

A Page for the Busy Housewife

Milady's Forum

A New, Different and Exclusive Design Each Week Which You Can Transfer Without Carbon Paper. See Instructions Below.
DECORATION FOR CHILD'S CLOTHES OR NURSERY.



TO TRANSFER THIS DESIGN.
 Put some soap in a pint of hot water, stir and remove soap. Saturate design with mixture, then remove excess moisture by partially drying design. Place material on a hard flat surface and lay the Design, face down, upon the material. Cover with two folds of newspaper, and with a tablespoon rub, pressing hard, until the Design is entirely transferred.
PATENT PENDING.
 World Color Ptg. Co., St. Louis, Mo.

IN MAKING these designs for the apron, towel, table decorations, it is a good idea to purchase huckaback for the purpose, and washable flosses, such as turkey red, indigo blue and ochre, a yellow which seldom fades. Turkey red floss can be boiled and will lose none of its brilliant color.
 The ordinary outline stitch is used for each figure herein shown. It is work which the little girl can do. The outline stitch is very simple, brings into bold, relief the design, and is soon completed.
 The figures of girl and boy, giraffe and elephant are best suited for the nursery, where the figures can be cut from plain paper and pasted low on the wall as a pretty frieze. Another method is to pour mixed plaster of paris in a dish, press the figure on the mixture, and when the plaster of paris hardens, cut out the design with a sharp penknife, color it to suit the fancy, and paste it to the wall.
 Such articles as the duck, bunny, chickens and the like are often cut from colored fabrics, basted to the aprons and stitched with colored thread around the extreme edges. Two rows of stitches, closely placed, will hold the figures securely in place.
Winifred Worth

IMPROVE the flavor and quality of gruel or mush heat sifted meal on a shallow pan or two pans, if necessary, in moderate oven till it is delicately parched, yet not scorched brown or the least blackened. Then stir into boiling water sufficiently salted. This is less liable to be lumpy or starchy; also cooks sooner than raw meal.

KODDS AND ENDS

WHEN traveling by night in the summer it is an excellent plan to carry an old piece of white cloth and several thumb tacks. Moisten the cloth and tack it over the window screen of your berth, and you will find that this simple device serves to keep out a great deal of dust and soot without depriving one of air.

CAREFULLY dust leather, wash with warm water, remove all soiled spots and dirt, wipe dry, then wipe over with the beaten white of an egg. Flaxseed water is good for cleaning upholstered furniture. Pour half a cupful of boiling water over two tablespoonfuls of flaxseed and bring to a boiling point. Strain and when cool apply with a cloth to the leather.

CLEAN a white umbrella, take a pan of soft water, a little gasoline, one and one-half teaspoons of borax and toilet soap; open it and scrub with a brush till clean, then rinse it several times and put a little bluing in the water and open it and hang it on the line in the sun.

WHEN crowded for room in apartments a convenient arrangement for a child's bed can be made by taking an ordinary box, about forty-five inches in length, thirty in width and eighteen inches in depth. Place casters at corners, attach lid with hinges. Cover entire box with burlap or cretonne, padding top and placing goods around sides. Line with pretty chintz, on underside of cover paste pictures cut from nursery story books. Make mattress to fit inside of box, which when opened with lid tied back with bow of ribbon, is attractive and when closed will serve as a pretty and convenient divan in any room.

USE AN old pitchfork that still has the outside prongs left and get a piece of steel hammered into shape at the blacksmith shop—about two inches wide—and have it riveted to the end of the prongs. Keep this sharp and you can take out more weeds in a minute than you can in an hour with an ordinary hoe. You can walk down a row of vegetables and scrape the weeds all down, at the same time moving the earth and putting it in around the roots of the vegetables in two rows at once.

JUST NOW every one interested in gardening, even on a small scale, spends more or less time working on the ground, and, because of the dampness and chill of this season of the year, are quite likely to take a severe cold by kneeling or sitting on the ground. It is almost impossible, however, to accomplish much gardening without assuming one or the other attitude, and the wisest worker will provide herself with a cushion or protector made from a square of oilcloth or linoleum padded with cotton or excelsior and covered with strong cloth. It can be laid in the sun and air to thoroughly dry out between the hours of labor, and will save many uncomfortable hours and perhaps a serious illness.

WEDDING DAYS

IN Holland, however, May is considered the best month in the whole year for being married in, and May brides and bridegrooms look forward confidently to a happy future.

In Russia winter weddings are considered the luckiest, and picturesque "white" weddings in January (the best month of all for marriages, according to Slav belief) are the social events of St. Petersburg and Moscow.

About an eighth of the weddings in Scotland take place in June, the "month of roses," which is also first favorite as a marriage month among Swedish women.

February is the favorite month for weddings in Italy, and the popular time is just before Lent begins.

YOUR PULSE

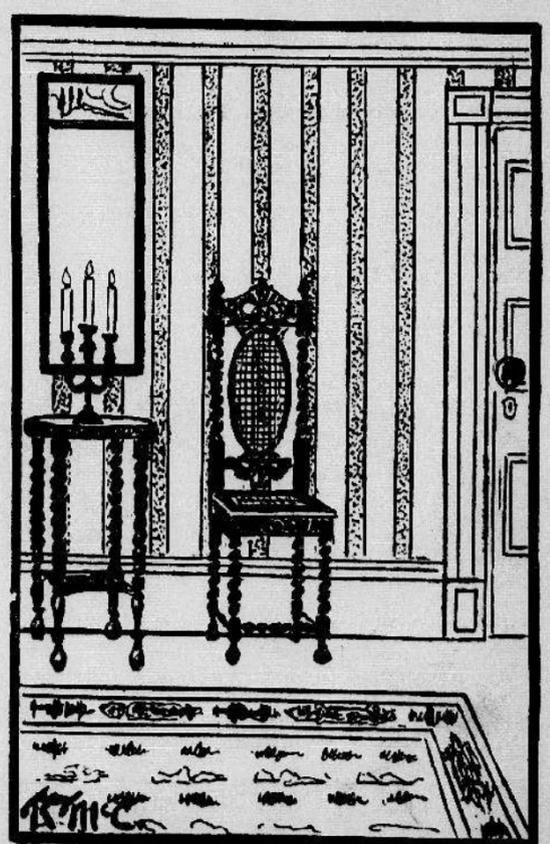
BY MRS. McCUNE.

THE rate of the pulse corresponds with the rate of the heart beat. Every time the heart contracts it sends a quantity of blood into the arteries, causing them to distend. The arteries lie nearer the surface at some places than at others, so in counting the pulse we choose a place where the artery lies near the surface. The most common place is on the inner side of the wrist, on the thumb side. At this point the radial artery lies close under the skin. The first two fingers are pressed lightly on the artery and the number of pulsations a minute are counted. The thumb never should be used in counting the pulse, not only because it is awkward, but because the pulsation of the artery in the thumb frequently are so perceptible as to cause confusion.

The pulse rate is much higher in children than in adults. In an infant at birth the rate is 130 to 150 a minute. It gradually decreases as the child grows older until in adult life it is about seventy-two, although some people normally have a much slower pulse rate, while others have a faster one. The pulse rate usually increases with exercise or during excitement. It generally is faster when standing than when sitting, and when sitting than when lying. It usually is faster for women than in men. In fever cases the pulse rate ordinarily increases as the temperature rises. If the pulse increases as the temperature falls, the outlook is grave. This condition has been called the "death cross."

The pulse varies in fullness and regularity as well as in frequency. It is said to be full when the artery is distended by a large volume of blood. It is regular when the beats occur at regular intervals and are of the same fullness. An intermittent pulse is one that skips one out of every four beats, an every fourth beat. Often this indicates a nervous condition rather than any change in the structure of the heart. It may follow the immoderate use of alcohol, tea, coffee or other stimulant. A pulse is said to be diastolic when there seem to be two beats, one strong and one weaker, to each beat of the heart. In reality there only is one beat, the second one being a recoil wave. Only the first one should be counted. This condition is common in some diseases, such as typhoid fever.

LONG SKIRTS, both of flannel and white ones, the princess skirt adds to comfort of the baby—no bands or fullness around the body or neck. Cut the material same as for princess slip, coming narrow on shoulder and low neck back and front, and to flare at the bottom, which may be finished as desired. The flannel ones add to warmth, having flannel on neck, baby needs no little jackets.



Long narrow lines where the ceiling is low

