

## In the Sewing Room

### The Duty of Dress

To be well-dressed is a duty we owe both to ourselves and to others. The well-dressed person is one clothed in a style becoming to the occasion and to the wearer, and in materials as good and as harmoniously colored as can be attained by such an expenditure of thought and money as can be justly afforded. It certainly deserves a due proportion of both. It is a sort of advance letter of credit. It has been said that dress is the outward index of an inward order of mind. The world in general judges us by our appearance. It is said that throughout life we are taken largely at our own valuation of ourselves, and one indication of this is found in our dress. A girl who is neat and tasteful in her person and attire carries with her the external stamp of an orderly, well-regulated mind.

It is not only natural and desirable that every girl should wish to look her best, whether she be pretty or homely, but to do so is a positive obligation. It carries an influence, silent, yet speaking, and we owe it to the world to give it the stimulus of all the brightness and helpful cheer which it is in our power to bestow. As a starting point, she should, of course, consider her own individuality. It is a pleasure to look at a girl who has enhanced the picture into which nature has fashioned her by a tasteful and harmonious setting. It ought to be superfluous to add that it is absolutely essential that she learn and obey the laws of hygienic living. Every girl has it in her power to have the chief attributes of attractiveness, a clear complexion, eyes bright with health, and a countenance alight with the glow of an unselfish spirit.

Serviceable travelling dresses may be made of pannelle, voile or mohair, the little jackets or boleros giving a becoming effect to a dainty blouse. One's attire may be very simple, yet never severe, and it must be immaculately neat. Shabbiness in dress is unpardonable, and the woman who thinks that anything will do for travelling is grievously mistaken.

### Hints by May Mantou

#### OVER BLOUSE OR JUMPER 5672.

Each new variation of the over blouse is quite certain to meet its welcome. Seldom has any fashion taken such a firm hold upon feminine fancy and seldom has anything been devised that is so generally becoming and satisfactory. Here is one of the very latest developments that can be utilized both in the separate waist and for the gown, and which is adapted to silk, to wool and to washable fabrics so that it really supplies a great many needs. As illustrated it is made of effective so made and various other washable materials and for these bands of the same material in contrasting color can be made to take the place of the velvet, or again, the velvet straps can

be omitted altogether and the stitched band can be made of contrasting color. For example, brown linen trimmed with white is greatly in vogue, and the blouse made of that material, with the stitched bands of white and worn with a skirt to match over a lingerie blouse, would make as charming and smart a simple gown as well could be devised, whereas made of pongee or other silk it becomes adapted to far more dressy occasions.



5672 Over Blouse or Jumper, 32 to 42 bust.

The pattern 5672 is cut in sizes for a 22, 24, 26, 28, 30 and 42 inch bust measure.

#### GIRL'S BLOUSE COSTUME WITH BLOOMERS 5705.

The girls of to-day are blessed in many ways but in none more truly than in the freedom allowed and in the sensible clothing designed for their use. Such a costume as this one means the ability to romp, to tumble and to play with perfect comfort without any hampering considerations of clothing and consequently contributes much both to health and to happiness. In the illustration it is made of a pretty Scotch gingham with collar and cuffs of a white linen but percales and chambrays, linen and all similar sturdy materials of the sort are appropriate for the washable frocks, while the dress also would be found satisfactory in serge or light weight flannel. Indeed, these materials are greatly used for the sea-



5705 Girl's Blouse Costume with Bloomers, 6 to 12 years.



5664 Nine Gored Skirt, 24 to 34 waist.

shore and the mountains and also are admirable for the general frock of cooler weather.

The costume is made with the blouse, skirt, bloomers and under waist. The skirt is made straight and in one piece and can be either

plaited or gathered at the upper edge, while it is joined to the under waist and closed at the back. The blouse is separate and is finished with a shirt waist plait at the front and with a roll-over collar and cuffs, and there is a convenient pocket arranged on the left front. The bloomers are comfortably but not over full and are gathered and finished with straight bands, the closing being made at the sides.

The pattern 5705 is cut in sizes for girls of 6, 8, 10 and 12 years of age.

#### NINE GORED SKIRT 5664.

Perforated for Walking Length.

The plain nine gored skirt is always a desirable one. It never really goes out of style, the many seams mean satisfactory fit and good lines while it is always a desirable model for washable materials as it launders with singular success. Again, the very fact of its simplicity makes it possible to use trimming of many sorts. Here is a very satisfactory model that as illustrated is made of dotted linen with trimming of linen braid and which is entirely satisfactory. It could, however, be utilized for every possible skirting material while the trimming can be varied in an infinite number of ways. Straight bands of heavy lace inset are much used on washable fabrics, while for the pongees, silks, voiles and the like. The skirt is made in nine gores and is laid in inverted plaits at the back. It is perforated for walking length and consequently suits both the street and indoor goings.

The pattern 5664 is cut in sizes for a 24, 26, 28, 30, 32 and 34 inch waist measure.

The price of each of the above patterns posted is only ten cents. Send orders to the Farming World, Temple Building, Toronto, giving size wanted.

### For Sore Eyes

An Irish potato finely scraped is the best and most cooling poultice that can be applied to a sty on the eye. The same remedy is equally good for weak or inflamed eyes, is always at hand and easily prepared. Having suffered for years with weak eyes that are now as strong as any one's, I cannot praise this simple remedy too highly.

A. M.

### Smashing Black Birds

Experienced Trap Shots unhesitatingly recommend for Trap Shooting the Dominion Cartridge

### "Sovereign" Shells

loaded with Nobel's Empire Bulk Smokeless.

This Powder is recognized the world over as the best in its class, unchanged by temperature, uniform in result and giving great penetration with minimum recoil.

Retailed by dealers throughout Canada, manufactured and guaranteed by the

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