

ming or running any material, instead of pinning the fabric to one's lap, as every woman is tempted to do to make the work go easier, put the material in the bird's bill, which opens by means of a spring, and holds it firmly.

Elastic belting studded with steel, in belt lengths can now be bought, and the belt can thus be worn with different buckles. The belting comes in several colors and black and white, and costs from 49 cents up to \$7.50 per belt length, according to width and quality of material.

The abnormally large arm-hole is the height of fashion, and is often the one touch which makes this year's summer frock seem different from last season's. To give a last year's dress a wide armhole effect, use a band of either ribbon or lace insertion, and sew carefully around the seam of the sleeve at the shoulder, letting it reach about four inches below the shoulder seam at the back and front. Then extend the band about four inches down on the waist in front, continuing it around so that it will give a good curved line at the back.—Woman's Home Companion.

For the Home Seamstress

The broad-shouldered effect is given to the shirt-waist, not by cutting the shoulder seam extra long, but by giving the correct line of the shoulder seam; otherwise, the sleeve can not be properly put in, and will droop over the arm, giving an ill-fitting appearance to the waist. It will be best to get a plain, up-to-date pattern of the proper bust measure and cut from this.

In most cases, variety is given by different arrangements of trimming, rather than differences in shape of garment. In cutting, the "grain" of the material at both the center of back and front must run the same way. Even with a well-fitting pattern, it is almost always necessary to make some adjusting alterations, as the individual measurements of different persons vary in some particulars.

When tucks are to be used, no matter how shaped or grouped, the lengths of back and fronts of the waist should be torn from the material and the tucking done on these straight pieces. By so doing, the possibility of the two sides being unevenly spaced is done away with. If insertion is to be used, in order to avoid the waste of insertion, it is better to cut the material

CHANGE IN FOOD Works Wonders in Health

It is worth knowing that a change in food can cure dyspepsia. "I deem it my duty to let you know how Grape-Nuts food has cured me of indigestion.

"I had been troubled with it for years, until last year my doctor recommended Grape-Nuts food to be used every morning. I followed instructions and now I am entirely well.

"The whole family like Grape-Nuts, we use four packages a week. You are welcome to use this testimonial as you see fit."

The reason this lady was helped by the use of Grape-Nuts food, is that it is predigested by natural processes and therefore does not tax the stomach as the food she had been using; it also contains the elements required for building up the nervous system. If that part of the human body is in perfect working order, there can be no dyspepsia, for nervous energy represents the steam that drives the engine.

When the nervous system is run down, the machinery of the body works badly, Grape-Nuts food can be used by small children as well as adults. It is perfectly cooked and ready for instant use.

Read, "The Road to Wellville," in pkgs. "There's a reason."

by the pattern. Baste the insertion through the center to the right side of the material, and stitch the edges by the machine on each side; then cut the material from underneath, leaving about an eighth of an inch on either side to be turned back and stitched down to prevent fraying.

Care must be taken in putting the parts together, giving due attention to both collar and belt. The fullness should fall in straight lines from the shoulder to the waist line, whether the figure is stout or slim. Do not bring the fullness to a very narrow space either at center back or front. Keep the waist smooth under the arms, with an easy fit that does not pull when the arm is raised. Distribute the front and back fullness so as to keep the straight line of the goods from the shoulder down, and pin the band to the waist at intervals of two inches.

The collar band is made of a double fold of the goods threequarters of an inch wide. Long or threequarter length sleeves will be worn; tailored waists should have the long sleeves and narrow cuffs two and a half inches wide.

Lingerie Waists

To prevent the lower portion of the shirtwaist "bunching" below the waist-line, put the garment on after it is otherwise completed, and adjust a strip of tape about the waist-line. Arrange the waist carefully at the back, the sides, and particularly the front, making the fulness at the front lie in a becoming manner. Do not draw it too closely to the center-front, and do not draw it down too tight. The loose, blousing effect is no longer good style, but when the skirt-belt and the outside fancy belt are fastened, they will take up some of the length, and the waist, to look well, and to feel comfortable, must lie in an easy line from the neck and shoulders to the waist-line. Pin the tape very carefully; remove the waist and, with a colored thread, mark at each edge of the tape, where it crosses the fulness in front. Measure on the tape the exact width into which this fulness is confined, remove the tape and gather along each of the colored thread-lines, drawing the gathers to the same width as when held by the tape. Cut the lower part of the waist across the gathered section, cutting one-quarter of an inch below the lower row of gathers and making the cut as far toward the underarm seam as these gathers extend; straighten out the cut portion and seam it to the gathered section; it will be very much wider than the latter, so cut off the extra width, on a line with the front part of the waist. Find the seam just made, or face it to cover the raw edges, the facing forming a narrow stay-piece under the gathered portion to which it is to be hemmed. Hem the front and lower edges of the seamed-on piece; this little piece prevents the front from pulling up. A stay-piece may be stitched across the waist-line at the back, holding the fulness to the same width as did the tape; buttonholes or covered rings may be sewed to this stay-piece to receive the hooks sewed on the skirt-belt at the back. This will keep the skirt and waist together.—Ladies' World.

Query Box

"M. C."—Wishes to know how to clean panama hats.

Ella R.—Match the color of your eyes and hair.

T. D.—"Rev. Doctor" is good usage.

Mrs. C. W. P.—Your sunny letter appreciated. Say to the "rascal" that he is forgiven. Thanks for recipes.

Mrs. C. E. T.—Thanks for kind words, also for tested recipes. It is claimed the colors are "fast," but I do not know.

"Ignorance"—Complaints and suggestions regarding rural route should be sent to fourth assistant postmaster general, Washington, D. C.

Mrs. L.—Castile soap, even of the best, does not agree with all skins. The drawn, stiff feeling may be relieved by wetting in vinegar, and using a little cold cream.

L.—Equal parts of table salt and baking soda tied up in a thin cloth with which to rub the teeth, will usually take off the dark spots. The salt will harden the gums, and the soda will act upon the acids.

T. D.—The iron stains may be removed from marble by using equal parts of fresh spirits of vitrol and lemon juice shaken together in a bottle. Wet the spots with this, and in a few minutes rub off with a soft linen, polishing with chamois skin.

A. F.—A good tooth brush powder is made by combining one ounce each of powdered orris root, myrrh and arrow root with five ounces of prepared chalk. Or, take two parts of orris root and one part each of prepared chalk and powdered castile soap. Rinse the mouth well after using.

John C.—To sweeten the water in the cistern, tie broken bits of charcoal (not pulverized) in little cheese-cloth bags holding a pint, and drop half a dozen of these into the water. This will not discolor the water, and when the water in the cistern gets low, the bags can be fished out and fresh ones dropped in. They are good for one or two seasons, and can be removed as often as desired.

Old Fashioned Blood Purifier

For this season of the year, the old-fashioned "sulphur and molasses" treatment is recommended by many as having a marked effect in clearing up the complexion. Take of cream of tartar and flowers of sulphur, one ounce each; rub thoroughly well in a teacup to crush all lumps; to two tablespoonfuls of this mixture, add six teaspoonfuls of syrup or molasses, mixing well together. Of this mixture, take each morning before breakfast, and each night before retiring, one teaspoonful, for three consecutive days; then omit three days, repeating the dose on the next three, skip three days, and take for another three, making nine days that you have taken it. This is usually enough. Be careful about getting wet while taking the sulphur. Eat plenty of lettuce, onions, old-fashioned salads and "greens" for clearing the complexion.

Tuberoses

Tuberoses bloom but once; after that, it is as well to throw the bulb away. The bulbs should be started early in the season; cut the old dry roots from the base of the bulb, and put them in pots of rich, sandy soil, and give plenty of water and sunshine after they begin growth. They bloom in October, and the fragrance is delightful.

Things to be Done Now

At the changing of the season, there are so many things that should be looked after before they are absolutely needed, that it is well to begin in time. In looking over the screens for doors and windows, replace all torn and rusted wire with new, and paint the whole thing—netting and frame, looking after the fastenings and getting everything in readiness for putting them up.

An excellent way to screen windows, both upstairs and down, is to make the screens the size of the whole window opening, and by this you can raise or lower either sash, as you please. If it is not practicable to make frames for the screens, tack the wire over the whole window frame on the outside. This will prevent things being thrown out of the window, which is often the cause of an untidy condition of the grounds around the house, especially under the windows.

To hold the screen doors shut, automatically closing it against the wind, use a wheel lock, to be had of your merchant. At night the screen can be

locked as usual. Screen doors and windows are not to be classed as luxuries, for they protect the family against the filthy house fly and the mosquito, to say nothing of the bugs and moths which annoy one unprotected after lamplighting.

Do not allow water to stand in pools, or other places about the house. If the "rain-barrel" is kept, see that it is well covered, so no mosquitos can breed in it. Old pots, old pans, buckets, kegs and the like—in fact anything that will hold water—should be looked after and emptied. Fight the flies and the mosquitos.

Burn all old rags, bones, shoes, old straps, pieces of ropes, and other unsightly litter that lodges about the house. Put everything in either the garbage can, kindling pile, or on the manure pile at the stables. Use plenty of fresh lime, copperas, and other disinfectants, plentifully about the premises, and especially about the house and house grounds. It is easier to keep healthy than to bring on sickness.

BETTER THAN MEDICINE

The Natural Functions of the Body
May be Restored Without Re-
sort to "Tonics" or
Other Drugs

Persons who are addicted to the "medicine habit" will be surprised to learn how easily the natural functions of the body may be restored without resort to "tonics" or other drugs. The road to health and strength is through a natural food that combines in well-balanced proportions all the elements that are needed for the complete nourishment of the body prepared in a digestible form. Such a food is Shredded Wheat. It contains all the strength-giving elements in the whole wheat, made digestible by steam-cooking, shredding and baking. It is the nurse's favorite—an ideal food for convalescents and those who are recuperating from wasting diseases.

Here is unsolicited testimony from far away England showing that knowledge of the cleanliness and nutritive value of this food is not confined to this country where it is made, but that it has a world-wide fame as the best of all cereal foods:

"135 New Kings Road,
Fulham, S. W.,

London, England, Feb. 26, 1907.

"To the Shredded Wheat Co.

"Gentlemen: It gives me very great pleasure to say how very highly I esteem your Shredded Wheat Biscuits. I consider them to be an ideal and a perfect food. I have found them personally very valuable when suffering from indigestion and unable to digest starchy foods. I find them also excellent as a baby food—my youngest little daughter for some time ate nothing else; in fact, refused all other kinds of food, and we have now in our home a baby son aged nine months who is fed entirely on Shredded Wheat and milk—we called him the Shredded Wheat baby, and he is a particularly healthy and amiable child. Everyone who sees him remarks what a very fine baby he is. I am sure all mothers would do well to bring up their babies on this splendid food. You are at liberty to use this in any way you wish."

Yours truly,

(Signed) A. F. Whitmore."

Shredded Wheat Biscuit and Triscuit are sold by all grocers. The Biscuit is delicious for breakfast or for any meal in combination with fruit. Triscuit is the Shredded Wheat wafer, used as a toast with butter or cheese. Triscuit is the favorite food for luncheon, for campers, for picnics and for excursions on land or on sea.

Shredded Wheat products are manufactured by the Natural Food Company at Niagara Falls, N. Y. Your grocer sells them.