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SINCE fashion has decreed that women shall wear gowns in which there appears not the vestige of a sleeve, waist that are cut low in the front and more than low in the back, it behooves the woman who wishes to wear them to pay a good deal of attention to the appearance of her neck and arms.

Most women who have not bestowed some care on this part of the anatomy will find the elbow hard, callous and unsightly, but a nightly massage of the joint with a good cold cream after the elbow has been thoroughly cleansed with pure soap, warm water and a brush will drive away the callous spots and make the skin soft, pink and beautiful. When massaging the arms always remember to rub downward with long, strong strokes.

As for the neck, any disfiguring marks should be dabbed with lemon juice or diluted peroxide. In fact, to sponge the entire neck and shoulders with some powerful astringent of this order would be a good idea before beginning treatment, as the lemon juice or peroxide will do much to whiten the skin. After this bleaching fluid has been allowed to dry and remain on the skin for an hour or more the neck and shoulders should be washed free of the astringent with a good soap and warm water and a good cold cream rubbed into the skin.

Remember in massaging the throat that a downward stroke is the one to employ. As for massage of the shoulders, no woman can do this for herself, and if she needs this treatment to improve her appearance she will have to call to her aid a mother, sister or a professional masseuse.

Household Hints

GREASE the glue or mucilage stopper with lard or vaseline to prevent sticking.

To mend holes in granite ware, press soft putty in the holes, both inside and outside, and set away to harden. It will serve the purpose like a rivet.

A fourth of a teaspoonful of ginger mixed with a teaspoonful of sugar added to the sponge to be set over night will make a quicker working sponge and sweeter bread. It is especially good in cold weather when the bread sponge is apt to work slowly.

When blacking the stove, grease the finger nails with soap, tallow or vaseline and no blacking will adhere to them.

"Life is made up of little things" is only too true, but most of us overlook the little things for the larger ones, which are of no real consequence.

If the shoestring breaks and another is not at hand, overlap the broken end, and sew them several times on the sewing machine and it will be as good and strong as a new one again.

The old safety razor blades are handy for ripping seams and facings, much better in fact than a scissors or knife. Try keeping one in the sewing basket.

It is sometimes so hard to see the bright side, and if we can't find the bright side, let's polish up the dark side.

Grease the outside of pots and cooking utensils, and smoke and grime will not adhere to them. They can be washed bright and shiny with soap and water after using.

A large hole in table linen can be successfully mended on the sewing machine. Baste a piece of rather stiff paper neatly under the worn or torn place and with rather fine thread sew over it in straight rows quite close together. After the hole is filled with rows across one way, go over it crosswise, so that the stitching really has the effect of fine darning. The paper can be torn away, or if it does not come off readily let it alone as it will soak off at the first laundering.

Grass stain can be removed by saturating the spots in kerosene, rolling the garment up for a few minutes and then washing with hot water and soap.

To remove old wall paper, make a thick solution by adding flour and a

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few spoonfuls of salt to boiling water. Then add a few ounces of acetic acid, which can be purchased at any drug store. Apply this solution to old wall paper with a brush. After a few minutes the old paper can be removed in great strips and with little dust or dirt.

In making loaf cake, use one cup of corn starch in place of one cup of flour. The cake is sure to be light. In dark cakes use cold coffee instead of milk and it will be better flavored.

To bleach table linen or muslin, or other unbleached articles, place in a boiler with bluing water, as for rinsing. Boil up well and remove from the boiler to the line without rinsing. The next washing will render them snowy white.

Add a few bread crumbs to the scrambled eggs for breakfast. They will improve the dish and make the eggs go farther.

If you wash woollens in cold water and borax instead of warm water and soap, they will not shrink or become rough and coarse.



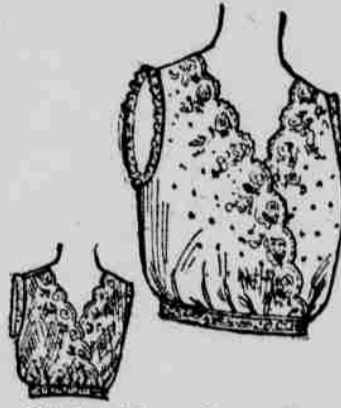
8299 Girl's Dress, 10 to 14 years.

WITH STRAIGHT EDGES ADAPTED TO BORDERED MATERIAL, SHORT OR LONG SLEEVES.

There are so many pretty childlike effects to be found in the flouncings of the season that mothers will be sure to be glad of this frock. If it is made from lace it is pretty for dancing parties and the like; if it is made from embroidered batiste or voile, it is just a pretty little afternoon dress and, of course, plain material can be used with banding as finish or treated in any effective way. The edges of the skirt, the ruffles and the blouse are all straight and the straight edges always are easy to handle, so that the dress is a very simple one, while it is extremely dainty and dressy in effect. For a very handsome little frock could be used simple shadow lace flouncing with plain net for the ruffles and chemisettes with the edges of the net be bound with silk to match the sash and to give touch of color.

For the 12 year size, the dress will require 5½ yds. of bordered material 20 in. wide or 4½ yds. of plain material 27, 3 yds. 26, 22-8 yds. 44 in. wide, with 2½ yds. 27, 1½ yds. 36, 1-8 yds. 44 in. wide for the ruffles and chemisette.

The pattern 8299 is cut in sizes from 10 to 14 years of age. Ask your merchant for the pattern.



8295 Corset Cover, 34 to 42 Bust.

This surplice corset cover is one of the newest and prettiest to be seen. Added to its prettiness, it is made of flouncing and, consequently, means almost no labor. There are only shoulder and under-arm seams. The armhole edges are finished with insertion and lace edging and there is a narrow belt at the waist line. If the flouncing is not liked, any plain material can be used with suitable finish for the edges and any fine lingerie material would be pretty with the edges scalloped and embroidered by hand but, as a matter of course, flouncing, whether embroidery or lace, means far less labor.

For the medium size, the corset cover will require 2½ yds. of flouncing 16 in. wide or 1 yd. of plain material 36 ½ yd. 44 in. wide, with 1½ yds. of edging, 1 yd. of banding.

The pattern 8295 is cut in sizes from 34 to 42 inches, bust measure.

Vacation Accessories

IF YOU spend the hot months at a sea or mountain resort you will need a bountiful supply of accessories. The clever needlewoman will be glad that she can fashion these when she catches a glimpse of the sun spent by her less fortunate sister who is forced to purchase everything required for her vacation.

First of all, you will need a pretty negligee to slip on while dressing or resting. Fashion this of a washable material, such as crepe de chine, cotton crepe, dotted or embroidered swiss, batiste or flowered dimity. You will have no difficulty in finding a becoming design for making this negligee, for many patterns come for the purpose. Join the sections of the negligee with entre-deux or French seams, and trim the front and hem with bands of lace insertion. Finish the neck line with a sailor collar finished with a narrow frill of the material edged with lace. Above this place two or three rows of insertion. Fasten the negligee with ties of ribbon to match the predominating color of the negligee.

If you tango, you will need a tango cap of lace. Purchase plain white or cream net for the crown and gather or shirr it to fit the head snugly. The brim is of handsome lace fitted over a wire frame, forming pointed wing ends which resemble those of the stiffly starched linen on the cap of the Normandy peasant. An additional charm is

produced by sewing small pearl beads about the edge of the brim, and the more expensive caps have the design in the lace outlined with the beads.

The summer vacation wardrobe should be well stocked with neckwear, and the dainty chemisettes and collars of white mull are practical for summer wear. Make a shallow half-collar of the mull, hemstitching the border. To each end join a stitched frill which can be drawn down each side of the pointed neck line. Four of these collars will not be too many for the vacationist.

A variety of blouses is a necessity to the woman who spends the summer away from home. If you purchase crepe de chine or batiste, you will find them most satisfactory materials for fashioning the summer blouse. Use a pattern with kimono sleeves or dropped shoulder seams and join the sections neatly, stitching them by hand. There is an inimitable charm about the hand-made blouse. A model having a surplice front is also to be recommended, for a single or double frill of valenciennes lace outlining the neck line and front is all the trimming required to make this a blouse of exceptional beauty. Loops and buttons sewn to the underside of the blouse front will close it properly. Frills of lace stitched to the long or short sleeves complete the blouse.

Other accessories which you can make are boudoir caps and slippers, coats of silk or linen, lingerie and capes for evening wear.

and bake in a quick oven about 20 minutes. Serve hot with cream and sugar.

Recipes

Baked Brown Bread.

WHEN this is once tried, one will never go back to the steamed brown bread, and when once eaten is preferred to the other.

Baked Brown Bread.—Two and a half cups of sour milk, one-half of a cup of sugar, four cups of graham flour, two teaspoonfuls of soda, raisins (as many as liked), three quarters of a cup of molasses, a pinch of salt. Let stand one hour, then bake one hour in covered cans.

Milk Muffins.

To make these delicious muffins use one cupful of milk, three eggs beaten light, one tablespoonful of butter, one and one-half teaspoonfuls of baking powder. Add sufficient flour to make the batter somewhat thicker than for pancakes. Bake in muffin tins in a quick oven.

Baked Apple Dumplings.

Parse and core six nice round apples. Put a piece of butter and a teaspoonful of sugar into each. Then mow a covering as follows: Take four cups of flour, one teaspoonful of salt, and four teaspoonfuls of baking powder and stir thoroughly. Add a piece of lard as large as a duck egg. Moisten with milk, a pint, more or less, according as the handling of the dough permits. Work it quickly and lightly. Form the dough into cup shapes and in them place the apple, drawing the edges together in the middle. Pierce all over with a fork

Date Crackers.

Two cupfuls of flour, 2 cupfuls rolled oats, 1 cupful sugar, 1 cupful butter, 1 teaspoonful baking soda, 1 cupful water. Mix and divide the dough into equal parts. Have 1 pound stoned dates, 1 cupful of brown sugar, 1 cupful of chopped walnuts. Put in stew pan, cook till soft, let cool, roll one-half of dough thin, then spread the filling. Roll the other half of the dough and put on top. Cut in squares, cook in hot oven till a nice brown. These crackers are delicious, served with coffee.

Meat on Toast.

Take cooked meat of any kind. Put through the meat grinder with a little onion. Then put in pan with a little water and piece of butter, salt and pepper. Heat hot and put on toasted bread. This is a good way to use up pieces of meat and makes a nice dish for supper.

Poor Man's Boiled Dinner.

Two pigs' knuckles, one head of cabbage, one large turnip, one carrot, four large potatoes; boil knuckles two hours, then add cabbage, turnip, carrot; boil half an hour, then add potatoes; boil half an hour. Delicious.

Apples for Pies.

Apples cut in irregular pieces will cook more quickly in a pie than if sliced, for they do not pack closely as slices do, and so the hot air comes more easily in contact with the fruit and cooking is facilitated.