FOR GROWN-UPS AND CHILDREN

THE charming blouse (5973) here pictured is built on the most graceful lines and capable of development in most of the seasonable fabrics. The front is modishly full and is gathered to yoke. A fancy bolero of heavy lace forms part of the design, but may be omitted if desired. It is caught to the waistline in the back by large ornamental buttons, which are also used in the decoration of the front and turn back cuffs. Heavy rajah silk, with lace to match, would be extremely stylish, but several other materials, such as cashmere, broadcloth, taffeta, linen and pongee, would all be appropriate. For 36 inches bust measure 3½ yards of 36-inch material will be required.

Ladies' Waist. No. 5973. Sizes for 32, 34, 36, 38, 40 and 42 inch bust measure.

An exceedingly attractive girl's frock is pictured in a smart development of blue and green plaid. These bright plaids always show to better advantage when worn over a dainty white guimpe. If preferred, a guimpe of China silk, matching some shade in the plaid, could be worn. The waist blouses prettily all around, and the deep pleat in Gibson style that extends out over the shoulders, renders the mode especially becoming. Albatross, challis, pongee, cashmere, linen and gingham are all adaptable. For a girl of 8 years, 3 yards of 36-inch material will be required.

Girl's Dress. No. 5951. Sizes for 6, 8, 10 and 12 years.

Here is a smart variation of the popular Russian modes, and it is to be commended for simplicity and good style. It is shown in a development of white flannel, the edges piped with bright blue. The closing is on the right side, and a belt of the material is arranged around the waist, passing through straps at the sides. The sleeves are in sailor style, laid in stitched pleats at the wrist. A shield and standing collar are supplied, but may be omitted for warm weather. Little trousers of the material are worn underneath. They are gathered at the knee, the fulness being held in place by an elastic. Pique, linen, gingham, cloth and velveteen are all recommended for the making. For a child of 4 years, 2 yards of 44-inch material will be required.

Little Boys' Suit. No. 5899. Sizes for 2, 4 and 6 years.

This modish little over-waist (5977) is decidedly chic, and one of the newest of the season. It is in hydrangea blue crepe de chine, and is worn over an underblouse of net. Two deep tucks at each side of the front give width to the figure and render the front becomingly full. The sleeves are quite unique in their turned back corners, caught down with buttons. They are modified in kimono style. A waist of this description could be successfully made from foulard, taffeta, chiffon broadcloth, and voile. For 36 inches bust measure 2 yards of 36-inch material will be required.

Ladies' Over-Waist. No. 5977. Sizes for 32, 34, 36, 38, 40 and 42 inches bust measure.

Patterns will be sent to any address on receipt of ten cents each, by Marjorie Dane, 43 West Thirty-fourth street, New York City.

To avoid delay, do not fail to state size of pattern desired, and be sure to write name and address plainly.

Beautifying the Nose

A very common trouble, and one very difficult to remove, is a red nose. Many of my correspondents seem to be thus burdened. The causes of this particular disorder are many. It comes from exposure to cold, excesses in eating and drinking, indigestion and constipation, many times it is hereditary, and when such is the direct cause it is almost impossible to conquer it. P or circulation is another means of causing the red nose. Needless to say that you should look well into the "why and wherefores" before attempting any external cures, for nine cases out of ten the trouble is an internal one.

The skin of noses which become red is apt to be very delicate, and may be toughened by the use of water and cologne, mixed in equal parts. This application also helps to reduce any oily or greasy condition that may exist. Remember that massage will stimulate the vessels and help them to do their duty, and always work downward toward the tip of the nose. A famous lotion that can be applied to the nose at night which is said to reduce redness and enlargement is made as follows:

One drachm of muriate of ammonia, one-half drachm of tannic acid, two ounces of glycerine and three ounces of rosewater. The muriate of ammonia and tannic acid should be dissolved in the glycerine, the rosewater added last. Saturate a piece of absorbent cotton with this lotion and bind it on the nose every night until some result is shown.

If you are troubled with dilated vei in the nose a very good lotion, that can be used frequently during the day is found below. This lotion can be used at the same time that the nightly compresses are bound on, using it during the day. It has been used with great success by many: Eau de guimauve (Mallow's), 200 grammes; benzoate of soda, 5 grammes; glycerine, 20 grammes; alcohol, 10 grammes. This is the prescription that is recommended by a famous Russian beauty for dilated veins.

Remember that these outward applications will be of little benefit to you until you have looked well at the internal causes. Sometimes trouble with your big toe will cause the veins of the nose to dilate; so will cold feet, and it is often caused by acidity of the stomach. Drinking hot water in liberal quantities will relieve the trouble at times. If you have a throbbing sensation in the nose this can be greatly relieved by taking a teaspoonful of sulphate of soda in a cup of boiling water, drunk a half hour or more before breakfast. Take this every morning for a couple of weeks. It is a perfectly harmless dose and often regulates your digestion. And again let me remind you—always bathe the red or dilated nose in very hot water.

WHAT IT MEANT

Senator Dubois of Idaho, is a bitter foe to Mormonism. In Aurora, Ill., he said recently:

"Mormonism, with its attendant polygamy, is, look at it how you will, a bad thing, a hopeless thing—as bad and hopeless as the case of Jacob Smithers."

Senator Dubois smiled.

"Jacob Smithers, criminal," he went on, "sat in his cell making paper-boxes when a dear old lady looked through the peephole in the door inquisitively.

"'You poor man,' said the old lady, 'I guess you'll be glad when your time is up, won't you?'

"'Wall, no'm, not particularly,' Jacob Smithers answered. 'I'm in fur life.'"

POPULARITY AND ITS KERNEL

THE very kernel of the secret of popularity in friendship lies in controlling an inclination to pick others to pieces.

The loneliest and most discontented of men is that one who can quickly, easily and very amusingly tear a new acquaintance to tatters. He sees everybody's small faults and failings and little vanities in an instant, and not only does he see them, but he takes a great and false delight in pointing them out to others, laughing at them, or severely condemning them.

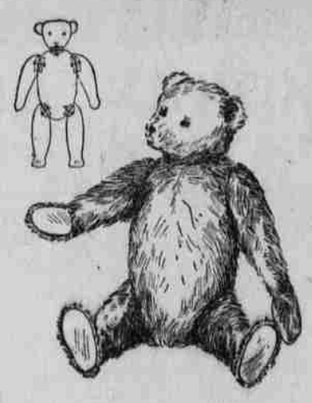
Many acquaintances has he, but not one friend. He is far too sharp and cruel a critic, and we who know him fear him. We have a very uncomfortable feeling that he makes merry at our expense when our backs are turned and we are never ready to give him our confidence.

On the other hand, we grow to love his very opposite, who follows a far saner, sweeter, surer way of winning men and women. She rarely or never criticises her acquaintances. If she finds Miss B. dull and Mrs. A. conceited and Mr. C. pompous and ill-bred, she does not dwell upon these defects. Instead, if Mrs. A.'s name is mentioned, she comments heartily on the beauty of that lady's face and will tell you that Miss B. has the sweetest disposition and that she knows Mr. C. to be a wonderful whist-player.

Her charity is a charm and a habit that inspires trustfulness, just as a cruel hypercritical faculty is a habit that forces us all into mistrust, and it is a habit that anyone of us can easily control if we will but see how greatly its indulgence injures our chances for winning happiness and friends.

Should you not possess the pleasant faculty of speaking kindly of people you can at least treat their faults with considerate silence.

A TEDDY BEAR PATTERN



AMONG the many toys designed each year, nothing has yet appeared that has so won the hearts of the children as the Teddy bear. It is so soft and comfy to hug and pet that it has almost displaced the much-loved doll. Even Little Goldielocks, of story-book fame, would not run away from the cute "we-wee" bear shown in the illustration, and would willingly share her porridge with him.

When purchased in the shops Master Bruin is a very expensive little fellow, but by carefully following the directions given with the pattern, it can easily be made at home. It is usually made of bear cloth, and may be filled with sawdust, bran, cotton or excelsior. The soles of the feet and inside of the hands may be made of chamois or pieces of old kid gloves, and black beads or shoe buttons will serve nicely for eyes. The nose, mouth and toenails are simulated by taking over and over stitches with heavy black thread. A more realistic appearance is given the nose by dipping the end in melted sealing wax, either black or brown. The pattern comes in three sizes, and for the medium size ½ yard of 44-inch material will be required.

Teddy Bear. No. 5712. Sizes for 12, 15 and 18 inches.

Pattern will be sent to any address on receipt of ten cents each, by Marjorie Dane, 43 West Thirty-fourth street, New York City.

To avoid delay, do not fail to state size of pattern desired, and be sure to write name and address plainly.

DON'T GIGGLE

GIVE way easily and heartily to a cheerful and apropriate expression of mirth, smile readily and frequently, but, as you hope to prove yourself a graceful conversationalist, do not become the victim of the little, expressionless, involuntary laugh. Though you are as learned as Lord Bacon and as witty as Mark Twain, you can still destroy all the social value of your mental attainments by chuckling, tittering, or convulsively guffawing at short, regular intervals and without sufficient provoking cause.

The fixed reiteration of a little laugh is not only a mirthless but a positively irritating sound, and it is nothing more than a nervous indulgence, which, by the expenditure of a trifling amount of will-power, can be and should be controlled.

A Popular Neighbor

TO be a popular neighbor it is quite necessary to be an amiable, approachable and dependable member of the locality in which you live. You cannot afford to be only self-interested; you must not deplore the expenditure of time and attention given to the task of placing yourself on the most agreeable footing with all those who live nearly about your home, and you should not make the mistake of accepting one fellow-resident as a comrade and refusing even to notice another, because you consider that the former is your social equal and the latter is not exactly one of the first families in the country-side.

In setting out to make yourself a genuinely popular neighbor, let it be one of your most fixed and valued rules that you not only accept but very gladly invite the acquaintance of every resident in your vicinity, whether they are the children of Colonial Dames or the humblest of newly arrived emigrants from Europe.

Among these, of course, you will select your intimates, and many of them will always remain merely the most formal of acquaintances, but do not live in ignorance of the fact that so soon as a man or woman becomes your neighbor, whether he is a millionaire or a coal-heaver, he will like you very much better and very much sooner because you hail him first on meeting, and hail him, moreover, in a markedly friendly fashion.

Let the fact that he is your neighbor give him a particular claim on your interest and civility, and do not be inclined to hang back overlong to discuss and weigh the necessity of making the first advances when negotiating neighborly feeling between your own household and that of the Blanks, which has recently, we will say, been established just across the road or actually next door to you.

Never take into profound consideration the fact that the Blanks are strangers and wholly unknown in your vicinity and to your friends; that they appear to be neither beautiful nor interesting, rich nor socially attractive. Do not wait to see how the other neighbors will receive them or what kind of an appearance they will make at church on Sunday, or whether they promise to introduce a pleasant or unpleasant element into the society in which you move. All these possibilities you must ignore and only remember that, as you are aspiring to win popularity, as a neighbor it is both your duty and your privilege to prove to the Blanks that you know how to give them a kindly welcome.

TABLE ETIQUETTE

By the handling of their knives, forks and spoons are young people often judged. There are two ways of holding a fork, and two only. First, if you are cutting meat or anything that requires the use of both knife and fork, you turn the fork with the points downward, holding it on the upper part of the handle, never in the middle or near the prongs. The knife must also be held near the end of the handle. If you are using your fork to raise food to your lips, then it must be turned over with the prongs upward. If you are eating from the fork, peas, potatoes, or any other vegetables (and just now nearly all vegetables are eaten with a fork instead of a spoon), you must take them from the side of the fork, never, never thrusting the end of the fork into your mouth. Salad is cut with the side of the fork and then eaten from the side of the fork. Fish, soft entries, and, in fact, anything that does not absolutely demand the use of a knife, are separated into small pieces by the use of the fork, which is most excellent, as the knife, at its best, is a most ungainly utensil.

Never mash your food with your fork and never sit with your fork or knife upraised, like a telegraph pole. When not in use, either knife or fork must be laid on the plate at one side. Never tilt your fork and knife on the sides of your plate, that is with the handle on the tablecloth on either side and the tips on the edge of the plate. Every time a course is removed, lay the knife, fork or spoon used in the eating it on the side of the plate. Do not cross knife and fork on the plate, but lay them side by side.

In eating soup, custard, fruit, or any dish which demands a spoon, be sure you sip the food noiselessly from the side of the spoon, never from th tip. Never dip your individual fork or spoon into a dish that is passed to you, but always employ the fork or spoon which will be found on the tray beside the dish, or on the dish itself.

CREOLE RECIPES

Rice is such a substantial and healthy vegetable, and yet when served just plain boiled the men in the family generally say, "No, thank you." Some time try the following for a change and see what they will say:

Creole Rice—Wash one-half cup of rice and cook in a double boiler until tender. Lay two good-sized pieces of bacon into a hot frying pan and cook to a crisp, but do not burn. Add to these drippings half an onion sliced fine, and brown, then add half a cup of tomatoes and the rice, season with cayenne pepper and salt and stew together until it has all blended.

A very popular dish of beef, known in the South as "Griades," is an appetizing dish that is easily prepared as follows:

Griades—Take two pounds of beef (the bottom round, if possible), slice thin, trim off all the fat and cut in pieces about the size of the inside of your hand. Put one spoonful of lard in a saucepan. When the lard is hot drop your meat, which must be first properly washed, in the hot lard, add a little salt, black pepper and cayenne; cover the saucepan and let the meat stew, or rather boil, for the juice of the meat will boil out; stir occasionally and let all the juice of the meat boil out; when it begins to get dry stir it till it browns. When it is of a nice brown color sprinkle in the saucepan about one teaspoonful of flour; when that is brown move it off the hot fire so that it will not burn and add three or four good-sized onions sliced, and three or four large tablespoonfuls of tomatoes. Let it all smother with the cover on the saucepan, stirring once in a while, till the onions and tomatoes are all melted to a rich gravy, then add two teaspoonfuls of boiling water and season to taste and let it boil about one hour more. A tiny bit of garlic adds flavor if you like it.

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