

HOUSE AND HOME

CONDUCTED BY HELENE.

True Witness Beauty Patterns



DAINTY UNDERWEAR FOR YOUNG MISS.

762. Ladies' and Misses' Juniper Corset Cover. Cut in sizes 30 to 40 inches bust measure. Size 36 will require one yard of 36 inch material. A simple, dainty corset cover that is most easily made. The plain front affords an excellent place for a bit of hand embroidery or a simple design in lace. The fineness at the lower edge is adjusted by tape run in a casing. Linen, nainsook, cambric and longcloth are all available for the making.

788. Misses' Five Gore Petticoat. Cut in sizes 12, 13, 14, 15, 16, 17 years. The 15 year size will require 4-1/8 yards of 36 inch material. The deep flounce that finishes the lower edge is arranged over a dust ruffle and aids greatly in giving a becoming flare, so necessary to present styles. Muslin, longcloth, cambric and nainsook are all suitable for reproduction.

The accompanying illustration calls for two separate patterns, a waist and a skirt, which will be mailed to any address on the receipt of 10 cents in silver or stamps for each.

PATTERN COUPON.

Please send the above-mentioned pattern as per directions given below.

No.

Size.....

Name.....

Address in full.....

The habit of giving invitations that are meaningless cannot be too strongly criticized. A young woman meets an old acquaintance when she is away for her vacation, and after a five minute chat says good-by, adding, "I hope you'll improve the first opportunity to make me a visit." As a matter of fact, if she should receive word a little later that her friend had accepted the invitation and was coming she would be surprised, and the chances are, unpleasantly so. "Come and take dinner with us sometime. Do not wait for a special invitation. Just drop in whenever you feel like it." This invitation has a cordial, pleasant sound, but most people are wise enough not to accept it. If they happen to drop in on the day when the yesterday's roast is being used cold and the dessert is a little short, their hostess is likely to be embarrassed and to show it. Indefinite invitations as a rule mean little. The people who say "Come and see us sometime," or "Come to dinner when you feel like it," seldom expect to be taken at their word. If you really wish a visit from an acquaintance or a friend, the better way is to give a definite invitation for a definite time. If you enjoy having a friend for dinner, ask her for a special day. She is not likely to accept the general invitation for the reason that she has no means of knowing whether you really mean it, or have simply fallen into the way of giving meaningless invitations. "If Kitty's friends all took her at her word," said the mother of a sixteen-year-old girl, "it would be necessary for us to move into a house double the size of this, and have at least three times as many servants." But when our friends realize that an invitation is just a habit we have fallen into, and does not mean anything particular, our cheap hospitality seems rather foolish. When you give an invitation be sure that it means something.

A WOMAN'S WEAPON.

A woman's strongest weapon is

gentleness, and the wise woman knows it. The average man can be led but not driven. Woman has her own domain, and it is quite right that she should be the queen of it; but when she also wants to be king, prime minister, and entire cabinet, she is overstepping her bounds.

The "bossy" woman may be an excellent person in her way, but as a household goddess she is of no use. The woman who holds the love of all those in the household is she who rules by love, gentleness and sympathy.

Thank goodness, she is not a rarity; but a dear, every-day woman.

GROWING OLD.

A little more tired at the end of the day.

A little less anxious to have our day.

A little less ready to scold and blame.

A little more care for a brother's name.

And so we are nearing our journey's end.

Where time and eternity meet and blend.

A little less care for bonds and gold.

A little more zest in the days of old.

A broader view and a saner mind.

And a little more love for all mankind.

And so we are faring a-down the way.

That leads to the gates of a better day.

A little more love for the friends of youth.

A little less zeal for established truth.

A little more charity in our views.

A little less thirst for the daily news.

And so we are folding our tents away.

And passing in silence at close of day.

A little more leisure to sit and dream.

A little more real the things unseen.

A little more nearer to those ahead.

With visions of those long loved and dead.

And so we are going to where all must go.

To the place the living may never know.

A little more laughter, a few more tears.

And we shall have told our increasing years.

The book is closed, and the prayers are said.

And we are a part of the countless dead.

Thrice happy, then, if some soul can say:

"I live because he has passed away."

—Rollin J. Wells.

GIVE THE BOY A CHANCE.

The boy in the family is usually the one who suffers most from parents' short-sightedness. He can earn money, so he is taken from school and put to work. He doesn't object, as a rule. He cannot be expected to understand the value of the education he is neglecting. He regards it as mainly to earn his living and is anxious to associate with men, and work with them. But parents should look a little beyond the present. There is no regret in after years more poignant than that of opportunities neglected in youth that would have made life more livable. The regret of a grown man that he has not had an education is within his reach at one time.—True Voice.

A THOUGHT FOR TO-DAY.

Would you live with ease?

Do what you ought, and not what you please!

—Benjamin Franklin.

SUNBURN AND TAN.

If the sunburn comes while in reach of a creature, speak for buttermilk. Frequent applications of it will be soothing, healing and whitening. If buttermilk cannot be procured, sour milk will have the same effect.

If badly burned by the sun, mix magnesia and water to form a paste, spread it over the face and leave it a few minutes. Then wash it off gently and cover the surface with oxide of zinc ointment. If this ointment cannot be procured, make it by heating together four teaspoonsful of the ordinary cold cream, one teaspoonful of oxide of zinc and one-half teaspoonful of benzoin. This will be found healing.

When about to be exposed to the hot sun, rub a very little of the oxide of zinc ointment over the skin, massaging it in well, wipe off and dust with powder.

Boil a cucumber in a small quantity of water, strain through a cloth and add one-half teaspoonful of tincture of benzoin and two tablespoons of grain alcohol. This remedy is soothing and softening.

Boil a half ounce of camphor gum in a pint of water, add a half teaspoonful of tincture of benzoin and apply for tan.

Very-much-diluted acetic acid is good for tan, freckles and moth patches. Use this at night and after the skin is dry, rub in zinc ointment.

Find some bland soap which does not irritate the skin and use it invariably for the face, hands and neck.

A less costly soap will answer for the bath. After using soap on the face, supply the oil to the skin which the soap has destroyed by rubbing in

LEMON JUICE A VALUABLE TONIC.

It is not generally known that lemon juice taken in proper quantities is a most excellent tonic. The juice of half a lemon taken in a tumbler of cold water half an hour before breakfast every day will stimulate the liver and digestive organs, causing an increase in the appetite, and making the skin fresh and clear. If the majority of women could be made to realize that their dull, colorless complexions generally are the results of the inactivity of their digestive organs, there would be less use for the objectionable cosmetics, which never in the slightest degree resemble nature.

A liquid powder is useful in summer because it will adhere despite perspiration. Rub one ounce of oxide of zinc with one teaspoonful glycerine. Add to this two ounces of cologne and pour in gradually three pints of boiling water. Bottle this and use instead of powder, shaking well before applying. Put on with a soft cloth and rub off the moisture immediately. An old linen handkerchief is good for this purpose.

HOW TO BECOME A PASSABLE PIANIST.

Paderewski has confided to the world the secret of how to become a good pianist. He gives the six following directions:

1. You must have the gift.

2. You must choose a good master and obey him blindly.

3. You must practice exercise four hours daily and give one hour to digital agility.

4. You must remember that agility alone does not suffice; you must also possess rhythm, precision and practice the pedals.

5. You must exercise the five fingers equally. Study especially the passing of the thumb under the hand and the passing of the hand over the thumb.

6. You must strike the notes with assurance and deeply, and make use of the pedal in the central octaves to give color.

Follow these precepts diligently, says the celebrated Pole, and in ten years you will be a passable pianist.

DON'T MAKE WRINKLES DEEPER.

Is father's eyesight growing dim?

His form a little lower?

Is mother's hair a little gray?

Her step a little slower?

Is life's hill growing hard to climb?

Make not their pathway steeper:

Smooth out the furrows on their brow.

O, do not make them deeper.

There's nothing makes a face so young

As joy, youth's fairest token;

And nothing makes a face grow old

Like hearts that have been broken.

Take heed lest deeds of thine should

Thy mother be a weeper.

Stamp peace upon a father's brow;

Don't make the wrinkles deeper.

In doubtful pathways do not go,

Be tempted not to wander;

Grieve not the hearts that love you so.

But make their love grow fonder.

Much have thy parents borne for thee,

Be now thy tender keeper;

And let them lean upon thy love,

Don't make the wrinkles deeper.

Be lavish with the kindly deeds,

Be patient, true, and tender,

And make the path that ageward leads

Aglow with earthly splendor.

Some day, the dear ones, stricken low,

Must yield to Death, the reaper;

And you will then be glad to know

You made no wrinkles deeper.

A HEALTHFUL OCCUPATION.

Housework is one of the most healthful of occupations if it is not overdone. The proper amount of it gives one just enough exercise. But it requires mental as well as muscular activity, and the continuous strain tells on the nerves, and this high tension is what makes even the strongest women victims of nervousness. What women must need to learn is how to relax.

Money is the root of all evil, and most of us are rooters.

Physical culture never extends to carrying other people's burdens.

Many a woman worries more about owing a call than she does about owing the butcher.

RULES FOR EATING.

Dr. Horace Fletcher's four rules for eating:

Do not eat until a plain piece of bread or a dry cracker tastes good.

Chew all solid food until it is liquid and almost or quite swallows itself.

Sip all liquids that have taste, including soups, sodas, lemonades, etc., until all the taste is out of them.

It is well worth while. Pure water for quenching thirst has no taste and may be swallowed immediately.

Never eat while you are worried or angry; only when you are calm.

Waiting for a calm mood will bring good appetite; without it there is poor digestion.

LEMON JUICE A VALUABLE TONIC.

It is not generally known that lemon juice taken in proper quantities is a most excellent tonic. The juice of half a lemon taken in a tumbler of cold water half an hour before breakfast every day will stimulate the liver and digestive organs, causing an increase in the appetite, and making the skin fresh and clear. If the majority of women could be made to realize that their dull, colorless complexions generally are the results of the inactivity of their digestive organs, there would be less use for the objectionable cosmetics, which never in the slightest degree resemble nature.

HOUSEHOLD HINTS.

Probably more false economy is shown in methods of frying than in any other form of cooking. Cooking for a little fat is not sauteing, and among cooks is called frying, a word adapted from the French saute, meaning to cook in a little fat. This method, which to the amateur seems the easiest and is most generally practiced, is what has brought the frying-pan and fried foods into just disrepute. It is almost impossible to heat the fat without scorching it and to cook in this way often means merely to partially burn the food. If cooking one side of a slice of fish, for instance, is accomplished successfully when it is turned over, the cooked side, now the upper side, cools rapidly. The surplus fat on its surface must soak in and cannot be drained off after ward; the sides of the slice also are not seared immediately and soak more or less fat. It takes more fat to saute than to fry in deep fat, for whatever is not absorbed by the food is wasted, as it is scorched more or less and mingled with bits of food. It is usually scraped into the kitchen waste. The fact has been proven often by carefully weighing fat used and amount left over, after both frying and sauteing, that the least is wasted in frying in a large amount that gives complete immersion. Slices of fish, either eggd and crumbled, or rolled in flour or meal, are fit for an epicure when cooked in deep fat in a

FOR JONES' CAT.

A cat belonging to Mrs. Jones had caused great annoyance to the small boys of the neighborhood by killing some of their pets, so they decided to set a trap for it. Dwigth, a little boy of seven, with a very tender heart, was much afraid, so he printed the following notice and pinned it on the trap:

"This is for Jones' cat only."—August Delmeator.

A LIFE-SAVING STATION.

A train was just starting to leave a suburban station says the New York Tribune, when an elderly man rushed across the platform and jumped on one of the slowly moving cars. The railroad brakeman, who was standing by, reached up just as the man got aboard, grabbed his coat tails and pulled him off. "There," he said, sternly, "I have saved your life! Don't ever try to board a train that way again."

"Thank you," said the old man, calmly. "Thank you for your thoughtful kindness. It is three hours till the next train, isn't it?"

"Three hours and a quarter," said the brakeman, "but it is better to wait that length of time than to be killed."

The long train, meanwhile, had been slowly gliding by, slowly gathering speed. Finally the last car appeared. This was the brakeman's car, the one for which he had been waiting, and with the easy grace born of long practice, he started to step majestically on it.

But the old gentleman seized him by the coat, and with a strong jerk pulled him back, and held him until it was too late.

"One good turn deserves another," said the old gentleman, with a smile. "You saved my life. I have saved yours. Now we are quits."

John and Pat were two friendly workmen who were constantly tilting each other trying to outwit the other.

"Are you good at measurement?" asked John.

"I am that," said Pat, quickly.

"Then could you tell me how many shirts I could get out of a yard?"

"Sure," said Pat, "that depends on whose yard you go into."

APPLE PUDDING.

Take all skin and strings from a half pound of beef suet and put it through the food chopper. Add a scant teaspoonful of salt and 14 ounces of flour. Make a hole in the center, pour in a half cupful of cold water and gradually, but quickly, mix to a firm paste, adding more water as needed. Roll out half an inch thick on a floured board. Thoroughly but not a quart bowl and line it with the paste. Leave it an inch above the bowl, trim and use the trimmings for the top crust. Fill with peeled and sliced apples, heaping them in the center of the bowl, add sugar according to the acidity of the apples, with grated nutmeg or other flavoring and a teaspoonful of butter and a half cupful of water. Wet the edges of the paste, fit on the cover and pinch the edges securely together. Place in a steamer and steam continuously for three hours. Serve with hard sauce.

KNOW HOW TO LIVE.

We occasionally meet a woman whose old age is as beautiful as the bloom of youth. We wonder how it has come about—what her secret is. Here are a few of the reasons:

She knew how to forget disagreeable things.

She kept her nerves well in hand and inflicted them on no one.

She mastered the art of saying pleasant things.

She did not expect too much from her friends.

She made whatever work came to her congenial.

She retained her illusions, and did not believe all the world wicked and unkind.

She relieved the miserable and

sympathized with the sorrowful.

She never forgot that kind words and a smile cost nothing, but are priceless treasures to the discouraged.

She did unto others as she would be done by, and now that old age has come to her and there is a halo of white hair about her head, she is loved and considered. That is the secret of long life and a happy one.

Funny Sayings.

"Is there anything I can do," cried an exasperated mother, "to induce you to go to bed?"

"Yes," responded the small boy, promptly. "Well, for goodness' sake, what is it?"

"Lemme stay up an hour longer."

You never hear a married man boast that he has never made a mistake in his life.

Because love is blind is no reason why a lover should make a spectacle of himself.

Most of us find it easier to boast of what we are going to do than to brag about what we have done.

FOR JONES' CAT.

A cat belonging to Mrs. Jones had caused great annoyance to the small boys of the neighborhood by killing some of their pets, so they decided to set a trap for it. Dwigth, a little boy of seven, with a very tender heart, was much afraid, so he printed the following notice and pinned it on the trap:

"This is for Jones' cat only."—August Delmeator.

A LIFE-SAVING STATION.

A train was just starting to leave a suburban station says the New York Tribune, when an elderly man rushed across the platform and jumped on one of the slowly moving cars. The railroad brakeman, who was standing by, reached up just as the man got aboard, grabbed his coat tails and pulled him off. "There," he said, sternly, "I have saved your life! Don't ever try to board a train that way again."

"Thank you," said the old man, calmly. "Thank you for your thoughtful kindness. It is three hours till the next train, isn't it?"

"Three hours and a quarter," said the brakeman, "but it is better to wait that length of time than to be killed."

The long train, meanwhile, had been slowly gliding by, slowly gathering speed. Finally the last car appeared. This was the brakeman's car, the one for which he had been waiting, and with the easy grace born of long practice, he started to step majestically on it.

But the old gentleman seized him by the coat, and with a strong jerk pulled him back, and held him until it was too late.

"One good turn deserves another," said the old gentleman, with a smile. "You saved my life. I have saved yours. Now we are quits."

John and Pat were two friendly workmen who were constantly tilting each other trying to outwit the other.

"Are you good at measurement?" asked John.

"I am that," said Pat, quickly.

"Then could you tell me how many shirts I could get out of a yard?"

"Sure," said Pat, "that depends on whose yard you go into."

APPLE PUDDING.

Take all skin and strings from a half pound of beef suet and put it through the food chopper. Add a scant teaspoonful of salt and 14 ounces of flour. Make a hole in the center, pour in a half cupful of cold water and gradually, but quickly, mix to a firm paste, adding more water as needed. Roll out half an inch thick on a floured board. Thoroughly but not a quart bowl and line it with the paste. Leave it an inch above the bowl, trim and use the trimmings for the top crust. Fill with peeled and sliced apples, heaping them in the center of the bowl, add sugar according to the acidity of the apples, with grated nutmeg or other flavoring and a teaspoonful of butter and a half cupful of water. Wet the edges of the paste, fit on the cover and pinch the edges securely together. Place in a steamer and steam continuously for three hours. Serve with hard sauce.

KNOW HOW TO LIVE.

We occasionally meet a woman whose old age is as beautiful as the bloom of youth. We wonder how it has come about—what her secret is. Here are a few of the reasons:

She knew how to forget disagreeable things.

She kept her nerves well in hand and inflicted them on no one.

She mastered the art of saying pleasant things.

She did not expect too much from her friends.

She made whatever work came to her congenial.

She retained her illusions, and did not believe all the world wicked and unkind.

She relieved the miserable and

History in Papal Coins.

(From the New York Sun.)

Not the least interesting of the Pope's jubilee gifts was the unique gold coin of Pope Innocent IX., which, recently exhibited at Acquai, Italy, was contended for by coin collectors, King Victor Emmanuel being an unsuccessful competitor.

This coin, the only one in existence of the reign of Innocent IX., was needed to make the Vatican collection of Papal coins complete.

The Papal coins exhibited the portraits of many of the Popes and their coats-of-arms, and furnish a tall history of the coinage of the Church from the first issues in the latter part of the eighth century down to 1870, when the Papal States were annexed to Italy and the Papal mint ceased operations.

The Papal series of coins is one of the very longest, covering 1185 years. The first Pope to issue coins was Adrian I. The coins of Europe were then largely in imitation of those of the Byzantine Empire, whose gold byzants were generally used throughout the continent, and the coin of Pope Adrian was a fair example of the coinage of the times.

It showed a full face portrait, surrounded by the inscription "Hadrianus P. P." and the cross on the reverse, very much after the style of the Byzantine pieces.

Many of the early issues of the Popes show the name of the reigning Pope and a representation of either St. Peter or St. Paul. Perhaps no series of coins show a greater variety of design or more skillful execution. The Church, always a patron of the arts, employed the foremost artists of the time, and some of the coins are from the hands of such men as Cellini and Francia.