

For Every Woman According to Her Needs



Heel Protector's Save Both
Hose and Shoes

She Cares for Her Footgear

NO GIRL would dream of wearing the old rush or wooden sandals of the ancients. The evolution of the shoe, gradual as it has been, has yet been most complete. Through tannin and rubber wear made from the hides of wild beasts we have passed, first, to the uncomfortable and elaborate slippers of the middle ages, and finally, to the perfect footgear of today. So entire, indeed, has been this evolution that a Greek goddess herself was not so well shod as is the modern girl.

For sentimental reasons, if for no other, therefore, the practical girl should care well for articles that represent so much thought and labor and time. Being practical, however, she would probably scout this reason and give as her motive for the trouble she takes to keep her shoes in good repair the prolonged life and improved appearance bestowed upon them thereby.

Removing Dust with a Soft Brush

feet, the heels will never be worn down; but if they are, a shoemaker repair them at once, and thus save your self annoyance and discomfort. Do not allow a hole to appear in the sole of your shoe, but have it mended as soon as it becomes thin. Keep your shoes always in the best and neatest condition possible.

There are other articles of footwear, besides shoes and slippers, which need attention. Few women seem to think that any care whatever is due rubber overboots, which are placed constantly in the wettest and dirtiest places. When they are new, all that is necessary is an occasional scrubbing with soap and warm water; but after

A Shoe Brush and Trees are Essential

keeping them always on trees and in the box, the only rule to observe is to treat white and light-colored slippers with a prepared cleansing chalk as soon as they begin to show signs of wear.

It is of prime importance that repairs should be prompt, and that attention should be paid to the little furnishings whose condition so surely indicates refinement or slipshod untidiness. Never let a lace get beyond the days of its pristine freshness; never leave a shoe for one day without a button. By walking properly, on the balls of the

THE POINT OF VIEW

HAVE you ever tried to reach something which lay upon a shelf that was a trifle too high for you? And have you not found that, while from a distance of six feet it was in perfectly plain view, when you had reached the shelf the article had entirely disappeared from sight? And have you never looked through magnifying lenses, only to discover that the object was blurred if held too close to the eye?

Very well! All this illustrates the value of an outside opinion in some given perplexity. While it is not well to carry our trials to outsiders if it can be avoided, there are times when, by reason of being too close to the "shelf" we are not capable of obtaining a clear view. It is often said that no third person can give really valuable advice between the subtle differences and the little things which go to make up the sum total; it cannot be accurately conveyed in words. It is just to account of this fact, however, that the outside view is valuable. By the sufferer, the subtle little things are viewed through the lens of bias until their proportion is often so exaggerated as almost to eclipse the original grievance.

The judicious outsider, seeing from a distance, takes a saner, broader, clearer view and starts at the very foundation of the trouble. She can say to the one with obscured vision, "Put your hand there," "Push aside that," and, above all, "Come here with me and get my view. You will then be able to go

straight to the point without any outside assistance." To be sure, they will not all come. Bless you, no! Half of them will not, because it is humanity's weakness to hug miseries. It is a trite saying that many are never so happy as when they are miserable, but it is equally true. Do you not know people who, as the old lady puts it, "enjoy poor health"? Are there not those among your acquaintances who constantly flout their sorrows in the face of their friends and regard themselves distinguished in that "no sorrow is like unto my sorrow"?

MANY NEED FRESH AIR

There are plenty of people who would be benefited if you told them that a good tonic and plenty of fresh air would relieve their troubles. They would far rather sit at home and cry. Was it not Henry Ward Beecher who said that when a woman of his accepted congregation came to him in a perfect frenzy of despair about her soul, he always felt sure that she had been eating too many hot biscuits?

Indigestion is the unsuspected cause of many physical ills and of nearly as many more mental attitudes which have resulted in real trouble. One wise woman who recognized this principle was accustomed to go to her physician from time to time and say, "Doctor, I want some medicine for crossness—pure, unadulterated crossness." And the physician, being equally sensible, would prescribe a restricted diet and give her something to square up her digestion. And, lo! her troubles fled like the mist of the morning.

And here, too, was the outside-point of view valuable.

ECONOMY IN CARE

Perhaps, too, she is right, for certainly ten minutes a day spent in giving shoes a thorough "beauty treatment" will work wonders with them. Prevention, however, is better than cure, and so our practical girl pays first attention to the care of her footgear at the moment of its buying. In the end it is really economy to buy several pairs of shoes at once, providing none of them be of pronounced ephemeral styles, for rest from constant wear is their chief asset. Every girl should possess at least two pairs of shoes and two of slippers in active service, to say nothing of such special varieties as dancing slippers or gymnasium shoes, which come home in the evening—for the practical girl is apt to be self-supporting also—she should at once change her shoes for slippers, and if it is at all possible she should not even wear the same pair of shoes throughout the day. Observance of this rule will save her many a time from tired, aching feet, and will bring beneficial effect upon the shoes themselves.

The shoes once bought, however, the daily treatment becomes more important. Never, above all, hurl an offending pair of shoes into a dusty closet without a thought of them until you put them on again the next morning. It is by no means necessary to polish them daily; twice a week at the stands devoted to women is enough for that. Every day, however, the shoes should be first brushed carefully to remove dust, and then thoroughly rubbed with vaseline, special attention being given the worn places. The vaseline should be left on all night, as the leather needs grease as a restorative, and in the morning the shoes should be again rubbed to remove superfluous grease.

VARIOUS TIME AND MONEY-SAVING HINTS

Finishing a Waist

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Easy Way of Using Insertion

WHEN one considers the yards and yards of lace insertion that are used on a single garment, it becomes quite apparent that any easy method of producing the result will be a boon to busy workers. If straight lines only are to be used, and the garment does not require the finest of handwork, insertion can be put in by machine without the stitching being in evidence and in a manner to be absolutely strong and durable.

First, baste the insertion into the fabric rather closely and firmly, then stitch along both edges with a small firm stitch, taking in only the first thread of the lace. Turn the outer portions of the material over into the lace and again stitch just within the stitching, when the desired transparent effect will be obtained and the edges perfectly strong, enduring even the ravages of the laundry without pulling out.

To Avoid Annoyance

CAN anything be more annoying when sewing than to have the scissors constantly hiding themselves away, or falling on the floor, as if possessed by some evil spirit; or to have no pin cushion convenient from which to obtain pins or replace them at every turn? Well, the simplest of arrangements will prevent both of these annoyances. If likely to need the scissors frequently, attach them to the waist by a tape long enough to suit any emergency of reach. There they are, then, at any and every moment.

For the pins, a "crescent" pin cushion will be found the most convenient, the most unobtrusive kind. It may be made long and slender or short and fat, to suit the taste of the user. It is crescent shape, as its name indicates, and has a string of each end, by means of which it is tied at the waist of the wearer, fitting in at the waistline. It will never be found in the way of the sewing, and has a string of each end, by means of which it is tied at the waist of the wearer, fitting in at the waistline. It will never be found in the way of the sewing, and has a string of each end, by means of which it is tied at the waist of the wearer, fitting in at the waistline.

The Joy of Detail

DO YOU know that you have missed half the pleasure of life if you do not realize the fascination of detail? Do you know, too, how happy is the mortal who does realize that fascination?

Everywhere this unholy love may assert itself. From the room in which absolutely everything follows a certain scheme to the costume, where there is not one fleck of any color, save the one or two previously decided on, it is in evidence.

Perhaps when you were a girl you read "The Wide, Wide World." Do you remember how Mrs. Montgomery Ellen's desk, and especially that fascinating list of things that followed when Ellen's back was turned? And that workbox! You may, indeed, remember how you would, when your father was away, even the buttonhole scissors come into view! How you did long for some such trip, and the Bible and the dressing case crowned your joy as they did Ellen's.

TREES ARE IMPERATIVE

They should by no means be left simply standing in the closet or wardrobe 'during the night; a tree for every shoe is imperative. Strange to say, the more expensive fitted trees are not so good as are the cheaper jointed ones, which are much easier to manipulate. As soon as a shoe or slipper leaves the foot, it should be placed upon its own individual tree, and kept there until next used, always brushing carefully with a felt brush. More than this, a shoe box is an absolute necessity. The inevitable dust and dirt the average closet mean death to the most hardy of shoes. A large soap box answers the purpose admirably. Hinge the lid, and cover the box with cretonne, chintz or wallpaper. In a box of this size there is room for every shoe and slipper you possess.

Slippers, of course, since they get less hard wear, need less care. Besides

Winding the Bobbin

If your machine is one of the newer makes, and has a winder with the little automatic catch, you can save yourself a good deal of trouble by winding a fresh bobbin while the sewing is going on. To do this, put a second spool upon the spool-holder, and attach an end to the fresh bobbin. Slip the catch in place, and while the long seams give smoothly from under the presser, empty the bobbin in use, the second spool is turning merrily and filling a new one. What a covert it is to the hobbler already allied, every machine sewer knows.

A Simplified Mode of Shirring

THE gown of today is an elaborate creation, much shirred and much tucked, and any simplified method of doing the work is to be welcomed.

To get the best results the work should all be done by hand, but where time must be made a consideration, very fine machine stitching can sometimes be substituted. Tiny tucks and shirings are much in vogue, and are very beautiful when well managed. If the tucks are carefully put in, of the required width, and are threaded with silkoline, exactly matching the color of the material, they can be drawn up very easily and with perfect success. The shirring is done by passing through the eye of a rather coarse needle, then the needle passed through the tuck eye first.

Washing the Bobbin

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To Finish Waist Seams

When binding will make sleeve seam too thick, close buttonhole with heavy silk or silkoline in contrasting color will look as well and serve the purpose. The bottom of a waist may be merely nicked with the scissors. Many of the best dressmakers finish them off in this way.

The Growing Baby

MOTHERS are often in despair in relation to the way baby outgrows his clothes. The growth, of course, is as it should be; nevertheless, just how to have him look as if his clothes were made for him, and then alter them in a little while without having them look "patchy," is sometimes a puzzle. Skirts are easily disposed of by letting down a tuck or facing a hem, but waists are the problem.

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