

and cannot walk more. The reason is patent: their skirts are too heavy to be worn in this way, and should hang from the shoulders.

To accomplish this, attach the skirt to a waist made of thin calico, fastening in the back with three or four buttons, without sleeves, and cut rather low in the neck.

In this way it will not seem clumsy under the dress waist, and yet will relieve that heavy, dragging sensation imparted by the skirt fastened round the waist. When the skirt is worn over a waist with a belt, sew hooks on the inner side of the skirt-band and corresponding eyes on the waist, and again you have the weight hanging, practically, from the shoulders.

If a little more attention were given to the matter of supporting heavy clothing, it would be very helpful to growing girls, and, very much more so where there is a tendency to stooping shoulders, so often seen at present.

We can hope to see this remedied very much indeed by the girls themselves now that they have gone in for baseball. I have noticed this summer young girls who could fairly compete with their brothers in catching a ball, not waiting for it to fall, but, with a leap, rising to the catch; being careful to drop the hand with the ball, to avoid the sting of the fall. Other girls there were who would hold up their hands stiffly for the catch: well; they very soon found out that they preferred a quiet game of croquet. These girls, I noticed, had as a rule stooping shoulders, and found it far easier to knock a ball about on the ground, than to catch one in the air.

Two young girls, friends of mine, ended their summer holidays by walking to the station, a distance of 7 miles, and said they were not a bit tired; indeed they seemed less tired than another, who drove all the way, and often pleaded with them to get in and be driven the rest of the way. I see great hopes for the future, if this goes on, and we must hail with delight baseball, or any other game, that will do so much for our growing girls. (With which delight the Editor heartily sympathises.)

LAUNDRY WORK.

We will presume that the shirts and collars are properly washed and perfectly dry before starching, for although I know that some people starch their collars and cuffs without first drying them, my experience has taught me that linen, such as cuffs and collars, dried before starching keeps a better

colour and takes the starch better than left wet. Shirts must in all cases be dried.

COLD WATER STARCH.

This starch is for dry linen. Be exact in proportions if you wish for good results. I need scarcely add that every article used must be free from dust and your hands perfectly clean, as the borax used is apt to remove any stain from the hand and deposit it on the linen. Let your starch be the best white; common starch gives no good result, and is dear at any price. Take two tablespoonfuls of starch, one breakfastcupful of water, one teaspoonful of borax, half a teaspoonful of turpentine, and a little boiling water. Mix the starch smoothly to a paste with a little of the cold water, add the turpentine with the rest of the water. Dissolve the borax in about half a teacupful of boiling water; stir till the water is clear and no stimulant remains; add this to the starch, and mix well. Put your hand into the starch and take some up in your palm. If it runs off clear, leaving no white sediment behind, it is ready for use. You can increase or diminish the quantity of starch according to the quantity of linen to be starched, keeping to the proper proportions. To use starch: Take the white shirts first. Hold the parts to be starched in your hand, and evenly damp the body of the shirt also with the tips of your fingers. Wet the calico all round the front and the sleeves where it joins the cuff; doing this prevents the starch running into the surrounding calico and making unsightly white marks on the body and sleeves of the shirt. About a couple of inches of wet will be enough. Gather the neckband together, and dip in the starch; then dip the front, and lastly the cuffs, squeezing them gently about in the starch. Wring out, rub, and clap them between your hands. Fold the starched parts together, roll up and lay aside. Carefully stir up the starch between each article. Now take the collars and cuffs, not more than two at a time. Dip, rub the starch well into the folds of the linen, wring out, clap between the hands, place them singly in a clean white cloth, lay another over them and roll up and put aside for an hour or more. Now I think I have exhausted my space, so I must leave my hints on ironing till next week. Should you, however, prefer to starch your linen wet make your starch as above, but add a teaspoonful of melted soap to the borax before dissolving it in the boiling water. Stir this into the starch, and it will be fit for use.