

THE IDEA FOR THIS NOVEL & PRACTICAL DESIGN WAS ORIGINATED BY "WINIFRED WORTH"

Design for Envelope Chemise

With Scalloped Edges

THIS pattern is intended to display much openwork, especially in eyelet effect, which is used in all flower petals and miniature rings. The leaves are all-over, padded slightly. In making eyelet of this variety you can do excellent work if you will use a very sharp penknife to slit the lower petals. Have a soft pine board to place the goods on as you cut the petals. Make but one at a time. Slit it from end to end, then as you evenly whip the edge with a single strand of white floss, use the needle in turning the cut edge under and back, thus opening the petal and producing the long, not the round, eyelet. The round ones can be shaped with a wooden skewer, with a cake of hard white soap placed under the goods. Drive the skewer into the goods until the perfect circle is shaped. Draw your thread smoothly, but never tight. Allow for possible shrinkage. The bowknots are satin stitched, lines slanting, the effect smooth and flat. Sincerely yours,

Winifred Worth



TO TRANSFER THIS DESIGN. Put some soap in a pint of hot water, stir and remove soap. Saturate Design with mixture, then remove excess moisture by partially drying Design. Place material on a hard flat surface and lay the Design, face down, upon the material. Cover with two folds of newspaper, and with a table-spoon rub, pressing hard, until the Design is entirely transferred. PATENT PENDING. World Color Ptg. Co., St. Louis, Mo.

ODDS ENDS

KEEP a large stock of clean tissue paper or white crepe paper on hand with which to dry windows, mirrors, etc. The paper absorbs the dampness much quicker than cloth, and after the water has been absorbed from the surface of the glass, the wet sheet is thrown away and a new sheet is used to give a fine polish. You will find that the work of washing windows, etc., can be done in much less time when tissue paper or paper toweling is used in the drying.

ONE way to make the underwaist is to cut it from the shirt-waist pattern which fits you, making it round or square neck as you like, and with a pleatum to avoid fullness over the hips. When it comes to mending, ordinary patches are put in all the way to the waistband if it seems worth while, otherwise round or square ones with the corners carefully mitered. Circular underwaist covers are a little harder to patch since the place where the holes come most quickly—under the arms—is on the bias.

DID you know that a child will sleep better and longer placed on its right side? As a rule, one sleeps less when lying on the left side, because of the pressure on the heart. Digestion is aided by lying on the right side, for the stomach empties naturally from the right side into other organs. As shoes "draw" the feet of older persons while lying down, it is reasonable to suppose that a child will be more comfortable with shoes removed during a nap.

THE arrangement of the sick room is important. People seldom realize the wonderful effect which a patient's environment has on his conditions. Brightness and sunshine must have a decided effect upon the nervous system during recovery from serious illness, although in its acute stages much shadow may have been necessary. The best outlook for a sick room is a southerly one. Much can be done at times by altering the bed in order that the light may not cause glare in eyes easily strained because of weakness and ill health. Have just a few flowers, very fresh, and always take

trouble about their arrangement. Whispering or talking outside the door is quite unforfeivable. Never, if you can avoid it, awaken a patient, whether with intention or by accident. The patient is infinitely more dependent on his food than on any medicine. Therefore, one should never spare any effort to provide him with dishes likely to be appetizing. But try not to ask him what he wants or likes. Surprises often stimulate the appetite.

DON'T throw away sour milk. It is highly nutritious and easily digested. In fact, many people who can digest little else manage well with this. Of course, the more thoroughly the clot is broken up either before or during its consumption the better able will be the gastric juice to get into it. All milk becomes clotted after it has been swallowed. It does so in rather large lumps, which are difficult to digest, and it may be mentioned in passing, that one reason for adding lime water to infants' milk is that it makes the clot finer. Clotted milk when taken in that state, does not form large masses in the stomach.

CUT off some strong branches of the lilac and put in a crock of earth. Put a strong solution of plant food in the earth and set the crock in a deep saucer of water, never allowing the water to dry out. Occasionally pour a weak solution of ammonia water around the stalk. Some try to force the buds by growing them in water, but, while they bud, they soon die and are never fully matured. By adding natural plant food, keeping the plant warm and moist, the flowers will develop nicely. All kinds of fruit blossoms will develop if the branches are kept in jars of water, placed in the strong sunlight.

OLD gloves, so often thrown away, have good uses. The backs of light or white ones will make face and leg coverings for dolls wanted on the Christmas tree, and there can be no better iron holders than those made of three or four placed together, as the heat will not penetrate them. Two pair of old black kid gloves boiled to a pulp in a quart of water will produce a black

MANICURING THAT TIRED FEELING

BY EDNA EGAN.

THERE! Your nails are manicured," said the bustling little manicure, leaning back and looking proudly at her work. "Have I hurt you? Are your nails sore? No? Just remember that the right manicuring, which is the gentle manicuring, does not hurt the nails, does not leave them sore or bleeding, and gives you an added sense of personal comfort. In fact it is resting to the nerves.

"If by any chance you have made them sore run hot water on them, and if they bleed apply a little peroxide of hydrogen.

"Your nails are in such a bad condition that the process of shaping them at the sides may take a little time and patience. Sometimes in such a case it is well to let them grow out once quite long, in order to get them back in their natural proportions at the sides, if you have been narrowing them too much.

"How often should you manicure? Once a week is enough if you give them a little daily attention, with oil and emery board and polish. By all means don't keep digging at them, and don't get lazy and say you haven't time to do them. Five minutes every day will work wonders. If they get bad again come to me; in fact, bad cases of nails should always be taken to a professional manicure to get them started right.

"Those white spots? I know you are waiting impatiently to hear about them. Prevent them, you can't remove them. It is generally said that they come from bruises on the surface of the nail, especially at the base where the growing nail is very soft, or further down on the finger where the root of the nail grows in a groove in the skin. Gentleness is the remedy. Don't press them with your instruments, don't hit them with the buffer. Be gentle while at your work. As the careful treatment, oiling and polishing go on the odious white spots will grow off with the growing nail and not reappear.

"Brittle nails that break" easily, cuticle that cracks and peels, the entire hand, if dry, should be oiled well every night, and should even get a dash of cream every time they are washed. It all helps to soften and nourish the skin and keep up the well-bred appearance of the hand.

"Instead of using a knife or stick on the nails every time they are washed, if they are not very dirty, use one nail to clean another.

liquor which jellies when cold. This jelly can be melted and used as an almost unrivaled reviver of black lace and stuffs.

TENACIOUS HABITS

BY MRS. KINGSLEY.

ONCE there was a professor at a well known college who used to exhort undergraduates to periodical disuse of tobacco; not because he thought tobacco a bad thing, but because he pronounced it weakness to make anything whatever indispensable to one's comfort.

Probably his principle was sound, though it requires a force of resolution rather higher than we are used to expect of human nature. But you will remark that it is a principle for undergraduates; that is, for young people. We are more adaptable at twenty than at thirty, and by forty we are nearly settled in our ways.

It is usual to speak of this as a rather contemptible, rather ridiculous tendency in human nature. We talk of people becoming fossilized, turning into mere oysters or barnacles. But in the slavery to habit there is some reason. By the time middle age is reached most sensible people have discovered for themselves the sort of life of their best. They know what they can eat and drink without danger; they have learned by more or less unpleasant experience how much sleep their bodies demand.

So, too, with the more subtle, more spiritual needs of humanity. The middle aged know, for example, of how much self sacrifice, inevitably they are very reluctant to be dragged or coaxed or bullied into enterprises for which they feel themselves inadequate. At twenty, even at thirty, you may believe yourself the stuff of which saints and martyrs are made. Once you have come to forty years you know how easy it is to be ridiculous.

But times of trouble often shed a new light on our possibilities. Many a woman has discovered that she can do without many of the things that she believed necessities, and that she is capable of accomplishing tasks of which she never dreamed. Many habits which seemed as natural as breathing are abandoned under the stress of a dwindling income. When poverty makes itself felt many women and men too, have discovered that they can reconstruct themselves without catastrophe.

head and went out into the swirl of a blizzard night. She walked seven miles through the snowstorm before she was found, half frozen, half unconscious, and hurried to the city hospital.

"What was the matter? Why did you do it?" she was asked.

"I was tired," sighed Anna Nagy. "I was hunting for a place to rest."

MILADY'S BEAUTY

COURT plaster is a good wrinkle remedy. Cut the plaster into triangles and strips to fit the wrinkles and paste on in the night. Remove in the morning and massage gently for five or ten minutes with a good cold cream. Use a strong plaster and one that will stick well. The black variety is best for this purpose.

WRINKLES between the eyes are often caused by poor eyesight. The frowning habit is a bad one and, while it continues, no miracle worker in the way of a cosmetic will blot the wrinkled lines away. It is quite as easy to learn to keep the face sweet and cheery, and one feels so very much better than when one is wearing a face that looks like a lemon.

POLISHING powder makes the nails brittle; once a week is all that should be allowed for its use. Make a cream especially for the nails by mixing half an ounce sweet almond oil with sixteen and a half grains each of powdered alum and resin and sixteen grains table salt; to this are added a grain of carmine and forty of white wax. This cream may be rubbed on during the day, leaving it on if convenient.

IN beautifying brows a soft brush must be constantly used and frequent applications of vaseline—that is, using it twice a day, morning and night—will be beneficial, especially if instead of brushing the grease is rubbed in with the finger tips. This rubbing must be done from the nose toward the other end of the brows. The strokes of the brush must be given in the same direction. The hair must never be turned the wrong way. When the finger tips are employed the movement should be short and fairly hard—that is, sufficiently so to stimulate circulation. A beneficial adjunct to put on in this way is almond oil—the sweet variety. Oil of cajuput is another good tonic. Several drops of this are rubbed into the brows every other night. A combination of red vaseline in the proportion of an ounce to half a dram of tincture of cantharides and seven drops of each of the oil of lavender and rosemary strengthens the

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UNLESS special precautions are taken hair is as apt to fall badly in spring and early summer as in autumn. The scalp feels the overheating of winter headgear and the general system being run down also affects it badly. For the effect of ventilation and warming, if possible let the hair down and let it in a sunny window for hours and let be opened all the better. Frequently run the fingers through the hair and lift it out to its full length to let the air circulate freely through it. If you have grown careless about massaging, begin systematic movements for a month or six weeks. One well-known hair specialist declares that better results are to be had by rubbing the head periodically for a month or six weeks at a time and then stopping for several weeks. An excellent movement to loosen the scalp and make it flexible, also tones up the blood vessels, is to clasp the hands daily on the top of the head and move them back and forth on the scalp in a line parallel with the shoulders.

THE girl who is mortified with enlarged pores and wants to close them in the interest of a fine skin will find nothing more useful than a lotion made of one dram of borax acid and eight drams of distilled witch hazel. The spirituous of distilled witch hazel, when applied wash the face well with soap and hot water, rinse and mop on the lotion with a piece of absorbent cotton or a soft piece of linen. The use of a face scrubbing brush is also good for closing the pores that have enlarged and rosemary strengthens the