

ing the Weather  
nessness --- About  
Edgar Nicolo.

odded and saw about half  
of wood for him, if he has as  
out will surprise him--agree-  
the noise you make does not  
him. If you do disturb his  
will very likely get up and  
to sleep in prize ring fashion.  
n sleep is what you want.  
n't chide you thus, return to  
m, being careful, en route, to  
ur head in collision with any-  
may think handy enough,  
d enough for a decent knock-  
of these extra efforts suc-  
doing the trick, then don't  
thing more, but simply go to  
sion as possible.

ing" is the title of another  
book. It is not by the au-  
the book just named. A few  
directions given as to the best  
walk are here reproduced--  
an even pace, do not dash off  
rate of six or seven miles an  
and slow down to about one  
Keep erect, with the chin  
well up, expand the chest and  
adopt a regular, but not vic-  
of the arms. The toes  
be pointed well outwards, for  
is more ungainly than an at-  
to walk with the toes turned  
bit inwards. Wear stout  
medium weight socks and a  
fit in texture. It is a great  
walking, and affords a sort of  
friendship, to carry a walking-  
stick which should be grasped in the  
held horizontally--not by the  
Its use conduces to an even  
take a straight course, to pro-  
in zig-zag fashion is ugly, and  
rings.

ne hints are no doubt, as useful  
se concerning sleeplessness, but  
do not seem to quite fill the  
something like this might have  
needed in somewhere to advan-  
sure to take your wad with a  
case you want to procure re-  
cents--say peanuts and pink le-  
s, for it is not safe to rely al-  
on getting these things for no-  
If you really must smoke whis-  
king, let it be cigars, but be  
If some other fellow (a cabin-  
minister for preference) has paid  
them, if you should happen to  
a foot by treading on a piece  
k or other hard substance, do  
self-control, but try to ima-  
that everything is all right, and  
murmur several times, "what  
ous exercise is pedestrianism."  
think it can benefit you in any  
to walk in zig-zag fashion, look  
whilst doing so, in order to  
sure that there is no policeman  
vicinity. A dog is a better com-  
than a walking stick, but if  
n't happen to own a dog, use a  
by all means; be sure, though,  
it has the bark on.

present the Canadian  
er has a home market  
h takes 80 per cent. of his  
uce. Reciprocity would  
ive him of his monopoly  
let in the farm products of  
United States and a dozen  
gricultural countries.

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# For the INDUSTRIOUS NEEDLEWOMAN

By ADELAIDE BYRD

## MADEIRA CENTERPIECE

**J**UST multiply this pretty design by two and you will have the centerpiece in its entire beauty. Madeira work, which depends upon eyelet work for its loveliness of design, is never out of style. There is a restful dignity of design in the combination of openwork and solid work, and the pattern is so arranged that you can omit

every other eyelet, or here and there a spray, if you are anxious to complete your centerpiece. Of course, the design is beautiful in itself, and I would suggest that you follow out the artist's idea if the best result be desired. The curved lines of eyelets that form the central outline should be openwork. Punch with the regular ivory puncher

that comes for the purpose. The round dots that are distributed in the scallops you will also work in eyelets. The flowers of the centerpiece can be worked in two ways. The blossoms, which you will notice, are capable of eyelet work in the petals and in the central spot. The stems are to be kept very slender, and the leaves can be solid

for a change or eyelet if you are not tired of punching and overcasting. The other method is that of working the flowers and leaves in solid work which will give a heavy effect around the edge, while the ring of eyelets will produce a lacy appearance and a pretty contrast.

Pad the scallops and work with buttonhole stitches in your usual way. Give the edge a double buttonholing, as this centerpiece has no need of an edging of lace. It is better in its own glory of open work and solid stitches.

Next week I am going to complete a luncheon set for you by giving you dollies in two convenient sizes to match this centerpiece. So finish this, my

friends, before the next offering is given, for, you may take my word for it, the set will be a beauty. By the way, have you ever priced Madeira luncheon sets? Try it; and then you will bid you to this page for your own especially designed dollies.

### Filet Lace Covers

**E**VERY woman is proud to own one or more soft cushion covers made from fine handkerchief linen and squares of filet lace.

Nothing gives more distinction to a tearoom couch than the addition of one of these cushions. Sprays for the bed can also be made of these lovely materials, which, if bought, would be quite beyond the average woman's pocket-book.

The filet squares can be bought for little price. They show classic designs woven in solid, and often several different designs are used in the making of a bedspread. The work is done somewhat on the order of old-fashioned patchwork, only it is much easier.

Strips of linen are sewed between the squares. The work is done on the machine if you are a busy woman; but if there is time to spare, do it by hand, rolling the edges.

A wide border of linen with a filet lace edge makes the handseam cover; but a hem all the way around, leaving the corners mitered, is very good taste. Pillow covers or shams match the bed covers, and covers for the couch cushions correspond, but are made from smaller filet squares. Slip on over a colored silk lining. Such a set would be a joy to the heart of any housekeeper and yet can be had with small expense of time, money and patience. Pincushion covers are made of squares of lace edged with heading and run about with dainty ribbon.

If you are thinking of a gift for a young girl, by all means make her one of these attractive cushions and outline the design in the lace center with pins having varied colored glass heads.

### Dress Protectors

**F**OR the woman who does not care to do fancy work during the vacation time, when leisure hours are many, and who expects to be entertained socially next winter, a good plan is to make several long bags of soft material for her closets.

These are of the greatest service in keeping her evening gowns clean and fresh during the winter campaign.

No matter how particular you are to clean closets, the dust-laden atmosphere of the city is bound to filter through cracks in the doors and settle on the clothes therein.

Light-colored gowns, especially white, after hanging in the closet for two or three weeks, get a slight grayish tinge that ruins their freshness.

Fine muslins, gauzes, satins, silk and chiffon are bound to be affected in this way if they are not protected from the ravages of dust.

The simplest bags to make are of unbleached cotton sheets. Get the size for a double bed, fold it over once and sew it across the bottom and up one side, leaving the top open. Now run a tape drawing-string through the hem and your bag is ready for use.

Stuff the bodies and sleeves of your gown with tissue paper, put it on a coat hanger and slip it into the bag, drawing the string up tight about the handle of the hanger, and you need have no fear of a dust-spotted frock. One girl, whose room is done in blue and white, has six bags of this description made of cheap blue-and-white silkline and tied with blue tape.

They can be made of any soft cotton material that is closely woven and light in weight.

### Rickrack Trimming

**O**LDER women will distinctly remember the attractive trimming that, as girls, they made with linen rickrack braid, and I think, will be glad to learn that such trimming is coming in again and promises to be as popular as it was thirty years ago.

Today, however, a very much more elaborate trimming is made by combining a fine linen braid with crocheted thread. Beautiful medallions, edges, lace and centerpieces can easily be made and will be found most fascinating work.

A lingerie blouse trimmed with daisy medallions of rickrack and Irish crochet is especially attractive. First crochet a center about the size of a 6-cent piece, making little loops in the center with linen thread to simulate the stamens of the flower. Around the central disk apply the braid, catching two points together and sewing them to the edge of the center. Continue in this manner until the entire center is edged. If you desire a variety, sew another row of braid under the first, thus making a double daisy.

To vary this, crochet a half-inch band of fine lace about the edge of the petal. This also can be widened; but it is not desirable to have too wide a medallion on the blouse.

Square medallions are made by sewing two points of the braid together, sewing two, and so on, until you have four sides. From the inner points work a spider-web design and on the outer edge crochet an open lace design on each side, taking care to square the corners perfectly.

With a little ingenuity other flowers can be reproduced, besides any number of lovely conventional designs.

Both wide and narrow lace edges are inset with the rickrack flowers, and when made up with crocheted centers and edges form not only beautiful trimming, but delightful occupation for an idle hour.

### FROM A BANDANNA HANDKERCHIEF



### If Irwins a dress

**T**HE woman who desires an odd yet distinctive touch to her summer frocks will not be slow to recognize the possibilities of the bandanna handkerchief as a useful accessory to the hot-weather outfit.

These can be bought in every conceivable color combination, reds predominating, stamped with white, green, blue, purple, gray, brown, black and many other brilliant hues that, used as a trimming, give vim to the most somber gown.

The fad for Persian coloring still remains in favor; but one grows tired of constantly seeing the "palmleaf" design brought out and welcomes the more conventional patterns found in the loveliest bandannas.

Frocks of plain-colored lawn or gingham are brightened with trimmings made of the cotton handkerchiefs; but for real beauty the bandanna handkerchiefs woven of fine silk cannot be surpassed.

In the illustration we have a morning gown of natural pongee showing the broad sailor collar, deep-pointed cuffs and placket panel made of a silk bandanna in rich red, green, white and black tones.

The tie, caught in a four-in-hand knot in front, is of red silk, exactly

matching the border of the handkerchief.

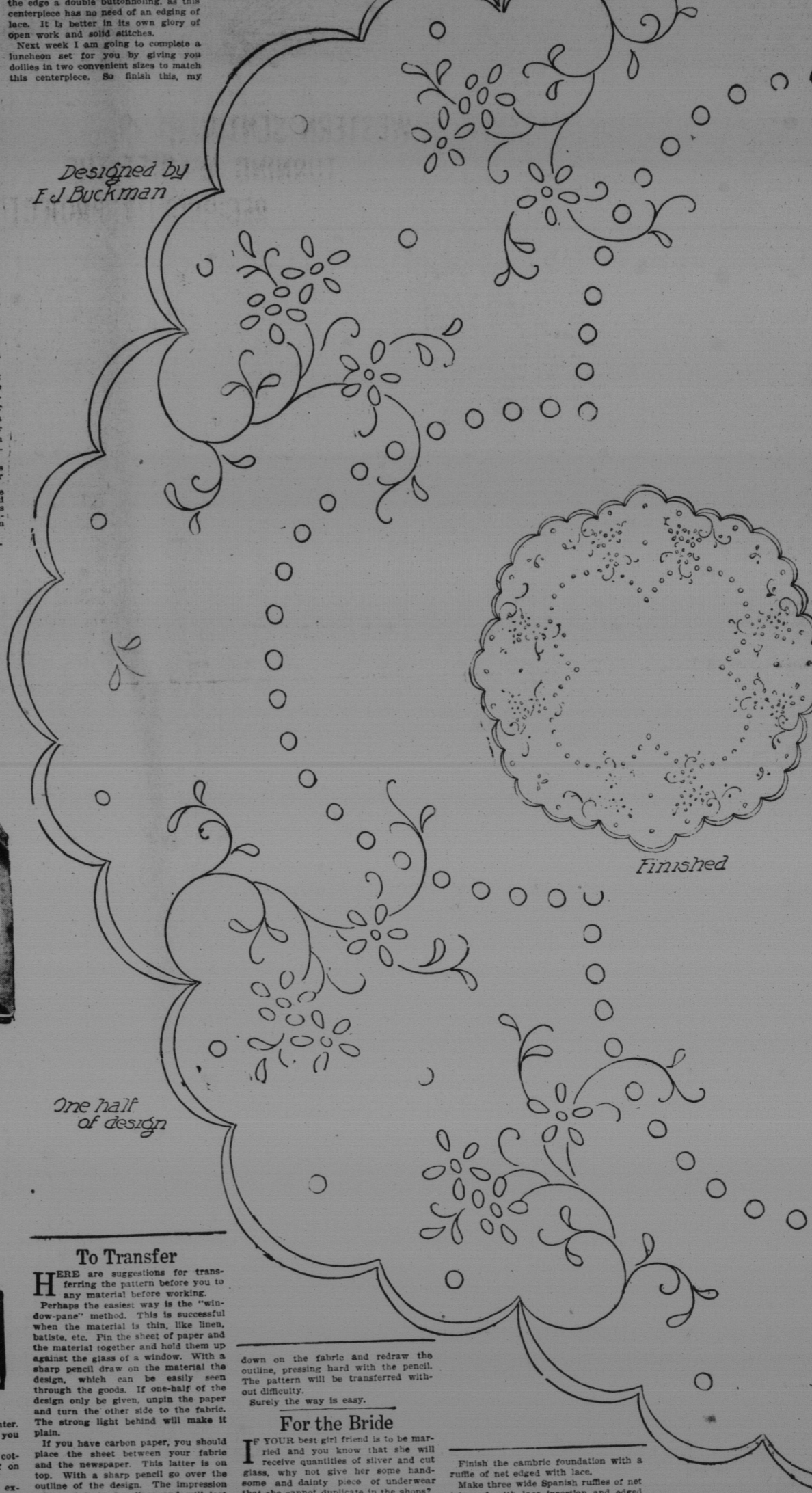
Black velvet buttons are used to fasten the placket, which is edged with looped lace done in heavy linen thread.

To cover a bathing cap the cotton handanna will always be acceptable. With one large handkerchief two covers can be made. Take them away with you on your annual trip to the shore or lake, and when one becomes faded with much wetting and drying in the sun you will have a fresh one ready for use. Simply fold the handkerchief over so as to form a triangle and cut

through the bias fold in the center. Hem these bias edges--and there you are.

Many women prefer the silk or cotton bandanna girdled as a kerchief on their bathing suit.

In the third picture we have an example of the silk bandanna as trimming for an outing hat. On a broad-brimmed hat of rough natural straw the handkerchief is folded so as to bring the fancy border as an edge to the crown band. A flat rosette made of the border finishes the trimming at the left side.



### To Transfer

**H**ERE are suggestions for transferring the pattern before you to any material before working.

Perhaps the easiest way is the "window-pane" method. This is successful when the material is thin, like linen, batiste, etc. Pin the sheet of paper and the material together and hold them up against the glass of a window. With a sharp pencil draw on the material the design, which can be easily seen through the goods. If one-half of the design only be given, unpin the paper and turn the other side to the fabric. The strong light behind will make it plain.

### For the Bride

**I**F YOUR best girl friend is to be married and you know that she will receive quantities of silver and cut glass, why not give her some handsome and dainty piece of underwear that she cannot duplicate in the shops?

A petticoat, for instance, made of fine cambric and net, with lace and ribbon trimmings, makes a particularly acceptable gift.

Make the foundation of cambric cut over a seven-gored pattern, fitting the hips closely and closing with a habit back. The length should be three inches from the floor, or exactly to the ankles.

Finish the cambric foundation with a ruffle of net edged with lace. Make three wide Spanish ruffles of net trimmed with lace insertion and edged with good, strong lace, and put these on the foundation one above the other, joining the top one with a two-inch band of lace heading, and insert a piece of soft ribbon through this, ending with a bow at the left side. These lace petticoats are much smarter to wear with evening gowns than

silk or satin and, being made of soft materials, cling as closely to the figure as the finest museline. Even if the bride-to-be goes into society gowns occasionally, she will be delighted with a really elegant underskirt of this description.

