

is diluted with water. Fresh milk selling for 12 cents a quart costs only 3 cents a cup. Why pay 20 cents a quart for canned milk when fresh can be purchased for 12 cents?

Does your family enjoy nice big prunes, or do you economize (?) and make them hate prunes by feeding them small seedy ones? The sad part of it is that they are often as expensive as the larger ones. One pound of 40-50 prunes purchased for 25 cents contained 46 prunes, while a pound of 70-80 prunes costing 20 cents contained 74 prunes. Aftey they were cooked it was found that it took 9 of the smaller ones to make a serving equal to 5 of the larger ones. This meant that for 25 cents there were 9 servings (9×5=45) and for 20 cents there were 8 servings (8×9=72). In that case the cost per serving was practically the same and the larger prunes were surely more palatable.

Bone dry prunes, white with sugar, are always expensive at any price. It takes

a lot of time—and gas—to cook them and they are never very good when you have finished. A good family size package of prunes is the 5-pound can which usually sells for 90 cents or \$1.00. The prunes packed in this can are of medium size—usually about 60-70 size—and are so soft that they can be used for salad without cooking, and can be cooked in much less time than the drier bulk prunes.

Packages of all kinds of foods have become extremely popular principally because of sanitation and convenience, and yet in some cases where sanitation is not particularly important, the same food may be purchased in bulk at a much lower price. Since rice must be thoroughly washed before using, or cooking, there is no particular reason why we should buy it in sealed packages. A two-pound package of rice sells for 30 cents or 15 cents a pound, and at the same time a good grade of bulk head rice sells three pounds for a quarter. At 15 cents a pound the three pounds would cost 45

cents—an extra cost of 20 cents for the same article.

The difference in the size of packages also makes a great variation in the price of cereals. Corn meal in an 8-pound bag selling for 25 cents is considerably cheaper than the same corn meal in a package which costs 15 cents for a pound and a half, or 10 cents a pound. At this rate the 8-pound bag would cost 80 cents. A saving of 55 cents on one article—is not that a real bargain?

The saving from such bargains enables the housewife to buy many little luxuries for her family which would not otherwise be possible with the regular grocery allowance. A can of the tiny French peas costing 40 cents for a number 2 can, is expensive enough to be a luxury for most families. Larger peas of a good grade can be purchased for 25 cents, or even for 20 cents. The use of the cheaper peas for ordinary use, or particularly for creamed peas in which the appearance (Continued on page 12)

## Has Hosiery Become Your Hobby?

By MILDRED B. ELDER

ALL year long, when one pauses to remember that futures are bound to occur, the anticipation of a new wardrobe is a source of tingling wee thrills.

The woman of today does not plan her new outfit without making a definite study of the different phases of it. She is always eager to learn how she can buy to the best advantage and is ever informing herself on the proper selection and care of clothing which is an all important factor for the woman who aspires to be a so-called "well-dressed" person.

Almost every woman is well informed about the more important articles of her wearing apparel, such as her suits, wraps, hats and dresses, but has she learned the best about her accessories? Does she know what she should about her hosiery?

Never have women of America been so fastidious about their hosiery as they are at the present time—perhaps because it plays such an important part in her costume.

There are many things to consider in the selection of hosiery. Perhaps one of the first should be, that it provides for the well-being of the wearer. The feet form a delicately susceptible part of our anatomy and require special care in fabric selection. The muscles and tendons of the foot are in constant use and it is of vital importance to the comfort of the individual that footgear should be worked in the most suitable fabric. To have hosiery made of a woven fabric is unthinkable if for no other reason than because of the seams, for they would render the wearer unable to walk in a short time. Therefore knitted fabrics have been found to be the most satisfactory material for hosiery. They also absorb perspiration much more readily than do other materials.

Every woman should be familiar with the four types of hosiery so she can judge which is best suited for her own needs.

The full-fashioned hose is made to fit the shape of the leg. Pieces are knitted in complete units with perfect selvages which are joined together with compara-

tively little bulk or seam. They fit almost perfectly and the strain on them is divided so that they usually wear much longer than the other types.

The half-fashioned hose is a combination of a seamless and full-fashioned type. It is knitted as a seamless hose up to the calf of the leg, where extra stitches are added for about four inches, then the seamless knitting is continued. The unfashioned or seamless hose is knitted on a circular machine to fit the leg as nearly as possible. But it makes a very loose fit around the ankles which of course is undesirable.

The cut-goods hose is made by cutting component pieces from a roll or web of cloth. There is much waste in this type and often the seams are bulky and uncomfortable to wear.

It has been successfully proven that considering price, fit and wearing quality the full-fashioned hose is most satisfactory—therefore the careful woman shopper should be very observing about the type of hose she selects so she will know which is best for her own wear.

The wear that a pair of hose can stand will be increased if the buyer purchases the correct size. A good policy is to "fit the foot and not the eye." Here is the standard table of sizes:

Sizes 2, 2½ or 3 shoe.....	8½ hose
3½ to 4 shoe.....	9 hose
5 to 6 shoe.....	9½ hose
6½ to 7 shoe.....	10 hose
Larger sizes .....	Out sizes

The first thing after getting the right kind, the right size, and the right price is to know how to take care of the hose. First, do you know how to put them on? Roll the length of the hose down to the toe, holding it with the fingers of both hands, then draw it over the foot carefully, being cautious not to allow special strain to come when pulling it over the heel. Next, draw it up the leg evenly and without twisting; lastly fasten the garters over the double top to avoid "runs."

The washing of silk hose in warm water with a mild soap after each wearing insures the hose of a much longer

life. It should also bear a weekly mending. Remember that "a stitch in time saves nine," and immediate care of the thin places or tiny breaks may add weeks to its wear. Some large firms make guarantees for their hosiery provided they are given the right kind of care. Others provide for mending and repairs which is indeed a great stimulus to their trade.

In buying hosiery we must consider many things. The age of the wearer must be kept in mind; can you imagine your grandmother appearing on the street in gay sport hose? Or a two-weeks old baby in black or colored hose?

The type of dress or costume with which the hose is to be worn also plays an important part in selection. Cotton hose are never right with the georgette party dress, or lace hose with a sport costume. It just seems we can't imagine certain costumes without appropriate hosiery.

Another thing to be considered is the shoes which will be worn with the hose. Fuzzy wool hose are dreadful with light pumps and heavy walking shoes could never be worn with fancy silk hose.

It would be well for each woman to make a more careful study of her hosiery problem. It is everyone's problem to save where she can and a careful selection of hosiery will mean a great deal to everyone in money, satisfaction and appearance.

### MY CREED

"Let us learn to be content with what we have. Let us learn to get rid of our false estimates, set up all the higher ideals—a quiet home; vines of our own planting; a few books full of the inspiration of a genius; a few friends worthy of being loved, and able to love us in return; a hundred innocent pleasures that bring us no pain or remorse; a devotion to the right that will never swerve; a simple religion empty of all bigotry, full of trust and hope and love—and to such a philosophy this world will give up all the joy it has."—David Swing.