

# Some Smart Style Suggestions for that Fashionable Tunic

Tunies! Tunies! Tunies! Everything has a tunic!

It matters little what the frock may be, how simply it may be planned, or to what great elaboration it may aspire. If it's up to the last word in fashion it has a tunic. It may have several.

And that's the reason every woman is interested in some new mode of arranging her tunic.

The question is not "What style shall I choose for my gown?" It's instead "How shall I have my tunic draped?"

And the success of the answer depends upon the artistic ability of your dressmaker. For tunics while they are becoming to practically every woman may be exalted to the most coveted realm of the artistic, or they may be degraded to an abomination by the artistic or inartistic capabilities of the dressmakers.

For the evening frock the tunic of tulle softly draped about the hips gives a most charming effect. In many of the smartest evening gowns shadow lace flouncing is used for the tunic, as shown in one of the figures on this page. Sometimes it is very much shorter at the front than the back and sometimes the tunic extends merely from the side across the back. Double tunics are shown on many of the frocks.



HAND EMBROIDERED  
LACE FLOUNCING  
MAKES THIS GRACEFUL TUNIC



WONDERFULLY ALLURING  
IS THIS SOFT TULLE TUNIC



DOUBLE TUNICS are among  
the MODISH STYLES



MANY TUNICS are merely  
EXTENSIONS of the BLOUSES

"Pussy Willow," "Nocturne," "Angel Food." These are just a few of the extremely poetic names for the fabrics which will be worn by milady during the spring-time.

For long before the woods are green, she will have discarded her furs, her velvets and her winter things, and blossomed forth fresh and gay in the loveliest of spring-time garb.

And this year, the fabrics from which she will have to choose promise to be more beautiful than ever before. So exquisite are they one well might fancy they were designed by fairies and sprites. Yet so drowsy they are, though light and airy, that one need not hesitate to choose them. In fact, there is no alternative.

It is a foreign confusion it will be a big silk season, but it will also be a season for crepes, the most wonderful of which are the Egyptian with a lovely luster and beautiful raised design. Indeed, the Orient is very largely in evidence in the patterns to be popular.

But then there are those perfectly exquisite Dolly Varden effects to which such names as Kismet, Damier, and Imprires are applied without detracting the least whit from their beauty. They come in soft lusterless taffetas, most bewitching in their coloring and beauty. Among the most beautiful is the design called Damier. It has a crossbar over the flowers so that it gives them very much the effect of being seen through a lattice.

Altogether, the fabric styles for the coming season are most marvelous in their beauty, and when she sees them, milady will be entirely unable to resist their charm. When she wears them, folded and draped in the most exquisite of modes, none will be able to resist her charms.

## JUST A FEW SUGGESTIONS FOR WELL BALANCED MEALS

Do you, Mrs. Housekeeper, know how to balance your meals? Do you know how, in preparing your menus, to select those foods and those combinations which will be most conducive to the general health and nutrition of your family?

Have you ever given any serious study to the subject of food values?

As a matter of fact, there is no one branch of housekeeping which is more important than this, since it affects the health and happiness of every member of the family.

For the benefit of those who have never given any serious study to this subject, the following table of combinations has been prepared, which will be of much assistance to the housekeeper inexperienced in attaining balanced rations:

### Breakfast Combinations.

Fruits may be served at every breakfast.

Do not serve acid fruits when a cereal is to follow.

Serve simple fruits simply cooked for breakfast.

Serve coarse cereals with eggs.

Serve brown rice, steamed, with eggs.

Serve baked potatoes with cream fish.

Serve creamed potatoes with smoked fish.

Serve fruit, broiled liver with bacon, and muffins.

Serve lamb chops with creamed potatoes.

Serve bacon and eggs with waffles or pancakes and syrup.

Serve sausage, creamed potatoes, and waffles or pancakes with syrup.

Serve nuts and dates, or figs, with a cereal in place of meats.

### Luncheon Combinations.

Serve a soup, with waffles or griddlecakes and syrup for dessert. This is an innovation, but will be found even better than when served for breakfast.

Serve a made meat dish like a souffle; a salad; and a dessert.

Serve mayonnaise with egg, meat, fish or shellfish. Also with the delicate vegetable salads, as tomato, and dessert.

Serve a soup; fish; potatoes or a substitute; a green salad with French dressing; and cheese; and dessert.

Serve a cream soup; a made-dish of meat and potatoes; a green vegetable, and dessert.

Serve meat; potatoes or a substitute; a salad; and dessert.

Serve fish; potatoes; cheese dish; and dessert.

Serve a soup; fish; potatoes or a substitute; a green salad with French dressing; and cheese; and dessert.

### Combinations for Dinner.

Serve a clear soup; a meat; potatoes or a starchy vegetable like rice or hominy; a green vegetable; and dessert.

Serve meat; potatoes or a substitute; a salad; and dessert.

Serve fish; potatoes; cheese dish; and dessert.

Serve a soup; fish; potatoes or a substitute; a green salad with French dressing; and cheese; and dessert.

Serve a cream soup; a made-dish of meat and potatoes; a green vegetable, and dessert.

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