

Our Magazine of Fashion

THE IDEA FOR THIS NOVEL & PRACTICAL DESIGN WAS ORIGINATED BY "WINIFRED WORTH"

EMBROIDERY DESIGN FOR APRON

IN SHADOW

STITCH

CUT APART ALONG DOTTED LINE AND JOIN TO MAIN DESIGN AT POINTS MARKED (X)

SEE FIGURE (B)



This apron pattern I feel most confident you will like when made in this novel manner. No, not the old-time style with all work in one color and made wholly on the back of the goods, but something to show the clever needlework. You want a color for this. I would suggest that you make the flowers in mel-rose. This is a shade of pink the shadow of which is shell tinted through white fabric. Make the flowers, of course, on the wrong side of the goods. With a lighter shade of pink, or white, shadow each petal, either at the base, or the side. This is to be done on the right side, and brings out a lovely flower effect. Embroider the leaves in outline stitch on the right side, using a leaf green floss. Make the bowknots of mel-rose on the right side of material. I have done this work in tints of pale yellow, and obtained excellent results; but pink is really the most suitable for an apron tint. Sincerely yours,

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 board, 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 Printing Co., St. Louis, Mo.

Winifred Worth



ODDS AND ENDS

ONE of the chief reasons why so-called "clear" soup is often cloudy is because every trace of fat has not been removed from the stock. Allow the stock to become cold and solid, then remove all the grease.

DISCOLORED ivory may be restored to its original whiteness by painting it with spirits of turpentine and putting it out in the sunshine for two or three days.

IN washing dishcloths instead of using soap or borax put a quantity of soda in the water and boil the dishcloths. The grease and soda make a soap that does its own work.

IF you wish flower cuttings to bloom while the plants are small, put them in small crocks. As soon as the crocks are filled with roots they begin blooming, especially geraniums.

TO clean a slimy sponge procure a quarter of an ounce of salts of lemon, put it into a quart of hot water, steep the sponge in it. When it is clean rinse well. This quantity will clean a large sponge.

WHERE wall paper has been stained with grease, powdered French chalk should be used with which to remove the spot. The chalk must be inclosed in a square of gauze or cheesecloth, held against the wall over the stain and then pressed with a very hot iron. This being repeated once or twice if the stain is an old one.

AN economical use for stale bread is to cut it into thin slices, which are buttered and placed in a pie dish. Sprinkle a few well-washed currants between the layers. Six eggs beaten into one quart of milk, with sugar and flavoring, nutmeg or cinnamon, are then poured over the slices. Bake for about an hour and ten minutes and send to table in the dish in which it was baked.

MANY housekeepers have trouble with keeping airtight anything that is put up in jars. If, however, after a bottle or jar is corked it is sealed with a mixture of beeswax and rosin there is no danger of air getting at it. To make a few sealing mixture put two ounces of yellow beeswax and four ounces of rosin in a small tin can, which is then set in a larger pan of hot water. Stir constantly until the wax and rosin are well blended. Apply while still liquid to the outside of the corked jar or bottle.

WASH articles of brass which are tarnished in the water in which potatoes have been boiled and they will be as bright as if new.

WHEN a house has been closed for some time, brass taps and door handles are apt to become considerably tarnished. One of the best methods of removing the tarnish is that of dipping the end of a cloth in oil and then in finely powdered rotten stone, rubbing this over the brass work until a polish is gained.

COURTESY

O H, dear," cried a distracted mother to one who, as the saying is, seemed as cool as a cucumber, "how on earth do you manage to have your children so well-behaved? Mine are simply savages! They shame me at every turn."

"Perhaps you are savage with them," replied the visitor, with a smile that barely escaped sarcasm. "I treat my children as persons who own their own souls. I know that to receive courtesy I must give it, and by daily attention to the little breaks, I keep them well drilled in the greater delicacies."

Ah, me, if all mothers were as wise as this, what good manners the world would see! There would be no such thing as a "savage" child, no such thing as a mother "shamed at every turn." Instructions in the polite forms of behavior bear little weight if the instructor is rude and violent. It is no use to say, "Jack, do so and so today," if you forget to chide gently when the same thing is done tomorrow. Dirty manners, like dirty faces, must have regular attention, but it must all be done serenely. As this astute mother says, "Jack must first be allowed to feel that his soul is his own," that all the reward the world has to give depends upon himself. But a kind heart being at the root of all gracious behavior, fine manners are a piteous frosting if the child's character is neglected.

A DIFFICULT PROBLEM

BY EDNA EGAN.

THE world is just as full of poor relations now as it was in the days of Charles Lamb. Very many of us play the role ourselves, but like the insects described in the familiar old rhyme, which have "still smaller ones to bite 'em," none of us are so poor but that we have still poorer relatives clustering all around us.

These facts are so well known, and the term is so common both in life and in literature that one is always surprised to hear well-to-do people commenting upon the number and variety of their own special poor relations, as though they were peculiar to themselves. Poor relations do not always make themselves known to their kin of the same circumstances—but they pop up surely and inevitably in the path of those in the family connection who have prospered. These latter may not have prospered very greatly—but even a slight degree brings out the poor relation—often, it may be parenthetically remarked, the choicest fruit in mind and disposition of the family tree. But in a setting of back streets, shabby clothes, and perpetual need, even such choice fruit does not readily shine.

These reflections were evoked by the chance remark of one of the best of women:

"We were planning to go to Europe—the whole four of us," she confided to an intimate friend, "when suddenly I found that my Cousin Tom's family were in great distress. Two of the children were sick—they had to have trained nurses and doctors—and Tom was out of business—one of the dearest but unluckiest fellows that ever lived—and he came around nearly by crazy—and what could we do but lend him a thousand dollars—goodness only knows when we shall ever see it back again—and we are going out to the farm as usual. The children are bearing it well—for we explained it—but it is quite a disappointment. Another year we may be able to save as much again. But one never knows when a poor relation may happen along."

It never occurred to "Cousin Tom" and his family that their prosperous cousins had to deny themselves any luxury in order to tide their poor relations over their hard time, but it is to the credit of our human nature that incidents like this are not uncommon.

"It is disputed nowadays," said a thoughtful mother, "that blood is thicker than water. It does seem to me that we should feel much more sympathy over their hard time, but it is the second and third degree, than with the outsiders. I have brought up my children to feel," she continued, "that they should do all in their power to prevent the wide social gaps which often separate members of the same fam-

ily." Even Lamb's whimsical essay is more sad than glad. There really isn't much fun either in being or in having the poor relation. From whichever end the condition is contemplated, it must be considered chiefly as a means of discipline. But do not imagine that you are singular in being or in having one.

EVERY housekeeper has found it difficult to keep berries over night for Sunday dinner. If you put the berries in glass jars as soon as they are at hand and put a rubber and cover on, and screw the latter on tight, the next day the berries will be nice as when put in cans, provided you put them in the refrigerator or other cool place.

POISE

Perfected by Simple Exercises.

BY LUCILLE DAUDET.

JUST now and then we catch a glimpse among the throngs of men and women who are daily passing us of a figure so beautifully upright and graceful that we remember it long after it is moved beyond our vision.

I am not one of those who believe that a splendidly poised body should be a rare sight. It ought to be something we see always, so that we are distressed by an exception to the rule. But it is a rare sight, indeed, and simply because most of us fail to make the best of our bodies, just as we fail to make the best of our lives as we fail to make the best of ourselves, by forgetting, neglecting, the very things most important to our welfare. Even the children, whose bodies ought to be poetry of motion, youth and grace, begin in their school days to grow careless, to hunch their shoulders, drop their heads and walk as though there was no special joy or freedom or opportunity in the exercise that we all take for granted, unless illness comes along and we are deprived of it.

For the ordinary woman to obtain a beautiful carriage is not half so bad a task as many women suppose, just because so few of them possess this truly wonderful beautifier. First of all, beautiful carriage depends on two things, not on one—the poise of the body and the poise of the mind. The mental attitude has a great deal more to do with the bearings of the body than most of us suppose. Note how the body expresses every emotion we feel; fear, anger, happiness, etc.; so it is natural that our whole attitude toward life should affect the way we carry ourselves. The first thing any woman who longs to obtain a graceful carriage of the body should do is to make sure that her mental outlook on life in general is a hopeful one, that she believes in herself and that opportunity to prove the reasonableness of this belief comes at some time or in some fashion to every one of us, herself included.

So I would say, as the first rule to observe in your attempt to obtain beautiful poise, hold up your head, lift the chin a little, so that your friends can say to you, "You are looking up."

It is probably true, as charged, that many a woman does not really know what beautiful carriage is. But she that has eyes to see need not long remain in ignorance on this point. If she lives in a city that boasts of an art museum, let her study therein the originals or the replicas, of the old Greek statues, whose subjects are, standing and leaning, walking and running, always with perfect grace and freedom. The Greeks of old not

only understood what beautiful carriage is; they also had joy in their bodies—healthy, natural joy—and they gave their bodies the practice in physical exercises that was required to keep them in supple and responsive condition.

Here are some simple bodily exercises that will aid any woman to secure a proper balance and control of her body:

Stand firmly on both legs. Change weight, making right leg the strong one. Incline head to right, body to left. You are now in harmonic balance. By inclining the body to the right you become awkward and if this is continued in you will probably fall; so you may learn by this simple exercise the value of balance and so begin to learn to stand correctly. When the weight does not rest alike on the two feet you must always bear in mind the fact that the head sympathizes with the strong leg and that it should lean ever so slightly to the side of the leg that bears the weight and so show nature's line of beauty.

Another exercise which will help you to be graceful is equally simple. Put the body's weight on both feet, heels together, toes apart. At the waist line rotate the body to the right as you simultaneously turn the head to the left. Be sure that this rotation is made by the waist and not by the thighs. Now turn about, rotating the body to the left and the head to the right. Practice until you secure real flexibility at the waist line and you will find that you have secured the most important aid to grace which so largely depends on control of the muscles at the waist.

Then, when you have learned to stand well and to have real use of your body, learn to walk all over again—learn walking as an art. Do not walk as the most of us do, with our legs stuck stiffly out, the body dragging and the arms swinging with no life or ease.

There are almost as many ways to carry the body as there are people in this world, and yet there are only a few simple rules for the perfect walk. The line of the body is of great importance; so also is the proper hip movement. There is no better practice to observe in securing the perfect walk than the often recommended one. Place a book or bundle on your head and see if you can walk with it poised there. Then draw a line along the floor, and see how straight your average walk is. Each step should be a foot apart, measured by your own foot; and in making these practice steps lift the thigh forward, letting lower leg and foot hang loosely. The unbending at the knee plants the foot immediately as weight bears on it. The body and head should sway in sympathy with every motion of the legs.

If the water in vases holding cut flowers is replenished each day and the stems of the flowers washed off they will last a long time. A pinch of salt or powdered charcoal added to the water helps to keep the contents fresh and sweet.

A VERY CHIC GHAPEAU

