

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



To be just right, the clothes of the growing miss must have a bit of dash.

The jacket dress has a definite smartness and practicality too. For it is equally attractive when the jacket is discarded.

This dainty model is delightfully carried out in nine green linen. And to be ultra-smart, it trims its jacket with a yellow gingham overlaid in green. The dress repeats the trim in bows at the front, and for the modish cap sleeves. The skirt is so cute in box-pleat effect as the front and circular at the back.

The dress may also be worn without the jacket.

Numberless fabrics are suitable for this swagger outfit as shantung, novelty pique, crepe de chine prints, rayon novelties, jersey and cotton mesh.

Style No. 3145 may be had in sizes 6, 8, 10, 12 and 14 years.

Size 8 requires 3 3/4 yards of 35-inch material with 1/4 yard of 35-inch contrasting.

Vacation Days are here again! So nearly here, at least, that it's time for you to be thinking about your Summer wardrobe.

Be sure to fill in the size of the pattern. Send stamps or coin (coin preferred.)

Price of pattern 15 cents.

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A Morning Smile

Whistler, the famous artist, was once walking with a friend when he stopped abruptly beside an astonishing dirty specimen of the London street arab. The boy fidgeted a little under Whistler's prolonged scrutiny, and was on the point of moving off when the artist asked abruptly, "How old are you?" "Seven, sir," was the reply. "Oh, you must be more than that!" "No, sir," the boy protested. "I ain't!" "Are you quite sure?" "Yes, sir. I'm just seven." Whistler turned to his friend. "I don't think," he commented. "He could get so dirty as that in seven years, do you?"

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Old Reliable Prune Admits No Season

Plays All Year Round Part in Pantry and Table Arrangements

Even with fresh fruits beginning their season with us, we may still have a place for the faithful prune. The number of people who are cutting down on sweets from a standpoint of health, is greatly on the increase. There is a class, too, that can take no acid fruit. The prune is not acid, calls for a little sugar, and even where sugar is used, can be taken with less harmful effect than can the desserts made of other fruits. Housewives who have not developed its possibilities are offered these of our favorite recipes, evolved in our kitchen, and are recommended to try individual genius on what is a wholesome foundation for any number of nutritious and attractive dishes.

**Prunes Whip Parfait.**  
One-half cup stewed prunes, stoned and mashed; one-half cup raisins, seeded and boiled or simmered in sufficient water to keep from burning; pinch of salt; about eight marshmallows, cut up in half cup of cream, or rich milk, and steamed in double boiler until soft, then beaten until smooth. Into marshmallow mixture whip the other ingredients, and set dish in refrigerator to chill. When ready to serve, heap in small compotes, pour over a good thick cream, and sprinkle with pecan nuts, broken fine.

**Cereal Pudding Pruned.**  
One cup of cold wheat hearts, or other cereal; two cups sweet milk; heaping teaspoonful butter; half-teaspoonful salt; yolks of two eggs; sugar to taste; flavor with lemon extract.  
Mix ingredients and cook slowly in buttered baking dish. When firm remove from oven, and cover with stewed prunes from which the stones have been removed, spread over this the beaten whites of the eggs to which has been added four table-spoonfuls sugar, a pinch of salt, and lemon extract. Return to lower oven until lightly browned; serve with or without cream.

**Pudding of Left-Overs.**  
One-half cup of cold oatmeal; one egg, white and yolk beaten separately; pinch of salt; two table-spoonfuls butter, melted; six prunes, stoned and mashed smooth; two table-spoonfuls cold baked or fried apple; nutmeg, two table-spoonfuls sugar; one-half cup sweet milk. Mix all ingredients except egg-white; bake in modern oven. When light brown and firm, spread over the white of egg, into which has been beaten two level table-spoonfuls of sugar and one-fourth a teaspoonful of salt. Brown under gas flame, serve with thick cream.

**Prune Roll.**  
One table-spoonful grapefruit or

lemon juice; one table-spoonful sugar; one teaspoonful flour; two-thirds cup mashed prunes; one-third cup seeded raisins.

Cover raisins with half-cup of water and allow to simmer half an hour. To the prunes add sugar, grapefruit juice, pinch of salt, and the flour which has been dissolved in a little cold water. Now put in raisins, and cook mixture until it begins to thicken, about three minutes. When of the proper consistency, spread on biscuit dough that has been rolled very thin, one-half the dough being folded over the other and the edges pressed together with a fork; serve with cream sauce.

**Cream Sauce.**  
One cup loose cream (or one cup sweet milk and a teaspoonful butter); pinch of salt; sugar and nutmeg to taste; heat to boiling point and serve.

**Jellied Prunes.**  
1-2 lb. prunes  
3 cups of cold water  
1 cup sugar  
1-2 cup cold water  
2 table-spoonfuls of gelatin  
1-4 cup of lemon juice  
Wash the prunes and soak them overnight in cold water. Then cook them slowly in the water in which they were soaked until tender. Drain and measure off two cupfuls of prune juice. Make the jelly in the same way as it is given in the direction for rhubarb jelly, and when it begins to thicken add the prunes. Serve with cream and sugar or with custard sauce.

**Prune Pudding.**  
1-2 lb. prunes (about 24)  
2 cups cold water  
1 cup sugar  
1 inch piece of cinnamon  
1-1/8 cups boiling water  
1-8 cup cornstarch  
1 table-spoonful lemon juice  
Whipped cream  
Soak prunes in cold water overnight and cook in same water. Remove the pits from the prunes, return to the juice, add sugar, cinnamon and boiling water and simmer 10 minutes. Dilute corn starch with enough cold water to pour easily, add to prune mixture and cook five minutes. Remove cinnamon, add lemon juice and stir. Pour into a mold and place in refrigerator to chill. Serve with whipped cream. Serves six.

**Prune Cream Pie.**  
Cooked pitted prunes  
Cream filling  
Pastry  
Meringue  
Cover the outside of an inverted pie pan with pastry, prick well with a fork and bake in a hot oven. When the shell is cold, fill it with alternate layers of your favorite cream pie filling, and the prunes which have been cooked, drained, pitted and cut up. Cover the top with meringue and brown in a slow oven. 275 degrees F.

Give Your Wife a Rest Dorothy Dix Urges Restful Vacations for Women

I Beg Every Husband to Give His Wife a Vacation, Says Dorothy Dix — It is an Ironical Thing That the One Individual Who Needs One More Than Anybody Else Practically Never Gets One

These words are addressed to husbands only. See that your wife takes a vacation, Mr. Husband, and alone, if possible. It is an ironical thing that the one individual who needs a vacation and a change of scene and rest and relaxation more than anybody else in the world practically never gets them.

Everybody knows that the tired business man must have a vacation if he is to keep fit and efficient for his work. Everybody can see that the stenographer and the saleswoman must have a surcease from the everlasting monotony of pounding a typewriter and taking dictation or selling goods. But nobody ever thinks that the wife and mother and housekeeper ever needs to get away from her job and just sit down on the do-nothing stool for a little while.

Yet no other human being works as hard as she does. No other labor is as monotonous as hers. She literally goes round and round in a treadmill in which she is forever cooking meals that are eaten and then cooking other meals that are eaten and still other meals that are eaten, and so on ad infinitum. Sweeping floors that have to be swept up again within an hour. Washing little faces that have to be washed again the next minute. Darning stockings and patching clothes that have to be redarned and repatched again and again. No task of hers is ever done. No achievement completed.

The eternal grind goes on day after day. Cooking 365 breakfasts and dinners and God knows how many in-between meals. Going to the butcher and the bakers and the grocers 365 times a year. Answering to the call of M-o-t-h-e-r a million times. Settling 10,000 fights among the children. Picking up tons of garments off the floor. Sweeping out bushel of cigar ashes. Remembering where husband left the book he was reading. Finding him a clean shirt. Getting him off to work and the children off to school. Doing the same things over and over again with maddening reiteration.

No break in her routine. No labor-union day for her. She is up before the balance of the family and still hard at work after they have gone to sleep or to their own diversions. Mother can't stop at 5 o'clock and call it a day when the whistle blows. Mother can't take Sunday off or any holiday, for the days of rest for the family are the very days when she has to work hardest getting up an extra good meal or a picnic lunch and pressing a dress out for Mamma and getting the children all diked out in their best to go off on a jaunt.

And yet nobody ever thinks of mother needing a holiday. Or if they do they have a queer idea of what constitutes a holiday for her. They seem to think that she has abnormal tastes in the matter of diversion and that the way to give her a real treat is merely to shift her environment and make her do the same work under harder conditions and with clumsier tools.

Why, you will actually see men who pat themselves on the back and think what good, kind, considerate husbands they are when they bundle their wives and all the children up and send them off to some shack in the mountains or by the seaside where mother has to pack the water from a well and cook on a one-lung stove and walk a mile to the grocery and where she hasn't a soul to speak to from week-end to week-end except the children. And the man can't understand why his wife comes home from such a vacation more worn out than she went and looking as if she had been dragged through a keyhole instead of having a nice, happy summer in the country.

Now, every man knows that no matter how much he loves his wife and children there are times when they get upon his nerves. He can stand about so much unadulterated domesticity without getting grouchy and cantankerous, but there is a time limit on his endurance. For eleven months of the year he can think his home a heaven on earth and his wife an angel and his children infant phenomena. But by the beginning of the twelfth month his home becomes a jail that he yearns to escape. He commences noting how fat and middle-aged his wife is getting and thinks what a poor housekeeper she is and his children become howling brats that he feels like strangling.

Every man knows that's the way that overdoses of family life affect him, but he has a strange idea that the women are created differently and that no woman ever gets tired of her husband or sick of her home or the walls of a baby or that the quarrelling and fighting of her children are ever anything but music to her ears. Therefore, when even the best of husbands thinks of giving his wife a vacation it never occurs to him that what she really needs is a vacation from the children and to send her off somewhere where she will not have to keep house or think of meals or eat her own cooking.

Yet such a vacation would be money in his pocket and peace and happiness in his home. For the reason that most women get peevish and fretful with their families and nag their husbands and children and neglect their homes in just because they are so tired of them.

Give them a rest and a change and they would come back seeing their husbands as the heroes of their girlish dreams, their children as cherubs and with their pockets full of new recipes for angel's food.

So I beg every husband to give his wife a vacation. She needs it and it will pay the biggest dividend on any investment he can make. And don't say that there will be nobody to take care of the children. He can get the same person to take care of them now that he will have to get if she never gets a vacation and works herself to death for them. DOROTHY DIX.

Style Chats

WITH ALMA ARCHER

An entirely new set-up has now become an established feature of the wardrobe. It started more or less as the "Sunday Night Frock," but has been nourished along on old-fashionedness and cinema until the term "Indispensable" frock seems pretty well accepted. ("Cinema Frocks" appeals more to me.)

The disposition of an "Indispensable" must be extremely agreeable and enjoyable, for subways, matinees, restaurants, taxis, telephone booths and even frosted chocolates, all must be negotiated inconspicuously and without mishap. Worth's almond green lace, brown lace; also white lace over black satin are being very successful for this new important role, and the chiffons of Ardans are not to be sniggered at either. The strategy to be used in spending papa's dough in this instance is to pick important materials in unimportant handlings, just for instance, short lengths, jackets, etc.



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Etiquette

By Roberta Lee

Q. Who receives the guests at a home wedding?  
A. The bride's mother aided by the bride's father.  
Q. When a married woman and a single woman meet on the street, who should bow first?  
A. The married woman.  
Q. Should guests be introduced before or after they are seated at dinner?  
R. Before, never afterwards.

Tomato Jelly Salad

Soak 1-2 box gelatine in 1-2 cup cold water 15 minutes. Stew 1 can tomatoes, 1-2 onion, 1-2 teaspoon mixed spices until soft, strain, and if not enough for 3 cups, add boiling water. Heat to boiling point, add gelatine and mold. Serve with mayonnaise on crisp lettuce leaves.

Rice Pudding

Make a custard of 2 cups milk, 1-2 cup sugar, a pinch of salt, 4 eggs blended but not beaten too stiff, 1-2 teaspoon vanilla, 1-2 cups cooked rice and 4 table-spoonfuls grated chocolate. Bake in a pudding dish until firm, not hard. Serve with whipped cream.

Baked Mackerel

Take a good sized mackerel, cut open stuff with a dressing made of the following: One cup cold potatoes, 1 cup bread crumbs, piece of butter size of egg, a little savory, salt and white pepper, 1 egg. Slice fresh pork in strips, place in baking dish, lay the stuffed mackerel on the pork, lay some more slices of pork on top of mackerel, season with salt and pepper, dot with bits of butter. Bake 1 hour. Serve hot.

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For Housekeepers



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"My trouble is the Change. I was so weak I could hardly walk. I kept a girl to do my work. I would lie awake all night and I often wished I could die. I saw Lydia E. Pinkham's Vegetable Compound advertised and tried that. The first bottle helped me. I am now on my fourth and I am gaining strength all the time."—Mrs. M. W. Lockhart, R.R. No. 1, Plaster Rock, New Brunswick.



MRS. AVILA DUPAS  
"I was a complete wreck. Nervous, no appetite and could not do half my work. My mother suggested Lydia E. Pinkham's Vegetable Compound and I was amazed at the results from the first bottle. I took eight bottles in all. I am well now and fit to do all my work and look after five children which keeps me quite busy."—Mrs. Avila Dupas, Box 213, Pilot Mound, Manitoba.

98 out of 100 Women REPORT BENEFIT FROM Lydia E. Pinkham's Vegetable Compound