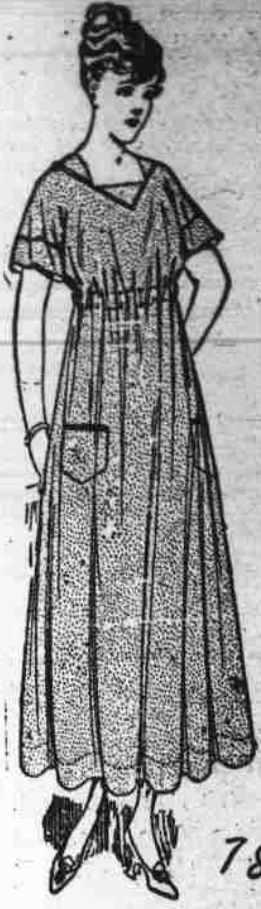


Comfortable Garments for Summer Wear



7822



7815



7834

7815—**Infant's Set of Long Clothes**—Cut in one size. This set consists of a coat, cap, dress, princess petticoat, flannel petticoat, kimono, sacque, shirt and nightgown or slip.
 7822—**Ladies' Apron**—Cut in sizes 36, 40 and 44 inches bust measure. The apron is cut in one piece and slips on over the head.
 7834—**Ladies' Dress**—Cut in sizes 36 to 44 inches bust measure. Long or short sleeves may be used and the skirt has four gores.
 Price of each pattern, 10 cents.
 Address Pattern Department, The Progressive Farmer.

host more of flowers of the roadside, objectionable in the fields to be sure, but lovely in the home if arranged loosely in a glass bowl or vase.

VI

Tall, slender vases can be cleaned by putting grit or shot into them and shaking well. If the stain is persistent, pour vinegar in which rock salt has been dissolved into the vase in the proportion of a tablespoon of salt to a half cupful of vinegar. Shake well in the vase and rinse with clear water.

VII

Have you tried serving your suppers on a side porch or out in the yard? It will work wonders. And then have as cooling things to eat as possible, such as lettuce, cold vegetables, iced tea or lemonade, cold fruit and milk and ice cream. Avoid grease as much as possible during the hot weather.

VIII

If the fruit jars are all full then it seems the part of wisdom to buy more jars. It is much more expensive to buy jars by the dozen than by the gross, there sometimes being as much as 17 cents a dozen saved on quart jars by buying them by the gross. Half a gross of quarts and the same of pints and half pints sound big and are, too, but they will look small next winter in the light of the grocery bill.

IX

There is something more in a well-balanced diet than placing a world of food on the table that each may choose a proper variety. A good farmer would not do this for his cattle. To obtain the best results, the food must be chosen according to the needs of the family; the individuals must like it and it must be given regularly and when the family needs it. Good feeding means not only providing enough good food, but the encouragement of them to take the food that is best for them. If fried pork and cowpeas and sweet potatoes are well liked by one person, he will probably eat them to the exclusion of the others, no matter how much other food may be on the table. If these were omitted and substitutes provided, as chicken, beets, and Irish potatoes one meal, and egg salad, English peas and rice another, the family would be tempted to try the other dishes.

We have not yet realized the importance of good feeding used in its proper sense. It requires more study, care and interest than we have yet learned to appreciate. However, if each of us will put the following lists on her kitchen wall and will endeavor to have one food from each group for each meal or at least once a day, she can not stray very far from a well balanced diet.

SOME COMMON FOODS GROUPED ACCORDING TO THEIR USES

Group 1	Group 2	Group 3
Chief Sources of protein	Chief Sources of Starch	Chief Sources of Fat
Milk	Cereal breakfast Foods	Cream
Eggs	Breads	Butter
Lean Meats	Rice	Bacon
Fish and Poultry	Crackers	Salad Oil
Dried Legumes		
Group 4	Group 5	
Chief Sources of Mineral Matter and Organic Acids	Chief Sources of Sugar	
Vegetables and Fruits	Sugar	
Potatoes	Simple Candy	
Spinach	Plain cake	
Apples	Plain cookies	
Oranges, etc.	Syrups	

X

Not one opportunity are we going to miss of encouraging the keeping of things that contribute to a well balanced diet if we belong to a club that studies foods. I do not mean the exchange of recipes, though that is all right as far as it goes, but rather the comparative value of fresh milk against canned milk, why green foods are valuable, something of how much longer it takes to digest potatoes baked and potatoes fried in much grease. It is an old story, but its very age makes it true. The woman who has an intelligent working knowledge of foods is going to educate her husband to see that there is a good cow, a fine garden all the year round, an orchard supplying plenty for fresh and canned fruit, nut trees, chickens, etc. If we who have the immediate care of the diet do not realize its vital relation to health, how can we expect the men to do so? There is much more joy in a man's working to raise good food to keep his family well than there is in being driven to pay for doctors and medicine after health is gone. It is a real pleasure to know how great a part our little knowledge of foods means in the economy of national health.

What to Do for Prickly Heat


NEARLY every infant, as well as adult, suffers from prickly heat in summer. Prickly heat is an acute engorgement of sweat glands with obstruction at their outlet. This is caused by heat, either from too much clothing or by the hot weather of summer. It is a sure sign that the child has been kept too warm. Avoid heavy clothing and flannels. The clothing should be light in weight and of loose texture. The application of cool water, either by tub bath or sponging, affords relief. A sponge bath of one tablespoon of soda to a gallon of water is helpful. Ointments and salves are of little service. Powders are preferred to lotions. A powder made of equal parts of boracic acid and powdered corn-starch, with a little powdered oxide of zinc, if so desired, is splendid when dusted freely over the itching, burning surface several times a day, every hour if necessary.



WHY should you pay 8 cents, 10 cents or 25 cents for a small cake of soap that cannot be a particle better than the 5-cent, six-ounce cake of Ivory Soap.

Ivory Soap is as mild and as pure as soap can be. It agrees with the skin as well as any "complexion" soap. It is the most pleasant and refreshing soap that ever entered a bathroom. And you get a big cake for 5 cents.

IVORY SOAP  **99⁴⁴/₁₀₀% PURE**
 IT FLOATS



In Your Shoes All Day

Out in this hot, sweltering weather, tramping over the farm from morn to night—that's the kind of wear that's hard on socks. That's why the ordinary socks you buy go to pieces quickly and make your feet sore and blistered. Wear Durable Durham Hosiery, and when you kick off your shoes at night, you'll find it holeless and your feet comfortable.

DURABLE DURHAM HOSIERY
 FOR MEN, WOMEN AND CHILDREN

is made strongest where the wear is hardest. It has reinforced heels, soles, toes, and the tops are fastened on for keeps. The famous Durham dyes assure fast, sanitary color. With all these superiorities, Durable Durham Hosiery costs only 10, 15 and 25 cents.

Tell the wife about this hosiery that will save her hours and hours of darning work. Tell her to buy Durable Durham, the hosiery that makes home knitting expensive, for everybody in the family.

Your dealer should have Durable Durham Hosiery in stock. Have him show it to you and also the 25-cent Durham Mercerized Hose.

DURABLE DURHAM HOSIERY

Durham Hosiery Mills
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