

WOMAN'S SPHERE

SOME SEWING HINTS

At this time of the season many housewives overhaul their wardrobes and fix over such garments as can still be worn. Perhaps you have grown stouter and that black dress is too tight in the waist and too narrow around the hips. To fix the skirt, cut off at the top, two inches below the belt, and put into a new belt, after basting and fitting to the form. The skirt is now two and one-half inches too short. Rip off the binding, dampen and press the lower edge, and rip up a couple of inches at each seam. Pin each gore upon paper and cut a piece the exact shape of the bottom and three inches wide. Cut cloth and lining from these patterns and sew to the bottom of each gore, pressing each seam as soon as sewed. If you have the same material as the dress, use this, but if not, use velvet or any other desired material. Finish the lower edge and cover the seam with braid, guimp or bias folds.

Now for the waist: Rip off the collar and take out the sleeves. Rip the under arm and back seams, and, if possible, let them out enough by taking up smaller seams. Press, and if the stitching shows, shape the seams with the same braid or folds used upon the skirt.

If the seams are stretched they can be let out to the very edges, as each edge of the shape is stitched in place. A black cloth suit was enlarged in this way, and the waist seams and skirt seams were covered with folds of black silk, and each edge was machine stitched with heavy white silk, using a long stitch. A collar and vest of plaid black and white silk were added and it was an entirely new suit.

A pleated skirt of tan-colored cloth when ripped up was faded in streaks, so it was dyed with Diamond dye to a beautiful shade of dark green, and when carefully pressed was like new goods. From this was made a skirt and jumper, which were trimmed with tan-colored fancy braid.

For several years past the men folks have been wearing cream-colored mohair shirts, and when the color and cuffs get shabby they are discarded. The girls saved them up and dyed two of them a light blue and two a lovely shade of American Beauty rose with Majenta dye. Two lovely waists were made from the goods. The rose-colored we had; roses and buds cut from heavy black lace appliqued upon it, the flowers then being outlined with tiny steel beads. The blue one was trimmed with collar, cuffs and medallions made of fine Battenburg braid. A white waist that is hopelessly spotted can be dyed black with dye for cotton and still be useful.

Where a dress is worn or discolored under the arms, a small Eton jacket of velvet, lace or silk will cover the defects and add a dressy touch. In making over a garment, every seam should be pressed as soon as sewed. A child's lawn dress with hemstitched hem became torn at the hemstitching. A narrow Val. lace insertion was placed over the top of the hem and stitched at both edges.—Mrs. H. L. Miller.

FRUIT DIET MAKES CLEAR COMPLEXION.

Fruits have a value which we all admit, and, like succulent vegetables, give the proper elements for our blood. A clear skin and bright eyes are the reward of the fruit-and-vegetable devotee, but do not make the mistake of eating fruits too sweet, says the New Idea Woman's Magazine.

An enormous amount of time can be saved in summer by substituting fruit for hot desserts, thus saving the weary housewife cooking over a hot stove, without undue sacrifice on the part of the family, for nothing is more refreshing than fresh fruit prettily served.

VALUABLE REMEDIES

Some of the very best remedies we have for human ills are just simple things that are found in every household, and among them there are none more valuable than the common kerosene oil. An excellent remedy to use when one is taking a severe cold is to mix one tablespoonful of the oil with one-fourth teaspoonful of camphor and drop a few drops of this into the nostrils every hour, and one mother keeps her children almost free from colds by warming a little yellow vaseline in a spoon and dropping a few drops into the nostrils every night when they are ready for bed. One of the best remedies for sore throat, sprains or stiff joints is made by dissolving five ounces of gum camphor to a pint of kerosene and then adding half a pint of sweet oil.

An excellent remedy for sore throat is made by dissolving one teaspoonful each of borax and salt in a tumbler of warm water and using as a gargle every hour or so until relieved, and the borax water is valuable for sore eyes, mouth, etc. The same quantity of boracic-acid powder and salt dissolved in half a pint of boiling water and used three times a day by drawing through the nostrils is nearly always a sure cure for nasal catarrh, and this is a pleasant and safe remedy.

Nothing is better for a boil or carbuncle than a poultice made by grating a raw Irish potato in a little warm water and cooking until quite thick, and this should be applied as hot as can be borne over a thin cloth. The juice of a raw potato rubbed over warts several times a day will remove them from the hands or any part of the body, and there is nothing better for a slight burn than a thick layer of grated raw potato; and for a severe burn, break several eggs and lay the unbeaten whites on cotton batting and wrap the burn in this; and one of the best remedies for hoarseness is the white of an egg with sugar.—M. A. H.

DOMESTIC ECONOMY

Two Weeks' Lunch for the Kiddies at School

Monday—Two small white bread sandwiches, spread with minced chicken, moistened with a little cream and seasoned; two small whole wheat bread sandwiches with chopped olives, gingerbread, a jar of apple sauce, two stuffed dates.

Tuesday—Two small white bread sandwiches with crisp bacon, two small whole wheat bread sandwiches, spread with chopped dates, two sugar cookies, an orange, two pieces of fudge.

Wednesday—Two small white bread sandwiches with chopped celery, moistened with French dressing, two small brown bread sandwiches with chopped figs, a deviled egg, a ginger snap, an apple, a few almonds.

Thursday—Two small white sandwiches spread with peanut butter, two small whole wheat bread sandwiches containing lettuce dipped in French dressing, a banana, a piece of angel cake.

Friday—Three small white bread sandwiches, two slices of cold chicken, one whole wheat bread sandwich, spread with brown sugar, two olives, two chocolate cookies, a jar of stewed prunes, two macaroons.

Monday—Two small whole wheat bread sandwiches with chopped hard-cooked egg and French dressing, two small white bread sandwiches with jam, a sugar cookie, a pear, several English walnuts.

Tuesday—Two small white bread sandwiches spread with chopped ham, two small whole wheat bread sandwiches spread with peanut butter, a piece of gingerbread, three olives, a peach, two chocolate creams.