

the stove is cold, and it will soon harden. Do this some time when there will be no fire in the stove for at least half a day.

M. K.—To clean the mica in stove doors when smoked, take it out and thoroughly wash it in weak vinegar; if the black does not come off at once, let soak a little time.

School Girl—For framing the holiday postal cards, passe-partout the edges; or if you have something you especially wish to keep, the ten cent stores carry some of the prettiest little frames that sell very cheaply and look very well indeed.

Mrs. L. wishes to know what sweet breads are. The sweet breads mentioned among eatables are what is known as the pancreatic gland of the animal, and those of veal are the ones used in cookery. The thymus gland is sometimes passed upon inexperienced persons as a small sweet bread, but are not used by experienced persons.

Magazine Lover—Gray or brown linen, rather coarse, folded into the size necessary to hold the magazine, single or in file, and the magazine fastened in it, is an inexpensive and serviceable holder. Ready-to-use magazine holders can be had cheaply at book stores.

Health Notes

We are told that "In all acute diseases, the physician should be consulted in regard to what the patient should eat." But did it ever occur to you that very few physicians know enough about food stuffs to give any really valuable advice? Then, too, no one can prescribe a diet for another, for what will, under some conditions, be the right thing, under other conditions, will be wholly wrong. In order for best results, the most careful oversight must be constantly given, and the diet changed as the symptoms indicate. Only general advice can be given, and even then it is mostly guesswork. Very few people know enough about such things to enable them to diet themselves properly; but they should have some general idea of the effects of foods on their system. Where the sewage is clogged and digestion faulty, what is laxative to one will have no effect on another; yet if the right food be used, the cathartic drug will never have as satisfactory effect as will the proper foods. Watch carefully the effects of what you eat, and keep the appetite under control.

We have been taught so long that "bread is the staff of life" that many of us are surprised when told that to some digestions, bread, or cereal products, in any form is simply poison. We are not a nation of masticators, and all starch foods begin digestion in the mouth through thorough mastication and mixing with the saliva before it is passed on to the stomach. Then, too, many food stuffs are not digested in the stomach, but must be passed on to the intestines, after certain preparations begun in the mouth and stomach. We cannot depend on our appetites to act as safe guides to the foods we needs must have. A very great deal of the value of our foods depends on the mental condition we bring to their consumption. "A merry heart is better than medicine," and is one of the best aids to digestion that can be found.

Winter Dieting

It is conceded by all that in cold weather the body demands a more free use of fats and sweets than can be eaten during the hot season, because such foods are fuel needed to keep up the bodily warmth. Where hot drinks, such as milk or cocoa, cannot be used during the summer, they are welcomed when cold weather comes. Nature creates an appetite for such things as are needed. For the children's school lunches, a cake



Sleeves may be either long or short. The pattern 6332 is cut in sizes 14, 16 and 18 years. Medium size requires 4 1/2 yards of 36 inch material.

6373—Ladies' Dress.—This stylish one piece dress has a vest in the new style and the sides of the bodice mark each side of it. There is a wide collar across the back continuing along the edges of the front of the blouse. The plain sleeves are set in without fullness. Attached to this blouse there is a four gore skirt, opening in the centre of the front. The dress pattern, No. 6373, is cut in sizes 34 to 42 inches bust measure. Medium size requires 4 1/2 yards of 44 inch material, with 1/2 yard of 18 inch goods for vest.

6330—Girls' Dress.—Serge, cheviot or cashmere can be used to make this dress with a belt of ribbon or velvet. The dress closes at the front and is made with a round neck and short sleeves. The pattern 6330 is cut in sizes 6, 8, 10 and 12 years. Size 8 years requires 2 1/2 yards of 36 inch material and 2 1/4 yards of ribbon for a belt.

6397—Ladies' Waist.—Any of the pretty silk materials can be used to make this waist. It can be made with long or short sleeves. It can also be made with or without the box-plait at the front, with a frill of lace at each side of the box-plait. The pattern 6397 is cut in sizes 34 to 42 inches bust measure. Medium size requires 2 1/2 yards of 36 inch material.

6417—Ladies' Shirt Waist.—This plain, serviceable model has no frills anywhere. It closes without the usual band down the front, but it has a useful patch pocket. The turnover collar is soft and has deep points and the plain shirt sleeve is gathered into a regulation manish cuff. Such a design is good for linen, French flannel and other serviceable materials. The waist pattern, No. 6417, is cut in sizes 34 to 42 inches bust measure. Medium size requires 3 1/2 yards of 27 inch material.

6399—Boys' Russian Suit.—While the Russian suit remains the proper dress for little boys it is now cut on straighter lines. Our model also has a very low, diagonal closing, with the popular vest in front. There is also a wide collar at the neck. The sleeves are tucked at the wrist, but may be gathered into a cuff. Little bloomer trousers complete the suit which may be of wash materials or of light weight woolsens or of velveteen. The suit pattern, No. 6399, is cut in sizes 2, 4 and 6 years. Medium size requires 2 1/2 yards of 44 inch material.

6381—Ladies' Dress.—A charming model, closed in front, with drop shoulders and a square front yoke. The neck is trimmed with a small ornamental collar. The sleeves are gathered into a deep cuff at the wrist, but may be shortened if preferred. The skirt can be made with or without a seam in the centre of the back. The pattern 6381 is cut in sizes 34 to 42

of milk chocolate, maple sugar, or kindred sweets are better than cake or pie.

Coarse foods that do not digest readily, should be eaten with foods which tend to lessen the activity of the excretory organs, and the sewage of the body should be kept open by laxative foods. Constipation is more prevalent with children than is realized, and it is one of the worst ailments that can afflict either the child or the grown-up; it can be greatly ameliorated, and, with care be completely done away with by the use of proper foods.

Especially in cold weather should the family be sent about their various businesses only after partaking of a nourishing breakfast. A breakfast of weak coffee or tea, baker's bread, and a bit of so-called butter; or even

inches bust measure. Medium size requires 4 1/2 yards of 44 inch material.

6364—Ladies' Skirt.—This plain two gore skirt is one of the fashionable peg top designs. The material widens out just at the hips and thus a little fullness is given in both front and back. The raised or regulation waistline may be used and the closing placed at either side seam. The skirt pattern, No. 6364, is cut in sizes 22 to 30 inches waist measure. Medium size requires 2 1/4 yards of 36, 44 or 54 inch material.

6340—Children's Dress.—A pretty design which may be as plain or as dressy as one desires is shown in this illustration. The contrasting yoke and the smart little tabs holding the sash may be omitted if one wishes an extremely plain little dress. These add greatly to the effect however when a more dressy appearance is desired. The pattern 6340 is cut in sizes 2, 4, 6 and 8 years. Medium size requires 2 1/2 yards of 36 inch material.

6300—Ladies' Work Apron and Cap.—This garment is called an apron because it can be worn over the dress, but it can also take the place of the dress as it is made just like one. It has an empire waistline, with a plain blouse and a plain gathered skirt, short sleeves and patch pockets. The closing is in the back. Gingham, calico and the like make neat aprons. The apron pattern, No. 6300, is cut in sizes 34 to 42 inches bust measure. Medium size requires 5 1/4 yards of 27 inch material.

6335—Boys' Box-Plaited Dress.—This dress for a little chap is made on easy, comfortable lines. The box-plaits extend from the shoulder to the hem both front and back. A stitched belt of a contrasting material with the dress encircles the long waist and closes with a single button. Sleeves may be either long or short. The pattern 6335 is cut in sizes 1, 2 and 3 years. Medium size requires 2 1/4 yards of 36 inch material.

6516—Ladies' Dress.—Serge, cheviot or charmeuse can be used to make this dress. The dress closes at the left side of the front. The body and sleeves are made in one piece. The one piece skirt can be made with either the high or regulation waist line. The pattern 6516 is cut in sizes 34 to 44 inches bust measure. Medium size requires 2 3/4 yards of 54 inch material.

6375—Girls' Dress.—Serge, cheviot or linen can be used to make this dress with the collar and cuffs of contrasting material. The dress can be made with either the long or short sleeves. The skirt is cut in three gores. The pattern provides for a removable shield. The pattern 6375 is cut in sizes 6, 8, 10 and 12 years. Size 8 years requires 2 1/2 yards of 44 inch material and 1/2 yard of 27 inch contrasting material.

6421—Ladies' Dressing Sacque.—This is a one piece garment, sleeves and body cut in one, but if the material be narrow a seam may be placed in the centre of the back. The wide collar should be of lace or embroidery, which may also form the border of the cap. Crepe, silk, challie, French flannel or cashmere will be suitable materials for this garment. The dressing sacque pattern, No. 6421, is cut in sizes 34 to 42 inches bust measure. Medium size requires 4 yards of 27 inch material.

6323—Ladies' Waist.—This serviceable design shows a modern shirt waist with fronts tucked and a box pleat for the closing but with the back plain. The neck may be finished with a band for a high collar or it may have the more ornamental turnover collar. The plain shirt sleeve ends in a regulation cuff at the wrist. The waist pattern, No. 6323, is cut in sizes 34 to 43 inches bust measure. Medium size requires 3 yards of 36 inch material.