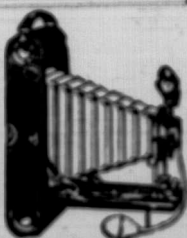




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Women's Problems

MAKING OVER CLOTHING FOR CHILDREN

The first thing to do after deciding
whether your material is worth the time
it takes to make, is the ripping of the
article. This must be done very carefully
with an ordinary pen knife, which must
be sharp. Then pick out all the threads,

for if threads are
left in, when goods
are washed and
pressed they show
up very plainly and
take from the goods
the appearance of
being new. Shake
well and wash in
soft water to which
has been added am-
monia, lye or any of
the preparations on
the market for cleaning. Never
use soap. Rinse well and hang to dry
where it will dry quickly. When almost
dry press well on wrong side of material,
on side intended using as inside when
made up. Material of wool or wool
mixtures should always be washed and
rinsed in soft water. Soap bark is excel-
lent to use for black goods, using a solu-
tion made from the bark which can be
bought in any drug store. No other
cleansing material is needed as it removes
spots and dirt as well as renewing the
color. Should you find any places in
goods slightly worn, but not bad enough
to discard, a good way is to apply a piece
of goods on wrong side with rubber tissue,
which is not noticeable and will wear
just as well as if stitched.

Now have your pattern ready and
proceed to cut as carefully as if it were
new goods.
The pressing of seams and hems is a
very important part in the making of
children's clothing, whether of made over
or new, as it takes away all appearance
of being a made over or a home made
garment.

Children's clothing can be made very
satisfactorily out of a number of grown
people's. Ladies' dresses and suits, which
have been discarded when fashions change
make over for the small lady; while men's
suits, which are worn in a few places,
are good for the small boy. Ladies' hose,
when feet are no longer any use, make
splendid tights for the little tots.

The one thing to always keep in mind
when making children's clothing is sim-
plicity.

ELIZABETH LEE.

THE CARE OF BEDS

Last summer while a friend was visiting
me she made the remark, "I don't know
how you keep your beds so clean." With
this remark in mind I thought our page
friends might like to know how it was
managed.

I have a family of four small children
and one hired-man throughout the year,
besides extra help in harvest. To begin
with the children, one needs to be watch-
ful not to allow them to overload their
stomach, especially in the evening. Some
children are much more easily upset by
a change of water or diet than others.
Up to two or three years old we have
always made it a practice to lift them and
allow them to urinate when we went to
bed and again early in the morning, so
that it was seldom we were troubled with
bed-wetting. With a tiny infant it is a
good plan to fold a sheet of white cotton
or flannelette four times and lay the babe
on this. Sometimes I have made a pad
of batting covered with cotton and
stitched on the sewing machine, or tied
down, and used this under instead of the
folded sheet. If this is made about the
size of a flour sack it is quite easy to wash
and also to hang up to dry. In this way
the sheets and mattress are never soiled
or wet. From youngest to oldest one
must watch that each child is washed
clean before going to bed. If dirty hands
and faces and feet are allowed one will
not have far to seek for dirty bed clothes.

On the men's beds I find grey flannelette
sheets the best, especially during weeding
time. These are easier to wash than
white and do not show the dust so much.
Men are too tired to take a bath every
night and feel they have not the time,
nor possibly the convenience for taking it.
But most men take a bath at least
once a week and a foot bath often
while the weather is hot and dusty. In
putting the sheets on the beds one should

be careful to always have the same side
towards the mattress. In hemming
sheets I always make the hem larger for
the head of the bed.

Taking Care of the Quilts

The quilts come next. If these are
made of cotton and not too heavy they
can easily be wash-

ed. It is better to
do this in spring or
summer as one can
get them dry out
of doors in the sun-
shine and fresh air.
Heavy comforters
should have a strip
of cheesecloth or
muslin basted along
the head end, to
come eight or ten

inches both under and over. These
are sweetened and freshened by hanging
on the clothes line on a breezy day and
allowing them to remain there for several
hours. This should be done quite fre-
quently. I believe one breathes in fewer
disease germs if this is followed.

With regard to spreads, I do not use
them on the men's beds. I find bleached
flour sacks, sewed together, with the
seams worked over in feather-stitch with
coarse piping cord, look quite well for
spreads for common use, and are light and
more easily laundered than the heavier
kind.

If one uses blankets instead of quilts
and comforters, these should be washed
at least twice a year and hung out on the
line often, say once a month, besides
giving them a good shake out of the
window or on the balcony once or twice
a week. I usually give them these shak-
ings on sweeping days. This will prevent
the dust and lint to a certain extent
which gathers under all beds.

What to do in the Morning

Before going downstairs in the morning
the clothes are all turned back over the
foot of the bed and the window raised
to allow the fresh air to carry off any
heaviness or smell of perspiration which
may cling to them. A room is never
sweet where the bed is spread up the
moment the occupant is out of it. Large
drops of perfume and powder do not make
up for the lack of this airing. And lastly,
concerning the bedding, I would not
advise anyone to spread a mustard-plaster
on a newspaper and apply it on going to
bed. This made a heap of extra washing
for me once; the advice to use chee-
sloth or muslin came too late.

If iron bedsteads are used, a coat of
enamel every two or three years makes
them look much better. This can be had
in different tints to match the room.
Varnish will brighten up the ends of the
springs and also wooden bedsteads. The
springs should be lifted occasionally to
wipe off the dust which accumulates under
the sides. The mattress should be turned
over and beaten now and then, or if
straw ticks are used they should be
emptied, washed and re-filled. Strong
white cotton makes good ticking, indeed
flour sacks would answer very well.
Where there are children or in sickness,
I believe the ticks are preferable. They
can be made comfortable by using an
old, clean quilt or blanket underneath the
sheet.

BLANCHETT.

MAKING RAG MATS

Did you ever try to make rag mats?
I have and they do nicely for kitchen and
bedrooms. I prefer cotton material for
making as the work looks smoother and
you can put them into the wash tub and
wash them quite easily.

I take such things as cotton dresses,
aprons, old curtains of any kind which
are beyond use. If you have too much
of one color you can get some dye and
dye some of the white things a different
color. I like the above mentioned articles
as from these I get nice long strips, as
I am inclined to be too lazy in this line
to bother sewing together the short ones.

I tear strips an inch wide, using three
different colored strips, and begin my
braid. As I come to the end of each one
I sew on others. Never sew a lot together
first and braid, because then you have no
end of trouble by the ends twisting into
knots. When I have done a long braid
I begin to sew the braid into a mat with

Continued on Page 30

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