

# IN THE REALM OF WOMAN

## Almost All Vegetables in Season May Be Canned For Winter Use

Many housewives, who always put up preserves, fruits and jellies never think of the variety they might add to the family's winter diet by canning certain vegetables, says the United States department of agriculture. The economical housewife who specializes in putting up sweets and desserts does not usually realize that for luxuries she is spending time, money and labor, part of which, at least, might profitably be used on the less popular vegetables, which possess greater food value.

**Cauliflower.**—A vegetable which, even when it is in season, is overlooked by many housewives, may be canned and kept for winter use by following this recipe:

In canning cauliflower, as well as cabbage and Brussels sprouts, the products should be soaked in cold salt water for about 30 minutes before blanching. Blanch five minutes in boiling water. Remove and plunge in cold water. Pack in jar or tin, add boiling water and one teaspoonful of salt to the quart. Place rubber and top; partially tighten. Cap tin and seal vent hole. Sterilize one hour in hot water bath.

or water seal outfit and 40 minutes in steam pressure. Remove tighten covers, invert, and cool. Keep in dark place if in glass.

A row of jars of well-canned cauliflower makes an attractive exhibit on the housewife's shelves as does a row of well-canned peaches.

**Carrots, Parsnips and Sweet Potatoes.**—Other vegetables that offer interesting possibilities are carrots, parsnips, and sweet potatoes. These will all be found satisfactory if put up in the following manner:

Scald one to five minutes in boiling water. Plunge in cold water and remove skins. Pack whole or sliced. Add boiling water and a level teaspoonful of salt to each pint. Place rubber and top and partially tighten. (Cap this and solder vent hole in cap.)—Sterilize one and a half hours in hot water bath, one hour in water-seal outfit, or one hour with five pounds steam pressure. Remove jars, tighten covers, invert, and cool. (Remove cans, invert, cool, and label.)

Carrots may be canned whole, sliced lengthwise, or sliced crosswise. It will add to the attractiveness of the exhibit to have some jars up in each way.

**Style In Stationary.**—From the delicate shades of gray, cream and white which have hitherto been deemed by good taste in stationery, the styles this year register a great change and shades of green, lavender and other bright colors are considered just the thing. Even the monograms are embossed in color, instead of gold or silver, and the envelopes are often lined with a color corresponding to the monogram on the paper. On a fango tinted paper, a green monogram in a popular combination, with a green lining in the envelope. Two shades of lilac are preferred by others, or white combined with green, lavender, blue, or some other of the new popular colors. The monograms are about one and three quarters inches in height, with letters of a delicate slenderness. No more are the gilt-edged papers and correspondence cards in fashion, except as place cards.

For summer use, stationery with a small picture of the summer cottage or some bit of beautiful scenery near by embossed upon it, is permissible.

Calling cards have also changed, although the size remains the same as last year. Shaded Roman or old English lettering is the latest thing. All members of the family must have their own cards, the custom of having the names of husband and wife on the same card being now tabooed.

**Wash Silk Rompers.**—For the very small child an admirable everyday costume is a pair of rompers. And now for the mother who does not wish to put her baby into ordinary gingham rompers, there comes an edition de luxe of this most practical garment in the form of wash silk rompers. They are made of thin white wash silk, with scalloped collar and cuffs.

## Easy & Practical Home Dress Making Lessons

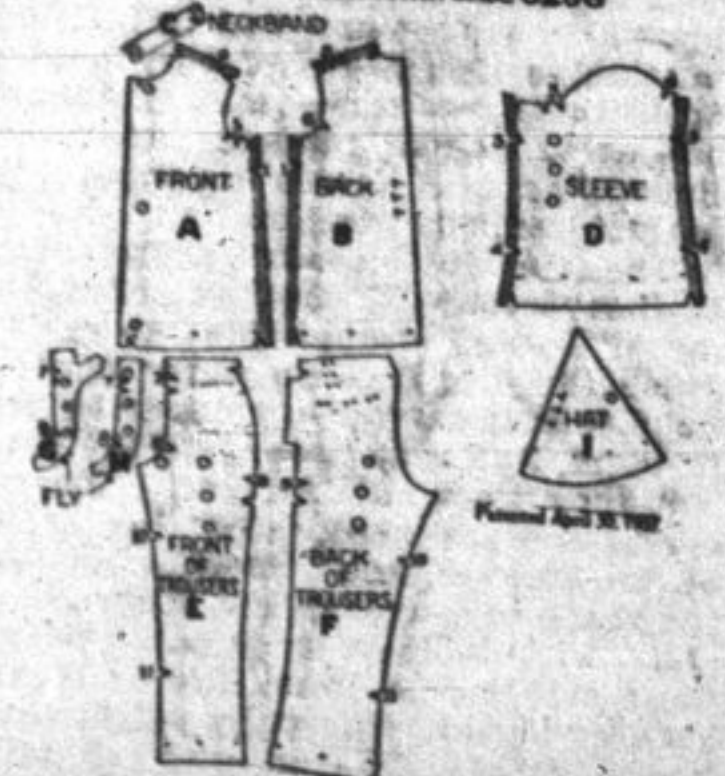
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### FOR THE HAL MASQUE.



der-arm and shoulder seams as notched. Turn hem at front edge at notches. Center-front indicated by large "O" perforations. Turn hem at lower edge on small "o" perforations. Sew neckband to neck edge, center-front and back even, (large "O" perforation indicates center-front), fold neckband through center, fell remaining edge over seam. Finish neck with a pleated ruching.

Sew up the sleeve seam as notched, underface lower edge to 1 inch above wrist.



small "o" perforations and turn over on outside of sleeve on small "o" perforations to form cuff. Sew sleeve in armhole as notched, easing in any fullness; then take up dart in back of trousers as perforated. Slash back (after taking up dart) and slash left-front on crosslines of double "oo" perforations. Insert pockets. Adjust a pocket underneath front between single small "o" perforations near upper back edge. Sew button fly (having an extension) to right front as notched and sew buttonhole fly underneath left front, as notched for a facing. Close leg seam as notched, slipping extension near upper edge of back into pocket. Close center seam from upper edge of back to large "O" perforation in front. Turn hem at lower edge on small "o" perforations.

The hat is simple to put together. First close the back seam having large "O" perforation, bringing perforations together. Underface lower edge of hat to 1 inch above small "o" perforations; roll over on outside of hat on small "o" perforations.

Add pompons of fringe or any other decorations that are preferred.

Men's plover suit, with hat to match, made of saten, although silk or velvet may be substituted if preferred.

Petes of various kinds so often take the form of masquerades that a suitable costume is something to be desired. Here is illustrated a plover suit for men, consisting of jacket, trousers and hat. A wide range of materials may be used for the costume. Saten of fine quality is not too expensive and makes a very good appearance. Six and one-eighth yards of 34-inch material are needed for the suit, in medium size.

Taking the jacket first, close the unpictorial Review Suit No. 6298. Sizes 32, 34, 36, 38, 40, 42 and 44 inches. Breast measure. Price, 15 cents.

Above Patterns can be obtained from **NEWMAN & SHAW,** Princess Street.

### NEW THINGS.

Little souave-jackets of cretonne trimmed Turkish fashion with white soutache braid and the latest accompaniment to the summer gown. They come in various flowered patterns.

The newest thing in every-day hats is one of burnt orange velvet, with a stitched brim faced with soft white lining. A band of the velvet goes round the crown, fastening at the side with three velvet tabs edged with peacock shaded shell disks which lie on the brim. The hats come in other colors.

A beautiful new ribbon recently imported shows terra cotta satin background overshot with silver brocade. It is fourteen inches wide and would make a handsome opera bag.

Specially designed for tennis are the thin crepe de chine sweaters in broad swarming stripes. They are finished with fringed casher. Lovely curtains for the summer cottage are of marquisette with a border of quaint oriental figures cut from a cretonne of Chinese design. The figures are shown in shaded blues and greens, the silhouette effect is most unusual.

For golfing wear, the latest idea is the large soft Mexican felt hat embellished about the edge with black silk and having a black bead chain around the crown. It comes in several colors.

**The Eugenic Woman.**—Taller, darker women, clothed in more sensible dress, will typify the "eugenic woman" of the future, Dr. A. J. Read, professor of hygiene in the Normal School of Physical Education at Battle Creek, Mich., told the International conference on Race Betterment at the Panama-Pacific Exposition.

"The ideal woman of the eugenic age will be plump and well rounded, not too fat," said Dr. Read. "Her complexion will be sunny or brown, not pale as that of present day women, because the pale skin is a badge of disease rather than of health."

"Present day fashions are advancing toward health fashions. Women's dress is much more sensible than twenty years ago and women generally are becoming more sensible in dress. The hygienic dress, however, should be suspended from the shoulders, leaving the waist free."

Dr. David Starr Jordan, Chancellor of Leland Stanford Jr. university, discussing "eugenics and war," said the European conflict is draining Europe of its best blood and will leave its impression upon several generations.

**Like Boys Best.**—Will universities have to supply dormitories for girls because they cannot secure rooms in private homes? This is the question which is agitating some university officials in Missouri. A number of boarding house keepers who have had considerable experience in accommodating both young men and young women give their opinion of boys vs. girls as a rooming proposition. Boys are not in their rooms so much, declares one. Never do they interfere with household arrangements, want rainwater to wash their hair, nor are they "forever dabbling out handkerchiefs and hose in the bathroom."

"The moral responsibility is too great," another is quoted as saying. "If a woman is conscientious—and one who is not could not be permitted to keep girls—she does not want girls under her care to do things she would not want her own daughter to do. The landlady must sit up and worry when her girls have gone picnicking for fear they won't get home on time. She gives the boys a latchkey and goes peacefully off to her slumbers."

**For Children's Clothes.**—Black leggings for the little tots can be quickly made from the tops of ladies' shoes after the feet give out. Each stocking may be laid out the desired length, saving the top hem for a drawstring. Slit each from the top the length of the seam desired for the seat and join the edges.

Put in the draw string and the work is done. If desired, the little "tights" may be opened at the sides and put on to bands, but if used only for outdoor play the draw string is quite satisfactory. These little garments are neat and serviceable and save a great deal in washing.

Stockings which button to a waist thus doing away with the hose-supporter, are a great convenience and give the little girl a tidiness that the shorter stockings do not. They are much more expensive than the ordinary kind.

A very good imitation can be made by adding the tops from discarded stockings. The seam coming above the knee, is not in evidence.

**Stitch For Contrapece.**—If you wish to make a contrapece mainly of leaves, try this stitch. First work an ordinary cat stitch from side to side, following the outline of the leaf. A cat stitch is a series of stitches taken from side to side between two lines. After the leaf is filled with cat stitch, take a new thread, and starting up the top of the leaf, take two tight buttonhole stitches where the threads cross, then carry the thread across to the next crossed stitches on the opposite side and again, take two buttonhole stitches. Work back and forth in this way until the leaf is filled. Cover the marked line of the leaf with Kensington outline and it is complete.

**Taffetas For Fall.**—The present phenomenally large movement in taffetas has encouraged buyers and manufacturers to prepare for a demand next fall. Moreover, it is generally believed that full effects in dress will continue in favor and taffeta lends itself well to such a style. Many beautiful effects are obtained in glaze weaves, and the same may be said of warp prints.

## Back to Henri de Navarre Styles of 1570

It would seem as if the mandates of fashion pick up the history of a country, close their eyes, open the book at a certain page, keep the eyes closed, point a finger—and that's it! They have opened the book at the period of Henri de Navarre.

Henry was born in 1553, so we are toddling back into the past quite a considerable number of years. During his nuptial festivities the massacre of St. Bartholomew broke loose, so Henry's life is not reminiscent of joy. However, the fashions of his day were gay enough, the most costly fabrics were worn. The sleeve puffs or bretelle over the top of the sleeve was very "voguey" at that time, and the sharply pointed bodice was edged with a narrow populum of box plaiting. It was the design of the cap that is known now as the Marie Stuart, and the wide neck ruff, was an essential part of the outfit. There was also the slashed sleeve with double puff and wrist ruff, which appear on the very best models for autumn wear. Skirts were draped slightly over petticoats. We shall probably know more about him later in the season.

The styles of later in the season are going to be wild on ostrich plumes. The customs bar aligrettes and parades without doubt.

Continuing the forecasting, we wish to say that the coming season is going to be wild on ostrich plumes. The customs bar aligrettes and parades without doubt.

**New Skirt Silhouette.**—Now that it is known that the new skirt silhouette is a bit flattened front and back and flaring at the sides, those women having difficulty in keeping their hip measure down need still have no fear. In spite of the side flare this does not mean more empressness over the hips.

Take, for instance, one of the new skirts of a tailored suit. The front of the skirt is a wide box plait, the sides and back of the skirt are laid in two-inch plaits, but they are laid into the skirt at about hip bone depth. Two belts, one at the top and one five inches below, hold the plaits down flat over the hips. These belts are about one and one-half inches wide, made of the material, and they stop where the plaiting stops at the sides, with pointed ends and a translucent button.

Another skirt of an afternoon taffeta gown has a front panel; the rest of the skirt is circular and gathered into the belt.

Nearly 30 per cent. of the women in Pennsylvania work for a living.

disse plumes, ribbons are hazardous because of the uncertainty of dyes, and flowers—except those of silver and gauze—are passe. Hence Mr. Strich's tall feathers will feather our thatches.

That the irregular skirt hems will continue is likely, especially as the "trench" gown, with front breadth four inches higher than sides or back, is a new idea.

Skirts will continue to be very wide, with circular flounces or plaits, but they will be longer. Jackets, apparently, will have no special length. They vary from the very short eton and hip-length Norfolk to the redingote that hides every inch of the costume.

Neck trills, winged collars and fichu effects will continue. Girdles will be at the normal waistline. The pointed girdle promises to attain popularity. Double belts, the underneath one of silk and sea, outer one of kid, are already seen in early fall models.

Tulle and chiffon frocks will be trimmed with tiny beads, sewed on, one by one, to edge plaques, skirt flounces and neck outlines.

Tailored gowns will be fairly plain, except for braiding, but dress-up attire places no limit on furbeles and fixings.

Which means that the woman who wears a simple gown of perfect and correct lines, exquisite coloring and rich material is going to look particularly charming.

**A Crepe Hat.**—Light as the air is a wide Paris sailor of blue Georgette crepe, which is charming enough in line and texture to require as a trimming but a cord and tassel of silver caught at one side of the brim. The fad of wide transparent hats is one most in keeping with the summer, and this hat, so severely plain, bears the mark of the extreme cachet of the mode. The brim has a flirtatious tilt, only possible in a hat so sheer. Tulle hat like the other transparent hats, may answer for both formal and informal wear.

**To Prevent Fraying.**—In making a buttonhole in serge the material often frays badly at the cut edge. To avoid this, made a mark to show the exact size and position of the buttonhole by means of a tacking thread. Then stitch around this tacking thread with the machine. Now you are ready to cut the hole between the stitching and to work the buttonhole over the machine stitching. This method is a good, quick one.

## A lady's comment—Tastes better—goes farther!

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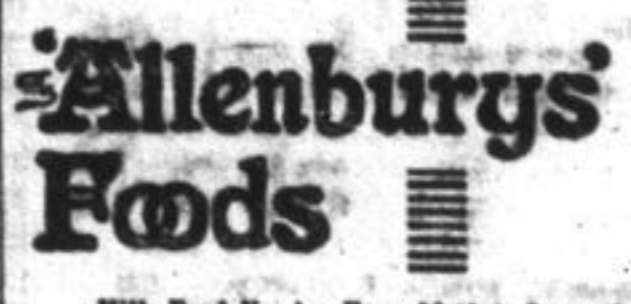
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