

# For the INDUSTRIOUS NEEDLEWOMAN

By ADELAIDE BYRD

## A DALSY CENTERPIECE

Designed by  
F. E. HAY

**H**ERE they are in a pretty ring, growing up from the outside and holding their little heads toward the center. This is a beautiful centerpiece in either white or color, and is very effective in that it has a contrast of solid work on the flowers and line work in the stems and circles.

Select a medium-weight linen and transfer the pattern to it, following the directions given on another part of the page. Soft, mercerized cotton will do for the working of the design.

Pad the petals by using the stitches lengthwise with soft darning cotton. Work across the petals and fill in the center of each flower with French knots. The buds should be a combination of French knots on top and solid work on the lower part. Work the circles on the band that surrounds the center in solid work, or alternate a solid dot with an eyelet.

The stems you will do in outline stitch, which is so quick that I am glad to offer it to you, knowing the results are almost that of solid stemstitch. Continue the stems from the bottom along

daisies. If you prefer the yellow ones with brown centers, you will find that tan lines of a medium weight is good. In this case make the scallops and dots of brown and the circular lines in brown outline stitches.

This design is one-half of the centerpiece. When you have multiplied it by two in your mind you will be convinced of its attraction for embroiderers and colorists.

use "Fruit-a-lives" will try "Fruit-a-lives" the above letter. The shadow of a there is a cure for Stomach Troubles. Nature's cure for indigestion made of fruit tonics. \$2.50, trial size, 25c. Get on receipt of price limited, Ottawa.

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UL KACHE

Lydia E. Pinkham's Compound

My health was very bad and I had a continual backache which was simply awful. I could not stand on my feet long enough to cook a meal's victuals without my back nearly killing me, and I would have such dragging sensations I could hardly bear it. I in each side, could not hing, and was irregular. My run down. On ad- Lydia E. Pinkham's Vege- and Liver Pills and good health. It is now years and I have not pain since I do all my shing and everything, the backache any more. medicine is grand and I my neighbors. If you aimony will help others ish it. Mrs. OLLIE rison's Gap, Kentucky, a symptom of organic derangement. If you don't neglect it. To relief you must reach trouple. Nothing we this so surely as Lydia Compound.

Mrs. Pinkham, at for special advice, will be absolutely and the advice free.

Every Woman

is interested and should have MARVEL Whirling Spray

OL & STEEL PILLS

CATARRH and DISCHARGES

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