

HOUSEWIFELY WISDOM

Random Thoughts

ON "DOWN AND NOT OUT."

EVER lie flat on your back and think it over? It is good for you, whether you lie under your automobile or out on a grassy hill-top under the skies.

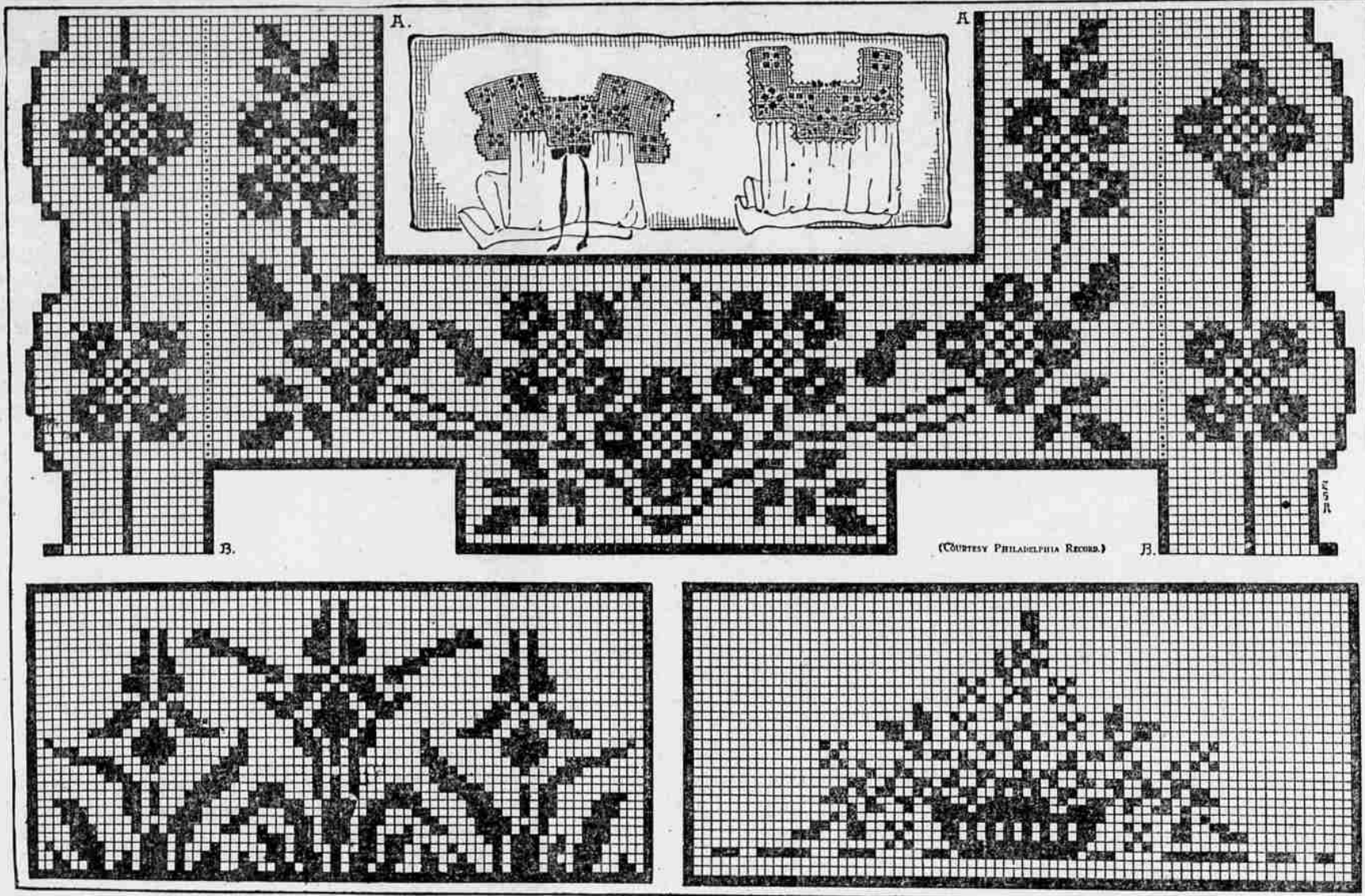
It gets the blood out of your head; it distributes the lymph more evenly; it gives you enlarged vision; it takes the conceit out of you, especially if it be under the automobile referred to. And if something happens to put you flat on your back—oh! the good it does you! It teaches you what your weaknesses are; develops just where the crack in your anatomy is located; teaches you to be humble. And you jump up ready to make a new start and a better one than ever before.

Down! But not out! That's the position I am talking about. You have been going along pretty well upright on your feet. Something floors you. Pride goeth down with you, as saith the Scripture. You are flat on your back and taking the count. In that brief time you have leisure, untold, for thinking over when, how and where you received the punch that put you to the mat. You can, recumbently, size up the individual whose feet you perceive to be finally on a level with his head. What a chance to look the thing that floored you fair in the face. If it be extravagance, you see its foolish features. If it be dissipation, you feel its hot breath, disgustingly. If it be lust, you hear its ribald laughter. If it be negligence, you see its slothful habit. If it be sin, you turn away from its loathsome face. Never before did you see just what you were fighting. Now, at last, you see it as it really is. Help me up! Give me a hand. I know the chap that gave me the punch. He is weaker than I am. I know, now, where to strike him and strike to win. I'm none the worse for having been flat on my back, but rather am I better—having been far from perfect, hitherto.

So! Get up! Go to it! You are not licked. Fact is you are a lot stronger than before you went to earth. Nobody can whip you, except yourself. The world is full of folks who would help you, if you needed it, but you don't. If you were any man before you went down, you are a better man now. Here is your motto: "Look up, not down; look forward, not back; lend a hand." When you are standing up again with the dawn of the new day in your face, pass on the word.

And perhaps, in the newer life you will like to go out on the hills and lie flat on your back just for fun, and for the sake of the analogies. You will see a lot—birds in the tree, clouds in the skies, sun in the heavens, hope in the future. And all you will ask for is someone to brush off your back with the promise to your soul that henceforth it shall ever be kept clean.

With or Without Sleeves, Crochet Yokes Are Always in Vogue



(COURTESY PHILADELPHIA RECORD.)

CROCHET yokes are always in vogue and one can not have too many of them. These come in all designs, with sleeves or without, some with ribbon straps and some with crocheted bands. The latest fad is to crochet a yoke with one birthday flower in it. Some ingenious person has worked this idea out and has named them birthday yokes. The flowers for each month are as follows: January, snowdrop; February, primrose; March, violet; April, daisy; May, hawthorne; June, honeysuckle; July, water lily; August, poppy; September, morning glory; October, cosmos; November, back is a duplicate of the front; December, holly.

Quite a fascinating idea, don't you think? About one-half of the pattern is given and the sections marked A should be extended the desired length before the back is crocheted (the

rows that are dotted and cut off the sides of the pattern and you will have a very pretty yoke. The unique pattern shown here may be made up with sleeves or without. Use fine cotton for these yokes, and if the opening at the neck is too

large add an insertion and edging. A cotton that will crochet about nine or ten blocks will make a yoke of an average size. The remaining two designs are panels which may prove useful when you are making various pieces of household linen.

Hints to Help the Housewife

A VERY satisfactory support for one end of the ironing board can be made by screwing a shelf to the kitchen wall. This can be hinged, to keep it out of the way when not in use, and will be a never-failing comfort to the housekeeper. Shelves across the bathroom window make an ideal place for plants. The warmth and steam will work miracles, and the more baths the

family indulges in the better will be the plants. Get several embroidery hoops—different sizes—and stretch white netting in them. They will be fine for covering dishes containing food that must be cooled before putting away. Next time you wash thin materials try using one tablespoonful of powdered borax to one gallon of water in

the last rinsing. The clothes will iron easier and will be stiff, without being clouded. When you find a large tear in the knee of your boy's stocking, wet the torn spot, then lay over some flat surface where it will dry quickly. Pull the fabric together while still wet, trying to bring it back to its original shape. You will be surprised to find the hole much smaller than at first and the darning quite a simple matter. Darn as soon as dry. To keep your crochet hooks from making holes in your workbag, fit a cork into a colored celluloid thimble and stick the ends of the hooks into the cork. The thimble can be chosen to match the bag in color. Spiral bedsprings are not easy to clean, but they will be easier if you soak a dish mop in oil and twist it inside of each spiral. If your flower bowl "sweats" underneath because it is too porous paint it with two coats of white shellac.

Keep a felt blackboard eraser to polish your gas stove. After the drop all seam trimmings, scraps and stove has been washed, rub it well with the eraser dipped in kerosene. When you are done sewing it will not and you will be pleased with the result. It is hardly necessary to re-floor. A time-saver when renewing the paper on pantry shelves, lay several Empty the right-hand drawer of your sewing machine, pull the draw-

er out a few inches and as you sew basting threads into the drawer. When you are done sewing it will not be necessary for you to sweep the paper on pantry shelves, lay several upper sheet can readily be removed

and you have the clean sheet underneath. To transfer a dress embroidery pattern to dark material, baste pattern onto material, puncture tiny pin holes along the lines of the design and rub over with soft chalk or powder. Remove paper and trace with a soft chalk pencil.

The Quaint Old-Fashioned Sampler Has Come Back

SPLENDID—the day of samplers is again with us! Old ladies are making them for the sheer joy of repeating childhood work; the present generation is working upon the quaint things for the decorative effect they will give a Colonial room, and mothers are taking great pride and pleasure in instructing small folk so that they may keep the sampler and in turn show it to their children and hand it down to their children's children. It is a good thing for a child to be taught all kinds of sewing. True, the most decorative samplers are usually fashioned of cross-stitch, but several kinds of stitches can really be introduced and look fetching.

In the very center of a sampler there might be a gay little flower in solid stitch. I would suggest that a medium-sized mesh cream scrim should be used for the sampler, and that the sampler entire should be of a good size for framing, say 12 by 14 inches. The frame should be a half-inch Colonial mahogany molding. Woods will be much more effective than silk or cotton for the embroidery, although either of the latter can be used very nicely.

Letters and Numbers.

Of course, even the sampler made by moderns must have the alphabet upon it, and a further requisite are numbers up to 10. Then, there is the date upon which the sampler is begun and the date when finished—I

Macaroons.

One cup almond paste, one cup powdered sugar, three egg whites, one-fourth teaspoon almond extract. Mix almond paste and sugar until like meal. Add one egg white at a time and mix thoroughly. When well blended, shape on buttered paper immediately.

Quaint Designs.

In talking of the revival of the old-fashioned sampler the other day, one enthusiastic woman asked me what designs I thought were sufficiently quaint for the purpose. She was not near enough to a library or a museum where she could directly copy a sampler. I think that if such a sampler can be copied that is more interesting than creating one of one's own. Of course one's own name, or the name of the child whom one is teaching to make the sampler, should be substituted for that of the quaint little lady who made the original long ago, and the dates of beginning and finishing the work should be

changed to record facts. As for designs, well, there are any number of suitably quaint cross-stitch designs one can find in modern publications, and some of the colorings in which these are displayed are equally quaint.



Photos Copyright by Underwood

DIVES THAT THRILLED DURING THE PAST SEASON.

Myra Wiene is shown doing a jack-knife, and Miss Wiene and Charlotte Trovial are exploring the latest dive, the combination.

Underwood & Underwood

Choosing 'Drapes' for the College Girl's Room

NOT long ago, well, it might have been last Fall, I heard some college girls talking about the furnishings for their rooms. One said: "Nothing fussy, but something awfully good-looking. Class, you know, but with some pep to it. Something that won't fade, string out or show the dirt; something that will stand the strain of being borrowed for stage props and a hundred and one other purposes." No doubt this sounded like a large

order, but I am sure that the following articles will pass muster: A material such as a heavy smartly-woven monk's cloth should be used for all pieces. A soft neutral gray tan in color and will fringe beautifully. It also offers an ideal background for cross-stitch in embroidery wool of warm pleasant colorings, red and blue here predominating, with touches of green and yellow. The design is rather a large cross and is quickly done.

Paper pattern designs may be purchased at any of the stores. The set for the room consists of a couch cover, dress cover, screen panel, tea-table cover, cushion for the couch and hangings for the window.

As the material is only 50 inches wide, an extra half-breath must be added, which will make a cover which will hang to the floor on each side. If you are going to place your couch against the wall a single breadth of material will answer. Fringe it on the three sides and put the selvedge on the wall edge.

Cross-stitch bands should be worked so as to form a frame on the top of the couch and extend to the edge of the cover after crossing at the corners, in this way concealing the joining of the extra width for the large cover.

As the wall or selvedge will be covered with an assortment of cushions, it is not necessary to embroider it.

The dresser scarf should be fringed, and hem the square tea cloth before cross-stitching the borders.

The placing of the borders on the screen panels will be determined by their height, and separate motifs can be arranged to suit your fancy or omitted entirely.

A solid block of gay wool motif fills the center and makes a stunning pillow for any room.