

THE HOME

THE ONION CURE.

"Do my kiddies smell like little onion patches?" asked one young matron of another, and on being told in a very positive manner she said, "Well, then, I'll show them away, but I'll tell you why they are thus perfumed, and you can profit by the knowledge if you are so minded."

"Three years ago my youngsters were the average town-bred children, nervous, wakeful at night and on the go the livelong day. The county did not help them, and when we went back to town they grew so much worse that I finally called in a child specialist, who asked all sorts of profound questions, arranged their lessons and play with a view to their improvement and prescribed various tonics. That spring he said: "Go to the mountains, and we did, but it didn't agree for the sea, so soon after we changed to a quaint little seaside village. There they were happy, but were a sad contrast to the native children, who had the most wonderful health and vitality and seemed not to have a nerve in their bodies. But here one day we found a remedy for our ills quite by accident. We went for a picnic in the motor, which promptly broke down and forced us to find shelter from the sun in the nearest farmhouse. Nine children came and gazed at us and then fled, but not before I noticed how well and sturdy they looked. I asked who their doctor was. "Doctor nothing," was the mother's answer. "One of my young ones was puny like yours; and I just gave him all the onions he wanted with dry crusts of bread between meals."

"From that day I started an onion diet in my family, not quite as it was prescribed, but the children have since once a day anyway, and I give them lots of buttermilk besides. I eat them myself, too, but not when company is coming, although I do not see why a natural odor like that should be so cried down and out of society when the stale, unhealthy one of cock-tails is considered permissible. When I am apprehensive of a restless night I take a glass of very hot milk just before I go to bed and an hour before that a little salad of onions grated on crisp lettuce, with French dressing, in which is chopped hard boiled egg. You have no idea how delicious this tastes with very thin bread and butter. I do not care who is here when I feel I must order this repeat, and I have made many converts and cures by telling both these tales of onion power that I am telling you."

IRISH LACE FLOWER MOTIFS.

Even a comparative novice can easily learn to make the little single detached roses which are used so much both in 'ol-over' Irish laces and motifs in collars and jacket edges. They need not have the many layers of petals unless the worker so chooses, but the addition of these is not at all difficult, and certainly adds to the effect. For these little roses, either single or double, a very effective and novel use is seen in the newest mode of trimming undersleeves and gimpes or chemisettes of net or chiffon. They are made singly and set on around the lower sleeve edges and around the neck, in either single or double rows, just touching each other. The woman who is good at little original touches will find many uses for the same flowerets, made of rather coarse Irish lace rather than the ordinary cotton. For trimming all sorts of neckwear they are beyond price. So the art of making them is well worth acquiring. By the way, many directions for making jabots, handkerchiefs and other articles for personal and household use tell one to crochet the little Irish edges directly into the linen hem. As the durability of such a lace is often far greater than that of the fabric to which it is attached, a far better plan is to crochet the edging on one of the tiny lace braids sold at embroidery counters for making 'needle point' lace or fine Battenberg. These braids are all linen, and can be had in very narrow widths. They add to, rather than take away from, the appearance of the work, and make a heading that can easily be sewed to the article which it is to trim, and is as easily ripped off when the proper time comes. If desired, the braid can be sewed to the linen before the crocheting is begun. This makes it easier to get the corners and turns even. The use of lace braid, moreover, makes it possible to crochet indefinite lengths of those laces usually made with a chain of the desired length for foundation.

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AFTER SCHOOL LUNCHES.

Dr. Edith B. Lowry contributing an article to 'Woman's World' makes a suggestion that some mothers of children of school age may find helpful, a method of protecting little ones from any harmful influence and of retaining their confidences by means of after-school lunches and talks. When a child first comes home from school she is full and bubbling with the experiences of the day, and ready and anxious to repeat them to mother. The wise mother plans to spend a few minutes with her children immediately upon their return from school. If this talk is postponed for even a few hours the child loses some of her desire to tell, perhaps in the meantime has been cautioned by her playmates not to tell mother.

One mother who had a wonderful influence with her children and who never felt that school life was taking them away from her, laid her success to the after-school lunches she prepared. Whenever her children returned from school she always had a lunch ready. Sometimes it consisted only of a slice of bread and butter and a glass of milk, sometimes, on a cold day, it was a bowl of hot soup. A child always is hungry when school is out and will hurry home if she knows a lunch is awaiting her. This wise mother always took this opportunity for a little heart to heart talk with her child. Sometimes a school-mate was invited to join them and this gave the mother an opportunity to become acquainted with her child's associates and to judge as to their desirability as intimate friends. This after-school lunch also prevents the child from overloading her stomach at the evening meal, and she sleeps better. Children at school need about ten hours sleep to maintain the equilibrium of their nervous systems. Plenty of rest and sleep, plain, nourishing food (very little pastry) combined with a moderate amount of exercise in the fresh air will enable a child to keep well during school years.

STRETCHING EXERCISE

It imparts elasticity. And it is good for one. It will lift the vital organs. It gives strength and poise to the body. The clothing must be loose and comfortable. To begin any exercise one must stand erect. The chest should be high, the head up and the chin in. The body should rest on the balls of the feet, not on the heels. At first it may be enough to breathe deeply and slowly (mouth closed) standing thus. This alone is a fine thing, if practiced in the open air or before a window open top and bottom for five or ten minutes twice a day. Now for the stretching. Sweep the arms slowly outward and upward until they touch above the head, lifting the chest walls and stretching the arms. Lower the arms with the same sweep, stretching them of the time. Five times will be enough at first, breathing deeply and slowly all the time.

Women who create the best impression are those who make simplicity the keynote of their dress, manners and conversation. Simplicity is not always cheap either. One often has to pay more for something on simple lines, the unostentatious hat or exquisitely plain design. Make your clothing reflect yourself—something of your character. Nowadays a woman's clothes are not an index of her character, but they are an indication of her taste. If this is true then there are certainly many women in Pictou county with superlatively bad taste.—Stellarton Star.

It is no exaggeration to say that the good mothers of this generation are building the homes of the next generation, and the bad mothers are building the prisons. For out of families nations are made; and if the father be the head and hands of a family, the mother is the heart. No office in the world is so honorable as hers, no priesthood so holy, no influence so sweet and strong and lasting.

FLOTSAM AND JETSAM.

Ornamental Hand Bags Supplant the Leather Variety. The plain sturdy handbag is entirely out of it this fall, as far as fashion is concerned. Most bags are frivolous affairs that look as if they were designed for ornament and not use, but there is really a great deal of room inside of these graceful bags. The long cord



THE COLLEGE GIRL'S BLOUSE.

handles, which may be hung from the shoulders, are a favorite sort, but for shopping the leather handles are best. Every little while there is a revival of some old fashion gem, and now it is garnets. Many forms they take. One may have them in rings, pendants or wear them in brooches. Have you seen the new back coats for winter, made of polo cloth? One tan colored model has a small sailor collar and cuffs of hunter's green, all of the same material. Black, with white collar and cuffs; oxford gray, with purple or scarlet; tan, with white and brown, and navy, with red, are the popular combinations. The blouse pictured is suggestive of the sailor style with its laced opening. College girls like such waists at all seasons of the year, especially for sports. JUDIC CHOLLET.

HINTS ON DRESS.

The Little Things That Count in Woman's Appearance. Just because you wear a silly little bonnet or a huge chiffon veil don't think that you cheat people into believing that you own a motor car. Don't imagine that you look younger because you wear a short skirt; generally speaking, you only succeed in making yourself appear ridiculous. Don't buy a silk or satin raincoat and then use it for general utility



SINGLE BREASTED COAT.

purposes if you would be well dressed. A raincoat, as its name signifies, is to be worn in rainy or stormy weather and is entirely out of place on a sunny day or an evening wrap. Don't choose clothes made on very extreme lines unless you can afford to follow every whim of fashion. Remember the well-dressed well bred girl is never conspicuous and her clothes never attract attention. The single-breasted coat with a big collar is the latest and naggiest. This one is an excellent model. The three-quarter bell sleeves are very good style for early fall wear. JUDIC CHOLLET.

This May Manton pattern is cut in sizes from 34 to 44 inches bust measure. Send 10 cents to this office, giving number, 7113, and it will be promptly forwarded to you by mail. If in haste send an additional two cent stamp for letter postage, which insures more prompt delivery.

FADS AND FANCIES.

Characteristics of the New Side Frills of the Season.

Side frills will be one of the important items in fall neckwear and are made in two effects—those for wear with tailored suits and those of a more dressy character.

Little bonnets of silver yace with ruffles of fine lace falling over the hair are very dainty and attractive. High stiff collars are numerous despite the popularity of the Dutch or low neck.

A pretty way to do over a last year's jacket is to add a deep square collar of some light material and partly cover this with a collar to match the suit cut



AFTERNOON FROCK.

In three deep points. This is more dressy if the points are finished with tassels and more up to date for all kinds of fringe and tassels are the height of style. Checked materials trimmed with plain goods are to be just as fashionable this winter as they have been during the past summer. The gown illustration shows this combination. The blouse is a very simple affair made in peasant style. The skirt is six gored, with the new slit front width. JUDIC CHOLLET.

These May Manton patterns are cut in sizes from 34 to 42 inches bust measure for the waist and from 22 to 28 inches waist measure for the skirt. Send 10 cents each for these patterns to this office, giving numbers, skirt 7073 and waist 7068, and they will be promptly forwarded to you by mail. If in haste send an additional two cent stamp for letter postage, which insures more prompt delivery.

WHAT IS WORN.

The Autumn Bridesmaids Are Wearing Lace Caps—Cutting Hats are in vogue. They drop over the hair in soft plaited frills and are trimmed with rows of silk or mousseline flowers. Soft felt hats for the mountains come in all the lovely shades of the present fashion. Some of these felts are so soft and beautiful in texture that they look almost like velvet. Some of the handsomest costumes are reversing the usual order of putting the light fabric above the heavier one and are making skirts of coarse heavy lace and tunics of satin. The Russian blouse effect is liked for such purposes. All trimmings are put on as



CHILD'S COAT WITH CAPE.

flat as possible, unless they are in the shape of ruffles or puffs, and then they are scanty. The new skirts are to be narrow and straight. All waists are still high, as high in fact as they ever were. Simple loose coats are the best for tiny tots. Illustrated is a model that may be made either with or without a cape, and it includes sleeves that are comfortably loose though smartly cut. JUDIC CHOLLET.

This May Manton pattern is cut in sizes for children of six months, one, two and four years of age. Send 10 cents to this office, giving number, 7113, and it will be promptly forwarded to you by mail. If in haste send an additional two cent stamp for letter postage, which insures more prompt delivery.

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