

A Set of Napkins

Some were large and some were small. They seemed to be made of heavy linen, and all were fringed to the depth of an inch, and delicately hemstitched. The laundress had used her utmost skill in washing and ironing them, the fringe was "whipped out," so that it looked thick and soft, they were folded in triangular shape, and lay in snowy heaps on the table. "Yes," said the little housekeeper, but their beauty is only one of their desirableness. They are as cheap as they are pretty. I made them out of this heavy domestic, that looks exactly like butcher's linen, and is 44 inches wide. I bought six yards at 15 cents a yard. Out of four yards I made 11 napkins, 22 inches square, for dinner use, and one carrying cloth. Out of the remaining two yards I made 15 napkins, 15 inches square, for luncheon use. The same number of damask napkins would have cost from five to six dollars, so you see what I saved.

"But the time and the trouble," suggested, looking at the hemstitching, and thinking of the eyesight used in putting in those innumerable stitches. She laughed heartily.

"Nothing in the world but a line of machine stitching," I said. No. 90 thread and sewed right on the fringe as close to the woven part of the fabric as I could go without actually touching it, and it was just as even and pretty as handwork.

"You are a genius," I said, as I examined the work, and saw that it really was all done on the machine. "The fringing is the only tedious part," she explained. "But the nurse and the children helped me with that, and there were no threads to be drawn, for the goods tear easily both ways, and the napkins are perfectly square after being laundered. They are only for everyday use, of course, but domestic so they are, I really think they are fit to put before king. The large ones cost five cents a piece, and the smaller ones only two cents, and if the children lose them at school, or a neighbor fails to return one when I send it around cake or bread, I shall not feel worried as I do over the loss of a damask napkin."

There are some economies that are really extravaganzas, since they incur so much time and trouble in their carrying out. But here is one to be commended to every housekeeper.

ENTITLED TO PARTICULARS

One ounce Fluid Extract Dandelion;
One ounce Compound Salsolone;
Four ounces Compound Syrup Sarsaparilla;
Mix, and take a teaspoonful after meals and at bedtime, drinking plenty of water.

The above prescription has been found invaluable in the treatment of kidney, bladder and urinary troubles, and diseases arising therefrom, such as rheumatism, sciatitis, lame back and lumbago, and we feel that the public are entitled to particulars concerning it.

A prominent physician states that the excellent results that have been obtained from the use of the mixture are due to its direct action upon the kidneys, assisting them in their work of filtering all poisonous waste matter and acids from the blood, expelling same in the urine, and at the same time restoring the kidneys to a healthy condition.

He further states that anyone suffering from afflictions of this nature will find it to be very beneficial, and suggests that it be given a trial.

Our Girls and Boys

Brace Up, Boys

Once upon a time there was a boy who used to slouch along with the most ungainly, shambling gait. His shoulders dropped and his arms looked too long for anything. He knew that he didn't stand straight and look manly and strong like the other fellows who belonged to the boys' brigade, and it made him shy and awkward. His mother and he used to talk it over, and finally they decided to do something about it. They couldn't afford a gymnasium, and the boys' brigade didn't belong to their church. So they found a set of rules for bodily exercise and the boy practised them a dozen times a day during vacation, besides playing baseball and going fishing, and it was a surprise to his comrades when he went back to school to see how erect and self confident he had become, with his head held up and his shoulders thrown back. It was hardly to be believed that this tall, straight youth was the same stoop-shouldered, shrinking youngster of the last term. He was just the same persevering fellow, however, and he sends the rules which transformed him for the benefit of any fellow who wants to brace up.

1. Stand erect, "head up," chin in, chest out, shoulders back, at short intervals during the day, everytime you think of it in fact, and draw 10 long, deep breaths each time.
2. Walk about or run with from 5 lbs to 40 lbs weight on top of your head.
3. Walk or stand with the hands clasped behind your head, and your elbows wide apart.
4. Make it a habit to keep the back of the neck close to the back of the collar.
5. Try to look at top of your vest or your necktie.
6. Stand now and then during the day with all the posterior parts of the body as far as possible touching a vertical wall.
7. Practise the arm movements of breast-stroke swimming while standing or walking.
8. Carry an umbrella or cane behind the small of the back or behind the neck.
9. Put the hands on the hips with elbows back and fingers forward.
10. Walk with thumbs in the arm-holes of the vest.
11. Try to squeeze the shoulder blades together many times a day.
12. Look upward when walking.

From Our Alberta Sisters

"Dear Editor, There are two sisters of us, Mary and Susie, and we thought we would write a letter to your paper. We are very glad that there is a department for the boys and girls to write to. Mary is thirteen years old, and Susie is eight, and we are all the girls in the family. There are five boys.

We have a pair of old rabbits and they have got seven little ones. They are very cute."—Mary and Susie Osterbauer, Nanton, Alta.

Articles not often used should be kept in the farthest corner of the room and give place to those which are constantly in use. How convenient for the housewife, in place of going to the well for water, to turn a tap in her kitchen and get all the water needed.

It is useless to aim high, unless you put in enough powder to drive the ball to the target.

People generally recover from misfortunes or blessings.

Exercise

Many imagine that while muscles and strength are all very well for men, yet they are not needed by women. On the contrary, a woman requires a certain amount of muscle and strength, as much as man does. Undue weakness is as deplorable in woman as in man, and just as unnecessary. Yet it is a fact that at the present time we hear much about the weakness of women.

The lack of a natural amount of physical exercise, which is so often associated with a sedentary occupation and an indoor life, is a very prominent factor in the cause of ill-health, among women. Under this condition not only do the muscles deteriorate and waste away, but the circulation becomes sluggish, and the entire functional system loses tone. A general condition of constitutional stagnation follows, with resulting mal-nutrition and impoverished health.

HOW MUCH EXERCISE

A proper amount of exercise is necessary in order to insure your retaining and maintaining health. Exercise not only develops the external muscular system, but it also serves to strengthen and invigorate the internal organs of the body. Why which transformed him for the benefit of any fellow who wants to brace up. Because these movements soon become automatic and only affect certain portions of the human body. Furthermore, this is of all times the season of the year when exercise is most desirable. During the summer time nearly everybody gets out doors more than in winter. But during the frosty chilling months of winter, and spring, should some be inclined to remain indoors. On this account it is more than ever worth while to give attention to the care of the body during this time.

HOW TO EXERCISE

We need hardly say that exercise should be taken where there is absolutely pure. If in your own rooms, open the windows wide. Before exercise one or two glasses of cold water should be taken. Probably the best time to exercise is in the evening, and just before retiring. The clothing must not interfere in the slightest degree with the muscular movements.

I might mention walking as one of the best general exercises and in connection with walking to practice deep breathing. Remember that slow walking is of little value, outside of the opportunity it affords of getting fresh air. To be of any real value, the walk should be brisk enough to arouse a good circulation and vigorous enough to compel you to breathe deeply, whether you think of doing so or not.

In the Sewing Room

When sending for patterns kindly mention the size desired. Orders for patterns must be accompanied by cash, and the editor has sent a medium size, all such cases. When ordering patterns, simply state number of pattern desired. Allow a week or ten days, before patterns must be received.

TUCKED BLOUSE, 5888.

The dainty lingerie waist is one of the garments that is worn at all seasons of the year. The sleeves are the pretty ones of the three-quarter length. The waist is made with the tucked front and back, which are joined to the shaped bodice portions.

The quantity of material required for this medium size is 1 1/2 yds. or 1 3/4 yds. 44 in wide, or 2 1/2 yds. 36 in wide, or 3 1/2 yds. 34 in wide.

1 1/2 yds. 44 in wide, with 5/8 yd. 18 in wide for the yoke; 7/8 yd. of insertion, 1 1/2 yds. of edging. The pattern is cut in sizes for 32, 34, 36, 38 and 40 inch bust, and will be mailed to any address on receipt of 10 cents.

WORK APRON, 5884.

The apron that perfectly covers the gown, and means genuine protection is the one that the busy woman likes.

The sleeves extend to the wrists, and a roll-over collar finishes the neck. The quantity of material required for this medium size is 1 1/2 yds. 54, 7 yds. 27 or 6 yds. 36 in wide. The pattern 5884, is cut in sizes for 32, 34, 36, 38, 40, and 42 inch bust, and will be mailed to any address on receipt of 10 cents.

TUCKED NEGIGEE, 5885.

Such graceful yet pretty negligee as this one is certain to be liked. It is eminently attractive yet dainty yet it is no means difficult to make. The sleeves can be open at the outer edges, as illustrated, or left plain as lined, and in place of the scalloped edge any little collar, bow or simple finish can be used. The quantity of material required for the medium size is 4 yds. 54, 3 1/2 yds. 36 or 2 yds. 44 in wide. The pattern is cut in sizes for 34, 36, 38, 40 and 42 in bust, and will be mailed on receipt of 10 cents.

GIRL'S COAT, 5790.

Illustrated is a little coat that includes a circular cape and which is exceedingly charming. The sleeves are wide enough to allow of slipping on and off with ease. But pretty and attractive as the cape and these cuffs are, a plainer garment often is needed and by simply omitting them a thoroughly useful little coat can be made from the model.

The quantity of material required for the medium size is 4 1/2 yds. 44 or 3 1/2 yds. 36 in wide with 2 1/2 yds. of plaid ribbon for the frills. The pattern is cut in sizes of 2, 4, and 6 yrs. and will be mailed on receipt of 10 cents.

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and

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