

by removing the pins and made up much as is any ordinary piece of silk or satin.

A stripe (see Fig. 2) is as easy as a check to make. For this also two colours of ribbon are necessary. Cut these into lengths as usual and fasten them into the frame, but this time let the coloured bands which form the warp be used alternately, and not be all of one hue. The weft also consists of first a ribbon of one colour, then one of the next all down, these being always passed over the warp-ribbons which are of the same colour as themselves. If they are passed under these the result will be a chequer like the first one shown, though obtained in a slightly different way.

So far it has been taken for granted that squares have been woven, and for these a frame of suitable size has no doubt answered well. But for tiny or irregularly-shaped pieces the use of too large a surround means a considerable waste of ribbon. There is a special make of frame intended for such weaving, the size of which can be altered, but the same result can be obtained by a home-worker, either by nailing a flat piece of wood across, or even by very tightly stretching a length of stout braid over the frame. For fanciful shapes a board is convenient, though the weaving is less easy to remove from it if loosely done than from a frame. Open weaving (to be mentioned later) needs mounting on silk or some other fabric, and it is easy to tack the ribbons down to this before taking them from a surround, but difficult to insert it between them and their solid background.

Close weaving on a board can be most economically managed, when a fanciful shape is required, by cutting the outline from paper, pinning this to the board and laying the ribbons over it, extending them but a little way beyond it and there pinning them down. When the work is lifted the paper is easily moved. Study the wall-pocket shown at Fig. 3 as an example of close and fancy weaving. The front is mounted over stiff buckram and the back is a heart-shaped piece of card, covered and lined with brown silk.

For the weaving were used: seven strands of black-ribbon velvet three-quarters of an inch wide, twelve of green moiré nearly half-an-inch, the same amount of white moiré,

and three lengths of deep orange ribbon three-quarters of an inch wide. Begin with the centre warp (upright) strand of black velvet, and on each side of it pin down two green, a black, two green, a black, two green, and, lastly, a black strip.

For the weft threads orange and white are to be used; thread the top white over the centre black stripe, under the next and over the last green on each side of it. The second white ribbon passes over the threads passed under before, and under those which were

and sequins, threaded on gold tinsel, dangle round the bottom of it. Bows and ends of the ribbons are arranged at the back of the pocket.

The second form of plaiting (open-weaving) deserves a few words. In this the ribbon strands are put more widely apart, permitting a background of silk to show between them. A specimen of this style of weaving is seen at Fig. 4, where wide and narrow ribbons are used transversely as well as down and across. The white warp threads should be secured each its own width distant from the next, and the weft ribbons are threaded over and under these. The first set of narrow ribbons passes right across the work diagonally, under the weft but over the warp lines.

The second narrow set crossing with these is arranged to come also under the weft and over the warp lines, and falls naturally over one of the former set of diagonal ribbons in every open space. A sequin keeps the strands together at each spot where they all meet. The last illustration shows the same pattern worked more closely as embellishment for the front of an open coat. The background is black satin, the wider ribbons and sequins are heliotrope, while the diagonal strands are pale green.

It has been shown that ribbon work is adapted for small articles of dress as well as to fancy trifles. The colourings can be greatly varied, and a bold or delicate effect be secured at will. The variety of patterns is quite bewildering, as a few trials and a study of fancy-straw weaving will soon show. Squares, diamonds and zigzags can be made of many kinds both in close and open weaving. In the latter the pattern of an ordinary cane-bottomed chair works out effectively.

As the finished work, lined if necessary, is equal in texture to a thick make of silk or brocade, it follows that it will serve in many cases for which these fabrics are also used: for mats, belts, covers for books, caskets, or fancy baskets; for *bonbonnières*, sachets, book-markers, pot-covers and a thousand other purposes it answers well.

It is pretty and modern, and readers are again advised to try it for themselves, and see how far better is the look of the real work than that of pictures into which colour cannot be introduced.



covered; this band is seen in the side curves also. The orange bands which come after every pair of white ones pass also over and under, alternating with the last ribbon threaded; in fact this simple rule suffices for the entire work, which results in little squares formed by the green and white ribbons and bolder details added by those of greater width. The completed weaving should be carefully laid on silk-lined buckram and stitched to the heart-shaped back.

A cord is carried all round the wall-pocket,

HINTS ON HOME NURSING.

FOOD

is required for two purposes. 1. To replace loss. 2. To supply warmth. All food for invalids must be carefully served, in as tempting a manner as possible. Milk is a perfect food and contains all the elements necessary to keep the body in health, and therefore frequently forms the staple article of diet ordered in sickness. It is more easily digested if boiled and less likely to contain germs of disease. A small pinch of bicarbonate of soda, or a little soda water added takes off from the cloying sour taste in milk, so disagreeable to some invalids. If allowed the milk may be thickened with gruel, arrowroot, cornflour, or Benger's food may be made in the following way: one tablespoonful of the Benger and four tablespoonfuls of cold milk, stir into a

smooth paste, add one pint of hot milk and place to stand for fifteen or twenty minutes. It should be then boiled, stirring all the time, and is ready for use.

THE WHITE OF AN EGG

In half a pint of milk makes a nourishing drink, or white of egg and one ounce of cream to half a pint of water is very nourishing, and can often be retained where ordinary milk causes diarrhoea and sickness.

TEA

made with milk poured over it when quite boiling instead of the boiling water generally used, and only allowed to stand for three minutes, will often be allowed to a patient who is getting tired of a milk diet.

BEEF TEA

must be carefully made, and the best way to make it is to take one pound of lean beef to one pint of water; cut the meat up into small dice, removing at the same time any pieces of fat or skin, place the meat in a stone jar, and allow it to simmer on the stove or in a cool oven. The beef tea must not be allowed to boil, it should stew slowly for about three hours, and then be strained. When cool any grease that may rise to the surface should be removed before being taken to the invalid.

EFFERVESCENT LEMONADE.

The juice of two lemons to one pint of water. One level teaspoonful of soda bicarb. will cause this to effervesce when required for use.