

FASHION SUGGESTIONS



NEW SEASON FURS.

Too Practical Perhaps.

RECENTLY I read a letter from an indignant woman, written in reply to a letter tabooring trailing skirts on the street. The indignant lady wrote, "If the person had not been entirely ignorant of the fashions, she would have known that long skirts are not now worn on the streets. Nevertheless, with long skirts sweeping along in front of us, worn by nine tenths of the women still, I must confess that I cannot but feel in sympathy with the 'ignorant woman'."

A Canadian journal recently published an article asking for a prohibitory law for street expectoration, "as the skirts of the helpless women were made veritable homes for disease germs and microbes." The poor woman! I say. Of course there is no remedy for this evil but prohibition of street expectoration. If this cannot be secured, we must have still the germs and microbes carried into our homes.

Would You Like a Small Waist?

To increase the size of the waist by tight lacing is simply to ruin the figure irretrievably. So much has been said and written on this subject, and the physiological reasons of this fact are now so generally known, that it is unnecessary for me to go into the matter here. The fact remains, tight lacing, so far from adding to a woman's beauty, merely detracts from the symmetry of her shape, and ultimately results in what is popularly described as a "lost figure" in early middle age. Most girls, happily, are now beginning to realize this truth, and instead of squeezing their waists into the smallest possible compass, have taken to restoring its actual size by a series of gymnastic exercises. The following simple movements, if persevered in regularly and consistently, will work wonders in this direction.

First, stand perfectly upright, with shoulders back, chin pressed well back, and arms at the sides, with palms of the hands to the front. Raise the arms up over the top of the head till the thumbs touch, and then drop them slowly down again.

Second, hold the arms straight out in front of you, palms down, and then move each arm around gradually to the side and back again, keeping them on the level of the shoulders.

Third, stand with the arms stretched as far apart as possible level with the shoulders, and making a perfect cross with the body, and describe small circles with each arm, using the shoulder as centre.

Repeat each exercise half-a-dozen times consecutively.

The Care of Caged Birds.

NEVER let a bird cage hang in a room where the gas is alight, unless it is exceptionally well-ventilated; the air near the ceiling is always the most impure at night. Make a rule of always setting dickey's cage on the floor at night, and his health will rapidly improve. After the gas has been alight some time, put your own head near the ceiling and see how you would like to sleep in such an atmosphere. If the owners of birds would only realize the necessity of lowering their cages at night, they would enjoy the society of their feathered pets for many long years.

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The cloth can be used for table covers, chair backs, cushion covers, sachets, cosies, bedspreads, and couvre-pieds, the wider make allowing of the two latter articles being embroidered without any seam.

The cloth can be worked in various ways.



FIG. 1

In Fig. 1 you see a spray done in five shades of heliotrope filloselle. Each leaf or petal is darned in one shade, veined and bordered with another. The stitches will be explained later. Six threads of the filloselle are used for the darning.



FIG. 2

In Fig. 2 the flowers and leaves are darned in pink lustrine cotton. The light is veined with dark, the dark with light pink. The whole is outlined with gold cord, sewn down with gold-colored silk. The veining is done in coral stitch, and the entire groundwork is darned in sage-green tapestry wool.



FIG. 3

A fancy pattern is seen in Fig. 3. Four rows of pink darning above, and four of old gold below, pale pink herring bone being crossed with old gold. The way darning is done is seen by the needle being left in. Always darn with a blunt pointed wool needle, for most of this embroidery is done on the surface, the

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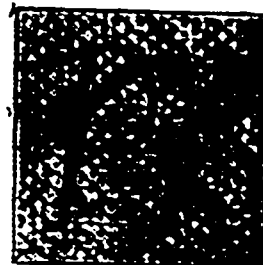
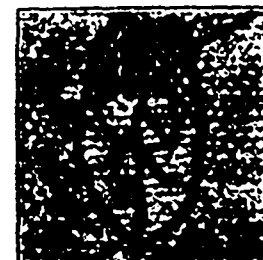
needle going under the little bars on the surface of the weaving.

In Fig. 4 you see how veining is done when a line of ordinary stem stitch is used with branches of loops. In this leaf several shades of heliotrope are used in the darning, beginning with the lightest at the top, and ending with the darkest. Always use your shades consecutively in shading thus, and see that you have a set of shades in perfect sequence, as if you have not the effect is spoiled. The shading of Fig. 2 is prettier, I think, where each petal is done in one shade only. The outline and stems are done in stem stitch.

Another kind of darning is seen in Fig. 5. The position of the needle left in shows how it is done.

In Fig. 6 rope and stem stitch are seen. For rope stitch you begin as if for chain, and then instead of putting your needle into the loop formed, you place it behind the stitch and out above the thread. In stem stitch you work upwards, taking a few threads up and making your stitches opposite each other.

As will be seen, the ground may be darned or not as you please. If you darn the ground then use a contrasting color. Old gold goes with nearly every color except yellow. For the outlines and stitches placed on the darning, of course, you must work with an ordinary crewel needle with sharp point. Excellent effects for large articles, such as couvre-pieds, bedspreads, curtains, etc., can be had by darning large bold designs in wools. A poppy design is very effective and so is a cornflower. Tapestry wool is excellent for the purpose, the outline being done in black silk, either filloselle or embroidery silk.



FIGS. 4, 5 AND 6