lighter ones are appropriate for the design and it can be made of one material throughout or with the tunic of a contrasting one. Colored linen with the tunic of all-over embroidery would be pretty, and several combinations of a similar kind will suggest themselves.

For the 10 year size, the dress will require 434 yards of material 27, 444 yards 36 or 3 yards 44 inches wide.

The pattern of the dress, 7460, is cut in sizes for girls of 8, 10 and 12 years.

Fashion Hints

W HILE milliners are striving to create a demand for extremely large picture hats which are quite flat and trimmed with feathery plumes or

which is adorably becoming to fair women. One sees this color on hats and made up in smart neck bows, but it is a little too vivid for whole costumes.

Buckles enjoying unexpected popularity. Belts have buckles; neck-bows, too—hats also. The newest whim is an arrangement of buckled straps at the back of coat and skirt, the material being drawn in the least bit under the

Separate skirts of hair-striped white Separate skirts of hair-striped white serge are smarter for tennis and golf than the skirt of linen. These serge skirts are simply made and usually button down one hip.

There is a new silk stocking which is warranted not to "run." The top of the stocking, where the garter is at-



Blouse Pattern No. 7463 Skirt Pattern No. 7483

Dress Pattern No. 7460

an effective arrangement of taffeta, the tached, is woven separately and is atmajority of the wearers incline to tached to the sheer thread smaller hats. It may be, however, that as the season advances the demand for picture models will show a decided increase. Generally speaking, summer is the most suitable season for large curving brims and picturesque ornamenta-

NEW outing coat for young wo-men smarter than the eternal knited sweater is a hip length affair of soft, lightweight, all-wool mixture in loose, informal Norfolk style. It has a breezy reefer-like suggestion and is easy to slip on and off. Pockets, collar and other details are mannish in suggestion.

There is a particular blue-green, to

be had in the changeable taffeta weave,

Boys' Suit

NO suit that the little boy wears is prettier or more becoming than this one made in Russian style. It is adapted to washable materials, to wools and to silk so that it can be made to suit all occasions. It is childish and attractive, and at the same time essentially masculine. In the illustration striped galatea is trimmed with plain color and the neck is finished with a round collar, but a standing collar can be substituted if better liked, and in place of the belt made from the material one of leather



Back to Nature's Food



With the advent of Summer comes a desire for closer contact with Nature and for a simpler, more rational diet. When you get back to Nature you will want to get back to Nature's food. Cut out meat and potatoes for a while and eat

AND BERRIES

with fresh green vegetables. It will mean health, strength and Summer joy.

Because of its porous shreds and its Biscuit form Shredded Wheat combines most naturally with all kinds of fresh fruits, presenting them to the palate in all the richness of their natural flavor.

Heat the Biscuit in oven to restore crispness and then cover it with berries or other fresh fruits and serve with milk or cream.

Shredded Wheat Biscuit is the Real "Staff of Life"

The Canadian Shredded Wheat Company, Limited Niagara Falls, Ont.

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