

ble has a brilliant light above it. It is mortifying to pass lar badly adjusted.

FINE satin stitch, sometimes string a curtain. called French stem stitch, is among the most difficult kinds of embroidery to do well. A good substitute is what is known as satin outline. It is much used as an edge on figures to be filled with seeding or fancy stitches. To work it make a fine outline stitch along design, then cover with a close over-and-over stitch, taking up only the stitch itself, not any of the material. Somewhat similar is the cording stitch, except that the unwhite, red and white.

and prevents the bad habit of over-in- heavy and well ironed. dulgence in ice water. Lemons clear For the luncheon table, a cloth may the color of your hair so that they will store the quality if it has grown husky or initials. and aids digestion, which means that it As for the tea table, that, too, must

slumps-actually slumps from tea is passed from this table. pressive picture then! But worse are always in good taste. feels as if it were giving out, and you to match. right places; den't worry and you'll or a more elaborate scallop. be all right."

er. Have you ever known a woman gressive game is played.

HIS is an easy way of making who has acquired the doctor habit. a hand-run tucks in lingerie: woman who loves nothing in the world Crease the first tuck as usual quite so well as an opportunity to tell for machine tucking and ad- the doctor of her ailments? She has just the tucks, but do not thread the poured them out to unwelcome ears, to machine. Then run throuh the tucker. forced listeners, till she longs for some The needle will leave a distinct line one who can really appreciate it all, along which to run your hand sewing. who sympathizes with her in her trou-The marker also leaves a line for the bles; so she sends for the doctor or next tuck. It is best to sew each tuck goes to see him. This becomes almost the same ruling. It is only by adheras it comes from the tucker, as han- a mania with some women, who have ing to this rule that a pleasing symdling obliterates the marks. This few outside activities to divert them. metry is gained in the complete cosmethod insures absolute accuracy with Their minds naturally revert to them- tume. For instance, with the bouffant the daintiness of the hand sewing, and selves and they think of their unfor- skirt and the pointed bodice it is quite can be done in less than half the usual tunate condition until they become sat- essential that one's hair should be urated with the poisoned thought.

T is impossible to dress to look one's best unless the toilet taarate sewing room fitted with the latest conveniences for from a dim bedroom to a well-lighted cutting, fitting and measuring. This theater, or a friend's house, and to room should be light and airy, if posdiscover small wisps of straying hair sible opening on an upper porch, and errors about one's attire which en- where work can be taken on pleasant tirely escaped attention in the semi- days. A one-windowed dark room is darkness at home. A clever woman bad both for work and worker. Have has her bedroom most cunningly light- low side lights or a table with a good ed so that by means of another mir- student lamp if sewing must be done ror opposite that on her dressing table, at night. Low, straight-backed, armshe can see herself in every position. less chairs, with or without rockers, This is one reason why she is rarely and several footchests of drawers or a seen with "yawnings" between bodice highboy, where materials and impleand skirt, glimpses at petticoats ments can be neatly kept. If there is through plackets, and the back of col- no closet in the room use a wardrobe or put hooks at one side of the wall from a projecting board, across which

THE TABLE

bedecked with streamers and rosettes roll the hair over the fingers, or a of wide ribbon, is gone.

is taken through the running stitches into the floral decorations. Sometimes to leave one strand ungathered in the to form a sort of diagonal cord. This we use soft rose shaded or golden yel- roll. This can then be draped around makes a good effect when the over- low candles. But the desired look of the psyche to hide any ugly ends. stitch is done in color, as blue and a dinner table is sparkling whiteness. So the hostess who would spread an front of the hair. Strive for a soft inviting table should have a supply of line. Don't be afraid to draw and pin

DIET of oranges will clear heavy white table linen—large dinner the tantalizing whisps here and there. muddy complexions and reduce napkins with a square monogram or It is only by doing this that you can superabundant curves. Lemon, three small letters in a row, and heavy get your hair to look at all becoming. taken internally, quences thirst tablecloths, stiff because they are Be generous in your use of invisible

plied externally, they are a bleach white ones. With scalloped edges. and neck, freckles from arms and dinner napkins, and can be of white ones do just the opposite. cheeks and other sallow blemishes. linen, hemstitched with an inch wide Pineapples will sweeten the voice, re- hem and embroidered with monogram

will help to beautify the complexion, be daintily set forth. Of course, the Apricots are used for the same pur- tea can be brought in on a big tray or the hair. It is truly woman's crowning at them handily mind, handily and pose and are much favored by the Ori- on a tea wagon, and can be passed directly from these conveyances. But very often a table is spread with a and trouble to keep it at its best. The "Of course this question of handl-O you know that your stomach cloth to receive the tea things, and the

two to four inches in your A dainty cover of pure white linen, ---- you if it is not immediately available. hody if you make a practice of hemstitched at the edge with a threeworrying and fretting?" said a woman inch hem, with a large initial worked lecturer to her audience recently, in one corner, and small tea napkins "First your mouth droops till you can't which are not always essential, but it lift the corners of it. Your chin gets is better to pass them when buttered big-oh, you're anything but an im- toast or a pastry is served-and they

sort of falls on your stomach and your stitched design of teapot and cups and labor of dusting is cut in half. stomach gets irritated and creates saucers in the corner, in dull blue, Then, as to white curtains, spreads, the items.

say, 'Oh, I don't know what's the mat- Then there is the heavy linen or er, need only a thorough shaking ter: I can't climb these stairs-I must crash cover, which is finished with a where white ones would have to be have heart disease.' Heart! Legs are crochet edge in color. The edges of washed, and if the right sort of mato climb stairs with, and poor mis- the linen are rolled, and a couple of terials are used, they never look mussguided women think they have got to threads drawn at the head of the roll. ed as white ones do so soon. pull themselves up with their hearts. The crochet needle is put through Eliminate tablecloths. Have the Stop playing dirges inside yourselves. these drawn threads to make the cuge, bare table arranged with place doilies. Tuck your abdomens back into the which can be the simplest sort of picot It is prettier, it is less work, it means

Nowadays it is usual to cover the Eliminate carpets. Have rugs that card table with a clean, smooth cover are light and easily shaken, on a hard-NE of the tendencies of ill linen or crsh. These covers are tied wood floor, that can be wiped clean in health is to make one morbid. under the corners of the table or fast- ten minutes with one of the many dust-People who are constantly ened with snap fasteners. Sometimes less mops on the market. thinking about their ailments, they are decorated in cross-stitch with Eliminate quantities of cut class and worrying about their troubles, suffer- the emblems of playing cards—spades, silver, which are hard to keep bright, but lessens the burdens of the stomach beautiful foot. It is, on the whole, a laudin should be soft, but not hot. As given you courage to leave a silver whole, a laudin should be soft, but not hot. As given you courage to leave a silver whole, a laudin should be soft, but not hot. As given you courage to leave a silver whole, a laudin should be soft, but not hot. ing pain, often develop a morbid pas- hearts, diamonds and clubs. Some- and are not so pretty as the charming by properly mixing the saliva in the frequently scen in its perfect soon as it is in this condition remove place to gamble on making good in one sion for sympathy. They want to tell times there is a set of four, marked so-called peasant china from Belgium food, which is nature's first step in dieverybody of their aches and pains, to one, two, three and four, to designate and Brittany, which is cheap, lovely gestion. Use both sides of the mouth ment of beauty is vanting. The rarest nin while the mixture is still soft, but independence. As a result, you are describe their symptoms, says a writ- the number of the tables when a pro- in color, and can be kept at its best when eating, for then all of the teach point of beauty is the hollowing of the not warm. This cream is to be used now earning alone what we both carn.

Dress and Beauty.

BY LUCILLE DAUDET.

UST as this is one day of spepinned high on the head and should be arranged in curls at the side.

by following the directions given in often as necessary. this article the greenest novice should be able to gain a satisfactory result.

brush the hair down around the head the position of the psyche. If your ears as shown in the photograph. Divide are not things of beauty, bring the the hair at the crown, picking up suf- curls more to the front. There are ficient to make a fairly thick strand. Tie it securely as illustrated. This style yet change it very slightly in its gives you a firm foundation on which to pin the rest of the hair.

Be generous in your use of pins, so that there will be no danger of the curls slipping.

Drape a part of the front section over each cluster of curls. And then pin the front strand rather high on the head. This is necessary in order to place the psyche high.

In twisting the psyche arrange it as ORTUNATELY, the day when not at all pleasant to look at and it spread with loosely as possible. A tight roll is spread with a cloth of red There are various ways of making a satin, then with lace, and then psyche, but the simplest method is to foundation, if necessary, and spread We want our dinner tables white to- and pin the hair a little above the derstitchery is run and the overstitch day. To be sure, we introduce color crown of the head. It's a good idea

> Be most particular in arranging the hairpins and try to get them to match and why.

should be willing to expend some time simply invaluable to you. brushing of the hair and the massag- ness is the chief one. The best collec-

SIMPLICITY

poisonous gases. Then your heart green or gold. Tea napkins are made bureau scarfs, etc. These are far lovelier if color is used instead, look freshor need only a thorough shaltness material, or supersede one item way and without any use of creatus or day, the stringy appearance. Wi

lower laundry bills.

without trouble.

a daily habit as is the washing of the

ST as this is one day of specializing, so is it the day of matching styles—that is, the style of hairdressing must be scalp. It is advisable to apply just a sent with the style of the sown. Shoes, hats, gloves and wraps follow or oil is apt to make the head look Should the hair be oily it should be washed frequently, and occasionally an alcohol bath should be given it. This is done by covering a brush with absorbent cotton. Saturate the cotton with alcohol and then brush the hair. You will be surprised at the amount of dirt that will come off. It It is quite true that every one can- is not easy to state how many times not afford to have the hair dressed in the oil or the alcohol should be apsuch a manner by a professional, but plied. The best statement is to say, as

In adopting the style of hairdressing suggested today be sure that it suits This is the method: First of all your features. If it is too high, lower lots of little ways you can modify the general appearance. The placing of the part is another question which Now pin the false curls at each side. must be solved by the individual.

As a rule, the hair can be arranged much better if it is slightly curled. A wide wave is preferable to a narrow, tight one. It looks more natural. If you use curlers it will be necessary to dampen the hair before arranging it on them. To obviate the necessity for putting up the hair every night, you might use a quince-seed fluid on the hair. This usually makes the curl stay in for a longer time.

CLIPPINGS

WAS visiting a woman who has made a success in business. and after she had shown me around her shop and offices, full of fascinating things, she drew my attention to a card index case near her

"That." she said, "is the most important of my possessions. And to that I charge a large part of my success." Of course I wanted to know what

"I think that every woman who is in a splendid stimulant. the skin, assist digestion and have a be used, or else doilies. Lace doilies surely be unnoticeable. For the purant bare any but routine work should make a tendency to rid one of obesity. Ap- are in good taste, and so are plain pose of holding the psyche use bone practice of keeping all clippings that hairpins. These add to the appear- have any reference to what she does. which will remove stains from fingers Luncheon napkins are smaller than ance of the coiffure, whereas the wire The amount of first-class material that is printed in the papers and the weekof physical fitness, or the reverse, as and keeping them where you can ger sifted through a muslin cloth. glory, and for this reason a woman you are forming a library that is

ing of the scalp should be just as much tion of material on earth will not help

"My way is to keep all allied clipplags in one big envelope. Each of ter. these envelopes is indexed under a BOUT half the furniture, pic- number, and all the items it contains tures, gewgaws and bric-a- are marked on a slip. These are kept brac can be eliminated from in that card index case. All I need to the usual house, and give a do when I want a clipping on any subcomes. Your stomach slumps and There are also some very pretty new sense of room and peace not otherwise ject is to look for it alphabetically in ers who do not share their opinions. Often and soothe with cold cream. It coils up on itself, and your diaphragm cloths for the tea table with cross- to be found, while at the same time the the index, take out the envelope that One is the director of the institute of will take a week or more, at least, to has the right number, and run through massage in the University of Berlin, be effective. This is also good for

> with a better one by this plan. Noth- other skin foods. In removing wrining is lost. There is no fussing with kles of the forehead the masseur paste, no big books to take care of I stands on the right of the patient, who can subdivide as much as seems good is seated. The right and left hands bollowness directly at the front of the add to the first that was earning 6 per

> women to fellow; even the woman who ward toward the scalp, but the move- sage, tissue-building creams must be there was no slavish skimping, they simply runs her own house will find it ments are zigzag, not in a straight line. applied to nourish the flesh and to help had some \$5,700 in 6 per cent investan endless help and joy."

-7 DETH need exercise as well as other parts of the hade on have the same amount of exercise.



quent shampooing or an improper man- a greater or smaller hollow on the in- work. My position is easy and pleasner of renovating. Brushing for ten or side of the foot, but nearly every one ant. fifteen minutes every night will act as shows a straight, wet mark on the out-

(b) The Coiffure

Completed

the huge bath puff found in concerned. the stores nowadays is made of two ounces of rice flour, two The greatest care in arranging the lies and the magazines is incredible, ounces of powdered taleum, two ounces hair will avail nothing if the hair is Most of it is lost to you, because you of powdered erris root and one-haif not in a luxuriantly healthy condition, read it over once and forget it. But pound of constarch. After being Nothing so quickly reflects a condition make a habit of clipping all such items mixed the ingredients should be well

> following the bath is the best and fine. for manicuring. Just as regular as clockwork-more so than the work of some clocks-should the cleaning and shaping and polishing of the nails be done when they are soft and pliable after being in the wa- drams of borax, one ounce of glycerin.

He strongly advocates the practice, freckles. are employed. Each hand moves from neck will not appear to indicate the cent for them. So five years passed. "It is a plan I advise all working the root of the nose upward and out- absence of youth. In addition to mas- In savings and interest, for which

cutside of the foot. If any one would night and morning,

ENERAL careful treatment of convince himself that the hollow on the hair will soon restore its the outside of the foot is rare, let him life and luster. When the hair watch the prints that seaside bathers becomes dry and dead-looking leave when they step on a dry plank is usually suffering from too fre- walk. Most of such footprints show sional work than I would on houseside. That water could flow under and Wilfred lived comfortably in a litthe arch of the foot without wetting it the apartment with a girl to do the PLEASANT powder to use with is an old and good rule where feet are work. Weekly they made their joint

T is an easy matter to reduce a pair counted \$1,000 in savings. When food and pick the flesh up in stock, which paid 6 per cent, dividetd. tween the fingers. This dissolves the of us working-you and I and the fatty tissue. Follow the massage with thousand dollars." firm upward strokes and then dash on Then Wilfred asked Martia to give all times, that immediately cold water. It will make the flesh firm up work.

RY this to bleach the brown spots on the neck: Three drams of citric acid, eleven ounces of hot water, two Put the borax and acid into the water to dissolve. When cold add the glycer-LTHOUGH many of the leading in and perfume with essence of roses. "beauty doctors" regard facial To use, apply to the spots at night, letmassage as always injurious ting it dry on. Apply again in the in the long run there are oth- morning. Should this irritate, use less

day the stringy appearance lighten muscles. An unguent particu- ment. Wilfred applied for a responsi-WOMAN's foot, when perfect, larly suited to the throat is made from ble position with a new firm at \$50 a is hollowed out well, both in- half a gram of tannin, thirty grains of week and got it. Therein Martha lealside and out, with a high to- lanolin and twenty grams of oil of ized that in those five years they had step, from heel and long, sweet almonds. The last two ingre- accumulated something better than ough mastication of the food straight toes, slightly spatulate at the dients should be mixed by placing in mere money. not only exercises the teeth, ends. This is the type of the most a basin set into boiling water. The "Our investment," she said, "has

LEARN TO SAVE MONEY

3 Twisting the Hair Into

BY MRS. McCUNE.

HEN Martha Glenn went to work with an engagement ring on her hand, there was a sentimental flutter among the rest of the girls. Martha, twenty-three, tall, brunette, was saleswoman and mannikin in the establishment of Henri, exclusive dressmaker.

When Martha returned from her two weeks' summer vacation a few months diamond, and placidly kept on working, the girls agreed that "I was an awfully queer thing for a brute to do."

Wilfred Hayes had the manly opentation of Martha giving up work when they married, and letting him apport her on the \$30 a week he carned is accountant But Martha said to Willied. "If we save a reasonable amount of mor y on \$30, we must live as hiply "W can save at least \$5 a week," replied lie.

"That isn't a drop in the bucket!" cried Martha. "If I keep on working we can save five times as much." "But you will be working!" he ex-

"I'll be working anyway at home. I shall spend no more energy on profes-

So Martha continued at Henri's, She

deposit in the savings bank. At the end of the first year the proud double chin. Anoint with skin Wilfred invested the sum in bank

tiny folds, rolling firmly be- Martha laughed, "Now there are three

"And be saving only \$5 a week, \$260 a year!" she said. "I have worked for my own living long enough to know how a man would feel with the responsibility of a family and saving only 3 small margin of the weekly salaiv. Such a man knows he must keep his position, that he must play safe and take anything from his employer. No wonder some men are broken spirited and have no initiative and no nerve-By getting money ahead I want to save you from pegging away at one little

"My working hasn't interfered with our happiness nor my good. We have lived better and built wisely for the fu-

Wilfred still worked for \$3 that indicates age may be Martha for \$20. At the end of the secstaved off indefinitely and the ond year they had another thousand to