

the goods by putting the hand in water as you do your linen. This way removes the necessity of a large sprinkling sheet.

After goods has been folded up for eight hours, unfold and fold up the opposite way smoothing the goods with your hand to keep out wrinkles.

GOODS WITH A VARIETY OF COLORS.

First, find out if the colors are fast. If so, you can put a wet cloth on and fold up and let stand for a day or over night. If colors are not fast, wring out a cloth as dry as possible, and take a hot iron and iron dry. In this way you can shrink the poorest colors and make the goods appear much more expensive. Sometimes these goods shrink a great deal. When the goods is shrunk with the greater amount of water take an iron and press before cutting. Do not use any water when pressing the goods after it has been shrunk. You will find woolen goods scorches very easily, so put a thin piece of cotton between iron and cloth.

All goods are improved by the pressing after being shrunk. In this way you will bring back the pretty finish to all kinds of goods.

LESSONS ON PLAITING.

First, you must allow three times whatever length of plaiting you want; for example, if you want 1 yard of plaiting you must get 3 yards of material; this will give you any style of plaiting you may desire. The most accurate way to make plaiting is to mark the plaits with thread, as you will observe in Diagram. If the goods is to be plaited before being hemmed you may put notches instead of thread marks; the notches are a great saving of time and labor.

OLIVE OIL BATHS FOR TIRED NERVES.

The body is most thankful and will show the marks of kindness just as readily as it will show neglect.

Rub the oil on freely, letting the finger nails touch the skin, as they are the finest kind of an instrument for bringing the blood to the surface. You will see