselves in discovering an effective combatant
Now in Pepsodent, two new combatants are embodied - combatants approved by highest dental author ity. It curdles the film, then gently removes it. It keeps the teeth whiter, cleaner, more sparkling. It is the modern scientific method for better tooth protection. Insist upon it. Get a tube today. Mail the coupon.

## Pepsadent

The New-Day Quality Dentifrice
Endorsed by
World's Dental Authority

```
FREE-Mail this for 10-Day Tube
THE PEPSODENT COMPANY,
Dept. 719 , 1104 S. Wabash Ave., Dept. 719,1104 S. Wabash Av
Chicago. III., U.S. A.
Send to:
Name
Address


\section*{new Beauty inPorch Shades}

\(V^{E R T I C O L O R}\) brings a wealth of new found color values to the living porch, sun porch or sleeping porch.
Broad ribbons of vertical color, hand-blocked on splints of linden wood, make these shades a delight to the eye, as well as a real comfort to the owner.
All the patented Aerolux features are here- the "hang-easy" device, "side-glide" and "No whip" cords that hold the shade secure against flapping and noise.
See the soft and pleasing color combina grey; and notice green, and green andFrenc grey; and notice also the full length venti-
lation that is possible from top to bottom
The Aeroshade Company 2524 Oakland Ave. Waukesha, Wis.


Frite Book in colors " Better Porches" Ask your department store or furniture dealer for Verticolor - the new type
Aerolux Porch Shade.


Arwaken all the beauty of your furniture

\section*{8 O.Cdar}

IT CLEANSAS IT POLISHES

\section*{Dollars That Grow Like Weeds}

YOU can almost reach out your hand, and pluck in your vicinity, a luxuriant crop of willing dollars that unbeknown to you are awaiting your action.

These dollars fly to your hands like particles of steel attracted by a magnet, because the service you can offer in exchange for them, is so practical, and so valuable.

Many women who like you were without experience when they started to interest their friends in our service, are enjoying an independent income each month which gives them more pretty clothes, more labor saving devices for making their homemaking less irksome, and the satisfaction of having a business all their own that grows more valuable each year.

It costs you nothing to investigate our plan. Just fill out and mail today the coupon below. You will be obligated in no way.

\section*{Clip And Mail This Coupon NOW}

The Priscilla Company,
Je-25
85-89 Broad St., Boston, Mass.
Send me particulars of your Plan to make money in spare time.
Name.
Address

\section*{A Woven Yute Bag Made on a "Loom" of Cardboard} By ANGELA BURNS

THE loom on which this sturdy 1 and practical utility bag is woven is a piece of cardboard, and the shuttle is a needle large enough to carry jute twine, while the process of weaving is the very simple "over and under" one that kindergarten tots use and you yourself employ in darning.
For a bag like that pictured, you will need one large ball of jute twine

and one small one of each of two contrasting colors for the decorative borders, a piece of heavy cardboard measuring \(10 \times 12\) inches, and the needle already mentioned.
The making of the "loom" is the first step. At half-inch intervals along both the twelve-inch edges of the cardboard, cut an uneven number of notches from one end to the other, those along one edge being directly opposite those along the other.
This done, you are ready to set up your warp. Following Figure A, start by winding the background color around the cardboard between color around the cardboard between
the first two notches, and tie (Figthe first two notches, and tie (Fig-
ure A, 1). Bring the twine forure A, 1). Bring the twine forward around the next point, carry it down on the back from 3 to 4 , up on the front from 4 to 3 , around the next point on the back (dotted line), down on the front from 5 to
6 , up on the back from 6 to 5 , and (Continued on page 53),


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Hats Like These Are Easily Made With Priscilla Patterns

MODEL 5119 (above) presents youthful in model very smart and braid is sewed on sand faille in a scroll design to trim the unique six-section crown. The jaunty bow braided to match the crown adds dash and finish, giving broken line and extra width to the rolled front If you can make a dress by a pattern, you can make a hat for every step in the construction is carefully explained.

MODEL 5116 (below). A ribMi bon hat is an essential in every girl's wardrobe for wear with sports clothes and tub frocks. They are singularly appropriate. Ribbon is comfortably cool and light in weight, and makes hats that are effective and original in appearance Model 5116 has a soft high crown and tiny rolled brim which is wecoming to rolled brim When is becoming to many fen is whar with white ribbon it is charming with all the gaily colored sport things.

MODEL \({ }^{5120 .}\) \(M_{\text {Natural milan }}^{\text {Sila }}\) and natural leghorn with taffeta is horn with taffeta is millinery the staple millinery combinaThis for summer. This hat is of black taffeta with a straw facing, French blue ribbon and two jacqueminot roses posed picturesquely at the side. Navy moire or brown taffeta with leghorn or milan make other good combinations.


5120
Hat Patterns may be purchased by mail at 35 cents each, postage prepaid, if you address The Priscilla Company, 85 Broad Street, Boston.


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Atove - Puritan Pastel Print, "Montrose" comes in schemes of rose and
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The one illustrated here-No. \(7715-\) is suitable for a room with little sunshine. Below-Puritan Pastel Print, "Cha tham comes in schemes of gold and
gray, rose and tan, blue and tan gray, rose and tan, blue and otan
mahogany and buegray. The one il lustrated here-No. 7oos-is suitable for a room with lots of sunshine. To make the drapery illustrated, ask
for Puritan Drapyry Pattern, .Rose-

\(\square \mathrm{HE}\) subtle charm of the garden is reflected 1 in the home decorated with Puritan Cretonnes. Gray days are made to appear sunny. Sunny days are made still brighter. Imagination is stimulated-dullness is avoided.

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\section*{Yours Will Be a Bed of Roses woben You Use This Spread in Mosaic Embroidery}

Designed by MRS. R. A. GROSSIER

Whether you lay the "tiles" of the mosaic embroidery on this spread with thread of Copen or of old rose, your background will be an excellent grade of unbleached cotton On both single and double bed sizes all the embroidery comes on top of the spread.


MOSAIC embroidery - single stitches arranged in lines and solid blocks to form a pattern - is quite the newest note in decoration for bedspreads.

The pictured spread, cut in one with the sham, comes in two sizes: stamped, the sham, comes in two sizes : stamped, \(72 \times 108\) inches, single bed size, \(\$ 2.85\); stamped, \(90 \times 108\) inches, double bed size, \(\$ 3.45\). Copen or old rose pearl cotton for embroidering either size, 70 cents. Machine-made unbleached fringe, 5 inches wide, \(\$ 4.80\) for single bed size; \(\$ 5.10\) for double bed size.
Fill in all the solid blocks which form the rose, working them in horizontal rows, one row at a time. Little lines stamped on the blocks to be filled indicate the stitch direction as well. About nine closely placed well. About nine closely placed eyed needle to carry the thread witheyed needle to carry the thread with-
out dragging; and use rather short out dragging; and use rather short
needlefuls to avoid roughening. Set needlefuls to avoid roughening. Set
each row of stitches close against the each row of stitches close against the
row preceding, and keep the stitches perpendicular; don't allow them to slant.
Work the background in rows, doing all the stitches in one direction first, then all those going in the other. Work triangles of single stitches in the same way and treat the borders as two angular rows of stitches crossing each other to form diamonds. Do one row and then the other.

The size of the design is the same for either spread. On a single bed the borders will come quite close to the bed edges, while on a double bed they will come well inside, forming a frame. Corners of spread may be cut if desired.
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\(E^{\text {ASY-SET" bathroom acces- }}\) sories are made of snowwhite china which will never crack nor tarnish. There are no visible screws - no sharp corners - no holes nor crevices where dust and dirt can collect. You can install them yourself, if you so desire, on any kind of wall; and when put in place they can be quickly and easily removed, washed and replaced, and so kept always white and clean and beautiful.

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Inns everywhere. You can open one in your own \(\pm 1\) TIATM PTH 3 LEWIS TEA ROOM INSTITUTE

The New Housewife Will Find Many Uses for Gifts of Sparkling Lustre (Continued from page 13)
any lustre which has washed over the edges of the design for it will spoil the lustre flowers if you do. The very centres of the long leaves are not repainted before the second firing, but left with one wash of the green, but the broad part is given another coat

The band of gold is the only decoration on the cup and it is lined with mother of pearl.
All three of the sherbets are given a similar treatment with yellow lustre and designs must be outlined with a black medium which can be painted over and must be cleaned out after tinting as described above. A tinting of Yellow lustre padded, gold bands, tiny lustre oranges done in Yellow Brown and Albert Yellow is the coloring for all with tiny clusters of purple grape added to No 25-6-39 added to No. 25-6-39
When painting in the design all colors are used full value except on the lightest oranges. Gold is applied the very last thing
Cups are lined with lustre: Nos 25-6-38 and 40 with Orange padded and covered with Yellow (also padded) after first firing. Mother-of-pearl is used for No. 25-6-39 which is not padded. Don't apply Mother-of-pearl too thickly, it will cloud if you do.
The one tinting of Yellow should be sufficient, but if it is pale and washed out looking, go over it again before the second firing.

Prices for China and Designs
Prices on plain china are quoted packed ready for shipment. Goods are sent C. O. D. and purchaser pays are sent C. O. D. and

Social Tea Cups and Plates, \(\$ 1.00\) each set when less than six are purchased; or \(\$ 8.60\) per dozen sets.
Sherbet Cups and Plates, \(\$ 1.55\) each set.
Paper tracing patterns with color guide:

No. 25-6-35, 25 cents
No. 25-6-36, 25 cents.
No. 25-6-37, 25 cents.
No. 25-6-38, 15 cents
No. 25-6-39, 15 cents
No. 25-6-40, 15 cents.
Priscilla China Painting Book, 35 cents.

\section*{Modish Sports Fumper}
(Continued from page 17)
side of work toward you, pick up and k 64 sts around armhole, p 1 row. Work fancy stripe and the 10 white rows alternately 6 times (or desired length). In next row, with color, k 2 together 32 times, then k 10 rows for cuff and bind off.
sew up sleeves and underarm
Collar. - With color, starting at inside of left neck border pick up inside of left neck border pick up
and knit the 15 border sts, k 8 across and knit the 15 border sts, k 8 across
shoulder, k 21 from stitch holder, shoulder, k 21 from stitch holder,
7 across shoulder and 15 from neck border. Knit 1 row. * In next row \(\mathrm{k} 6, \mathrm{k} 2\) together twice, k to within 10 sts from end, k 2 together twice, \(k 6\). In next row \(k 6\), pick up and k thread between sts, k 1 , pick up and \(k\) thread between sts, k to within 7 sts from end, k thread between the decreasings, \(\mathrm{k} 1, \mathrm{k}\) thread between sts, \(k 6\). Repeat from * 11 times. In next row \(k 6\), k 2 together until there are 6 sts left, k 6 . In next row, k 6 , \(* *\) pick up and k thread between sts, k 1 , repeat from \({ }^{* *}\) knitting the last 6 sts. Knit 10 rows and bind off
(Continued on page 52)

\section*{Why Cleaner Prices are \(\$ 10\) to \(\$ 30\) too high}


\section*{Selling Costs Cut to Bedrock}

We know from years of experience that the big commissions paid home demonstrators and the costly selling systems which always go with them, add \(\$ 10\) to \(\$ 30\) to cleaner prices without adding a thing to quality or performance,
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ALSO GREAT FOR DESSERTS
TRY THIS RECIPE SENT IN BY
MRS. HENRY B, GRAYBILL, HONG LOK, CANTON, CHINA

\section*{MAH JONGG NOUGAT \\ directions for making}

4 cups granulated sugar, 1 cup corn syrup, 1 cup water, 4 egg whites,
4 teaspoons G . Washington's Coffee, 1 cup English walnut meats broken small, 1 cup finely cut Chinese Ly chee nut meats or 1 cup seedless raisins. Boil together without stirring the sugar, corn syrup and water, until a little tested in cold water forms a hand ball, \(248^{\circ}\) - meanwhile beat the egg whites very stiff and add the G. Washington's Coffee to them and pour on the syrup very slowly, beating vigorously until smooth and thick. Add the nuts or fruit and continue beating until stiff and heavy. Spread in a buttered pan and when cold cut into squares with sharp buttered knife.

\section*{Send 10 c for Special Trial Size Recipe Booklet Free \\ G. Washington coffee refining co. \\ 78 Varick Street, New York}



A Clipped Wool Cover For a Colonial Footstool

\section*{ANNE C. MAXWELL}

LET your first venture in hooking the Colonial footstool at the top of the page. You can make every "snitch" of it at home, from its clever frame to its quaint hooked cover. Rug wool (two-ply) is thick and heavy, and comes in rich colorings that work up beautifully into the pattern in the hooking. It is used in exactly the same manner as rags, and the
tops of the
loops are clipped or sheared so that the
so trands of yarn strands of yarn a delight ful plushy surface. For the wood-
en frame you
 will need a round bread board, preferably the kind with straight-up-and-down sides; a short length of wooden curtain pole and four wooden door stops, all of which any
hardware store can supply at small cost.
Cut the curtain pole into four \(2^{1} / 2\)-inch sections, or into longer or shorter pieces according to the desired height of your footstool. Screw a door stop into one end of each section of the pole, and fasten legs
If door stops and curtain pole already have a varnish finish, sandpaper it off before applying walnut paper it off before applying walnut
or mahogany varnish stain. If two coats of stain are required rub two coats of stain are requith rot-
down first coat when dry, with tenstone or pumice, and apply second.
The design is stamped on tan bur lap which must be fastened into wooden frame like any rug. For hooking use a bone crochet hook with a deep point, or a rug hook. The finished cover will measure 11 inches. A little practise will enable you to make nice even loops close together over the surface of the burlap.
The simple design is most effective in champagne, gold, seal, and gobelin blue. The positions of the colors are indicated on the burlap founda-
Priscilla's Special Service Sheet Priscilla's Special Service Sheet No. 31-Hooked Rugs, sent for a
two-cent stamp, will tell you every step of the process from preparing the frame to doing the actual hooking.
After the cover is complete, pad the bread-board top with layers of cotton wadding, and tack down cover to sides of board, stretching it fairly tight and turning in edge of burlap to avoid fraying.
You will need a yard of 3 -inch fringe to hide curtain pole legs; light fringe may be dyed dark. Tack fringe on with as few tacks as possible, hiding heads of tacks used in securing cover.
No. 25-6-47. Stamped burlap, 15 cents. All-wool yarn, \(\$ 2.00\). Perfo rated stamping pattern, 25 cents.


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stren \({ }^{\text {gth }}\)-from any drus or department store stren apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones
have vanished entirely, It is seldom that more than an ounce is needed to completely clear the skin and gain a beautiful complexion.
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it fails to remove your freckles. We recommend Othine Complexion Soap for
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Der seen. Materials cost \(\$ 4.60\). Bag made up sells for


\(\mathrm{N}^{\circ}\)O. 2283-6. In wash silk, printed pongee, or flannel this model will easily be among your favorite frocks. It has an open front finished with an inset vestee which is rolled with the collar. The sides are laid in plaits, and strap belts conceal seams over the hips. Designed for sizes 36 to 46 . Requires 4 yards of material, with \(5 / 8\) yard contrasting.
No. 2377-6. An easy - to - wear frock, made with a long waisted body which is slightly gathered in front at the shoulders. The fronts are underfaced and rolled with the collar. The attached two-piece skirt is laid in an inverted plait at the centre front. Flannel, linen, or wash silk make up prettily, Desioned for silk make up pre 36 to 42 Requires sizes 16 years and \(35 / 8\) yards of material. No. 2378-6. Little tots' clothes are reduced, nowadays, to the utmost simplicity, and this wee dress is a one-piece, sleeveless slip-on, gathered and closed on the shoulders. The sides are laid in inverted
plaits. Organdy or voile, in white or colors, combined with lace, makes this the daintiest little frock imaginable. Designed for sizes 2 to 8 years. Requires \(13 / 4\) yards of material.
No. 2379-6. For summer wear this little dress is cool and comfortable. It is a one-piece slip-on model, suitable for cotton or linen, made with drop shoulders, and closing at the centre front through an inserted band that rolls with the collar. Designed for sizes 6 to 12 years. Requires 2 yards of material with \(5 / 8\) yards contrasting. No. 2383-6. This yone model affects a coat style closing, with a round collar turn-back cuffs. A simple French knot decoration and smartness and discoration lend slain straight lines. Linen or lits. plain, straight lines. Linen or linenfimish cotton are suitable materials. Designed for sizes 14 and 16 years and 36 to 40 . Requires \(33 / 8\) yards of one color material with \(5 / 8\) yards of contrasting.


2
6

Can women save money

\section*{Ask those who dye with SUNSET}

For instance -
Across the continent from California comes a cordial greeting from one who is so delighted with her SUNSET-results that she simply couldn't help writing us the following enthusiastic letter:
"I do not know whether you are in the habit of getting letters concerning your wonderful soap dye or not, but I just could not help but express my appreciation of the wonderful work it does. 1 dyed an expensive ratiné dress lavender and it came out so beautifully I just had to write and tell you how pleased I am."

Down in Maine a woman living way out in the country sent a faded but still serviceable wool poplin coat to the dye house in town. They would not guarantee a satisfactory job. Previous experience with SUNSET led her to believe she could dye the coat herself. Four cakes of SUNSET did the wortk beautifully at a cost of only 60 cents. "And," says her letter, " the coat looks as good as new."

A foresighted Virginia woman uses money-saving SUNSET constantly and really lessens her household expenses. For with SUNSET she easily keeps in use many articles which otherwise would be discarded. Her appreciative letter says:
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We receive many such letters telling of real savings with SUNSET. Surely it will help you too - one trial will win you. Success is certain when you follow the simple directions.

SUNSET is a fast, easy-to-use home-dye that dyes all fabrics. Does not stain the hands or harm utensils. There is no substitute. The only way to get the beautiful SUNSET results is to use SUNSET.

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There is a Viko individual percolator which every household should own. It looks like a toy-but it makes coffee! Two cups. Put it over the simmerer and away it "perks," saving you coffee, fuel, and time.
There are a dozen other percolators in the complete Viko line. And there are roasters and kettles, sauce pans and griddles, cake pans and pie plates.
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Managing Editor...Charles B. Marble
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KNITTING WORSTED 40c. per 4 oz . Skein Ask for Gree Samples, Dept. P.
TOULSON YARN CO., Bridgeport, Conn.

\section*{This Modish Sports} Fumper
(Continued from page 49)
With 2 strands of colored yarn slip stitch along edge of border and collar.
A Sweater and Cap Set for the
This set requires three 1 -ounce balls of threefold white Saxony, one of color, 1 yard of pink ribbon for cap and two No. 3 amber knitting needles. Wool of corresponding weight, twisted with threads of rayon (fibre) may be used if prerayon
Cap. - With white cast on 20 sts for back. Knit (k) 1 row. Next row k 1 , purl ( p ) 18, k 1. Repeat these 2 rows until there are 32 rows; break yarn. Pick up 17 sts along each side of back (1 stitch of each ridge and 1 stitch of foundation row). Starting on right side, with
white, k 54 sts, turn; and p 1 row. white, k 54 sts, turn; and p 1 row.
Introduce color and work the dot Introduce color and work the dot
pattern as follows: \(k\) the first 2 sts, pattern as follows: \(k\) the first 2 sts,
then \(k 2\) together 26 times. In next row k 1 , * pick up the thread between the st just knit and the next st and knit it, \(k\) next st, repeat from * knitting the last 2 sts (54 sts). (With white k 1 row, p 1 row alternately for 8 rows. With color repeat the 2 rows of dot patp 1 row for 8 rows, then change to color and \(k\) plain for 9 rows. Bind off on wrong side.

Neck. - Pick up all sts around neck and with color, starting on right side, k 2 rows. Then work the 2 rows of dot pattern, \(k 1\) more row and bind off on wrong side.
Run ribbon through holes around neck and trim with small bows.
Sweater: Back. - With color
cast on 56 sts and k 12 rows. With cast on 56 sts and k 12 rows. With
white k 1 row, p 1 row, alternately for 8 rows. Change to color and work the 2 rows of dot pattern as for cap. Repeat the 8 rows of white, and dot pattern with color alternately, 3 times ( making 4 colored stripes). Then work the 8 white rows once more and change to color.
Bind off 4 sts at beginning of row, k across, binding off last 4 sts, Carry thread to first st and k 1 row. * In next row \(k\) first 2 sts together, k across, knitting last 2 sts together. Knit 1 row. Repeat from * once. On 44 sts k 8 ridges.
Front.-Knit 11 sts and slip them on a stitch holder, bind off 22 sts for back of neck, \(k\) 11, turn. On these 11 sts work shoulder. Knit 2 sts together at neck edge every
other row, twice. On 9 sts \(k 4\) rows, other row, twice. On 9 sts k 4 rows,
then increase by knitting first the front and then the back of st at neck edge in every other row, 5 times ( 14 sts ). Slip these sts on a stitch holder and work the other shoulder to correspond. In next row cast on 16 sts toward neck, \(k\) the 14 sts from stitch holder. On 44 sts k 5 ridges. * In next row increase a st at each end of row; k 1 row.
Repeat from * once. Then cast on Repeat from once. Then cast on across and cast on 4 sts at end of row. With white, starting on right side Repeat the 2 rows of dot pattern. Repeat the 2 rows of dot pattern.
Continue, making front to correContinue, mak
spond to back.

Sleeves. - Pick up 36 sts around armhole. With white, starting on right side of work, k 1 row, p 1
row for 8 rows, then work the 2 row for 8 rows, then work the
rows of dot pattern. Repeat white stripe and dot pattern 3 times, work 8 more rows of white. In next row, with color ( \(k 1, k 2\) together) 12 times. On 24 sts k 5 ridges and bind off.

Sew up side seams carefully.


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THAT sturdy, active youngster will 1 meet with many mishaps. Be ready, when pains comes, to give quick, soothing, healing relief. A few drops of Absorbine, Jr. after a cut, scratch, bruise or other playtime hurt, not only stops the pain but guards against dreaded infection.
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\section*{Absorbine J.}

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Woven Jute Bag

\section*{(Continued from page 46)}
so on across the entire length of the loom. Alternately carrying the twine in front of and behind the points at the top of the loom keeps the warp threads straight up and down on both sides of the loom. Otherwise they would be diagonal on the back
When all the warp threads are in place, start weaving at the top of the bag, where your uneven number of notches should bring you when warping is complete. Use as long a
piece of twine as you conveniently can to avoid joining threads oftener can to avoid joining threads oftener
than is necessary. When it is necessary to take a new thread, run it sary to take a new thread, run it
back on the inside of the bag, where it may be sewed down later when the bag is taken from the loom. The weaving is done in rounds, in closely set rows (Figure B). When you have made a row across the length of the cardboard, it is the simplest thing in the world to turn the loom over and continue with the row on the other side, going round and round in this fashion until the bag is complete. The border colors may be placed as pictured or in any preferred arrangement that sug-
gests itself. After the weaving is completed, bend down the points at the top and slip the finished bag off, when it will be an easy matter to detach it
from the other end of the loom from the other end of the loom.
The model bag was woven of blue banded with orange and black. The handles are simple long braids of the three colors - two lengths of each to a strand. Coil the ends and sew to bag as you coil. Line the bag, if you wish, with sateen or similar material:
Vacationists will find these bags handy and capacious, shoppers will
like them, and they should sell well in gift shops and at bazaars.

Explanation of

\section*{Crochet Stitches}

SLIP STITCH (sl st). Hook through DOUBLE hiread over, draw through, making two
loops on hook, over, and draw through
both. HALF TREBLE ( \(h\) t). Thread over,
hook through work, over and draw through, giving 3 sts on hook, over and draw
through all 3 sts at once. TREBLE ( t ) Thread over, hook
through work, over and draw through,
giving 3 sts on hook, (over and draw DOUBLLE TREBLE ( d t). Thread der thice, hook (4tsough work, over and
draw thrcugh 2 sts, repeat from \(*\) over and
twice. LONG TREBLE ( 1 t). Over three
times, hook through work, thread over and FILET CROCHET
(h) of 4 t . Any number of bl contains
 number of sp in 1 st row, plus 6 if row
begins with a sp, ( t in 9 th st from hook
for 1 st sp ) or plus 4 if row begins with a bl, (t in 4th st for 2nd t of bl). Chain
5 if next row begins with a sp; ch 3 if with a BD .
TO A SPACE at beginning of
row, ch \&, \(t\) in first \(t\) of previous row to add several spaces, ch 3 times the
number of sp plus \(5, t\) in 9 th st for TO ADD SPACES at the end of a It. repeat from *. DRACE OR BLOCK at \(t\) in next \(t\). To drop a number of spaces or blocks, slip st in each stitch to sp or
bl preceding beginning of next row, ch
TO DROP SPACES OR BLOCKS hook, thread over twice, skip 2 stitches
\((2 \mathrm{t}\) or 2 ch\()\), insert hook in t , thread over, draw through, thread over, draw
through two loops twice, thread over again through two loops twice, thread over again
and draw through remaining three loops.
"This Season I Have Six New Dresses Instead of Two"
"Prettier dresses-more stylish-better made-and for the first time in my life dresses that my friends say have my own individuality in every line. And they cost me less than the two I had last season. How did I manage? I made them all myself. Besides, I've made all my own lingerie and underwear and all the children's clothing. And a year ago I couldn't make a buttonhole!'
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beautifullow-priced house,porch and streetdresses. I deliver, collect and pay you every Saturday. Avweek. CAROL LEE, 1131 Gateway Station, Kansas City, Mo.

Embroidery Materials

\section*{(Continued from page 18)}

A color-placing diagram is sent with each design.

No. 25-6-21. Buffet Scarf, 18 x 54. Stamped on écru Art linen, 75 cents. Embroidery cotton, \(\$ 1.20\). No. 25-6-22. Between - Meal Cloth, \(36 \times 36\). Stamped on écru Art linen, 95 cents. Embroidery cotton, \(\$ 1.50\).
No. 25-6-23. Pillow, \(17 \times 23\) finished. Stamped gray sateen and patches: black for hair, flesh for face, lavender for fan, 65 cents. Embroidery cotton: lavender, pink, brown, yellow, red, black and green, 65 cents.
No. 25-6-24. Refreshment Set. Cloth, 34-inch, and four 10 -inch napkins: Stamped on cream linen, \(\$ 2.75\); on white Art cotton, 85 cents. Embroidery cotton, 60 cents.
No. 25-6-25. Buffet Set. Centre, \(12 \times 18\), and two 12 -inch doilies: Stamped on white linen, \(\$ 1.45\); on white Art cotton, 75 cents. In
either case the edges are hemstitched for crochet. Embroidery cotton, blue, pink, lavender, yellow, green, and black, 40 cents. White crochet cotton, 20 cents.
NAPKINS. Cloth, 34 inches, and six 11 -inch napkins: Stamped on white Art cotton with rose gingham for patches, \(\$ 1.00\). Embroidery cotton, patches, \(\$ 1.00\). Embroidery cotton,
rose and black for outlining design rose, blue, green, lavender, and orange for embroidering patches in satin, single, outline, French knots, and lazy daisy stitches, 90 cents. No. 25-6-27. Card Table Cover,
\(34 \times 34\). Stamped white Art cotton, 60 cents. Red, tan, and black embroidery cotton for working design in outline, satin, and single stitches, 25 cents.

Stamping Patterns
No. 25-6-21. Perforated, one-half length (reversible), 40 cents. No. 25-6-22. Perforated, 60 cents.
No. 25-6-23. Perforated, 45 cts : transfer, 25 cent

\section*{No. 25-6-25. Perforated, 50 cents}

No. 25-6-26. Perforated, 65 cts

\section*{Interesting Crochet}

\section*{(Coitimued from page 10)}
wide. Turn in the edges \(1 / 8\)-inch, fold together lengthwise through the middle, baste to hold edges together and press. These are the hems which will later be applied between the inset corners of the cloth. If
you will examine the pictured cloth you will see that while corners are set flush with the bottom of the hem, side insets are set above hems. Turn narrow hems on the square
of linen and baste to hold. Place the side insets at the centres of their respective sides, flush with the bottoms of the hems. With a thread of the fabric weave as a guide to
assure a straight line, whip each inassure a straight line, whip each in-
set to the linen and buttonhole in position, the purl edge of the buttonholing toward the linen.
Set the corner insets on the linen, allowing each to extend \(11 / 2\) inches hem on the outside edge. This provides for the hem you will soon be ready to apply and two rows of filet meshes. Buttonhole corners to linen as you did insets.
Cut away the linen from beneath the insets and the corners. with 2 ch between. Then work two rows of spaces from corner to cornets. Whip the hems you have presets. pared to these rows of spaces.

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For over half a century physicians, nurses and mothers have found "Vaseline" Petroleum Jelly a safe, soothing and healing dressing for cuts, bruises and bumps. No first aid kit or family medicine cabinet is complete without "Vaseline" Petroleum Jelly.
It does not deteriorate with age but is good to the last little dab. It protects against dirt and air and lets nature rebuild and heal.
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\end{aligned}
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Holestitch Work

\section*{(Continued from page 11)}
threads are cut and drawn. Do one corner, cut and draw up single threads to next corner to mark width of border, buttonhole this corner as before, and so on around all four sides, so that the border will be true to a thread. Now draw the rest of the threads and proceed with your pattern. The figures in the corner spaces are put in after the The flower completed

The flower pattern of this border pretty and easy to do. Commenc

ing at a corner overcast the first bar as in (I). \(2 d\) and 3 d rowes are "holestitch." \(4 t h\), three holestitches a either end and overcasting between \(5 t h\), overcast at either end and same as \(4 t h\), followed by two rows holestitch. Repeat from \(4 t h\) row holestitches. In order to accom plish this it may be necessary to vary

the number of threads in the fina group in order to have pattern com out even. It should properly be the same on both sides of corner
Before making the little corner figures, buttonhole over the end bars of the intersecting borders, lay a
thread across each corner and make four little Hedebo points meeting at the centre. When the last one is completed, join the tips and weave a few stitches over and under around the joining to make secure
If it is desired to further ornament the ends of a runner with additional rows of drawnwork, as in the case done after the outer border is com pleted. Having decided the width pleted. Having decided the width you wish it to come, cut and draw threads from the centre to withit a quarter inch of the border on eacl side, thread each one into a needle and weave back into the quarter-inch margin before cutting off. This
gives an edge finish to the narrow fabric bar which is neat and secure Now work the border starting with a row of holestitch and using the edge of the fabric for the upper bar Swedish weaving can be very prettily combined with ing in developing patterns. The runner is an example of this. Here the solid flower forms were darned with pink over bars of wrapped threads. (See illustration.) For the foundation of this border make 1 st row all holestitch. In \(2 d\) omit three holestitches at centre. In \(3 d\) omit three holes either side of centre. \(4 t h, 5 t h\) and 6 th rows are overcast bars.
row corresponds with \(3 d\), \(8 t h\) with \(2 d\) and \(9 t h\) is all holes same as 1st The woven or darned figure is worked on the overcasted bars, with the sort of thread ordinarily used for Swedish weaving; fast color mercerized cotton is very pretty


Blue=jay is the delightful way to end a corn A tiny cushion, cool as velvet, fits over the cornrelieving the pressure. The pain stops at once. Soon the corn goes. Blue=jay leaves nothing to guess-work. You do not have to decide how much or how little to put on. Each downy plaster is a com plete standardized treatment, with just the righ amount of the magic medication to end the corn

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