



Dress Making in the Home



*Now don't you forget*  
**Dr. Chase's Nerve Food**

# Dressmaking in the Home

## INTRODUCTION

How to dress attractively is, perhaps, the most interesting problem which girls and women have to solve.

Perhaps you often wish, when this question comes up, that you could make your own dresses or at least the more simple articles of wearing apparel. It is possible you have, at times, felt a little envious of a friend who could do these things and on that account has always been able to look well-dressed.

If your clothing is to be an expression of your own personality, it is most essential that you should know something about materials, colors, fashions, and how garments are made. With this knowledge you will know better how to wear clothes as well as how to make them.

It is the object of this little book to show you how easy it is to make many articles of dress for yourself. Whether you actually make them yourself or have others make them for you, it is most important that you should know how.

Possibly you have never realized what a pleasure there is in creating articles of this kind. The instructions are as simple and condensed as it is possible to make them and if you follow them, step by step, you will have no difficulty in making the garments described.

You will see that no patterns are necessary as you learn here how to cut patterns to your own measurements. If patterns are available, you can then alter them to your exact fit.

If you have been afraid to try dressmaking, you need not hesitate longer. We would suggest that you try some of the simpler garments first until you see how easy it is to follow the instruc-

tions. You will then have confidence in your ability to make the more elaborate costumes.

You will find much pleasure and satisfaction in the creating of these articles of wearing apparel. May they also bring you joy in the wearing.

## Dainty Lingerie

The daintiest lingerie can be made at small expense if you follow the instructions contained in this book.



When finished, you have garments which are worth many times what they have cost you for the materials. Then you also have the satisfaction of producing something pretty with your own skill.

## Keep This Book

The information contained in this book has not been accessible heretofore and is of rare value to every girl and woman who is interested in dressing attractively. Keep it in a place where you can readily refer to it when interested in clothing.

*Frank n.d.*

## Full Instructions on How to Make a Dress

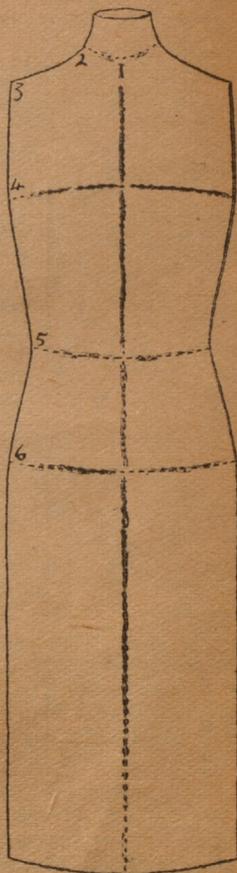
Take a large sheet of paper, 4" wider than your bust measurement and twice as long as your measurements from top of shoulder to length required for skirt, allowing 3" extra for hem. Fold lengthwise, then crosswise. The crease must form centre front. Mark on crease centre front neckline about  $4\frac{1}{2}$ " down from top of paper; diagram 1.

Now measure from centre front neckline to neckline at shoulder. Mark here; diagram 2. Round out slightly to shape of neckline to this point. Next measure length of shoulder and slope down gradually from neckline to arm hole until making shoulder line at arm hole  $\frac{1}{2}$ " lower, as per diagram 3.

Now measure yourself  $2\frac{1}{2}$ " straight down crease centre front from neckline. Mark. From this mark measure distance straight across to your arm hole. Mark. Repeat this measuring every 2 or  $2\frac{1}{2}$ " across from centre crease until underarm is reached. This will give you the slope-cut required for arm hole as per diagram 4. Now measure from underarm to waistline. Mark  $\frac{1}{2}$  waist measurements from crease in centre front straight across waist line underarm. Slope down gradually from underarm until size of waist measurement is attained, as diagram 5.

Now measure from waist line underarm to hip-bone. Mark  $\frac{1}{2}$  hip measure across from crease in centre front to required measurement; diagram 6. Then slope very gradually until width required for bottom of skirt is attained. On all measurements allow 2" on paper for seams. Now take one half this pattern and mark back and crease in centre. Cut off 1" on shoulder seams, 1" around arm hole and 1" straight down from arm hole to bottom of skirt. Now join the back and front. The 1" you have cut off each side of back seams will be required for front as the front is 2" wider than back.

As you have left a 2" seam on front, baste the two together, leaving an inch on each. For a semi-fitting dress allow 4" on waist measurement. If you desire pleats in skirt allow extra material according to number and size of pleats required. Add 4" to hipline and slope from waistline to this measurement.

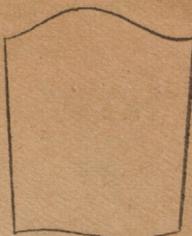


## How to Take Measurements

**BUST MEASURE:** Place the tape measure around the body close up underneath the arms, over the fullest part of the bust and across the lower edges of the shoulder blades. Mark here.....

**WAIST MEASURE:** Place the tape measure snugly around the body at normal waist line. Mark here.....

**SHOULDER:** Measure from neckline to point of shoulder at arm hole.



Sleeve

## Material Required

In case of material 36 or 40 inches wide, measure twice the length of the figure plus  $\frac{3}{4}$  of a yard for sleeves.

A straight dress with short skirt requires about three yards. If pleated, an additional skirt length will be required.

## The Sleeves

Take a sheet of plain paper, about 30" long and 15" wide. Lay it out flat. Measure carefully from shoulder-arm at sleeve through bent elbow to wrist. Mark on centre of paper. Measure from underarm to wrist. Mark on centre. Measure wrist. Mark distance across. Measure around armhole. Mark across this measurement from top shoulder arm to under arm. Place tape halfway around arm, halfway between top of arm and elbow. Mark. Cut according to measurements, as per diagram.

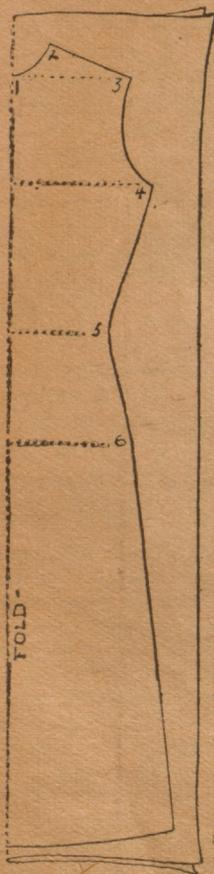
## Fancy Dresses

Once you have learned to make a simple dress as described on page 2 you can, by using this foundation pattern, make such changes and add such trimmings as you may desire.

On a sheet of paper, draw a copy of plate on page 2 according to your measurements. With a picture of the particular dress which you desire before you, copy on your plan the features which you wish to copy. With the completed drawing before you, you can figure out the measurements of the various parts of the dress.

## Tearing Fabrics

Materials should be torn when possible. Tearing straightens the material and is quicker than cutting. In using material about which you are in doubt, try it first by tearing a small piece at the end.



## Steps in Making a Dress

1. Take your measurements and cut out the paper pattern.
2. Straighten the material and pin the pattern securely to it so that it cannot slip.
3. Cut material.
4. Pin and baste the parts together.
5. First fitting. Mark alterations.
6. Second fitting after alterations are made, sewing done and basting threads removed.
7. Finish the dress with care as to every detail so that it will look its best when completed.
8. When you wear the dress, you may want to add some ornament or trimming. Be sure that hosiery, shoes and other accessories are in keeping with the dress so that your general appearance may be harmonious and pleasing.

Junior.—“Between you and me what do you think of Jack’s girl?”

Senior.—“Between you and me, not so much; but alone—oh, boy!”

## Fitting the Dress

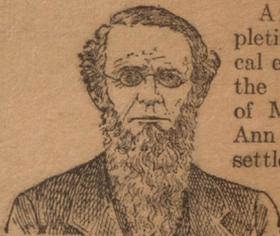
Be sure that the dress is carefully adjusted on the figure before starting to fit it. Alterations may be necessary at the neck and armholes in order that the dress may hang without wrinkling. If it is necessary to cut out some of the goods, go slowly, clipping out a little at a time until the fit is perfect.

It may be necessary to rip the shoulder seam or the seam under the arms so as to remove wrinkles. You may have to rip out the sleeves but a little patience in fitting is amply rewarded by the satisfaction of the finished dress.

## Who is this Dr. Chase?

Where Did He Live?—Why Should  
We Have Confidence in  
His Medicines?

These are the questions of enquiring younger people who are not familiar with the record of the well-known doctor. Let us answer them briefly.



*Respectfully  
A. W. Chase, M.D.*

After completing his medical education at the University of Michigan at Ann Arbor he settled in that town and began the practise of medicine.

In his efforts to obtain the most effective treatments for his patients he did an enormous amount of research work and from the accumulated information compiled the famous Dr. Chase's Receipt Book of which there has been circulated millions of copies.

People bought this book and came from great distances for his treatments. He also travelled through Canada to Buffalo, N.Y., and stopped over at certain places to enable people to consult him. This gave rise to much correspondence and requests for medicines to be sent by mail. From this small beginning there developed the extensive business which is now conducted by The Dr. A. W. Chase Medicine Company, Limited, with offices in Toronto, Canada and New York, U.S.A., and with business connections in many foreign countries.



## Women's Nerves

Where women meet "the nerves" sooner or later become the subject of conversation.

And is it any wonder?

With the multiplicity of cares and worries which most women have in the home and the demands which modern life make on her nervous energy she is almost certain to suffer under the strain put on the nervous system.

But fortunately there is usually some woman present who joins in the conversation with, "Well, say, did you ever use DR. CHASE'S NERVE FOOD? I have and it is just wonderful the way it built up my system when I was tired out, nervous and irritable

and felt as though I had not a friend left in the whole world."

"I have told lots of women about it and do you know I don't believe it ever fails to do one all sorts of good. It may take a little time but you give it a real good chance and you will most certainly not be disappointed."

Every day such conversations are going on and so the good word is passed along about the benefits obtained from the use of DR. CHASE'S NERVE FOOD.

In this way DR. CHASE'S NERVE FOOD has become one of the fastest selling medicines in the drug stores. Merit has placed it in this position and is keeping it there.

# Dr. Chase's Nerve Food

The Greatest of Nerve Restoratives



## Nervous Headaches Are Your Warning!

When you hear of persons having a nervous breakdown you may be sure that they have had warning of their condition if they could only read the danger signals.

Continued headaches along with tired feelings and a tendency to irritability tell you that all is not well with the nerves. You are living under a strain that will sooner or later put you down.

You must get rest and you must help the nerves back to health by the use of such restorative treatment as **DR. CHASE'S NERVE FOOD**.

It takes a little patience to restore exhausted nerves but you can depend on **DR. CHASE'S NERVE FOOD** as the most satisfactory treatment you can possibly obtain.

This fact has been proven in countless cases over a period of years until now **DR. CHASE'S NERVE FOOD** is recognized among druggists and doctors as the rational treatment for exhausted nerves.

Sleeplessness, nervousness, nervous

indigestion, irritability and all the symptoms which make one feel so miserable and so helpless disappear when **DR. CHASE'S NERVE FOOD** is used to feed the tired nerves back to health and vigor.

## Anaemia or Thin, Watery Blood

A condition which is most certainly overcome by the use of **Dr. Chase's Nerve Food**

It is well known to our physicians that many of our ills may be traced to a thin watery condition of the blood or what they call anaemia.

Sometimes it is the result of overwork—often because of malnutrition or improper diet.

The blood loses its nourishing qualities—we feel weak and languid—digestion fails—the heart palpitates and we lose energy and vitality.

Because it positively overcomes this rundown condition **DR. CHASE'S NERVE FOOD** is undoubtedly the most effective treatment available for anaemia.

**DR. CHASE'S NERVE FOOD** contains in condensed form the very ingredients from which new, rich blood is formed. For this reason it cannot fail to be of great benefit to you when you feel tired and worn out. It will restore your vigor and make you feel fine.

Be master of your health by using **Dr. Chase's Nerve Food** to keep vitality at high water mark.



## Nerves Were Over-tired Now Full of Pep

Today there is no more common trouble than over-tired nerves. The strain of modern life, both in business and in social relations, is enormous. We feel tired but we cannot stop to rest. The mad rush carries us on and ever on until we end in a nervous collapse.

We are bankrupt in nervous energy. The machinery of digestion cannot run without power. The brain is sluggish. Sleep forsakes us. We become irritable and restless. We fail to accomplish what we should and gradually get to looking on the dark side of things. A dangerous condition to be in.

Rest and a change of scenery will help. But we are not all situated so

we can let go of business and our daily task. Other assistance must be sought to hasten restoration and it is found in DR. CHASE'S NERVE FOOD.

This treatment is revolutionary in that it restores by building up the run down nervous system. It takes a little time and patience to rebuild the depleted nerve cells, but you can be certain that with each dose of this restorative you are supplying the ingredients from which nature forms nervous energy and vigor. You will soon rest and sleep better, enjoy your meals and find your old-time vitality coming back. You will take a new interest in life and realize again what it means to be strong and healthy.

# Dr. Chase's Nerve Food

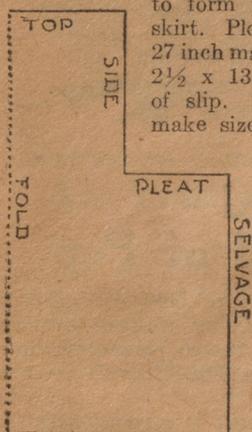
The Greatest of Nerve Restoratives

## An Attractive Costume Slip

The woman or girl who enjoys making her own undergarments will find this slip quite simple to fashion.

Take a piece of paper for pattern, length required, and 27 inches wide. Fold lengthwise and crosswise, making crease centre of slip. Cut across 9 inches to form top of slip. Cut down straight 13 inches to waistline. Cut across to remaining width of material

to form pleat to allow for fullness in skirt. Pleat in to side seam. Three yards 27 inch material required. Shoulder straps  $2\frac{1}{2} \times 13\frac{1}{2}$  inches long, joined to top of slip. This amount of material will make sizes to 42. For each size allow 2 inches across top, according to size of bust. Back and front the same.



In making seams in wool or velvet, always use silk thread. It blends into the fabric better.

In basting a garment together, lay the material out perfectly smooth on the table.



## Take My Advice, Dearie

When you feel tired, worn out and run down, use DR. CHASE'S NERVE FOOD.

This restorative will enrich the blood, strengthen the nerves and make you feel and look well.

### Dr. Chase's Nerve Food

# Shortness of Breath Weak Heart

To gauge the condition of the heart there is a simple test which anyone can make. It is not new, but medi-

"Are you short of breath when going up-stairs?"

The extent to which you are inconvenienced under a strain of this kind will tell you how serious may be the condition of your heart.

In most cases the trouble is caused by a rundown condition of the blood and the nervous system. The logical prescription is DR. CHASE'S NERVE FOOD because this treatment enriches the blood and strengthens the nerves of the heart as well as those of the other vital organs.

Supplied with sufficient nutrition in the form of rich, red blood the heart is a tireless worker and seldom gives trouble. When it does weaken you may be sure that there is a lack of just such blood forming ingredients as are found in DR. CHASE'S NERVE FOOD.



cal men still agree that it is unrivalled as a means of finding out if the heart is in health or doing its work under difficulties.

Mrs. MOSES HARVEY, Hartling, N.S., writes:—"I had the 'flu' and it left me in a terribly run down condition. My heart was weak. I had pain through the back and chest, weak spells and headaches. Doctors had failed to help me, but after I had been using DR. CHASE'S NERVE FOOD for a month, I found a great change in my condition. After using thirteen boxes I can say I am once more a well woman."

## Dr. Chase's Nerve Food

The greatest of nerve restoratives

# Children's Clothes



The instructions given for measurements and cutting of adult dresses will apply, in a general way, to children's clothes.

Comfort as well as appearance will have due consideration. Fabrics should be substantial, of bright colors and fast-dyed.

## Play Clothes

Play clothes should be simply made and easy to put on, but there is no reason why they should not be of attractive material and design and with an artistic touch which makes the children look their best.

Finish the neck and hem the bottoms of sleeves and trouser legs before sewing up the inside seams. Stitch a patch over the cross section of seams inside trousers or bloomers. This makes them more secure and saves extra mending.

Snap fasteners sewed under a flap with buttons on top save time as they do away with making button holes.

Make two or three frocks alike so that bloomers are

interchangeable in case of accident.

You will find help in making pattern on pages 12 and 20.

## Play Suits for Boys

Boys' modern play suits have natty blouses and full trousers, with mannish belt and buttons down the front.

The trousers are full at the bottom, the sleeves are short enough to be out of the way, the collar is loose and the boy has freedom and comfort.

The making of the suit is simple and you will be able to work from the illustration. If different materials are used for blouse and trousers the colors should blend.



Chappie.—“Not dancing, old thing?”

Old Thing.—“No, my skirt's too tight.”



## Robust Health for Growing Children

Every boy is ambitious to be a strong, fine man. Every girl desires to some day be a fine well developed woman.

The critical time in their lives is during the school age when important physiological changes are taking place and when they are under the nervous strain resulting from close study and the excitement of examinations.

If at this time they become pale, thin, nervous and sleepless, no time should be lost in supplying to their systems such assistance as is best afforded by DR. CHASE'S NERVE FOOD.

It is amazing how soon strength and vigor are restored to weak, delicate children by the use of this great restorative tonic.

The blood is made rich and red, the feeble nerve cells are restored and robust health replaces weakness and disease.

## Vibrant Health Comes First

No weakling can win in the great battles of life. You must have the physical energy if you are going to make a success and win the rewards of achievement.

Many times, perhaps, you have planned big things for the future only to fail because you have lacked the energy to work out your plans.

DR. CHASE'S NERVE FOOD is for people whose energy has waned. It forms new rich blood and through the medium of the blood brings new energy to the whole human system.

You will not be using this great restorative long before you find that you are looking and feeling much better. Such symptoms as indigestion, sleeplessness, headache and general lack of energy will disappear and you will feel yourself again.

## Women Can Avoid Operations

There are fads and fashions in surgical operations as well as in clothes.

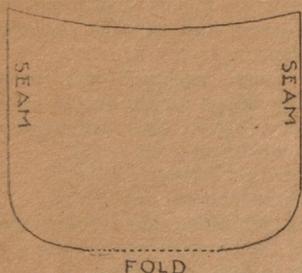
Just now many women submit to operations with the belief that it is the only way to get well. It is not unusual for them to be badly disappointed after all the risk and shock and expense of an operation.

Operations of this kind seldom afford the relief expected, for the cause of women's troubles is usually the run down condition of the nervous system.

Restorative treatment such as DR. CHASE'S NERVE FOOD enriches the blood, creates new nerve force and enables the vital organs to resume their natural functions. Be master of your health by using DR. CHASE'S NERVE FOOD.

## Step-In, Size 34

Measure from waist to knee, front. Take a square piece of material 36 inches wide by length. Double. Place fold at crotch. Allow 7 inches of



fold for crotch. Open remaining material, sloping or rounding sides to form leg opening. Seam up sides. Slope out 2" from centre front to side seams at top. Run hem. Put in elastic. For each size larger, allow  $\frac{1}{2}$  yard extra material as per diagram shown here.

### Dress Trimmings

Trimmings must harmonize with the other material. Velvet may be used to trim woollen goods, but not woollen goods to trim velvet. Avoid heavy trimmings on light weight fabric.

Avoid using too many kinds of material in one dress. Do not use silk and cotton or silk and linen together.

Tired nerves bring irritable temper. Use Dr. CHASE'S NERVE FOOD to restore the nerves before you do or say something which you would forever regret.



## School Girls' Nerves

Nervousness and excitement connected with school work and examinations are too much for many children of nervous temperaments or who are nervous as a result of an anæmic or weakened condition.

The health of children is quickly restored by the use of the great reconstructive treatment.

## Dr. Chase's Nerve Food

# The Foundation of Health Is Habit

Life is made up of habits. There is the health habit. And also the habit of ill-health. It is surprising what a lot of people have developed the latter.

What hosts of women have bilious spells and bilious headaches about every so often, year in and year out,



and never think of correcting the action of the liver, and thereby removing the cause of this oft-recurring trouble.

They have formed the habit of being bilious.

Many are the men, indoor workers as well as those who spend their time in the open, who frequently suffer from

backache, and yet neglect to get the kidneys in healthful condition.

It is the backache habit which is robbing life of its pleasures for them. These are dangerous habits.

Some people live for many years with their systems poisoned by impurities—they live and suffer.

Others soon develop serious diseases, such as high blood pressure or hardening of the arteries, and quickly have their lives snuffed out.

The greatest rule of health is "daily movement of the bowels."

This is also the most valuable of health habits.

To get back to this rule, to awaken the sluggish action of the liver and kidneys, to cleanse the system and purify the blood, there is nothing like DR. CHASE'S KIDNEY-LIVER PILLS.

By using one pill at a dose at bedtime two or three times a week, just as often as is necessary to keep the bowels regular, you will in a few weeks restore the healthful action of these filtering and excretory organs and correct any derangements of the digestive system.

DR. CHASE'S KIDNEY-LIVER PILLS will help you as nothing else can to get back to the habit of healthful living.

You will live a longer and happier life by reason of their use.

Dr. Chase's  
Kidney-Liver Pills

## Nightgown or Kimona

Fold paper lengthwise, then crosswise. Crease forming centre front. Shoulder and sleeve are straight across top fold from centre crease. Slope out for neckline, as per instructions given for cutting dress pattern, making neck V, round or square, as desired. Measure from shoulder neckline 9 inches straight across top fold for length of sleeve. Measure from this point, 12 inches straight down for width of sleeve. Follow instructions for correct slope for underarm as given for dress pattern. From the end of sleeve to underarm must measure 7 inches for this pattern. From underarm, slope gradually in to waistline, leaving gown with at least 8 inches more fullness at waistline than regular waist measurement. From waistline slope out gradually to bottom until length desired is attained.

Material required.—Three yards, 27 inch, for size 34. For large size allow  $\frac{1}{4}$  yard. Sew up seams from underarm to bottom. Same pattern may be used for negligee by cutting down centre front and adding collar.



## Health in Old Age

As age advances the liver and kidneys weaken in their functions, poisons which they fail to remove poison the whole system, causing pains, aches and rheumatism.

DR. CHASE'S KIDNEY-LIVER PILLS arouse the liver, kidneys and bowels to action, purify the blood and ensure good health.

**Dr. Chase's  
Kidney-Liver Pills**

## No More Backache When the Kidneys Are Set Right

Pains and aches are the result of the accumulation of poisons in the system.

Only the kidneys can filter these poisons from the blood. When the kidneys fail then come the headaches and backaches, the lumbago and rheumatism.

You feel tired, lose your appetite and have trouble in keeping the bowels regular.

But you can soon rid yourself of these troubles by using Dr. CHASE'S KIDNEY-LIVER PILLS. This is a time tried medicine which will not fail you.

The whole system is cleansed by this treatment and as a result you feel fine.

Look for the portrait and signature of A. W. CHASE, M.D., on the box you buy. Imitations will only disappoint you.

For sale at all dealers

## The Kidneys Purify the Blood

There is only one way by which poisonous impurities can be cleansed from the blood. That is through the action of the kidneys.

If you have uric acid or other pain causing impurities in the blood, you may depend upon it that the kidneys are not doing their duty and need assistance.

The most effective means of restoring the normal functions of the kidneys is by the use of Dr. CHASE'S KIDNEY-LIVER PILLS. Unlike ordinary kidney medicines these pills also arouse the activity of the liver and bowels and thereby ensure a thorough cleansing of the whole eliminating system.

The most painful ailments such as rheumatism and lumbago result from deranged kidneys. By keeping the kidneys active by the use of Dr. CHASE'S KIDNEY-LIVER PILLS you avoid the ills which so frequently come with advanced age and add years to your life.



## Pains in the Back

Pain in the back is the most persistent symptom of disordered kidneys.

Dr. CHASE'S KIDNEY-LIVER PILLS relieve pains in the back permanently by removing the cause.

You can keep the liver, kidneys and bowels regular by using

## Dr. Chase's Kidney-Liver Pills

# A Frequent Subject

## Woman's Best Friend

Mrs. H. ALCHORN, 28 Gerald st., Charlotte-town, P.E.I., writes:—"From my experience as a wife and mother, I find that the majority of users of DR. CHASE'S NERVE FOOD are women, especially women passing through the change of life; next by young mothers to regain strength after baby comes and also by mothers for their young daughters entering womanhood. While it is good for all classes of humanity, I am sure it is especially so for women, as they seem to be troubled most by nervous diseases."

## Girl's Nervous Trouble

Mrs. JOHN BENNETT, Boggy Creek, Man., writes:—"My little girl had organic nervous trouble and indigestion. She could sleep but two or three hours each night, and every two or three days she had severe headaches. She also had fainting spells and could eat only light food. This went on for three years, and although I took her to three doctors during that time, they helped her very little. After reading of what DR. CHASE'S NERVE FOOD had done for others, I got some for her. She is now so well that she is like a different child. She is fourteen years old and looks the picture of health."

## Before Baby Came

Mrs. S. E. ROGERS, Centredale, Pictou Co., N.S., says:—"Four months before our last baby was born, I was so troubled with sleeplessness and nervousness in general, that I could not sleep at all. Of course it led to other troubles of a like nature, so I was very miserable indeed. I was advised by my mother to try DR. CHASE'S NERVE FOOD. In fact she gave me one box to do until I got more. I started taking them and in the meantime ordered

Wherever Women

Dr. Chase's N



# Subject of Conversation

er Women Meet is

es Nerve Food



three boxes. They proved such a help that I continued taking them until after baby came. I felt so well that I could hardly realize I was the same person. I had practically a painless childbirth and was real well and strong. Therefore it is quite natural I should consider DR. CHASE'S NERVE FOOD an excellent medicine."

## After Baby Came

MRS. W. FURNISS, 862 Henry St., North Battleford, Sask., writes:—"I used DR. CHASE'S NERVE FOOD with excellent results after a confinement in June, 1922, when I was very sick for a long time. My nerves were in a very bad state and I was completely run down, that being my seventh child. A treatment of DR. CHASE'S NERVE FOOD made me feel quite a different person, and I highly recommend it."

## Middle Life

MRS. HARD, 794 Dovercourt Road, Toronto, Ont., writes:—"When I approached middle life my whole system seemed out of order, and I suffered from extreme weakness and loss of appetite. I could not walk across the floor without holding on to something, and I had to confine myself to light food. I was so nervous and trembly that I couldn't hold a cup in my hand, and sleep was almost impossible. I suffered in this way for two years, and while the doctor did his best for me, prescribing medicines and rest, I got no better. One day I read a letter from a woman whose case seemed identical with mine and who had received great benefit from DR. CHASE'S NERVE FOOD. I began this treatment immediately, together with DR. CHASE'S KIDNEY-LIVER PILLS, and have never had to bother the doctor since. It built up my health wonderfully, I have gained over 15 pounds and do all my own work."



### Making Aprons Cross - Over Style

One yard of material. Fold material lengthwise, centre of apron on crease. Mark on centre crease 10" straight down from neckline. Mark shoulder at neckline. Slope up to shoulder as per diagram allowing

shoulder strap, 3" wide. From shoulder slope out to underarm, 5" from standard armhole. Cut straight down to length required. Cut shoulder straps 20" x 3". Join at shoulder, cross over and button at waist.

For 34 bust measurement, you will need one yard of material. Add 2" for extra size, allowing  $\frac{1}{4}$  yard more for each size.

## When the Liver Goes Wrong

Too much eating and too little exercise is an unfortunate combination so far as the liver is concerned.

The action of the liver under these conditions becomes torpid and sluggish. Bile is left in the system and becomes a poison. Constipation and indigestion result and in time the kidneys are affected because they are overworked in an effort to purify the blood.

This condition is so common to so many people that a medicine which will overcome it is necessarily in great demand.

In this way is best explained the remarkable popularity of Dr. CHASE'S KIDNEY-LIVER PILLS. They are always the same and you can depend on them to produce the desired effect on the system.

Promptly and certainly they arouse the action of the liver and overcome such distressing symptoms as headache, biliousness, constipation and indigestion.

"How ja like my dress, it's a sample?"

Youth (sympathetically)—You don't get much for nothin' these days, do you?



## Keep the Bowels Regular The First Rule of Health

No mother ever taught her children a more valuable lesson than the necessity of keeping the bowels regular.

Health, happiness and success are more dependent on this simple rule than most of us ever realize.

This mother advises the use of DR. CHASE'S KIDNEY-LIVER PILLS because she has found this medicine to be absolutely dependable as a regulator of the liver, kidneys and bowels.

Physicians have estimated that nine-tenths of all human ills have their beginnings in the sluggish action of these eliminating organs and the consequent poisoning of the system.

Not only such ills as indigestion,

constipation and biliousness but also appendicitis and high blood pressure arise from this cause.

Prevention is so much easier than relief after the disease has become settled that the value of mother's lesson is at once apparent.

In many homes the rule is one pill at the week-end as a regulator and preventive and more frequent doses when required.

The strong points for DR. CHASE'S KIDNEY-LIVER PILLS are their dependability to produce the desired results and their direct and combined action on the liver, kidneys and bowels.

### Dr. Chase's Kidney-Liver Pills

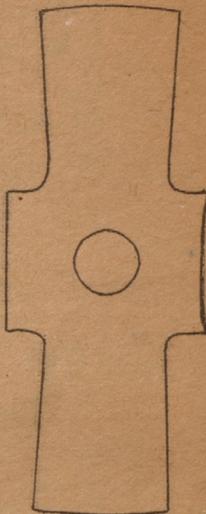
Dependable as a Regulator

## Baby's Nightgown, Dress and Kimona



A sheet of paper 60" long and 48 wide is required to cut this pattern. Fold crosswise, then lengthwise. Crease, forming centre front. Measure straight across top of paper from crease  $1\frac{1}{4}$ ". This point marks shoulder neckline. Measure straight down crease  $\frac{3}{4}$ " from top of paper. This point marks centre neckline. Round out from centre neckline to shoulder neckline. From shoulder neckline measure straight across top of paper  $10\frac{1}{2}$ ". This marks top of sleeve. Measure down  $4\frac{1}{2}$ " which is the width of sleeve. Now measure in 1" as the top of sleeve is one inch longer than under part. Slope from the top of sleeve down the  $4\frac{1}{2}$ " and in 1" as per diagram. From centre neckline, measure straight down crease 4". From here measure straight across  $7\frac{1}{2}$ ". This is the underarm. Slope in from width of sleeve to this measurement, as per diagram. Mark from underarm  $\frac{1}{2}$ " down and measure from crease straight across to this mark 7 1-8". Round out from underarm to this measurement, as per diagram. From this point slope out gradually until 5" from bottom; measuring from centre crease to side, the width is  $11\frac{1}{2}$ ". Then slope in from here to bottom  $\frac{1}{2}$ ", making width at bottom

11". Open up pattern, cut 5" off bottom of the front, as the back must be 5" longer than the front in order to turn up and button to keep baby's feet in. Round out front of neck to about  $1\frac{1}{2}$ " lower than back. Open down for about 4", hem sleeves and neck and run ribbon through to tie. This pattern will make dress, kimona and night gown. For dress pattern have paper 54" long by 48" wide. Cut the same as night gown except from underarm slope down to bottom. Dress should be 27" long. For kimona, open straight down front.



## Children's Clothes

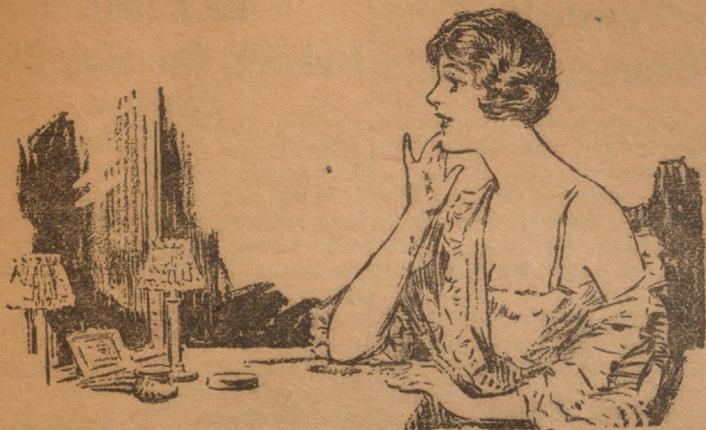
Short sleeves are best in girl's dresses. They stay clean longer.

Make a pair of bloomers with every dress; a little extra material will do this.

Kimona sleeves are more easily made than set in sleeves and are not so soon outgrown.

Good clothes are as necessary for the success of your child as good manners.

Speaking of these short skirts—it's not the initial length, it's the up-creep.



## Loveliness of the Skin

How to keep the skin young and soft and clear like that of a child is the problem which many are trying to solve.

Some progress is being made by demanding purer and less harmful cosmetics and by giving greater attention to having them thoroughly removed each night by washing with warm water.

In spite of this the effect on the skin is to make it harsh and dry and consequently to encourage the formation of wrinkles.

If after carefully washing all the "make-up" from the pores of the skin you apply DR. CHASE'S OINTMENT before retiring you will keep the skin

clear of all irritations and at the same time develop a softness of texture which is most desirable.

The use of DR. CHASE'S OINTMENT also protects the skin against the irritating effects of wind and weather. The redness and hardness which results from too much sun and wind are relieved by the antiseptic, healing influence of this medicated treatment for the skin.

There is a place on every toilet table for DR. CHASE'S OINTMENT. Since it is composed of the finest medicinal ingredients it fills a want that is not supplied by toilet creams and lotions.

### Dr. Chase's Ointment

Keeps the skin young, soft and velvety

## Face Powders Coarsen the Skin

When used regularly, face powders clog the pores and make the texture of the skin coarse.

It is very necessary that the skin be thoroughly cleansed each night, and by applying DR. CHASE'S OINTMENT you can keep the skin clear, soft and velvety.

The benefits resulting from DR. CHASE'S OINTMENT cannot be obtained by the use of toilet creams but are effected by the fine medicinal ingredients of this ointment.

Coarse, red, rough or irritated skin is greatly beautified by the regular use of this soothing, healing treatment.

## For Baby's Skin

Everywhere DR. CHASE'S OINTMENT is known and appreciated by mothers who have with gratitude expressed the benefit it has brought to their suffering children.

Chafing and cracking of the skin is often the beginning of eczema. The trouble develops where two surfaces of skin rub together—as in the neck, armpits or between the legs of fleshy infants.

DR. CHASE'S OINTMENT applied after the bath brings relief from this condition and prevents eczema.

Young babies develop milk crust when nursing. Oily scales or crusts form on the head disfiguring the infant and worrying the mother. DR. CHASE'S OINTMENT soon brings relief from this trouble as well as from prickly heat and all the irritations of the skin which cause the baby so much discomfort.

## Eczema Itching, Burning Skin Disease

By far the most common form of skin disease is eczema or salt rheum. It is not only dreaded because of the keen suffering caused by the itching and burning, but also on account of its loathsomeness and the resulting disfigurement.

So far as is known there is no preparation so effective in relieving eczema as DR. CHASE'S OINTMENT. Thousands of people who have almost been driven crazy by the torture of this disease, and have despaired of ever being freed from it, have been completely relieved by this great ointment.

By keeping the affected parts clean with tepid water and castile soap and applying DR. CHASE'S OINTMENT plentifully, any case of eczema can be relieved. This has been proven in many thousands of cases.

## Symptoms of Liver Trouble

Coated tongue.

Bitter taste in the mouth.

Attacks of headache.

Fickle appetite and impaired digestion.

Feeling of weight and oppression about the stomach.

Pains under the left shoulder blade.

Pale, muddy complexion.

Depressed spirits and irritable temper.

Constipation and looseness of the bowels.

The most satisfactory regulator of the liver is DR. CHASE'S KIDNEY-LIVER PILLS.

## Dress Every Burn Scald and Wound Antiseptically



“The simplest wound may result in blood poisoning. The only safe way is to look upon every cut or burn as serious.

First cleanse the wound thoroughly and then apply DR. CHASE'S OINTMENT and cover it with clean cotton.

There should be no exceptions to this rule. You cannot afford to risk the dangers of blood poisoning.

DR. CHASE'S OINTMENT is so delightfully soothing that it will quickly bring comfort. In the shortest possible time it will set up the healing process and leave the skin soft and smooth.

Mary: “It took Jack twenty lessons to teach me to drive.”

Ann: “The wretch. He taught me in four.”

## Chafing Leads to Eczema

Fleshy people in particular, appreciate DR. CHASE'S OINTMENT as a relief from chafing which causes them much discomfort and often leads to eczema.

For many years mothers have found in DR. CHASE'S OINTMENT the most effective relief for the chafing which causes baby so much suffering.

Both as a preventive and as a relief for irritating skin diseases DR. CHASE'S OINTMENT has long since proven its right to first place.

## Dr. Chase's Ointment

Is Invaluable Wherever There is  
Itching Skin or a Sore that  
Will Not Heal

Among the troubles for which DR. A. W. CHASE'S OINTMENT is used with splendid results are:

Eczema and Salt Rheum.  
Shingles, Tetter and Ringworm.  
Scald Head and Baby Eczema.  
Pimples and Blackheads.  
Chafing and Skin Irritation.  
Sore Feet and Toes.  
Ingrowing Toe Nails.  
Rough, Red Skin. Erysipelas.  
Chilblains and Frost Bites.  
Poisoned Skin. Poison Ivy.  
Itch, Barber's Itch, Prairie Itch.  
Hives and Insect Bites.  
Scalds and Burns.  
Sore and Cracked Nipples.  
Chapped Hands and Face.  
Sore and Inflamed Eyelids.  
Old Sores and Bed Sores.  
Itching peculiar to Women.

DR. A. W. CHASE'S OINTMENT is a positive relief for every form of itching, bleeding and protruding piles, pin worms and fistula.

## Shrinking Goods

Every cotton or linen fabric should be shrunk before cutting. This ensures the perfect fit and finish which distinguishes well made dresses.

The simplest way is to let the fabric soak for several hours in a bath tub. Leave it in its original folds. Do not twist or wring it, but bring it up on the side of the bath tub and squeeze out as much water as you can with the hands.

Loveliness of the skin results from the use of DR. CHASE'S OINTMENT, which makes the skin soft, smooth and velvety.

M.D.—“Your system is poisoned, you must get rid of your teeth!”

Patient.—“All right, Doc. Throw 'em away, you'll find them under the pillow.”

DR. CHASE'S OINTMENT should never be confused with creams and salves which have no medicinal value.

## Inflammation of the Eyelids



Conjunctivitis, or inflammation of the eyelids, as well as granulation of the eyelids, can best be relieved by the application of DR. CHASE'S OINTMENT.

This Ointment is so clean, soothing and healing, that it affords the greatest relief and in a few days the inflammation entirely disappears.

There is always danger of the sight being affected if the ailment takes a purulent form. For this reason, there should be no delay in using this anti-septic Ointment.

## Used After Shaving



Men who have a tender skin find DR. CHASE'S OINTMENT invaluable as an after shaving application. By its anti-septic, healing influence it keeps the skin soft and smooth and prevents the irritations and small eruptions from which many men suffer, particularly during the colder weather.

Dryness and roughness of the skin is completely relieved by the use of this ointment, and the skin is kept in perfect condition.

# Dr. Chase's Ointment

## Keen Distress from Piles

Few people attain to middle age without knowing the annoyance and suffering which accompany an attack of piles or hemorrhoids.

Blood vessels situated just inside the rectum become inflamed and swollen and the resulting itching is most distressing.

Sometimes these swollen veins become sore and ulcerated. This condition is known as bleeding piles.

The recognized standard treatment for piles is DR. CHASE'S OINTMENT. No treatment has ever proven so satisfactory.

Doctors are accustomed to recommend a surgical operation, but this is very seldom necessary if you use Dr. CHASE'S OINTMENT persistently.

DR. CHASE'S OINTMENT brings relief so certainly and so promptly that some make the mistake of discontinuing its use before the disease is entirely overcome.

## Twenty Years of Piles

MR. JOHN SUNDBLAD, Kenora, Ont., writes:—"I was troubled with itching hemorrhoids for over twenty years. I used a great many medicines and salves, but nothing helped me. Finally I gave up as being incurable, but still continued to suffer. One day, however, in a drug store, I saw Dr. CHASE'S OINTMENT and bought a box. I used it constantly, and am very thankful to say that I am now completely relieved after years of suffering."

## Erysipelas

Redness and swelling, most frequently in the face, are the symptoms of erysipelas. It may begin with red spots which join and acquire a peculiar dark hue.

DR. CHASE'S KIDNEY-LIVER PILLS should be used at once and DR. CHASE'S OINTMENT applied freely to the inflamed parts after they have been washed with soap and water.

## Had Arranged for Operation

MRS. ANNIE CONDON, Box 10, Invermay, Sask., writes:—"I suffered for years with piles of every description, sometimes one kind, sometimes another, but the last attack was so severe I thought nothing but an operation would help me. I went to the hospital to make arrangements but intended to wait until my daughter could stay at home during my absence. While waiting I kept on using Dr. CHASE'S OINTMENT and had used three boxes when to my astonishment I was so much better I did not need to go. I am now entirely free of piles. That was in 1922 and I have had no return of the trouble. I keep a box of Ointment on hand but have never needed it since."

Clergyman (referring to unsteady bridegroom): "Take him away and bring him back when he's sober. I won't marry a man who is drunk."

Irish Bride: "But sure, your Reverence, what can I do? He won't come when he's sober."

## Check Bronchitis Before it is Chronic

There are few "colds in the head" that do not extend into the bronchial tubes and develop into bronchial congestion or bronchitis.

Many cases become serious and last for weeks and there is always a tendency for bronchitis to become chronic and return again and again.

For this reason you cannot afford to neglect any cold and should take quick action at the first indication that the cold is entering the head or bronchial tubes. DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE is at once the most prompt and most effective treatment you can secure.

This treatment has long since proven its exceptional medicinal value and should not be confused with ordinary cough mixtures.

## Quick Relief from Croup

MRS. ROBERT WATSON, Port Williams, Kings Co., N.S., writes:—"I consider DR. CHASE'S LINSEED AND TURPENTINE the most valuable thing in the house. It gave my boy immediate relief when he had croup. Now for three winters the children have never had a cold. At the first symptom, I simply give them DR. CHASE'S LINSEED AND TURPENTINE and the trouble disappears as quickly as it came."

As a prompt relief for coughs, colds, croup, bronchitis, sore throat, etc., you can depend on DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE.

## Asthma

In Asthma there is wheezing and a distressing tightness about the chest. The attacks come on suddenly and almost cause suffocation.

Relief is obtained by the use of DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE which clears the air passages and stops the coughing.

In order to thoroughly overcome the trouble DR. CHASE'S NERVE FOOD should be used regularly for some weeks to tone up and restore the system.

---

"Should a man propose to a girl on his knees?"

"Yes, either that or she should get off."

---

## Every Cold is Serious

Any cold is serious enough when its dreadful possibilities are considered, but when there is soreness or tightness in the chest and a dry hard cough you can look for bronchitis, which is often confused with an ordinary cold.

It is usually known by aching limbs and body pains, chilly feelings, weariness and weakness, pain in the chest and a tight, tearing cough. Fever, dry skin, thirst, coated tongue and constipation are other symptoms.

DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE seems almost like a specific for bronchitis because it is so successful in loosening up the cough, aiding expectoration and preventing the inflammation from reaching the lungs.

# Mothers Depend on This Treatment

To Relieve Their Little Ones of Croup,  
Bronchitis, Coughs and Colds

What a responsibility rests on mother when baby is seized with croup or the children develop colds or bronchitis.



No ailments demand such prompt treatment. What medicine is at hand?

The mother who knows the effectiveness of DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE and its suitability for the use of children is not worried. She has probably taken the precaution to have a bottle at hand and she knows she can depend upon it to bring speedy relief.

For about two generations this well known medicine has had a place in the homes of Canada. Many

others have come and disappeared but the intrinsic merit of DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE keeps it in the first rank as a dependable relief for croup, bronchitis, coughs and colds.

It is so pleasant to take that children love it. It affords them such prompt relief that they go back to it in time of need and learn to depend on it all through life.

It is a good idea to buy the large bottle so as to have treatment ready when the emergency arises.

**Dr. Chase's Syrup  
of Linseed and Turpentine**



## Banish Pain from Your Home

Whatever else may be missing from your medicine cabinet there must be found there a good liniment. This need is, we believe, best supplied by DR. CHASE'S LINIMENT, which the famous Receipt Book author described as the most effective liniment he ever used in his extensive practice.

Use it for Headache, Backache,

Rheumatism, Lumbago and Sciatica.

Rub it in for Sprains, Strains, Bruises, and as a relief from swelling and inflammation.

DR. CHASE'S LINIMENT is a high-class preparation composed of essential oils and drugs. It is pleasant to use, warm and soothing in effect and surprisingly potent in driving out pains and aches.

# Dr. Chase's Liniment

Quickly Stops Pain



## Keeps the Breath Sweet

**T**H**E**R**E** is no good reason why anyone should give offence to others when it is so easy to sweeten the breath by the use of this pleasant, deodorizing lotion.

Bad breath from smoking, drinking, indigestion, etc., may be readily overcome by rinsing the mouth with **DR. CHASE'S EVERY-DAY MOUTH WASH**.

IT PRESERVES THE TEETH	RELIEVES SORE THROAT
HEALS THE GUMS	SWEETENS THE BREATH
PREVENTS PYORRHEA	DESTROYS GERMS

KEEPS THE MOUTH, THROAT  
AND NOSE IN A CLEAN  
HEALTHY CONDITION



# DR. A.W. Chase's Every-Day Mouth Wash

For sale by all dealers or The Dr. A. W. Chase  
Medicine Co., Limited, Toronto 2, Canada

### Individual Type

When planning your dress, look through fashion books until you find a dress which suits your individual type—considering your age, weight, height and your needs.

The design of your dress is just as important as the color or material and should therefore be carefully selected.

### Making Your Own Dresses

Besides the pleasure which everybody takes in creating things with their own brain and their own hands, there are two distinct advantages in making your own dresses.

1. You can better express your own individuality by selecting materials, designs and colors which exactly suit you.

2. You can save a large part of the cost of your dresses and have finer materials or more dresses.

By following the instructions contained in this book, you will find a joy in dressmaking. You will get the spirit of the artist whose greatest pleasure is in creating things.

### Cutting and Sewing

When you have pinned the paper pattern to the goods, cut out the material.

Begin at the neck to pin the shoulder seam and then at the armhole for the seam under the arm. Place the pins crosswise on the seams and pin all before basting.

Basting is then begun at the neck and under the arms and the pins removed as you come to them.

Pin the sleeves both top and bottom and sew from the armhole down. Baste them in place.

Measure the length of the dress from the neck to the bottom, turn in the hem and pin it in place.

## Dr. Chase's Liver Medicine

### Does One Thing Well Regulates the Bowels

If you have experienced the irritability of temper, the depressed feelings and the upset condition of the digestive system resulting from torpid, sluggish liver you will read this page with interest and benefit. The more fully you realize the importance of the liver the more you will appreciate the far-reaching effect of DR. CHASE'S LIVER MEDICINE.

DR. CHASE'S LIVER MEDICINE is not recommended as a treatment for any disease that is not the direct result of disordered liver. If, however, your liver is sluggish or defective, if you have a yellow complexion, pain under the shoulder, oppression about the stomach, bitter taste in the mouth, sick headache, liver spots, cold hands or feet, irregular bowels, or depressed spirits, DR. CHASE'S LIVER MEDICINE will perfectly regulate the liver and remove the cause of the trouble.

DR. CHASE'S LIVER MEDICINE is sold in a large bottle containing 100 doses for \$1.25. As an invigorating and regulating medicine for the liver it is unapproached.

James.—“The postmaster gave you a dirty look when he handed out your mail.”

William.—“My friends are such poor writers he can't read the cards that come for me.”

Check a cold promptly by using DR. CHASE'S KIDNEY-LIVER PILLS to eliminate the germs.

# Cold in the Head and Catarrh

Stuffed up air passages, droppings in the throat,  
catarrhal deafness soon relieved

Catarrh usually develops from repeated "colds in the head." The linings of the nose, throat and bronchial tubes become inflamed. There is hawking and spitting to clear the throat, offensive breath, droppings into the throat, and the eyes become red and watery.



*"My breath is so bad from catarrh  
I dread going into society."*

As the disease becomes more chronic there are pains in the head, deafness and feelings of fatigue and lassitude.

The greatest relief is obtained from the disagreeable symptoms of catarrh by the use of **DR. CHASE'S CATARRH POWDER**. This treatment thoroughly cleanses and heals the irritated mucous linings of the nose and throat.

As the whole human system is greatly undermined by this disease, it is most important that **DR. CHASE'S NERVE FOOD** be used regularly to enrich the blood and restore health and vigor.

This combined treatment is ideal, for, while the Catarrh Powder controls the local symptoms, the Nerve Food rebuilds the constitution and fortifies it against future attack.

## Dr. Chase's Catarrh Powder

35 cents a box, at all dealers

# Confidence in Dr. Chase

Is Founded on His Integrity of Character and the Unusual Merits of His Medicines

If there was ever a physician who commanded the confidence of his patients that physician was DR. CHASE.

No one could meet him and converse with him without realizing that he was a man of skill, who was in love with his profession and anxious to relieve the suffering and disease of his fellow men.

You cannot read the famous DR. CHASE RECEIPT BOOK without appreciating the untiring zeal of its author in searching out the best receipts and prescriptions which were known to the medical profession.

When his attention was turned to selecting medicines to be placed on the market for public sale it was with whole-souled effort that he tested out the prescriptions which he considered most suitable for this purpose.

And so it is that the integrity of character which marked the efforts of DR. CHASE are indelibly stamped on every medicine which bears his portrait and signature, and people have learned to have the utmost confidence in them because of the splendid results which they have accomplished.

## Prices of Dr. Chase's Medicines



*Respectfully  
A. W. Chase, M.D.*

DR. A. W. CHASE'S KIDNEY-LIVER PILLS, one pill a dose, 35 cents a box.

DR. A. W. CHASE'S OINTMENT, 60 cents a box; Family size, \$2.00.

DR. A. W. CHASE'S NERVE FOOD, 60 cents a box.

DR. A. W. CHASE'S CATARRH POWDER, 35 cents a box, blower free.

DR. A. W. CHASE'S SYRUP OF LINSEED AND TURPENTINE, 35 cents a bottle. Family size, three times as much, 75 cents. Can only be sent by mail or express at buyer's cost. Figure postage on 2 lbs.

DR. A. W. CHASE'S LIVER MEDICINE, \$1.25. Can only be sent by mail or express at buyer's cost. 2 lbs.

DR. A. W. CHASE'S BACKACHE PLASTER, 25 cents each.

DR. A. W. CHASE'S LINIMENT, 50 cents. Figure postage on 1 lb.

DR. A. W. CHASE'S EVERY-DAY MOUTH WASH, 50 cents a bottle. Figure postage on 1 lb.

RENZYME, for the Stomach, \$1.50 a bottle. Figure postage on 2 lbs.

**The Dr. A. W. Chase Medicine Co., Limited**  
Dr. Chase Building, Toronto, Canada

UNCAT

Almabacs

*Coughs, Colds, Croup, Bronchitis*

ARE QUICKLY RELIEVED BY

**Dr. Chase's Syrup of  
Linseed & Turpentine**

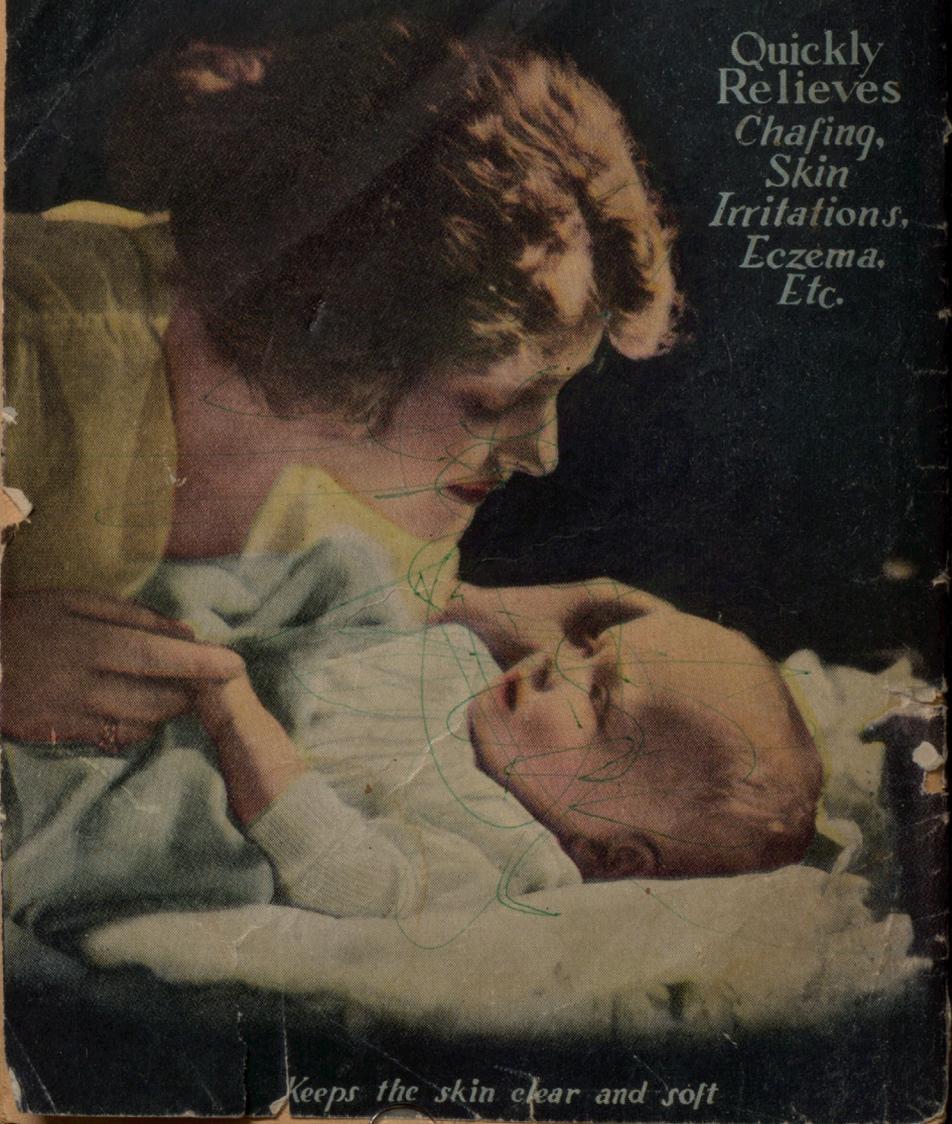
*"She just loves it"*



MURRAY PRINTING CO., LTD., TORONTO, CAN.

ell-k  
Dr. Chase's  
OINTMENT

Quickly  
Relieves  
Chafing,  
Skin  
Irritations,  
Eczema,  
Etc.



*Keeps the skin clear and soft*