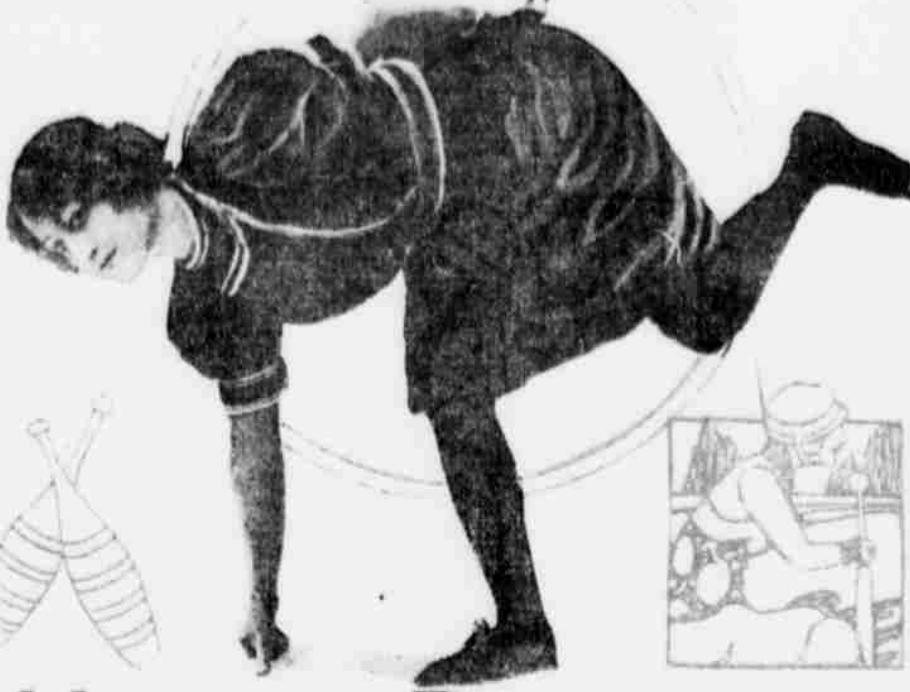


# A Page of Interest for Milady



TO REMOVE THE SLEEVES OF THIS BUSTED SKIRT THIS EXERCISE IS PERFORMED



TO GIVE SYMMETRY TO THE ARMS PRACTISE THIS EXERCISE THIS

## How to Retain a Beautiful Figure

### PRIVILEGES

A girl thinks she has a soft spot because the boss gives her certain privileges as to parking rules. And gradually she comes to realize that soft spot is a bad temper, or she may be away at a time when very important things are being decided. She may find herself called hard, indeed, if nothing else, let me beg of you to go to your privileges. Of course, it is not to have a boss who is not fair, and who doesn't grow if you away because you aren't fair, and lets you off if you are away early, and who helps to make office life agreeable. I suppose too much. Work is a privilege, and the most good reason for being imposed upon is apt to forget that what minutes to begin with ought half an hour now. And beyond that fear a scolding in no cheating your employer out of labor for which he is paying you.

TO DISRUPT A CONTRACTED CHEST PRACTISE THIS EXERCISE



TO CAUSE A GENERAL AWAKENING OF THE MUSCLES EXERCISE WITH INDIAN CLUBS

TO STRAIGHTEN THE BACK AND FILL OUT THE CHEST PRACTISE THIS BREATHING EXERCISE

## ODDS AND ENDS

**M**OST people when setting a fire lay the wood flat, criss-cross over the grate in the bottom of the grate, but let them try placing the wood sloping from the sides of the grate to the center. This forms a funnel for a free passage of air, and as the flame travels up the stick more quickly than it does across, the result is that fewer pieces are required, and the fire burns up more brightly and in half the time that it usually takes. Then when placing a lump of coal on the fire, if you wish it to last a long time lay it with the grain of the coal running across, as the flame travels more slowly across than upward.

**E**MROIDERY is one of the most fascinating amusements for long winter hours, and just now the artistic are making attractive dollies in huckaback. First the large dolly is outlined upon the square for material and the edge is worked with a colored floss in a medium buttonhole stitch. The edge can be perfectly plain with small or large scrolls or more intricate. After working the pattern, cut it from the goods, press it on the wrong side and outline a wreath of oak leaves around the edge. These leaves should be large and worked with oak silkateen. The pattern employed is merely the darning stitch, woven back and forth, the same as an ordinary huckaback pattern. Only extremely large leaf or floral patterns will look attractive when fashioned in this manner.

**A**N authority claims that tan shoes should be purchased late in the day, because earlier in the day a much smaller shoe can be comfortably worn, yet will prove a torment later in the day. Tan leather does not "give" like other leathers and often shrinks slightly when dampened. For this reason a top shoe holds its shape much better than a black one, though it must be comfortably fitted when purchased. This should be remembered by mothers buying tan shoes for children, for a pinched shoe is too annoying for anything and doubly so for children.

**G**UESTS at an informal luncheon were at first puzzled by a dainty looking relish brought on with the meat. Not until tasted was the secret revealed, when they discovered that the crisp, brown little tubes, about two inches in length, were of celery. Large, firm stalks were chosen, and after being cut were dipped in egg and cracker crumbs, fried in deep fat or sauteed in butter, and were served with a brown sauce. In the original instance this vegetable was served with fowl. It is also nice with fish, creamed in the chafing dish with oysters, etc.

**T**WO or three times a week spread the accumulated scraps of bread upon a tin plate or in a baking pan, and set in a moderate oven until perfectly dry. Soft it can be kept in check by spraying the top with clear water. In living rooms this is frequently impracticable. The next best thing is repeated baths. The apple or green fly is also eradicated by washing. Ferns should be fed once in two to four weeks in place of ordinary watering with dilute nitrate of soda (a heaping teaspoonful to a quart of water), ammonia water (a teaspoonful of ammonia to a quart) or manure leachings. Prepared food or a little sprinkling of ground bone and wood ash also gives satisfaction.

## THE TALE OF A BUTTON

How This Article Came Into Its Own.

BY EDNA EGAN.

**O**N the shabby old calico waist the last button hung on a solitary thread, just as discouraged as one could possibly be who had seen better days. No one seemed to care now whether or not she wore of pretty pearl and had two big round eyes.

"At least," she said, "somebody might cut this strangling rope and keep me as an antique made from an oyster shell, even if I am not good enough to serve on a pretty shirt-waist."

"Oh, well do I remember," she continued, "how happy I was when I lay on the card with my sisters, where, with many relatives, we were exhibited to the world. I often think of the conversation I heard that day between two clever people, who, to all appearances, were very friendly to the members of the Button World. It pleased me very much to know that the beautiful pearl of the oyster shell did not go to waste, but was taken to the factory where men carried on what was called the Button Industry. Upon hearing this name mentioned, I immediately opened my eyes wider. I could scarcely say, as some would expect, that I pricked up my ears, since my eyes must serve for both sight and hearing."

"To continue, the pearl is modeled into buttons and they are then sewn on cards—so you see the members of the different button families are easily kept together. These are then bought by store-keepers and placed before the eyes of the people, to be selected for garments.

"How proud I was to be the topic of conversation; but my delight knew no bounds when one of five ladies picked up the card holding my family and said that she would buy us for her new poplin waist. My sisters and I gazed with joy upon each other, and one sister, in her attempts to raise herself to beam upon us all, broke the rope which held her and would have rolled away had not our kind friends rescued her.

"While we were being purchased, we all whispered 'good-bye' to our relatives. How they glittered with envy, especially the green glass ones.

"But it was our lot to be chosen, and so we went gladly out into the world.

"My first experience was within a big, dark carriage, which was most likely the lady's pocketbook. There I became acquainted with a very polished and distinguished person—a silver pencil; he was, to all appearances, displeased at my coming, for he rolled away when I entered. Later, however, we conversed, and although he was a trifle witty and sharp, I could see the point every time he spoke.

"As we continued on our journey, and my bright eyes became accustomed to the darkness, I noticed many strange things about me. I could not begin to tell you what it was there.

"I became very much interested in what appeared to be a very queer-looking piece of green paper, with white lines drawn in all directions. My curiosity was aroused, and I asked a few questions. I was quite taken back when I received my answer, which was a somewhat lengthy one.



### THE KITCHEN

**Pineapple Iceing.**  
The housekeeper worries because of her pineapple cake will the iceing, and not be nice the day after. Here is a little secret. Drain the last of the cake as usual. Drain all the juice of grated pineapple. Put in two to three tablespoons of sugar. When it comes to a boil stir at the time two tablespoons of starch that has been mixed with water. Mix this with the iceing. When it has thickened, when put on cake.

**Sweet Potato Pie.**  
Boil sweet potatoes to softness. Rubbed in a colander. Add a pint of milk, a scant cup of sugar, and the yolks of two eggs. Grated lemon rind for flavor with under crust. When done mix with the whites of the eggs up with a tablespoonful of butter than pumpkin pie.

**Mexican Sauce.**  
A pint of ripe tomatoes and drained, two cups of sliced onion, one-half cup of white green, four large red peppers green, chop seeds and all; cup of salt; two cups of sugar; and six cups of vinegar. Well and can without heat.

**Salmon Roll.**  
Two best salmon add one cup cream, one egg, well beaten, two tablespoons milk, and one salt. Drain juice from sock out all bones and mince with silver fork. Add the other ingredients thoroughly. Press well buttered tin round (or can) put on cover; set in boiling water and boil one hour. Carefully remove from can and arrange on a platter. Garnish with three of parsley, garnished

### PLANTS FOR LIVING ROOMS

BY U. S. DEPT. OF AGRICULTURE.  
**M**ANY lovers of flowers who have not the time to bother with an indoor window box enjoy keeping a number of potted plants in their living rooms during the winter. Some, in fact, have turned a bay window into a small conservatory of winter garden merely by an attractive arrangement of plants in separate pots.

When a window box is filled the plants must be of the same general character to be successful, but if one's winter garden is made up of plants in separate pots a greater variety may be kept, as each plant will receive different treatment in the matter of light, watering, soil, etc., and plants, which call for special handling, may be added. Begonias, ivy, smilax and aspidistra, all good plants for indoor culture, demand more or less the same treatment.

Those who do not have gardens would do better to get potting soil from a florist for their potted plants. Good potting soil may be prepared at home but it usually takes considerable care and forethought.

Those willing to take the trouble may prepare it by using one part compost, one part good loam and one part sand. The compost should be cow manure and good turf rotted together for a year and turned two or three times in the interim. Well decomposed leaf mould would answer as a partial substitute for the compost.

One-twentieth part bone meal is a good addition to the mixture. If the loam is very heavy, containing much clay, its proportion should be somewhat diminished. If the loam is light and sandy, reduce the amount of sand, or in some localities, omit it altogether.

Potted plants should be examined occasionally to see whether or not they require repotting. This is done by holding the hands over the top of the pot, inverting the plant and all, tapping the edge of the pot so as to loosen it, then lifting the pot off.

This cannot be done unless the soil is moderately moist. If the ball of earth is completely covered with roots, the plant should be put in a slightly larger pot with new potting soil. "firm" about the old ball of earth by "firming" with the fingers. Then it should be watered thoroughly.

A housewife who desires a few potted plants but does not possess the regulation flower pots, may prepare tin cans that will be quite satisfactory. A small hole should be made in the bottom of the can and a piece of broken crockery or a few stones, put in the bottom of the can before the earth is added, in order to give the proper drainage. The stones or crockery should be used also in the regular flower pot.

Hanging baskets may be used advantageously to make an indoor winter garden attractive. They should be hung near a light window.

If geraniums are potted so that the root growth is restricted, and if they are kept fairly dry, they may be forced to bloom during the winter. Geraniums are attractive in the ordinary window box because of their foliage alone. They should not be placed in a window box with the expectation that they will bear flowers.

Ferns as they come from the florists prepared for indoor culture should be placed in a strong light, though they grow well without sunlight.

They should be watered sparingly, but should be kept moist at all times. Improper watering, especially keeping the plant soaked or permitting it to get dry, is the foundation of most fern difficulties.

It is especially difficult not to over-water when the fern is in a jardiniere, where drainage is necessarily poor. In spring and summer ferns require three times the water necessary in fall and winter.

It is well occasionally to put them in the bathtub and give them a bath with weak subaunda made from a good grade of soap. The soap must be thoroughly rinsed off immediately. Great care must be exercised not to injure the fronds, as they are very tender.

Mealy bug is one of the worst enemies in house culture. This is a white woolly insect, that works close to the bottom of the fronds.

If they are found the plant should be examined every day and all insects removed by a splint or toothpick. If the pest is very bad, cut off all of the fern within an inch of the ground and treat thoroughly each day till all insects are exterminated. Then a new top can be grown.

Red spider is a minute sucking insect that thrives in a dry atmosphere.