

SEASONABLE FORECASTS IN FASHIONS



SUMMER FASHIONS IN FURS

In no other way perhaps does a woman show better taste than in her selection of furs and their appropriate accessories. The problem is more difficult than it appears as a woman is obliged to make her choice according to her purchasing power and at the same time have them suitable for all occasions. Likewise it is a difficult matter to express one's good taste on a limited income but one will find that by planning ahead and studying fashions they can live within a reasonable amount.

Fur is without a doubt the most popular trimming this season for coats, capes and used of course separately with suits. Grey squirrel and the sable dyed squirrel are as popular as ever. Gray krimmer is still used to a certain extent. A straight band-like collar of any of these furs is a practical addition to milady's wardrobe.

Small chokers of the animal skins are still very good with suits. Sable, marten and fisher are the skins most used though those of small fox are sometimes preferred. Fisher is the most expensive but it has much in its favor as it is a happy medium between the large skins and the small and wears exceptionally well. It serves for both winter and summer.

Among the most fashionable of summer furs is skunk, that closely curled, pale gray pelt that made its first appearance last fall. It adapts itself especially to summer apparel, being more like wool in texture than that of fur. At present it lends charm and style to coats of black satin, to mantles of twill cord, the collars of suits, edging of dresses and as tuxedo effects on sweaters which are so good this season.

In California and the coast cities, where in the opinion of many the most beautiful and costly furs are worn, white fox is greatly favored. Not alone is it used for evening but quite extensively for street and sport wear. It worn with the proper combination the effect is very pleasing.

Those who have invested in furs recently have found that there has been a decided drop in prices according to the variety of fur purchased. It is safe to say that an average drop of from 25 to 60 per cent is apparent and 40 per cent lower than the stated prices last year which will make furs within the range of many who have denied themselves the luxury until it came within their means.



THE HOME GARDEN

Home Garden Savings Are \$100 a Year

The average American family can grow one-eighth of its food and save at least \$100 a year by planting a home garden, according to O. S. Morgan, professor of agriculture at Columbia University, New York city, who has just completed a survey of agricultural conditions which led him to urge the resumption of war-garden work.

"Successful gardening depends particularly upon perseverance and versatility in knowledge," the professor said.

The demand for help in home gardening, particularly strong this year, led the Columbia department of extension teaching to arrange eight bi-weekly lectures, from March 1 to March 20, in vegetable and fruit raising, by Hugh Findlay, lecturer in horticulture at Columbia. Stress was laid on crops and methods with which success in the same season as planting is most probable.

Within the metropolitan district are many people interested in the farm outlook who wish to try farming on a small scale and this course is planned for them.

"Hard times are threatening the farmer now. He is not buying an extra truck, a new silo, a 'bargain' \$10,000 sire to head his herd these difficult times. He is in the large company of city and factory people who are suffering financially all seedmen this year. The city folk, however, are not like the farmer, in position to cut production and yet live comfortably. Hence many war-gardens are being resuscitated."

How to Stretch Out the Summer Season

The flower garden should be started in the kitchen window. To do so will give you almost double the season of bloom that is possible if two months are wasted waiting for the weather to warm up. Plant annuals first that need a long growing season. Get the asters started so they will blossom in July and August instead of waiting until September.

Start seed of heliotrope for a fragrant purple bed near the house. Get snapdragons going if you want a fine early display. Often the snapdragon doesn't get started early enough to half do itself justice. The petunias should be showing their tiny heads; salvia for the blazing scarlet bed of midsummer must be started now or wait until fall for them; morning glories, ten-week stocks, cosmos, if you want the real Lady Lenox variety to bloom; castor beans for a tropical screen or stately bed; arbutus, any of the popular annuals so easily grown and sure to flourish, if given half a chance.

And above all, get in the sweet peas. Sweet peas are the most abused of all annuals. More poor sweet peas are beautiful though they are, are seen than any other flower, merely because they are not planted early enough. For some reason the idea of planting sweet peas indoors and transplanting them hasn't caught on to any extent with American gardeners. A pea is a pea the same as pigs is pigs, and has to be planted outdoors as soon as the ground can be worked.

Real six-foot sweet peas with full-sized blooms can be gained only by indoor planting to gain a month or so on the season. They are a cool weather plant and they must be bloomed in the cooler months or poor results and red spiders are guaranteed.

Flower seeds and vegetables require the same management. Well-drained finely pulverized soil in the seed boxes, a cover of glass, cloth or paper to prevent too much evaporation. Avoid planting too thickly or keeping too wet, as both encourage the fungus known as "damp" that annually destroys thousands of seedlings needlessly.

place the gorgeous colossal strains which today are the most brilliant of all the sinias.

Pink and scarlet are the favorite shades in verbena, beds of the former having attracted much attention in some of the big parks of the country last summer. These beautiful pink shades were the strain known as the Mayflower verbenas. A packet of the Mayflower strain will furnish a bed of beautiful big clustered, fragrant pink verbena of various shades all summer.

In order to keep lettuce growing at top speed, the only way that it can be made to head satisfactorily, expert gardeners usually give some quick available fertilizer at the start, and there is just one, nitrate of soda. A light sprinkling of finely-pulverized nitrate just after transplanting or within a few days of it will start the spirit towards the head.

The lettuce must be kept cultivated and the soil finely stirred. If an unexpectedly dry, hot spell for the season sets in, don't hesitate to water it, giving a good soaking at the roots and not an overhead sprinkling.

Try this record on your lettuce bed and see if it doesn't head.

Young carrots are a comparatively new vegetable in popular use, the carrot having been an object of prejudice for many years as "cow fodder." New recipes for cooking the carrot, came into vogue through foreign chefs and they have achieved a popular place in the green grocer's display for the greater part of the year.

Strain Brothers Apparel Saloon



Appareling Oneself for Afternoon

Ingenious designers have evolved the loveliest of creations for wear at the many afternoon functions one finds oneself invited to: tea, bridge, musicale or the social call all require distinctive appareling of the kind that these new arrivals respond to.

A Suit of Brown Duchess Satin

—displays lines of grace and loveliness in a coat with revers of the Directorate period. A soft collar is finished with the daintiest of Florentine lace and the luster of rich brown duchess satin is emphasized by a skirt of distinctive mode.

A Frock of Pailleted Chiffon

—as soft and airy as the very summer breezes is this frock of a new member of the chiffon family. One is fascinated by its seeming mystery of design; as one unfolds its lovely softness a surprise bodice is revealed, then a two-tone girde of apricot and maize ribbon to which is held a corsage of exquisite velvet roses. Innumerable narrow panels edged with gleaming crystals veil the filmy skirt of this same charming pailleted chiffon.

A Cape of Duvet de Laine and Satin

—comes in a two-tone black effect created by the combination of materials. The yoke of duvet de laine merges below the shoulders, in diamond points, into lustrous black satin. A peek inside discloses a futuristic lining of black and white checks. The collar evolves into a throw effect of duvet de laine, which ends in a long fringe of silk.

Fashion Tips

Canton crepe is extremely fashionable for spring. It is a very heavy crepe de chine that makes up beautifully into street frocks and suits and is offered in lovely shades of brown, gray and navy.

Smart coats and separate skirts are made of English sports materials. Afternoon gown of flame color crepe georgette is embroidered in silver. Narrow suede belts with metal buckles are worn with straight frocks. Crocheted wool flowers trim a hat made of rose-colored braid and taffeta.

A Spanish influence is noted in evening wear and evening headresses.

Shell is coming down—not in price, but in locale. The first step descending from combs and hair ornaments were the hair curls, long, curved loops which looked quite gypsylike. And now we have shell bracelets—some of them dark and inset with brilliant, others of light amber colored shell, mounted on gold. Wear many on each arm as you can afford.

Sleeves are wide from elbow to waist. A few dresses in black moire are shown. Serge dresses are trimmed with wax voile. Shrimp pink lace and chiffon are greatly used. Seven-eighth-length coats are without belts.

In Paris a new use has been found for ostrich plumes in placing them as a lining throughout the luxurious cloaks used for opera and dinner wraps. Could anything be more sumptuous?

Made almost wholly of ribbon is the new frock recently seen. Rosy loops fully cover the top skirt, which is in redingote effect, and the same satin loops form the main part of the bodice. Creamy lace, plisse, is the front breast.

SIT PROPERLY

No woman can be beautiful if she does not carry herself well. The naturally graceful lines of the figure will be completely spoiled as soon as the body is allowed to slouch. A girl sitting in a chair so that her shoulders are hunched, her chest caved in and her spine bent over in a curve certainly loses whatever charm of line she normally possesses. If, added to this, she sits on the small of the back and crosses her knees she would be anything but beautiful, yet this is a very common position among girls today.

The same tendency is much too evident when they stand up or walk. The bent shoulders, hollow chest and curved back are not only ugly to look at, but they throw the body out of position, so that the walk cannot be graceful.

The worst of all this is that the body tends to harden into these bad lines. A round-shouldered method of sitting and standing will give you eventually real round shoulders and these are very hard to straighten up. The spine develops a curvature, which is difficult to cure. In other words, habits fasten themselves upon you. Therefore, you should mold yourself with good habits rather than bad.

I do not mean that you should sit or stand as though you had a rod fastened down the back. There are only two things necessary to remember. One of them is to keep the head up, preferably with the chin up a little and the other is to keep the chest high. If you can succeed in doing this the rest of your body will take a healthy position and a beautiful one. Holding the head high will throw back into position the prominent joint at the back of the neck. Holding the chest high will draw the shoulders back and straighten the spine.—Edna Kent Forbes in Cinquanti Enquirer.

OUTDOORS EVERY DAY.

Keep the little ones outdoors at least a little while every day, but the weather permits. It does them good. And at the same time a little of the same will do you good as well.

Use half of a wooden clothespin for cleaning kettles and pans on which food has stuck in cooking.

CORRECT CORSETRY.

When milady comes to a good understanding of physical beauty, she adopts a mode of dressing that is truly artistic and becoming. She had learned the value of standing erect without conscious effort and that an erect carriage is absolutely essential to dignity and grace of movement, that as far as height goes it is more or less a matter of suggestion.

It is a fact that the woman who is really of pleasing stature will look so tall as to be really ungainly or so short as to be "squatty" if her body is improperly proportioned by the wrong type of corset.

Graceful height, no matter what the actual inches, is sure to be the effect of the corsets that fit the body proportionately. There must be absolute freedom for the muscles of respiration, and if the corset handicaps free breathing it will just as surely mar milady's speaking voice and in time undermine the health.

Your Manners

It is Correct

To have the lights shaded from the guest's eyes at a dinner table.

To have the guests at a dinner party at one table.

To set the hour of a dinner party at 7:30, 8 or 8:30 o'clock.

For a dinner to last about an hour or an hour and a half.

To have a dinner served as soon as the last guest arrives.

It is Not Correct

To have more men than women, or vice versa, at a dinner party.

To overcrowd a dining room.

To attempt a larger dinner than you are capable of serving well.

To keep the dinner guests at the table over two hours.

To serve the courses of a dinner in rapid succession.

FASHION NOTES.

A short pleated pelum is placed diagonally across the hips of a long straight jacket.

Curled ostrich feathers mounted on jeweled holders make charming hair ornaments.

Smart black and white combinations of lace and velvet are trimmed with jet and pearl.

The long body of a redingote dress is effectively laced and the skirt is noticeably circular.

An afternoon costume of white velvet is trimmed with black Spanish lace and black fox fur.

Semi-tailored suits and coats are smartly finished with kid and leather trimmings.

Red lacquer buttons give a quaint effect when used on a dress of seal brown effect.

With the lingerie blouse and silk sports skirts are worn jaunty coats of bright duvetyen.

Drawnwork and hemstitching are more popular for trimming than embroidery.

Neutral shades are seen in street wear, while sports apparel is gay with colors.

A street dress of navy blue Poiret (with inverted plaits of coral faille taffeta).

White flannel and silk sports skirts are worn with bright smocks and sweaters.

A new style note for afternoon gowns is the low shoulder cut, with short puffed sleeves.

HELPFUL HINTS.

Add a few sour apples and raisins to rice pudding and serve hot with butter. Delicious.

Use a small sized steel knitting needle for testing cakes, and also for vegetables instead of a fork.

The large tin covers of coffee cans make excellent rests for hot dishes or pans just off the fire.

Wait until a pudding is cool before putting on the meringue. Otherwise the egg will liquify.

In washing off the bread board, use cold, clear water, and the flour will not gum on your dishcloth.

Celery stuffing for meats is most delicious. Walnut meats and bread-crumbs are used in this stuffing.

YOUR HEALTH

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WHAT REGULARITY MEANS IN ACHIEVING GOOD LONG LIFE

By Royal S. Copeland, M. D., Commissioner of Health, New York.

This week I talked to a prominent official who has just completed eight years of the most strenuous public life. His name has appeared daily in every great newspaper; his word has been the final one in many matters of public concern.

In his term many of his associates have died in office, or have retired in broken health. He towers above his official intimates in health, vigor and unflinching good nature.

His hands are warm, his skin is aglow with health, his eyes are bright and his mind is alert and retentive.

I wondered how he could have withstood the stress and strain, high of fire, with his necessary responsibilities and come out so physically unscathed. In answer to my question about his physical habits, he gave me his program.

Out of bed at 7 o'clock, he gives himself one hour for bath, shaving and newspaper reading. After a simple breakfast he walks for one hour.

Promptly at 1 o'clock no matter how pressed he may be, he goes to lunch and then walks until 2 o'clock. During this hour he will not permit any one to talk to him about business.

He returns to his office to work until 6 o'clock, at the earliest, never leaving until every paper is off his desk. He dines at 7 o'clock, and spends the evening meeting official callers.

He retires to his room at 11 o'clock p. m., and says this is his hour for reading and self-improvement. There are no distractions, no telephone calls, and he has an hour or so of quiet before he goes to sleep.

On Sunday he gets up later, but is ready for church at 10 o'clock, and his dinner is in the middle of the afternoon and takes no more food after that. Promptly at 9 o'clock on Sunday nights he goes to bed and awakens with no "Monday morning feeling" with which to start the week.

This is an unusual program, but "the test of the pudding is in the eating." It has carried this remarkable man through experiences for a period of time in that particular office, unparalleled in history. He has come through 100 per cent efficient, and is ready to enter the competition of private life with no physical or mental handicap.

As I analyze this testimony there are several outstanding features:

This man has a remarkable sense of proportion. He has realized the importance of dividing his life into separate and distinct parts. He has not permitted it to "slip over." Business has been kept absolutely apart from the demands of the body. Menial time has been for food and pleasant converse. No worry of business or politics has been permitted to take the nerve force essential to digestive function.

Short as the hours for sleep have been they have been religiously devoted to sleep, and Sunday he gets four or five extra hours.

The heart, muscles and lungs have been fed by two hours of exercise in the open air each day of the year.

This man has had experiences such as would end the physical career of the average life. He has accomplished as much as most men, even of great ambition, would care to achieve. But, as the reward of his "system" of his regular and sensible habits, he comes out of office a young, vigorous man, good for many more years of active and useful life. With his regularity of living it may well be that he will live to be a hundred.

Rules are irksome things, but it is only by the observance of rules of living that we may hope to live well and long.

ANSWERS TO HEALTH QUESTIONS.

R. A. L. Q.—Kindly advise a simple method for removing warts from my hands. If I cut them, another one comes on the same hand. Kindly advise me what to do.

A.—Go to a skin doctor and have a thorough examination. Your warts should be removed in a scientific way.

J. F. K. Q.—What can I do for perspiring feet?

A.—Give your feet daily baths in cold water. Rub with a solution of 10 per cent salicylic acid in alcohol. Having dried the feet, apply 10 per cent solution of formalin or 1-1000 solution of permanganate of potash.

W. M. B. P. Q.—I am troubled with a desire to urinate often. After discharging urine, I immediately feel a light pain in the lower part of my abdomen. Kindly advise me what to do.

A.—You should be examined by a specialist and follow his advice.

A. W. Q.—Is petroleum oil which you mention in the paper the common oil such as kerosene oil?

A.—Emphatically no. It is a special refined oil, for sale at drug stores.

T. L. M. Q.—I am 17 and am troubled with fat legs. What would you advise me to do in order to get them thin?

A.—Exercise will reduce fat. Walk a lot.

J. N. McN. Q.—I have been suffering from paralytic strokes. What would you advise for a cure?

A.—A cure takes time. Have faith in your doctor and be guided by his advice.

MRS. M. L. Q.—My aunt is 65 years old and has been suffering with pinworms for about 30 years. Kindly advise me what can be done to help her.

A.—Enemas of good, strong soda every day for a week might help.

MAR G. C. Q.—Can you tell me of a incorporated oil for reducing the bust?

A.—It is not used for that purpose.

E. W. Q.—I am a woman 28 years old and my hair is fast turning gray. I have treated it every week for the last two years, but it does not seem to help. Will you kindly advise me what to do for it?

A.—Monday morning and massaging are good. All hair dyes are bad for the hair in the long run. Gray hair is not unattractive and I would advise you to make the best of it with a good gray. Sometimes gray hair is very lovely, especially when kept immaculately white.

How She Deals with a corn

Doctors and nurses do not suffer corns.

They do not pare corns, for they know it is dangerous.

They use no treatments harsh and out-of-date.

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The man with the HOE says—

Manure is plant food and plant food is manure. Anybody that tries to grow plants, I don't care whether they are vegetables or flowers, without manure, is wrong. It can be done.

Good manure is the kind to dig into the ground. Get stable manure if you can, and if you can't, do the next best thing and turn under dead leaves and put the rest on top in commercial fertilizers. Manure something or other if you want to grow good plants. You can't grow beans unless the bean can find bean food.

There isn't any dirt in the world. I don't care how that doesn't need manure of some kind.

Plumy cockscomb and woolflowers not only are brilliant and easily grown plants for the garden, but they have been found to be very effective for porch decoration in pots. A few of them potted up when the seedlings are being transplanted into their beds and given a little liquid fertilizer now and then, and plenty of moisture make stately specimens with their plumes of crimson, rose and gold rivaling ostrich plumes in delicacy. Their decorative value in pots has been made much use of in flower shows for the last year. They are as easily grown as radishes.

The new cactus flowered zinnia which made its appearance last year, achieving much favor, is on general distribution this year. Its petals are quilled and twisted much after the manner of a cactus dahlia from which it takes its name. Its chief advantage is that the twisted petals relieve the stiffness characteristic of the flower. However, it will not by any means dis-

Patch Up Lawns in Early Spring

Soft grass seed on the last snow if a belated coating appears, or if not, sprinkle over the bare spots and allow the spring rains to beat it in. This will repair the worn-killed spots which mar so many lawns in early spring and the grass will catch and grow much more lustily than if sown after spring has settled down to balmy weather.

Grass seed has become developed to such a scientific standpoint that mixtures to fit any condition can be secured. Be sure and order the proper mixture for conditions in your lawn. A dressing of fine manure or some commercial fertilizer is of great benefit to lawns in the early spring and all means roll them level and firm.

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