

In the Realm of the Feminine

CLOSE FITTING UNDERWEAR

There up to date undergarments of the season are made of sheerest materials, are close fitting and have flat trimmings. Fine networks, batiste,



PETTICOAT OF BATISTE AND LACE

sheer crapes, all over embroideries and even organzas are being used. The petticoats pictured in of Valenciennes lace applied in perfectly flat fashion.

Where Pins Go

FOR many years the world has been baffled by the problem of where the pins go that are earned out in millions and millions by the pin factories.

But now the problem has been solved at last. A Paris scientist, Dr. Xavier, has been experimenting on pins, hairpins and needles by the simple process of washing a few. He states that they mysteriously disappear into thin air by changing into ferrous oxide, a brownish rust that soon blows away in dust.

An ordinary hairpin took only 154 days to disappear. A steel rib lasted just under thirteen months. A common pin took eighteen months to vanish. A polished steel needle defied the ravages of the atmosphere longest, taking two and a half years to disappear.

So the reason why the world is not so fast deep in the pins it buys is not, as it seems, exactly the same which makes an iron surface scale off when exposed for a long time to the atmosphere without the protection of paint.

HOW DO YOU SLEEP?

MANY people have had nights because they find great difficulty in "dropping off." They lie awake and toss for hours and make themselves so uncomfortable that they are thoroughly worn out before sleep comes to their rescue.

If this is one of your little habits you should not try to conquer it by going to bed at a certain hour with the intention of making yourself sleep. Sleep is a thing that won't be forced. It needs coaxing if it is to come at all. If you have an early supper it is a very good plan to drink a glass of hot milk and eat a few biscuits the last thing before you get into bed. Though you don't know it, hunger may be the trouble that is making you restless. A light little meal will not give you indigestion, particularly if you sip the milk slowly, reading a book at the same time.

Another excellent way of coaxing sleep is rather a queer one. Just before getting into bed you should wash your feet in very cold water and dry them briskly with a rough towel. This causes the blood to rush into them with such force that it is drawn away from your head and your overactive brain has a chance of keeping quiet for a little while.

Reading in bed is often very soothing, but if you indulge in this luxury you must have a book rest which will hold the book up before your face. It is very bad for your eyesight to read when you are lying on your side with a book propped up against the bed rail or the wall.

An apple eaten the last thing at night is a very good thing for insomnia. Take it to bed with you and eat it after the light is out.

If you are so tired that you become restless and the bed feels uncomfortable try what you can do by relaxing all your muscles.

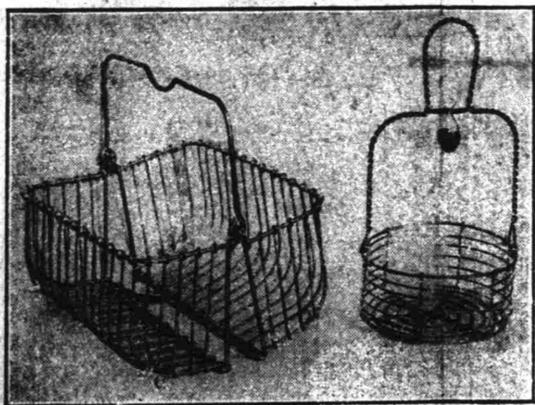
Do not be in a hurry about this "letting go" of yourself, but try to relax by degrees—first your head and then your neck, and so on until you reach your toes. It is not very easy to fall limp at first because it is a business which needs a great deal of concentration, but it completely takes your mind off other things.

When you are thoroughly relaxed all over you will find that you are lying perfectly at ease on the bed, with a sense of blissful comfort which soon settles into the even greater comfort of sleep.

BLACK LAMP SHADES

WE are still enamored of that touch of black for giving distinction to the decoration of our rooms, and the latest idea is the black lamp shade. This is oblong in shape and is made of black satin or chiffon velvet very closely pleated. If placed in a rather secluded corner of the room it gives a gloomy, almost eerie, note that is most effective, but the rest of the room must be lighted in the usual way. Another beautiful lamp shade is made of plaited black nylon finished with a fringe of black beads, and yet another is composed of a close trelliswork of black set beads lined with a single fold of black chiffon and having a long fringe of delicate cut jet beads.

Aids to the Housewife



EGG BASKET AND CORN BOILER.

TWO wire baskets to aid the housewife are illustrated. The basket to the left is used for boiling corn without risk of a bad burn when immersing the vegetable in boiling water. The basket divides in the middle so that when the vegetable is cooked the touch of a lever at the handle opens it and the corn is on the platter without further trouble. The other basket is for boiling eggs. The hourglass at the handle tells the busy housewife when her eggs are boiled, and they may be then lifted out of the water.

COAT EFFECT IN COSTUMES

JUDGING from the number of velvet and velvet models seen so far this fall, it is evident that ple fabric



FRACK OF TERRA COTTA VELVET

pointing sharply over the hips is suggestive of directors' coat lines. The front of the velvet bodice opens wide to reveal an inner bodice of creamy chiffon over silver tulle, a color combination which harmonizes beautifully with the terra cotta tone of the velvet and the embroidery motif.

IF YOU WOULD BE FREE FROM WRINKLES

OFTEN they come from imaginary cares. Do not worry over the little things. Above all things, do not be a "fussier."

Get plenty of sleep—it is better than many cosmetics. And whatever else you do, forget that you have "nerves." So many women allow their faces to become tense and set and then wonder why "lines" develop.

GOOD FOR THE TEETH

CARBONATE of soda is good to use occasionally as a tooth powder, as it prevents decay. A mixture of fine salt and weak vinegar water will cleanse yellow teeth, as will also a paste made of pulverized pumice stone and peroxide of hydrogen lightly rubbed on the teeth. To prevent decay between the teeth draw dental floss through them every day. This will save you suffering and reduce your dentist's bills.

A Word to Mothers

NOW that the school term has begun the question of the growing child's diet looms up again. The school years form one of the most important epochs in the lives of children, as regards adequate nutrition. Parents are apt to overlook this fact more from ignorance than from willful neglect.

Food during the school days should be abundant and should contain sufficient protein, vitamins, sugars and inorganic salts to meet the demands of rapid growth—for all the constituents of a perfect food.

It is a common joke for parents to laugh at the enormous appetites of their growing girls and boys and to limit the supply of certain foods needed at this time. Children are often allowed to go to school with only light breakfasts, sometimes with none at all. Then come cold lunches at noon. All this is extremely harmful. A child should never be set at any

task before breakfast. If it rises early and the meal hour is late it should have a bowl of hot milk, a cup of cocoa and a roll before beginning any work.

Of course the ideal dinner hour for the child is noon, but when this is impossible a hot luncheon should be arranged for. Supper should comprise very easily digested foods, and pastry, cheese and meats are better omitted. Meat soups are good. Baked potatoes, stewed fruits and eggs in various ways are excellent for the evening meal.

Growing children should have plenty of milk, and they should be given to understand that when hungry they can always have glasses of milk for the asking.

Fresh fish, eggs and bacon are all wholesome foods for children, and meat, as a rule, may be given them twice a day. Large, healthy boys require a good proportion of meat in their dietaries.

Popular Colors of the Autumn

THE girl with golden glints in her hair and a good complexion has nothing to fear from the popular colors of the autumn, for among the most attractive are copper tints, varying from light copper to chandler and mordora, which is a warmer tone with a deep gold cast. And these colors, in combination with harmonizing tones, are possible for every woman.

Another popular color is the new Baked green, named for the Russian scenic artist, Kitty Gordon, the actress, has also been honored in the same way, one of the rich, deep greens, a green as limpid as creme de menthe, being its name. Blue has lost none of its prestige, and some authorities think that the new blue shades should receive first place rather than the copper colors. Of the blue, the latest is a shade deeper than the peacock blue, which is a great favorite; also the corbeau. The soft blues on the natter and Dutch order are much liked, and a very dark blue helps to supply the demand for somber colorings.

The red shades vary widely. There is a very vivid red that is being used sparingly for accessories on costumes, but the majority of the reds are of the dress of wine order and soft brick tones.

For evening wraps the garnet red is in great demand. There is also a purple with lots of red in it, a shade resembling the fuchsia.

Browns should not be overlooked in this list of new colors, for all of the couturiers have made much of them this season, the tobacco and Havana browns being the favorites. A soft, pretty rose that is often combined with these brown tones.

For street wear the dark rich shades, the teta de negre, a deep taupe and a blue that is almost black are the fashionable colors. Another new color is called heather, a lovely grayish lavender that is particularly pretty in silky textiles. And everywhere there are to be found quantities of silver used for trimmings, and all silver lace is thought to be more chic than gold lace.

PROMINENCE OF BUCKLES

THE prominence of buckles is important. They range from metal to rosebuds, and all the various varieties are really very pleasing. It is probably the insistence of the Louis XV. style that has brought about the wearing of these gaudy ornaments by women, because in his day there was a vast amount of them used, more especially by men than by women.

The first intimation that the fashionable world had that they were to be popular was in their appearance on slippers. When they first arrived as a finish to pumps they brought down upon them quite a good deal of criticism. Conservative women said that never would they wear such conspicuous things on their feet in the street, and they were not quite sure that they were advisable even for evening, as they made the foot look larger.

This wave of disapproval lasted only for a few moments, and soon the very women who criticized the buckles were appearing abroad with them on patent leather slippers. Such is the way cus-

tom has of making devoted followers. Good taste, however, like good manners, remains the same, although it is influenced by the changing times, and those who dress really well have never been able to satisfy themselves that an afternoon slipper intended for the house or a carriage is the proper thing for the pavement. There are too many kinds of shoes for all occasions that are good looking, comfortable and smart for any woman to think that she must wear a high heeled patent leather one at the wrong hour.

TO RESTORE TIN AND ZINC. TINWARE may be restored by rubbing briskly and until dry with a cloth dipped in common washing soda, then apply a stiff paste formed of whitening, water and ammonia. Be sure to wipe off all powder before putting away. Clean zinc with soap and warm water and dry; then rub carefully with a cloth dipped in turpentine or kerosene.

PIQUE SHIRTS.

THE newest shirts to wear with the sponge skirts are those in pique. The new pique is only a distant relative to the stiff pique of other years, as it is delightfully soft and supple. The shirt is masculine in cut, with the exception of the neck, which is invariably finished with one of the becoming rolled collars which owe their origin to the days of Mary Stuart. The correct finishing touches are added when a saash of plaid ribbon and a cravat to match are adjusted. No matter how severe the skirt and shirt waist may be, the saash is sure to give the feminine touch.

AN ADVANCED MODEL

OF smoke gray Bedford cord, this suit would be inconspicuous were it not for the rather astonishing saash of blue and gray fallie ribbon which passes in and out through slashes down the coat front. A similar ribbon forms a saash girde



SUIT OF GRAY BEDFORD CORD

at the hip and waist line of the skirt, one end depending below the skirt. This suit by a French couturier shows the longer coat promised for fall and a skirt short enough to show a neat buttoned walking boot. The sleeve is oddly set into the shoulder of the coat.

SWEET POTATO SALAD

BOIL three large sweet potatoes cut in dice. Cut two stalks of celery into very small pieces, season with salt and pepper and pour over French dressing.

THE VANISHING POINT

WITH no silks in the skirts this fall it is to be presumed that dresses will be a slump in the curise silk post-coat market.

ASBESTOS VALUABLE IN HOME

Asbestos can be of great service in the home. It has the peculiarity that it resists the passage of heat. You know how readily a silver spoon becomes heated when you put it into hot dish water, and you recall how quickly an aluminum sauceron becomes hot all over when set above the fire. Both of these metals are good conductors of heat. Iron is also a fair conductor of heat. Asbestos is valuable for the contrary reason, because it is a non-conductor of heat.

A second quality of asbestos that fits it for household use is that it is not combustible. It looks as if it would burn in a blaze, but it does not. Suppose you have a fire and a thing that you wish to keep from burning. Separate them with asbestos. The housekeeper as cook can lay a sheet of asbestos over gas burner and place a kettle of jam upon it. The heat will be so modified as to lessen the opportunity for scorching of the food. If the bread in the oven is in danger of burning black upon the bottom, the cook can slip a sheet of asbestos beneath the pan. If the heat is too intense above the loaf the protector is laid over it. The modern fireless cooker, designed to hold heat within a box, may be lined with sheet asbestos to resist the escape of the heat from the inclosed buckets of hot food.

Baking day does not monopolize the asbestos, for Tuesday sees an asbestos iron rest to protect the cover of the ironing board from scorching. An ingenious housekeeper covered a large iron with asbestos, attached a handle to what had been the bottom and inverted it over the iron being heated upon the gas stove. The result was that less gas was required, for all of its heat was conserved for the iron and not wasted in heating the kitchen. The style of flat irons with removable handles depends for its special efficiency upon asbestos linings for the detachable outer shell.

The housekeeper may place round asbestos mats upon the dining table under the hot serving dishes to protect the polished table top beneath from being marred by heat. Better

still, she can buy or make a large sheet of asbestos to lay beneath the table cloth. These can be purchased made to order to fit the table exactly. Their cost is several dollars, varying with the size and with the quality of the binding and covering. Sheet asbestos can be had cheaply at the hardware stores, and a clever and economical housekeeper can contrive a non-conducting asbestos cloth for herself. As a matter of fire protection asbestos is invaluable. Tacked to the ceiling above the furnace, it guards the floor above from overheating or igniting should the furnace become defective. Where coal heating stoves and ranges are used and must be set near a wall it is best to have an asbestos covered board set behind them. When a stovepipe passes through a ceiling to warm a bedroom above (a common thing in old-fashioned houses) a sheeting of asbestos should encircle it wherever it would touch combustible surfaces.

If you have a hot air furnace the plumber will probably paste one thin layer of asbestos around the pipes to conserve their heat. A thick layer or two separate layers will prevent heat wasting even more efficiently.

One thrifty householder, who is chary of all unnecessary expense, pasted asbestos thickly all over the outside of his furnace proper. He had never seen this done before, yet tried the experiment, and reports enthusiastically that the saving in his coal bills of one year made it worth while. Formerly he had been wasting heat on the cellar air. A man who followed his example had the asbestos bound to the furnace cylinder with wire hoops instead of paste.

Another valuable place to paste asbestos is over the hot water tank. Water can thus be kept at a higher temperature. It is most serviceable in seasons of the year when the furnace is not needed to warm the house. A hot fire of kindling wood in the furnace in the morning will heat a tank full of water. For the entire day the water will keep warm, as the thick asbestos coating will serve to keep the heat already generated.

RECIPES TRIED AND FOUND VERY SUCCESSFUL BY WOMEN OF HONOLULU

[Twelve Recipes recommended by Mrs. A. Hocking]

APRICOT ICE.

(For one gallon.)

- 1 can of apricots
 - 5 oranges
 - 2 lemons
 - 4 cups of sugar
 - 4 cups of water
 - 4 cups of cream
 - Whites of 4 eggs.
- The apricots, oranges and lemons are forced through a sieve. Then boil the sugar and water to a syrup and allow to cool. Mix the fruit and syrup and add the stiffly-beaten whites of the eggs. After this starts to freeze, add the cream and freeze until almost solid. Remove the dasher and pack well. Most delicious.

STRAWBERRY BAVAROIS

- Yolks of 3 eggs (beaten)
 - 3 tablespoons powdered sugar
 - 1 tablespoon gelatine (soaked in 1-2 cup cold water).
- Mix well and add 1-2 pint (1 cup) of milk that has come to a boil. When above mixture is fairly cool, add 1 pint whipped cream.
- Take 3 cups of strawberries. Put one cup in mixture.
- Pour into molds and put on ice until it hardens. Balance of berries mix with about 4 tablespoons of granulated sugar. Mash and squeeze through a cloth for the sauce.

TEA MUFFINS.

- 1 tablespoon butter.
 - 1/2 cup sugar.
 - 1 cup milk.
 - 2 cups flour.
 - 2 teaspoons baking powder.
 - 1/4 teaspoon of salt.
 - 1 egg.
- Rub butter and sugar together. Add egg, milk and sift in flour, baking powder and salt. Bake in moderate oven.

GINGER-MINT DRINK

- Juice of six oranges and four lemons.
- Add a cup of sugar and a dozen sprigs of green mint. Let this soak for an hour. Put a tablespoon or more of this mixture into a small lemonade

- glass, fill the remainder with cold ginger ale, stir well and serve. Do not add ginger ale until just before serving, as it will get flat and lose its bite.

NUT SANDWICHES

- (Enough for four dozen.)
 - 1-2 lb. seeded raisins
 - 1-4 lb. chopped walnuts
- Put through the meat-grinder and moisten. Spread between buttered slices of bread.

SOUR CREAM FILLING (Caramel).

- 1 cup sour cream.
 - 1 tablespoon sugar.
 - 1 cup granulated sugar.
 - 1 cup chopped walnuts.
 - White of one egg.
- Mix the cream, salt and sugar and boil until it will thread on a spoon. Then pour into the well-beaten white of the egg. Beat until fairly stiff, add the nuts and spread between layers. If used to frost the top of the cake, twice this amount will have to be made.

DELICATE CAKE.

- 1/2 cup butter.
 - 1 1/2 cups of sugar.
 - 2-3 (scant) cup of milk.
 - 2 cups of flour.
 - 2 eggs.
 - 1 1/2 teaspoons making powder.
 - 1 teaspoon of vanilla.
- Bake in layers in a moderate oven.

TOMATO JELLY.

- 1 envelope Knox's gelatine soaked in 1 cup cold water.
 - 1 quart tin of tomatoes.
 - 1/2 onion (chopped).
 - 2 tablespoons vinegar.
 - 2 tablespoons salt.
 - 2 tablespoons sugar.
 - 2 teaspoon powdered cloves.
 - Dash of cinnamon.
 - Dash of nutmeg.
 - 1/2 teaspoon mustard.
 - 1 teaspoon Worcestershire.
 - Dash of tobacco and cayenne.
- Boil tomatoes, onion, salt and sugar about fifteen minutes. Force through a sieve, add seasoning, spices and vinegar. Then the gelatine (when mixture is still hot). Put in molds to harden.

BOILED MAYONNAISE.

- Yolks of 3 eggs.
 - 1/2 teaspoon of salt.
 - 1/2 teaspoon of sugar.
 - 1 flat teaspoon of dry mustard.
 - Dash of cayenne oil.
 - 3 tablespoons of oil.
 - 3 tablespoons of vinegar.
 - 3 tablespoons of cream.
- Pour all the ingredients into a bowl. Beat well and put in top of kettle to steam. Stir until thick. Remove from the stove and let cool. Especially good to people who like well seasoned food.

TOMATO BISQUE SOUP.

- 1 quart tinned tomatoes.
- 1 small onion (chopped).
- Cook 20 minutes and rub through a sieve. Put back on stove to keep hot. Meantime boil 1 quart (in double

BUYING HOME FOOD BY WEIGHT

The recommendation made by W. S. Haskell, superintendent of weights and measures in the District of Columbia, to the commissioner of the district, that foodstuffs should be bought by weight instead of measure, is one that deserves the attention of every housewife. Mr. Haskell believes that this plan adopted, a step of importance will have been taken toward solving the problems of the high cost of living. New York state, in the passage of the Brooks bill, has hit the evil of short or poor weights most effectively. Other states are taking up the matter. In New Jersey, provision is made by law what bushels of certain commodities must weigh.

Should the District of Columbia decide to act on Mr. Haskell's proposal, the effect for uniformity would be felt throughout the country. The idea is to give no opportunity for any variation of weight. What might be legal weight for a bushel of potatoes, say in one state, would perhaps not be legal weight in another. It is said that a bushel of potatoes, or turnips, may weigh anywhere from 42 to 60 pounds, according to how they are packed.

Another commodity which is said to vary greatly in its weight by the bushel, according to how it is packed, is dried peaches. Mr. Haskell is responsible for the statement that a bushel of dried peaches may weigh anywhere from 28 to 40 pounds and yet is a bushel in some states. Coarse salt is still another commodity that it is claimed, varies in weight from 50 to 85 pounds in a bushel.

With a uniform law as to weights and measures, the housewife would know just how much of any particular foodstuff she is getting when making purchases. Today when buying a dozen eggs, she may get in real egg value, anywhere from a pound to a pound and a half, according to the size of the eggs. On the other hand, if she bought eggs by the pound, the number would vary, according to their size, and she would be getting in food value what she paid for, namely, a pound of eggs.

Tomatoes during the winter months are sold usually by weight; but if this is the fairer way of buying them in

winter, when the price is high, why is it not just as fair in summer, when the supply of fruit and vegetables is plentiful? Peaches, pears, apples, peppers, onions, beans—these, too, if sold by weight in small quantities, would enable a person to estimate more correctly their real cost.

FIFTY-CENTS-A-WEEK DIET

Publication of the bill of fare of a girl who in pursuit of an education in music lived for twenty weeks at a cost not exceeding 50 cents a week has renewed public interest in the perennial questions as to the cost of living and the amount of food required for the maintenance of health.

Upon these as upon all other issues doctors disagree. Some learned men say more people die of overeating than from overdrinking. Others just as learned hold that without abundance of rich food there can be no vigor of thought or action. To persons of these opposing views the fare of the 50-cent-a-week diet is already a matter of contention.

We shall never have an exact agreed-upon diet for any large number of people. Health and vigor depend more upon the quality of the food than upon the quantity. With both men and women there is a tendency to eat foods lacking in nutritive value. Young women sometimes for economy's sake make lunches on stuffs that are hardly foods at all. Men sometimes try to make a glass of beer and a sandwich serve them. Each criticizes the other; and rightly, too, for both are equally foolish. The young lady who lived on 50 cents a week appears to have done her work well and kept her health. If so, her choice of food must have been wisely made. The only regret to be felt in the matter is that it was compulsory.