The Revived Shirt Waist And How To Make It

By MAY MANTON

THE simple, untrimmed, plain blouse is one of the best; it gives the high neck finish that makes an important feature of prevailing fashions and gives the long sleeves with the new turned-over cuffs, while at the same time, these sleeves can be cut off and made shorter for real warm weather. The collar is of the turned-over sort and the band beneath is full length, but the over-portion can be either cut full length with the ends meeting at the front or a little shorter to allow for adjusting a ribbon or some similar finish over the neck band and under the ends of the over-portion. Suitable materials are many, but crepe de chine, handkerchief linen, cotton crepe, voile and rice cloth are the favorites. Pongee will be used for travelling and for many occasions and many women like the washable silk crepe that is a little heavier than crepe de chine, and there is also a taffeta that is much liked for the purpose. Whatever the material, however, the process of making is always the same.

First, lay the pattern out carefully on the material, and make sure that you follow the directions on the envelope. Mark all round it with a tracer or with a crayon and cut seams, allowing as great width quire. For lawn, crepe de chine, eighths of an inch should be materials that are apt to fray, a able. It will be well to line the same, and if you lay your terial, you will be able to cut otherwise would be waste, but the outside, with the indication faithfully followed.

materials that are apt to fray, a able. It will be well to line the same, and if you lay your terial, you will be able to cut otherwise would be waste, but the outside, with the indication faithfully followed. waist, fold all the portions of the each larger piece separately and first step, turn the front edges forations and stitch the hems.

upper parts to-

down and you

edges,

take care to cut as carefully as for the straight of the material

After having cut out your collar and cuffs together and lay them aside neatly. Then as a under on the line of smaller per-Gather the back across the crosses, then lay the outside of sides teacher and the lower crosses, then lay the outside of sides together, and the lower upper edge of the waist. Baste evenly, then baste the lining over exactly the same way. Stitch

forations and stitch the hems. upper edge between the double the yoke over the back, the right edge of the yoke meeting the carefully, distributing the gathers the under side of the back in the seam, taking care to follow tern, then turn two portions of the yoke and the lining together.

evenly, then baste the lining over exactly the same way. Stitch the marked outline of the pather yoke up with the seam between them, then baste the yoke and the lining together, well within the edges, but with the edges meeting. Gather the fronts at their upper edges between the double crosses and join to the shoulder edges of the lining yoke; turn the seam up and fell the shoulder edges of the outside yoke over the seams, turning the seam allowance under to make a firm edge. In diagram No. 1, you will see this part of the work in progress and the back already in place. Make the finish by stitching on the outside close to the edges of the yoke at front and at back.

Next, you must sew the sleeves to the arm-hole edges, for they are what is known as set-in sleeves and must be joined in this way before the under-arm seams are sewed up. Baste the sleeves carefully to the waist, meeting the edges, the notches and the large perforations exactly. Sew first on the right side with a very narrow seam, then turn and stitch again on the wrong side, making the second stitching on the marked outline of your pattern and taking up just the seam allowance, for it makes what is known as a French seam and the neatest possible finish. Baste the under-arm and sleeve edges together and this is done, you will be ready cuffs and of the lining separately; press the seams open and the outside. Arrange the cuffs over sides together and the seams meether that the line of larger perforations in the sleeve cate the upper

ber that the line of larger perfora-and the one in the cuffs, each indi-part and take care to keep the gether. Baste the cuffs to

the cuffs to taking up the lowance, then the lining over Turn the cuffs will be ready portions. Ar-ing over the the right sides or baste into stitch around stitch around the outer

the sleeves, the right ing and rememtions in the sleeve cate the upper the outside of the sleeves, full seam al-stitch and fell for the over-range the lin-outsides with The back joined together, pin place and the ends and edges, then to the yoke and the front in process of joining.

all the edges for the ornamental finish. Arrange these turned over cuffs over the deep cuffs, with the line of large perforations in each at the seam and the notches meeting. Stitch both edges of the turned-over cuffs to the outer portions of the deep cuffs. Turn the seams up and fell the lining of the deep cuffs into place over the seams, and you will get a perfectly neat as well as strong finish. Seam the curved edges of the lining and of the neck band together, then turn and baste. Turn the seam allowance of the neck edges of the blouse between the two thicknesses with the centre backs and the front edges exactly meeting. Baste carefully and stitch. Join the ends of the outer edges of the collar and of the lining, turn and stitch. Join the ends of the lining and turn, then of both long edges unplace. Slip the overtween the two thick-the seam allowance, and the notches exactly Baste as individually and sitch the centre backs.

and the notches exactly Baste as indicated in stitch close to the edge the remaining edges of

messes to the depth of with the centre backs meeting, and stitch. the diagram, then and stitch all around the band for a finish. neck-band at the one near the front tions, then work button-boles in the

Sew a button on the centre back and sew No. 2—The neckband and the collar ready to be attached. button-holes on the collar band to match these buttons, or work button-holes in the neck band as well as in the collar band and use studs in place of the buttons. Lap the

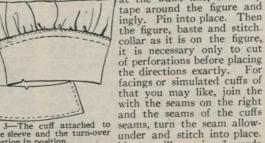
hems on the fronts with the large perforations meeting. Make button-holes through the hem on the right front and sew buttons on the hem on the left front. Gather the at the waist line, then slip tape around the figure and ingly. Pin into place. Then the figure, baste and stitch. collar as it is on the figure, it is necessary only to cut of perforations before placing blouse on the perforations

it on the wearer and pin adjust the gathers becom-after removing the waist from

If you desire to make the with the over-portion open, the pattern off on the line on the goods and then follow the shorter sleeves, cut overthe material of any width ends and seam to the sleeves side, the seams of the sleeves

meeting. Turn up over the ance on the upper edges

For the medium size the



ance on the upper edges
For the medium size the of material 27 inches wide, 2½ yards 36 inches wide, or 2 yards 44 inches wide.

Efficiency and Health To this Man of Red Blood and Steady Nerves the Whole British Empire is Looking With Confidence.

Efficiency everywhere marks the work of Lord Kitchener as organizer of campaigns and of the new army. Recognizing that man's efficiency depends on his health, he has given strict admonitions as to the diet and habits of the men under his command. Whether working with brain or muscles you cannot do your best unless you keep the machinery of the body in perfect working order, and maintain a reserve force of nervous energy.

Your blood must be rich, red, nourishing in order to replace the cells and tissues wasted by the activities of life, for otherwise you bacome weak, nervous, irritable, feel tired and easily discouraged, suffer from headaches, indigestion and sleeplessness, and lose your efficiency.

This age of keen competition demands the best that is in you if you are to succeed, and Dr. Chase's Nerve Food will help you by forming new, rich blood and filling the body with new vigor and vitality.

Mr. John Stevens, Glenella, Man, writes:—"Three years ago I was so severely injured that I was left with a brokendown nervous system. I could not rest or sleep, and though I tried several medicines could get no relief. Reading about many being cured by Dr. Chase's Nerve Food, I decided to try it, and after using nine boxes I felt like a different man. I now enjoy good, sound sleep, instead of feeling tired in the morning. and I am strong and healthy, and well fitted for my work." is Looking With Confidence. Dr. Chase's Nerve Food



Write it on the film—at the time.

Make every negative more valuable by permanently recording at the time of exposure the all important date and title. It's a simple and almost instantaneous process

Autographic Kodak

Now ready in a score of styles and sizes at prices ranging from \$7.00 upwards.

Ask your dealer, or write us for Kodak catalogue.

CANADIAN KODAK CO., LIMITED, TORONTO