

## Fashion Notes for July



Paris decrees wide brim hats for early summer wear.

Parasols combine chic with quaintness to becomingly shield milady from the warm rays of the summer sun. Yes, madame, your peach like skin must be tenderly protected.

Rubies and garnets for July, eh? What? For the poet puts it: "And the rubies boast their crimson 'gainst the fairness of her skin."

And, of course, we must have wraps for summer's varying moods. But we hope for a long spell of dry weather. A sleeveless Balkan jacket of cote centaur, embroidered in mellow red, blue and gold adds a distinctive note to an all white costume. Banded with white fur it makes an ideal summer wrap for formal sport or summer wear.

The tubular type endears itself in new models for sports and town daytime wear.

The allure of summer's formal frocks finds expression in laces and supple crepes in divergent silhouettes.

Prints and plain crepes interpret summer fancies in day dresses.

Dainty frills and dignified laces share favor in distinctive summer frocks.

Suits and coats vie in smart appeal for summer needs; and scarfs play the role of enlivening subdued and gay trotteurs.

Slenderizing girdles and reducing garments, particularly Madame X, hold the attention nowadays.

White kid, in combination with black trimmings, predominates on footgear program for summer sports.

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# Reflections of the Mode

## A Lesson in Hosiery Shopping

By ALMA KARGES.

WE have the dictators of fashion and quality, and we have the imitators of fashion and quality. In these days of imitations, so few women are acquainted with quality hosiery and the "ear marks" that put it in the "quality class" that the imitators are "waxing strong and growing fat".

Possibly the greatest of all imitations in quality hosiery is that used on Full-Fashioned hosiery. The name "full-fashioned" has been greatly misunderstood. It has but one meaning, in hosiery, and that is—"the stocking that is actually shaped to fit the leg."

The uninformed shopper can quickly distinguish Full-Fashioned from all other imitations by these infallible tests:

Every Full-Fashioned hose has in the inner hem a gap, which has purposely been left open to afford greater elasticity. The non-full-fashioned hose does not have this gap.

The seam in a Full-Fashioned hose is a true seam; it actually closes together two edges of fabric, and extends from the toe to the top of the hose. The mock-seam hose does not carry a real seam—merely an imitation seam that is put into the stocking after it is taken from the circular machine on which it is knit.

The shaping in the calf of a Full-Fashioned hose is noticeably different from all other kinds: In the Full-Fashioned stocking there is a "branching out" of the threads on either side of the seam which gives it its very necessary fit, and also, extra threads are here used to give width.

In the ankle of a Full-Fashioned stocking all extra threads used in the calf of the stocking are absorbed, and here we find the most striking difference—the ankle is slim and shapely.

While we quite often find neat, slim

ankles in the mock-seam or non-full-fashioned hose, we do not find this "branching out of the threads at either side of the seam".

Another sure test is in the toe of a Full-Fashioned stocking; the side of the toe comes to a decided "diamond point", while we find no such "diamond point" in the mock-seam stocking.

The Full-Fashioned stocking is desired because it fits, it retains this shape, and in retaining the shape, wears longer and looks best.

There are also many imitations of quality in the matter of the silk thread used in knitting stockings, but there are few women who do not know the difference between artificial (fibre) silk and pure silk. The only deception used in pure silk is "loading" the weaving of a "foreign thread" with a pure silk thread.

Artificial or fibre silk is easily recognized by the feel—it is coarser and more brittle—while pure silk is soft and will crush to the touch.

The shopper need not worry a great deal about those deceptions.

When Full-Fashioned hosiery is desired, she can assure herself by asking the clerk to show her where and how it is "full-fashioned".

If pure silk is wanted, there is really only one reliable test and that is complete confidence in the store where she is shopping.

The careful shopper need not pay exorbitant prices for pure silk, Full-Fashioned hosiery, but it is always well to remember that unless it is "quality", no matter how cheap, it's expensive.

P. S. Fashion notes from Paris tell us that "Rose Petal" in chiffon hosiery is a particularly attractive shade with the summer frock.



## Better Breakfasts

REMEMBER the story of the almost blushing bride who was asked by the minister, "Miranda, does you take this man for better or for worse?" And the lady answered, "Pawson, if he gets any better I'll be much obliged and he jes' can't get no worse'n what he is."

Sort of the way we take our breakfasts—for better or for worse. Sometimes they're better and the whole day goes more smoothly and easily. Sometimes they're worse and by 10 o'clock in the morning we feel like fury and act worse.

Children depend upon their breakfast for a whole morning of school work. A man needs it to supply the energy for four or five hours at the beginning of his business day. The mother of the family ought to have a substantial breakfast because morning is usually her time of greatest activity. And yet, so often, breakfast is the last meal to be given any thought or planning. Good hot lunch for the school children, a carefully selected and wonderfully cooked dinner for evening but a hastily cooked breakfast, that leaves everyone at nervous tension, isn't good policy.

There are a good many things to be considered in planning for breakfast. The kind of work the various members of your family are doing, their ages, your own time and strength. People who are doing physical outdoor work can eat and digest a much heavier meal than those who are doing brain work indoors. Children and old people need very simple food, while the other members of the family can take care of more meat and hot breads. If you are a home keeping housewife you can plan on breakfasts that require more time in cooking and clearing up afterward. But if you too are a wage earner, so that every minute and every

ounce of energy counts, then the breakfast must be planned to give you the most nourishment for the least effort.

Codfish balls and creamed fish flakes are a change from the conventional bacon and eggs and quite as easy to prepare if you use the packaged products that leave you only the finishing touches to do. One can of codfish balls may be patted into six small flat cakes and browned crisp and delicious while the coffee is percolating. Two cups of simple cream sauce and a bit of chopped parsley mixed with a can of fish flakes makes them ready to put on toast or to use as a filling for a light as feather omelet. A few slices of crisp bacon give a finishing touch that is delightful and adds its share of energy for the morning work.

Whenever I hear a housewife complain that there is "nothing new for breakfast," I always remember that old verse about, "Miss Flora McFlimsey of Madison Square had 400 dresses and—nothing to wear." The grocery shelves are full of new ideas for breakfast, loaded down with them! Just waiting for you to make your special selection. And once you get into the spirit of making a game out of your breakfast planning you will get enjoyment instead of monotony.

There is no law against serving other cereals fried, beside corn meal mush. And the frying gives them a new appeal. Strained honey or jelly served with fried cereals or pancakes or waffles will pep your interest and appetite. And yet they can be bought, ready to use, as easily as any syrup. Creamed dried beef served over graham baking powder biscuit instead of on toast, makes an appetizing breakfast dish.



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