A Page of Interest for Milady

that will recommend itself the sirl at home is the new attr scarf of tuile. These are nearly three yards fpished with heavy silk are meant to wrap about. in the same fashion as a and should carry out the of one's frock.

iest ones are the rainbow These are actually no more layers of malines. which

5 cents a yard. turquoise blue and delider are put one on top of the may be either bound with er simply caught together thread here and there. The thered and a gold tassel atwhen the scarf is wrapped broat the colors blend in illy lovely effect.





hair to make it afy before "ratting" it, you ill have better success if you the curling tongs, weavover one prong, then the he manner formerly used ing the hair on hairpins. an irregular wave, which hair very fluffy when If the hair is braided, and so string or gum handy to tile arranging the other part, nd of the braid and "rat" it distance, say one inch, and

will not come undone. complexion brush should be ed on the neck once a day. map may be used or a meal. cleaning cream should be itto the skin on retiring and ag into the open for sun ex-A good liquid that acts also ing agent and astringent bleach abould be daily apentire surface of the nock covered, going around the and back of the cars, roundhe ireatments so that it will y collar style

girl with a blotchy skin id be greatly benefited by king the juice of a lemon ered into a glass of hot ut acids are almost magical ets upon the complexion if When the skin shows sillow, thick look, or angry ent coming from sunburn but Internal complaint, phossola-one teaspoonful to a ter taken b

alum, half dram; water, eight ounces. Then, dust the face with this powder: salleylic acid, twenty grains; boracic acid, one ounce. Do not use oils or cold creams on the face, but do not be afraid of generous applications of pure tollet waters and colognes. Abstain not be too careful in examining your from highly spiced and olly foods; also purchase before cooking. candy and rich sweetmeats.

T is possible to have smooth hands even if one is a housekeeper and dishwasher. Dissolve a spoonful of traga-

canth, which can be obtained from any druggist for a very small sum, in three times as much water. Let it stand in a covered cup for twelve hours. Fill the cup with water and apply the thin jelly which has formed freely to your bands after each washing. A few drops of perfume and a little glycerin added to the jelly will improve the lotion

CHILDREN'S PLAYGROUNDS

USED to think public plygrounds were a grand thing." began the workingman's wife, "but since we got one in our neighborhood-well, I dunno."

"Maybe ours isn't worked right, but from what I hear I guess a good many of 'em are like ours, which is in the across from the school, and what with to bed early. The boys and girls keep

election of hina and lassuare

BANDING

elaborate and handsome

banding can be made from

cheap valenciennes lace inser-

tion by running parts of the design in colored mercerized cotton

and gilt thread. The figure is not em-

tones of old pink, and Alice blue, dull

them to give quite an Oriental effect.

The gilt was not used solidly as an

over and over effect are used as

WHEN YOU BUY MEATS

BY MRS. KINGSLEY planning out the meat for

your market basket, bear in mind the fact that in hot weather all meats (especially the flesh of young animals) fish, shell fish, eggs, milk and cheese should only be used when perfectly fresh and even then should be watched most carefully. Therefore, buy in small quantities and take extra precautions in the cooking. During great heat, you can-

When a joint shows signs of tint, cut off the affected part and make sure that the remainder is quickly washed in vinegar and water and it will be quite sweet.

Because of these summer difficulties, it is just as well to bear in mind the derivation of the much-talked of ptomaine poisoning. Gruesome as it is, it is better to study it as a preventive measure than to realize it as a painful if not fatal experience. So here it is! The term is derived from the Greek word, ptoma, a corpsy, as the poisonous compounds known as ptomaines, are found in dead bodics.

Because of this, but only small meats (veal is at its beat now), that can be cooked immediately; fish that A CHEAP like Caesar's wife, are "above suspi-cion," smoked and salted meats and fish and eggs which, boiled hard, make substantial salads with mayonnaise dressing and as omelet afford an agreeable vehicle for meat (minced ham), vegetables (corn, tomatoes, mushrooms, etc.) and fruit, as in apricot omelet.

If you are near the water buy fish broidered solidly, as that makes it too heavy, but longer and shorter stitches freely, for many varieties are then at their best, and others are not availschool yard. Why, say! We live right able at all in the winter except in most the flower shape calls for it. One girl inferior form due to long distance made herself five yards of such trimthe noise of the kids, it's no use to go transportation and cold-storage risks. ming in a short time. She used two Therefore, bake bluefish and green and reddish brown, combining and utilize the remnants by moulding If wild things are growing near you, outline, merely defining certain blueberries, green grapes or even sometimes in a running stitch, again green apples, utilize them and when in a chain stitch. The outer edges of winter comes you will feel rewarded the insertion were run one edge with for having spent the time in gathering the blue with a line of pale yellow be and preserving them for the mere cost low it, and on the other edge with of the sugar. If properly packed in green with the palest pink above. the containers which come for the purfurther improve the apearance of this pose, Uncle Sam, for a few cents postcheap banding it was made up over age, will transport them right to your cheap white satin ribbon the exact home door.

Apple Dessert.

ters cup sugar, three-quarters tea-

Meringue-Beat whitea of two eggs

until stiff and add very gradually fo

tablespoons powdered sugar, then add

Italian Beef.

The cheapest cuts of meat can be

used for this dish. Get four or five

pounds from the neck or any preferred

ut, remove all bone, wash and put in

baking dish that can be covered. Over

the meat put one-quarter teaspoon of

salt, a few grains of cayenne, five on-

ions (medium size) cut up and one can

of tomatoes, a few whole cloves add-

ed if you have them. Put in a slow

oven and bake all day. An hour be-

Carrot Croquettes.

cook them in boiling salted water un-

til tender. Drain, mash, add one large

tablespoon of softened butter, season

with pepper and salt and bind with the

beaten yolk of egg. When cold, form

into croquettes, dip in beaten egg, roll

Beef Scraps With Tomato.

that are not inviting enough to serve

Take pieces of beef left from a roast

Wash and scrape the carrots and

fore serving time put macaroni on

serve. This is delicious.

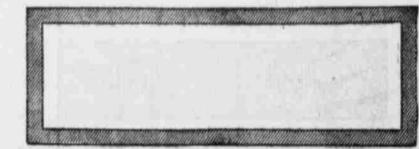
and fry in deep hot fat.

dish.

with sugar and cream.

one-half teaspoon vanilla.

IRDLES which used to encircle G milady's dainty waist are not to be found in that region this season. They have moved up-ward, most of them, to give the new high-waisted effect. From this high position they are apt to wander in and out of draperies, often creeping under the full skirt to tie in a part at the front or back of the hcm. One pretty girdle had three long loops falling directly under each other, and in the end of each loop was caught a full-blown pink rose. Another girdle of aulphur yellow was so completely hid-den by the chiffon overwalst that one could only guess at its presence on the dress



pleasant aroma pervading it: saucer, and in the center place a small with a match. As the gum burns allow sufficient coffee to consume with The perfume is very pleasant and healthful-being far superior to pastiles and much cheaper.

AKE two squares of white oilstitches one-half inch apart. Draw of ribbon

HE following is a refreshing home without the least difficulty. One disinfectant for a sick room, of these toques was covered with shad-or any room that has an un- ed violets, then a butterfly bow made of very dark purple tulle was added, some fresh ground coffee in a and the toque was finished. The tulle saucer, and in the center place a small in this case was so dark in color that piece of camphor gum, which light it almost looked like black. The most elaborate ribbon bows for hat trimming can be made in this way, and they will always look well and professional if they are very firmly tied with strong linen thread. This method

of making bows is as economical as it is effective, because the length of ribcloth and lay the surface side bon can be untied at any time, slight-together. Then stitch on the ly moistened and then ironed out, machine, making the rows of when it will look like a fresh piece

will cure the condition. This th until the skin clears.

ALL all of the best singers as know and you will find bat the majority of them are sully well developed in the d chest. Singing is a splenthe when considered in conth the vital necessity of deep It is recognized as absomaary for perfect health. Il one cannot sing, at least I if rewarded with good put to be despised for its effects.

AUSHED finger should be and inth water as hot as possibly be borne. The cation of hot water causes s expand and soften and the is a bread-and-water poulmed finger should never be

Nittle scraggly ends of hair has down over your collar Il you you need is a good trush, some back combs and sverance, to make them with the reat. When arrangcolfure brush these ends up of then place two back combs g are needed. A few inviswill also conspire against is A little downy growth the cheeks should not be when genuine bristles a electric needle should be aminiate them.

R and over, for generations. It thing has been told that ath injure their eyes with veils they wear-thin mesh, spotted and figured tveils. Now comes an adhis old time informationcaused one vell less. It is the veil causes, first, eye an headache, nervouancas, and finally general and acrias disorders. This would tate that the game is not

DER is often an unsatisfacway out of the difficulties fat oily skin. Powder will tr cover the disagreeable Repiration on the face or secretions. Powders are mainary purposes, being fegree absorbent. But when special inclination to offiface other measures must Proper lotions should be Among the best is one made and and rose water and anazel added. The followcestreme cases: First wash the skin with pure it up till 11 at night, and when a man has to get to work early in the morn- them with gelatine.

ing he needs his night's sleep. Seems me 9 o'clock's plenty late enough for boys and girls to be away from home. They'd ought to be in bed by then, even if they're as old as fifteen. "Still, maybe they'd be as noisy if they played in the streets around their own homes. Some people ain't got no control over their children, or don't want to, and don't care how they keep people awake at night. If everybody stayed up till midnight it wouldn't be so bad-but 'twould be bad enough. My youngsters are all in bed by 9, you can just guess! But when they hear

the others outside they think I'm not treating 'em right, and they ought to have some fun, too. I wish to goodness there was a curfew here like in my home town. "It's all just play, play, play, and

ing out beneath it has more fun, fun, fun for the kids these days. ow; thus the pain is less- And if you set any of 'em to work The inger should then be around the house, there's always neighbors or other kids ready to talk to them and tell 'em they ain't treated at it may lead to mortifica- right. I want my children to have fun. too, and the littlest ones play all day.

But I guess when a boy or girl gets to be nine or ten years old, they're big enough to help with the dishes and the dusting and some of the other chores, and it's just as good exercise as running their legs off playing.

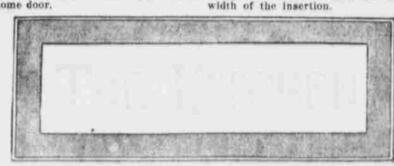
"The kids these days think their mothers and fathers ought to keep them like ladies and gentlemen. The mothers and fathers are good enough to do the work and buy their clothes and stuff their stomachs, but when it comes to helping with the work-why, nobody's got a right to ask their own children to help do the work.

"They are not satisfied with just clean clothes, either. They want to doll up. That's another thing I don't like about this public playground. The big boys and girls have got to doll up when they go there. Then they come home dirty and maybe with their good clothes torn, and expect ma to wash and iron and mend extra for them.

"There's something wrong about the way the kids are being taught. They don't care a snap what their mothers and fathers say to them any more. What anybody else says goes with 'em, but not their own folks. We poor folks have to pay taxes for somebody to put

wrong notions into our children, it looks to me. If I saw any good coming out of it I wouldn't say nothing. I want my children to be educated and have their chance. But when I see them turning out good-for-nothings and only out for a good time-and worse-it makes me feel pretty bad.

"My grass needs cutting now. Fa's been so tired the last two nights I made him go to bed early. My oldest boy is fifteen and plenty strong enough to cut the grass, but he'll see me pushing that lawn mower around myself the ingredients with dis- and not offer a hand to help me unless I make him. He says I ought to pay him if he does anything like that. and water: then apply this can talk about paying. And he used addate of size, half dram; to be a good boy before he got out with the bard dram; powdered the bunch!"



 \mathbf{A}

of tomato soup is even better. Then cover with bread crumbs and dot with Wipe, core and pare six large apples. Put in baking disb. Mix three-quar-

butter and bake till golden brown. Fine served with fried potatoes. Cheese Balls.

spoon cinnamon, one-quarter teaspoon salt and fill cavities. Add one-quarter These may be served with any kind of a salad or served with crackers for cup water and bake until apples are soft, basting frequently with syrup in a light lunch. Mold into a ball with Remove from oven, cool your hands a large teaspoonful of slightly and pile meringue on top of some soft, rich American cheese" and each apple. Return to the oven and press one-half of an English walnut bake eight minutes. Chill and serve on either side. Place one of these balls

and an olive beside the salad on the plate, or on each cracker when serving.

Vegetable Salad.

Recipe for a vegetable salad which

can be used for stuffing either peppers, cucumbers or tomatoes, or take a cabbage and cut a hole and fill in with the contents. Take one-quarter of a good-sized cabbage, one bunch of celery, one cucumber, two tomatoes, red, one green pepper, one-half red pepper, one onion. Chop all very fine and mix with a good mayonaise dressing and fill any of the above mentioned. This is delicious with cold meat

Use for Leftovers.

took in bolling water with a little salt. Cook two tablespoons of butter and Grate up three-quarters of a cup of one heaping tablespoon of flour cheese and just before serving take gether, add one cup meat gravy (left your meat out on a platter, sprinkle over it the grated cheese, thin the over from dinner) and one cup of milk or cream, and stir until smooth. Put gravy which has been thickened, then in two cups of cold meat put through the macaroni last when it is ready to the grinder, salt and pepper and cook three minutes. Serve at once. Good on toast.

Fish Bisque.

A fish bisque is made from one cunful of cold fish minced very fine, one cup of hot milk and a cupful of any white stock. The carcass of a chicken cooked slowly will yield an excellent stock for this purpose. The seasoning consists of a teaspoon of Worcesterin crumbs, let stand one or more hours shire sauce, sait, a dash of cayepne and a teaspoon of chopped paraley.

Put fish, seasoning and stock together in a pan. Mix one tablespoqu flour and the same quantity of butter together and stir into the fish mixagain at the table. Place in the bottom of a granite baking dish, season ture. Cook and then atir in the boli-with sail and pepper and pour over jog milk, adding a tablespoon of crack-this a quart can of tomatoes, or u can er crumbs.



CULTIVATE INDUSTRY

BY EDNA EGAN.

GREAT part of the unhappiness and misery in life can be directly traced back to idleness. It is very true that "Satan finds mischief for idle hands to do" and.

worse yet, he finds more misery for idle minds to create. Of course, there are certain sorrows which come to the busy as well as the idle, but work is relief from their grief in the many tasks waiting to be done. But the idle magnify their misfortunes until their minds are emblittered, simply because Fifteen minutes is enough, and the imthey do not try to turn their attentions to anything else.

When a man whose business claims every moment of his time is afflicted with misfortune and loss, his grief may be deep and real, but his work plusi be done anyway. In working hours he has no time to think of his affiction, which otherwise would be constantly in his thoughts, and so in time the edge of his grief is worn away.

Idlers, on the other hand, are not only apt to magnify their real troubles. cloth, from twelve to eighteen luches but to create imaginary ones if there are no real ones to bother them.

Women who are in business themselves seldom come under the head of warm water and squeezed until the "misunderstood." The girl who claims water is brown and bubbly. It is not that no one understands her true nature is almost siways an idler. The than five or six minutes, and, if possigirl who earns her own living has no ble, the bather should rest ten minutes time to know or to care whether any and then be maasaged. If there is no one else understands her or not. It is one to do the massaging one can rub only the "frivoller" who is always the body thoroughly with a rough wondering about the "unknown towel and knead it with the hands. depths" of her character.

The woman who is idle often gives herself up to a sort of a semi-invalid-ism. Plenty of the women who comconstantly of their delicate plain health have nothing at all the matter with them except an overlong dose of idleness. On the other hand, the girl who has a lively interest in some definite work, who has a decided purpose in life, seldom finds time to give to wondering about her health. Consequently she usually keeps well.

Let us all find something definite to do with our lives. We none of us can ment out of shape. have the excuse that there is nothing to take up our time and attention, for life is full of work waiting to be done. With the thousands of poor in every big city, we can turn our attention to charity if nothing else claims us.

the skeins of silk through the oilcloth tubes and clip the ailk ends. To draw them through, thread a bodkin. run the thread through the looped skein and drop the bodkin through the tube, after which draw the skein through. This holder can be made a convenient size to let merely the tips of the silkateen or silk protrude. keeps the thread in order and it will not soil.

F IVE yards of paper cambric, cut in two strips, two and me half yards long, will make a suit cover; join by selvages; lap over the other two selvages and button down the front. Cut a flap at the top and button over crosswise. envelope shape. Make a small opening at the top through which the coat hanger or skirt tapes can pass to hang by. It keeps your suit or light dress from the dust and is too light to crush them.

> HEN a woman is very tired she will find one of the best proceases of refreshing herself is to wring out hot cloths and

lay them over her eyes and forehead. A hot-water bag does not act as a subusy as well as the idle, but work is stitute for this, and the treatment is panacea for all ills. The busy find a little treuble. The simplest way is to have two cloths and a basin of hot water ready to wring out and replace the one on the head that becomes cool. provement in the physical condition is marked.

> NE of the latest things for the nervous woman who is trying to reduce her fractious nerves is the bran bath just before

retiring at night. This not only has a soothing effect, but incidentally softens and whitens the skin. To make the bath buy ordinary bran at a feed store and keep it in a tin box away from mice. Make a bag of cheesefrom mice. square, and stuff it with bran until about as full as a pine pillow. This bag is put in a bathtub half-filled with well to remain in the water longer

HEN ripping a garment up for remodeling or any other purpose or when pulling basting threads, an orange wood stick

such as are sold at any drug store for manicuring the finger natis, will be found a great convenience. It re moves the danger of cutting the garment. as is often done when the scissors are used. The thread should be cut, every few stitches, before the work of pulling the threads is begun, and the threads may then be pulled without stretching or pulling the gar-

HE big bow made of tuile is easily first favorite in the millinery world. It is a boon to women for it may be hought

C ANNOT something be done are quite in? That dreadfully inconvenient hand-

bag is a source of irritation to so many of us, as well as a source of extravagance. We lose our temper, our moncy, our handkerchiefs and all sorts of other things because in one small bag we have to carry half our worldly possessions. Surely we can have a pocket concealed somewhere in our skirts, and thereby avoid that horrible situation of having to dive into the midst of a lot of things to find one. Generally women have a dozen things to do in one afternoon, and all of them of a different nature, so that the bag must hold many different necessities. Let us, then, have pockets. Men have about seventeen pockets; women might perhaps have two-one for a handkerchief, one for a purse, with a bag with the vanities.

VERY woman who has ever at-E tempted to lay hems on napkins or tablecloths or to hem them after they are laid knows

the impossibility of doing them quickly or well if the stiffening is not first removed. One way to get them in proper condition is to rub the lines between the fingers and thumbs along the entire length of the hem. This gets out the stiffness and prevents needles from breaking. Another and better method is before the linen, napkins particularly, is cut apart wet it along the line of division and for about an inch on each side with a small toothbrush dipped in soapsuds. Not only will the thread draw with few, if any, breaks, but the hem can be laid with much greater case. Never attempt to cut linen by the eye. It takes little more time to draw a thread and that is easily made up by the quickness and accuracy with which the hem In hemming all table linen fold laid. it over twice to the deaired depth of hem, then turn back, crease and overcast neatly on the wrong side. This makes a much neater effect than hemming in the usual way.

OSE bleed is common among children, and, while it seldom reaches an alarming state, neverthelens children are oft-

on greatly frightened by it. In treating this complaint try applying a cold cloth at the base of the brain. Stand back of the child and press your hands firmly on the large arteries that run along the edges of the check bones. Do not stop the nostrils with cloth or cotton, but allow the blood to flow until naturally checked. Often adults are afflicted with excessive nosebleeding. This is often caused by a severe cold in the head, or by exposure to the sun. Worry will often cause it, and in many diseases, such as fever, the nose will bleed. When black blood flows from the nostrils the trouble is probably due to cold and congestion, and sometimes it is not best to check the flow at once. Drowsy headaches are often relieved by nose bleed. But he careful with children and do not show you are alarmed. By being calm yourself you can quiet the fears of the little one

ready made or it can be arranged at who acreams at the sight of blood