

## Attractive Design for a Summer Blouse

LINGERIE waists first came into favor only a few years ago, but when they came they met with instant approval, and the day of the unadorned linen waist has passed. The prettiest of these embroidered blouses are of white embroidery, cotton or mercerized cotton. The English eyelet work is very beautiful and rather quickly done, but many women need a design that may be done in outline, for it is the quickest of methods, and when the arrangement is appropriate to the stitch nothing could be prettier.

The blouse here given permits of almost any method of working. The petals of the flowers may be solid and the circles in the eyelet stitch, while the stems may be done outline or solid. Or, if preferred, one may do the flowers and stems in outline and the circles in eyelet. But the quickest and most satisfactory way to embroider the design is to do the double lines of the flowers solid, the single lines and stems in outline, and

### Braid Trimmings

MANY of the newest spring models are trimmed with frogs and knots of braid, and it is very easy to make these at home. First draw the outline that you desire upon a sheet of paper, then baste the braid on, and, after tacking it into shape, cut the paper away. By using the same paper over and over there will be no trouble about making all of the designs the same size. Little round knots may be made to slip into the loops by tying what is known as "true lover's knot," and by returning the ends through the center it may be pulled tight into shape.

### French Beading

MANY of the tailored shirtwaists shown for the spring are trimmed with French beading. This is used not only at the seams, but it is also used to finish the tucks, the box pleat down the waist and to make a sort of yoke effect running from the shoulders. The idea is very good and may be carried out in many beautiful ways, while in making a set of shirtwaists the beading might be of a different size and design.

## Little Touches of Embroidery

THERE are many girls who like to embroider and yet do not care to attempt a large and elaborate design, either from lack of leisure or because their eyes will not stand too much of such close work. Some of these foolish maidens just take it for granted that they must do without little touches of handwork on their gowns, but others recognize the possibility in every design, and always pick out a little spray or flower to adorn some part of their raiment.

Just because designers as a rule do not draw a series of these little details there is no reason why a part of a drawing should not be good for any purpose. For instance, a parasol cover, where the pattern is wedge shaped, may be used on a panel for a skirt, or for the front of a shirtwaist, or for a jumper waist. It is not so much the shape of the drawing that matters, it is the design itself—the size and arrangement of flowers and leaves.

A little embroidered sprig on the shoulder of a linen blouse, or a little touch of the embroidery on a collar or stock, and the whole costume is lifted from mediocrity to perfection. What is a voile afternoon dress without some trimming around the gimpes, and what could be easier than a few flowers put in with a ribbon or heavy silk floss? The dress immediately takes on an important look, and the girl may have that satisfied sensation of being in the latest style.

Fascinating flower rosettes may be made by gathering a five-inch ribbon in zigzags, making each line of stitches run from edge to edge. The gathering forms the petals, and they may be

made large or small by arranging the angle of the gathers. A series of these made in one-inch ribbon and fastened at regular intervals on a bias band will be perfectly charming, and the color makes the flower—pink, primrose, blue, forget-me-nots, and for half-mourning, violet blossoms.

It is this attention to detail, this original trimming, that makes a costume what it should be, and almost every girl has time to gather a little ribbon or to embroider a two-inch spray in mercerized cotton.

Feather stitching and braid stitching may also be easily and quickly done, and sometimes either of these stitches used on a bias band gives the whole dress an appearance of distinctiveness.

Fancy braiding, too, may be done at home by drawing the design on white tissue paper and sewing on the braid; then, turning the latter toward the material, sew through the paper and braid, following the line which is visible through the thin paper, and when the sewing is finished the white tissue may be easily torn away. By using this paper the most elaborate braiding may be done, with no chance of mistakes and a "straight eye," so necessary in most braiding, may be dispensed with.

In embroidering sheer materials, such as voile, flannel and the like, stamping is not necessary at all, for the drawing may be basted lightly to the reverse of the material, and the line may be followed from the right side. In doing the satin or solid stitch in this way the outline must first be sewn in with a single thread, so that the paper can be removed before the close stitching is begun.

In using this method, the paper must not only be basted around the edge of the material, but also as close to the pattern as possible, to keep it from slipping, for if the drawing slips even so little the design will be out of proportion.

### Home-Made Braid

CHARMING braid may be made at home by stringing china beads of blue or pink on a fine wire and tacking them on a foundation of narrow gold braid. The design may be zigzag or semicircular, and a more attractive trimming to brighten a somber black house gown cannot be imagined.

Plaited taffeta ribbon, too, makes a most charming silk braid, and it may be used in all sorts of ways, for outlining yokes, trimming skirts and making the necessary empire lines on house and evening gowns. Two-inch taffeta ribbon is the material used, and it may be plaited using three or four strands, the latter, of course, making the under braid. It is one of many attractive things that can be made in the idle evenings at home, and as plaiting requires no more than the sense of touch, it is a nice occupation when the eyes are tired.

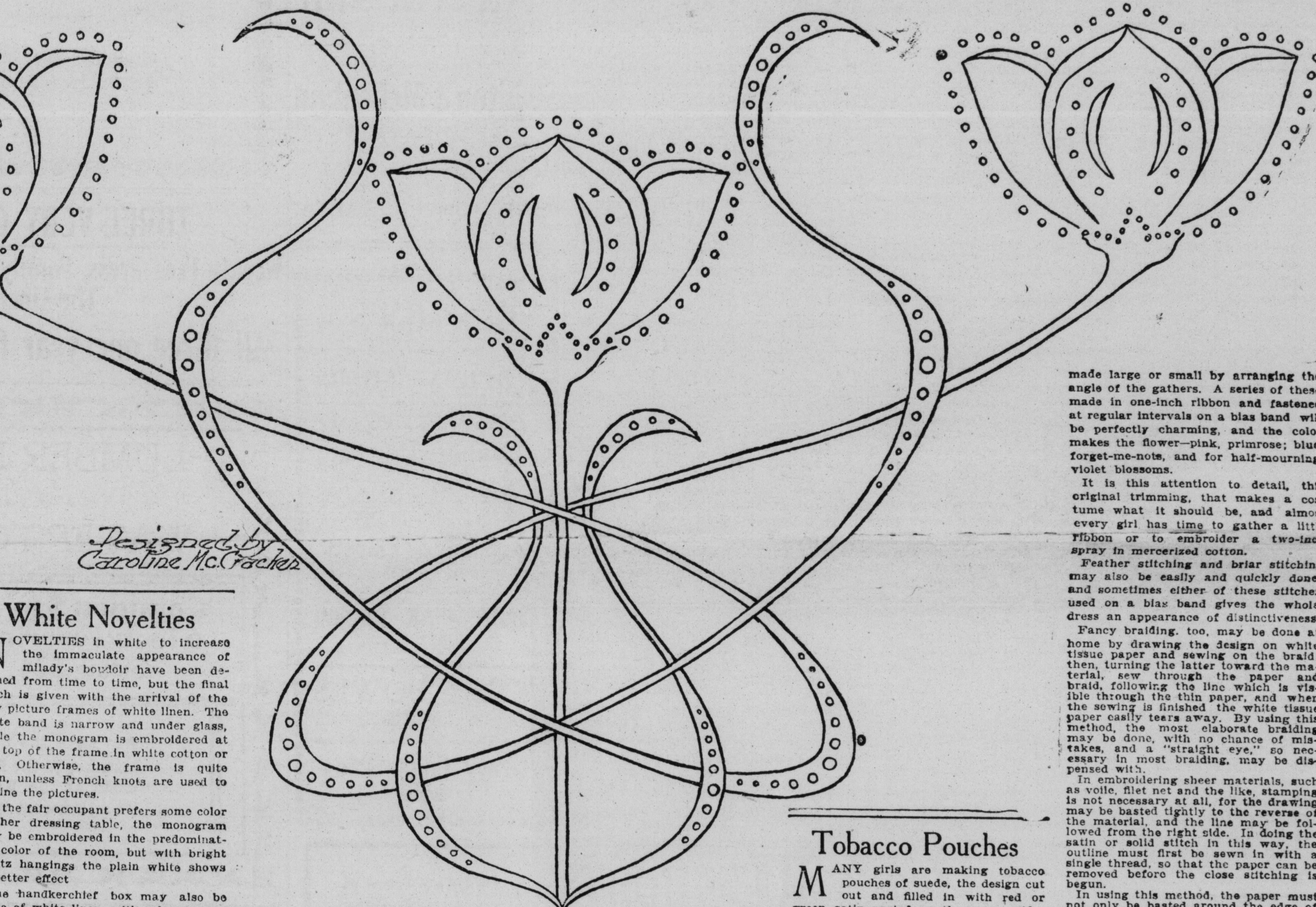
The easiest way to make the braid is to cut a piece of soft taffeta ribbon of three equal parts, pin them together to the top of a chair and begin to plait. As the braid gets longer it may be again fastened to the chair, just so that there is always a firm hold on the ribbon; otherwise the braiding will become uneven.

### Making Lamp Shades

IN MAKING candle shades, lamp shades and hats at home the first work to be done is to wrap the whole frame with one-inch bands of silk or cotton. This keeps the wire from showing through in such ugly lines, and it forms a foundation to which the outer covering may be sewn.

To this rule there is one exception when the covering is to be panels of denim or cretonne faced all round with braid. Then the material may be brought around the frame, leaving the raw edge on the right side, and after the cover is sewn tight into place the edges may be trimmed close and the braid sewn on.

In choosing a cretonne for a lamp shade those with a design including a basket of flowers are very satisfactory, for each one may be used for a panel of the shade. Bouquets of flowers, too, are most suitable for the purpose, but a cretonne with a small design does not look so well.



### White Novelties

NOVELTIES in white to increase the immaculate appearance of midday's bodice have been designed from time to time, but the final touch is given with the arrival of the new picture frames of white linen. The white band is narrow and under glass, while the monogram is embroidered at the top of the frame in white cotton or silk. Otherwise, the frame is quite plain, unless French knots are used to outline the pictures.

If the fair occupant prefers some color on her dressing table, the monogram may be embroidered in the predominant color of the room, but with bright chintz hangings the plain white shows to better effect.

The handkerchief box may also be made of white linen, with a large monogram ornamenting the top, while, of course, lingerie pillows, trimmed with Valenciennes and embroidery, are strewn on chairs and lounge.

If the average girl would learn that nothing could be so attractive as plain

white, feminine apartments would be far more attractive than they are at the present time. One girl even has her book covers and

corners for her blotting pad in linen, and as they wear such a long time and wash so easily it is really an economy in the end.

### Tobacco Pouches

MANY girls are making tobacco pouches of suede, the design cut out and filled in with red or green satin pasted on the wrong side. This contrast in color is very attractive, and one clever maiden used the green satin for her fiancé's initials, which were first cut out in block form. The idea is quite new, and it is a far easier way than the old and difficult method of embroidering chamois skin.

### New Butterfly Bows

MOST charming and original bows to wear with stiff collars may be made of net edged with Valenciennes. If a butterfly design is selected that requires to be stiff to show to best advantage, the finest white hat wire may be purchased and sewn around where the lace and net join. This will make it both stiff and attractive, and so long as the wire is not allowed to bend out of shape the bow will always look fresh.

When washing time comes the whole thing may be thrown into the tub, but, of course, not wrung out, or the wire will break. Such bows as these are ideal for traveling, for they may be washed out and allowed to dry over night, and when the time comes to put them on the lace edging may be pulled out with the fingers, while the wire may be bent back to keep the net spread out.

### Lace Medallions

THIS is the time of year when needlewomen are busy making lingerie waists for the summer, and any suggestion as to the arranging of lace and insertion should be very welcome.

In making bow knots or flowers of insertion for medallions it is necessary to have each the same shape and the same size. This is very easily done by placing the first one made on a piece of brown paper and cutting out the pattern of the outline. After that the others may be made by sewing the lace to the paper, and, after tacking it together, ripping the paper away. This will insure each medallion being identical and will save much time for the home dressmaker.

The same idea may be carried out in making combinations of lace and embroidery, for without the greatest care nothing is so easy as to make one side of the waist totally different from the other.

It's easy to take things as they come if they are coming our way.

### New Denim Curtains

NEW denim curtains are decorated with trees and art nouveau flowers in some contrasting color—red, brown or green. Some industrious women even use a twining vine or polka-dot design, which runs from the bottom of the curtain to within two feet of the pole. The idea is very good, for in trimming of curtains of either denim or burlap, the design may be pasted on or machine stitched around the edge. It is true that it gives a sort of outre effect to a room, when used in the library or "den," their appearance is not unbecomingly appropriate. Many women carry out the same idea in the table cover of tan linen with blossoms of burlap. In the latter case, of course, the design must be stitched to the cover, for the constant washing would certainly ruin it.

A library furnished with sofa cushions, table cover, curtains and portieres in green denim decorated with red polka-dots in burlap or leather is most attractive and cheerful. The idea is most appropriate for the country home or seashore, for silk and handsomer curtains are not suitable for summer. The library in a large country house recently visited was furnished entirely in dark green denim. The curtains of the same were decorated with large brown burlap tulips, and even the mantelpiece was hung with drapery to match. The sash curtains at the window were flannel net, darned in linen thread in some large conventional design; while the paper on the wall harmonized with the idea and tone of the whole. A prettier room can hardly be imagined than was this living room.

Sometimes, when the housekeeper desires to keep the whole furnishings of the room in lighter materials, the porch furniture can be supplied with cushions and covers of this kind, and they are so inexpensive that the weather may spoil them without causing the thrifty housewife any particular anxiety.

The average weight of ivory obtained from a single elephant is about 30 pounds.

Dank—"Oakland is a contradictory kind of fellow, isn't he?" Blash—"Yes; the other night he dreamed that he couldn't go to sleep."

### TIPS ON COLD WEATHER

#### HINTS ON HOW TO KEEP WELL IN THE WINTER SEASON.

#### Physician Tells the Way to Treat the Beginnings of Colds and Rheumatism.

"How do you keep well in winter?" a physician was asked the other day. "I don't keep well," he said. "But I escape a good many ailments that seize my friends and acquaintances. Colds, now. They come in through the nose and mouth. I keep my mouth shut, and so have only one entrance to guard. Usually, I keep out of the way as much as possible of people with colds. If a sneezing, sneezing man sits opposite you or beside you in a train or tram, you cannot avoid infection. You get the germs in your nostrils inevitably. Provided you are vigorous and healthy at the moment, you escape. But if you are fatigued going home at night, or chilled going to work in the morning, you almost certainly catch the cold."

#### CURES FOR COLDS.

"When I get home after such an encounter, or, in any case, if I feel the beginnings of a cold, I put a spoonful of brandy or whisky in the palm of my hand, and sniff it up. I do this at the very first sign, and you will stop the cold nine times out of ten. Menthol snuff, or ordinary tobacco snuff, serves the same purpose. But you must use it rarely, or it loses its effect. Boric acid, mixed with vaseline and used as an ointment inside the nostril morning and night, is an almost certain preventive. You need use it only when colds are about. Personally, I find that overcoats and fires increase the chances of catching cold. Plenty of exercise diminishes them. "Rheumatism? I never have rheumatism, for this reason. At the first faint twinges of pain in shoulder, knee or

wrist, I cover the part with flannel. You can make a knee-cap out of the leg of an old pair of pants. On the shoulder, under the coat, you can put a small piece of flannel. The wrist you can protect with wool cuffs. But wear these things only when the rheumatism threatens. Coddling is bad. Indian clubs used twice a day will keep shoulder and wrist joints free and healthy. Sleep in a sitting posture twenty times every morning to bend the knees. Touch your toes with your hands, to bend the back. Do not sit in draughts or in wet clothes, and you may safely calculate on escaping rheumatism and lumbago.

"By the way, if you do get wet on the shoulders, put a newspaper over them under your coat."

#### TOOTHACHE TIPS.

"Toothache? It generally comes on at the first chill of winter; and neuralgia, if you are susceptible to it. Now, toothache is mostly due to acid in the mouth, the product of fermenting particles of food. Wash your teeth in tepid water with soap and a soft brush morning and night. If you have the least pain, apply a little bicarbonate of soda. You can put it on the toothbrush, and use it as a powder. "Fight the toothache at the very start in this way, and the chances are a thousand to one that you will repulse it. But if it gains a footing, ask the chemist for some carbolic acid dissolved in ether. He will know what you want. This, properly applied, is an absolutely sure remedy for toothache in ninety-nine cases out of a hundred. Pare a match to a point, twist a wisp of cotton-wool around it, clean out the tooth cavity. With another match, in the same way, swab the cavity round with bicarbonate of soda to remove the acid. Get a third match with a wisp of cotton-wool, and dip it in the carbolic acid and ether. Rub the cavity round with this. Then put a tiny particle of the carbolic acid on a little bit of cotton-wool. Place this in the tooth. Cover it with another piece of cotton-wool. Your toothache will have disappeared in ten or twelve minutes."

"Be very careful how you use the carbolic acid. It will hurt your fingers, gums, tongue, or lips if it touches them. "Earache is rare. Avoid draughts, especially sitting in them. Put cotton-wool in the ears. The great remedy, however, is to put a piece of cotton-wool in the bowl of a pipe, drop in five or six drops of chloroform, place the stem in the ear, and blow through the bowl. But this is trenching on the doctor's province."

#### NO REMEDY FOR NEURALGIA.

"Neuralgia? Well, I cannot give you a cure, but I can give you a tip or two. Avoid dyspepsia, and take plenty of exercise. Don't get chilled or overworked. Do not come out of warm rooms in light dress. If you are a woman, do not wear heavy hats and bonnets, and do not dress the hair so that it drags the scalp. If you get an attack take small doses of quinine at once—one grain three daily. Big doses are sometimes necessary, but they upset the digestion and depress you. Small doses are tonic; large doses are depressing. Remember this, for the misuse of quinine is very common. In my own case, neuralgia is generally cured in the following way. I sit before the fire, and heat a strip of flannel, which I apply over the pain. Every two minutes I repeat the process until the pain goes."

"Anything else? Influenza? I don't know any cure for influenza except rest and bed. Those severe feverish colds that one gets sometimes I treat as follows: I go to bed, and stay there until well. While in bed I eat little solid food—toast and tea. But beside me I have a basket of grapes, oranges, apples. On these I live. No jellies, no meal, fish, eggs, or anything of the sort. When I arise in a day or two, I am a new man. Try this rest and fruit cure. You won't starve."—London Answers.

#### EXPERT OPINION.

"I like to hear your wife talk," remarked the visitor. "She has such a quiet tone, as it were." "You bet she has," rejoined the husband. "Her talk drowns every other sound."