SKIRTS OF THE HOUR

Trimmings and Fit Puzzle Home Sewers.

QUILLINGS AND LACE

SIMPLE DUST RUFFLES NO LONGER USED.

The Value of Inverted Pleats — Sash Ends for Girdles—Other Hints.

Special Correspondence of The Evening Star.

NEW YORK, December 1, 1904.

A decided reaction has set in against the complicated skirts introduced at the beginning of the season. Fulled to discomfort, shirred, corded and bristling with trimmings, these skirts were the torment of dressmakers and the despair of home sewers. The mere sight of one would cause the head to swim, and when the moment came to lift it from the mire—behold helpless breadths, flopping widths, despair!

A French correspondent writes: "The present tendency of fashion is to free itself from all eccentricities, and skirts especially are carefully considered. For instance, those overloaded with gatherings, puffings and ruchings, reaching more than half way up the waist, are put aside for those which are only trimmed around the bottom. The top part of the jupe is but slightly gathered to make it fall nicely, and at the bottom many a new skirt suggests the clinging models of last year. Leaden weights are put in the edge of these to keep them down and to prevent the clinging about the feet, a thick cord or crinolette is sewn in the bottom of the foundation skirt.

ROBE-FRONTED AND UNGORED SKIRTS.

gores being afterward fitted to the figure with pleats and tucks, some of which are confined immediately to the front and back. Recently seen in this model was a skirt in old-red cloth with a front arrangement of little inverted pleats forming a fan. This skirt, like all the other smart models now seen, hung loose from the lining, which detail in some of the circular flounce models is cut exactly like the outside.

The silk drops of all skirts are most

SMART SKIRT MODELS SEEN IN STREET EFECTS.

The latter, however, is so light and elastic as scarcely to be noticed, but it is only used in the lining, and the thin upper material must fall loosely over it.

"With reference to the length of skirts, those for every-day wear and walking purposes are made to clear the ground. But for promenading and visiting, a slight train is still considered to give a more dressy appearance, and this train the true Parisian elegante scorns ever to raise. Except across the muddiest sidewalk it sweeps as a matter of course behind her, creating a look of inherent grace, as if the train and the lady were one!"

But broad generalities will not by any means fit the subject of skirts, for cut and style depend entirely upon their relation to materials.

For example, all corded and shirred skirts require a pliable texture, such as crepe de chine, colienne, liberty silk, voile, chiffon velvet, etc., while a skirt of severe cut, with fur or velvet bands, may be in a cloth as heavy as leather. The fitting of these last at the top is accomplished in various ways, but such pleats as may appear are always cut away underneath at the hips. A sort of wide umbrella shaping distinguishes many a skirt cut, the carefully fitted about the hips, and the majority of them require a little cushion pad at the back of more or less thickness to round the figure into harmonious lines.

As to the various models in favor, after the quality of the material is considered, the shape of the bodice which is to accompany it decides the cut of the skirt.

With the long redingote coats in stout materials so much admired for street wear, the accompanying jupe has likewise a trim and tailored quality. Numerous designs are seen with pleats let in under a hip yoke portion cut in the skirt, these panels fanning out gracefully from the knee down in walking. But the skirt is short, of course—less than pavement length in many cases, for the long redingote precludes the possibility of graceful lifting. Again, however, a skirt in quite a stout texture will have the slight train admired in Paris, though lightness will be obtained by the way a cloth is manipulated. A visiting gown in plum blue cloth showed two straight flounces cut raw-elged, and placed over one slightly shaped at the train. To keep the cloth from raveling a bias of thin silk was stitched just above the edge of the flounces underneath. Suff-brown suede was the trimming used with this costume, whose upper garment was a skirted coat of uncommon jauntiness.

A Three-Flounced Skirt.

A street model used with many of the little Eton coats is a skirt in three flounces, likewise pavement length, for despite the more graceful tendencies of trained effects, short skirts rule on the sidewalk. Often these three flounces are further accentuated by a band trimming put on as a border, while the flounces themselves are the shaped affairs which are applied without fullness.

The pointed bodices, so much a feature of the season, necessitate a most careful treatment of the upper part of the skirts which accompany them. If the figure is slight, the delicate texture of such a skirt is almost without goring from the hips down; and the little shaping made at the hips is hidden by the close tucking or shirring there employed. This quaint fullness—for such models fall full below the hips—permits the straight bottom trimming used so much in Paris, and which is productive of stunning results.

A Pretty Model.

A skirt of lace net over changeable pink silk shows the deep bottom band of pink velvet applied to the skirt with scattered lace incrustations.

This full skirt, which is most often harnessed with a jaunty bolero bodice of some sort, is one of the smart designs of the season for evening wear. The robe-fronted models are also much admired, while trimmed skirts show the flounces put on in prim straight rows of former days.

But in order to accomplish the right effect it is wise for those who must fashion their skirts at home to begin proceedings by buying a good pattern.

A number of pattern places of exclusive pretensions supply with the flat models half a model, made up to the last detail, to insure against mistakes. The patterns are dear—from $2 up is asked for a skirt in good style—but the designs furnished are not those usually seen, and as the models are cut to measure no material is wasted.

If the entire skirt is not wanted the foundation alone can be had, as well as a single flounce, a shaped puffing, a sleeve, a cuff, etc.

As a substitute for the ancient "sweeper" (balayeuse), dressmakers once placed at the inside bottom of skirts there are under quillings of lace and ribbons which render the edge of evening jupes most wonderful. In fact, it seems to be the under glorification rather more than the outer which is considered with delicate night finery, and some of the pleated, puffed and pinched chiffon garnitures which hold out flounces seem as beautiful as flowers.

Flounced Skirt.

Harmonizing Colors.

If the full skirt is of silk in a staid color—say gray or mauve—when lifted it displays perhaps blue quillings, mixed with lace on the drop-skirt edge. A touch of black also often peeps from under the outside petticoat, for frequently a pallid silk skirt will be faced with black velvet.

So much is color now liked that even with all-white gowns the under-flummeries are tinted, though for the matter of that the whites are tinted too. Shades of rich cream, oyster and biscuit tints are seen much more than pure white, which makes the blending with color an easier matter than if the whites were of chaster quality.

Dainty and becoming details with both street and evening skirts are short sash effects, attached to high-girdled bodices. These seem to give just the finish a tailless waist requires, and the grace of the skirt seems increased thereby tenfold. If the gown is of cloth, with velvet trimmings, the sash ends are also of velvet, cut bias and knotted or trimmed with ornaments to simulate bodice tails. They are scarcely ever over half a yard long, but the device is an excellent way of hiding a defective skirt cut or the ugly flatness of a figure.

With the evening gowns the wide flowered ribbons which are sometimes used for the high girdles may drop in fantastically bowed and knotted ends at the back. A splendid slide or buckle is the finish at the waist line, and the girl with short sash tails seems twice as well off as the girl with a tailless girdle.

Bright Silk Skirts.

Pretty petticoats which glorify plain street skirts to an astonishing extent, are made of dark silks, in chine flower patterns. The flounces of these are pleated finely to obliterate still more the indefiniteness of the flowers, and they are edged with pinked ruchings of plain taffeta. By way of illustration of the smart possibility of these skirts, with gowns in plain colors, such as dark brown, blue, etc., the flowered petticoat may display a number of shades in the same color.

The silks used for such skirts are very reasonable by the yard, and a good pattern will make the shaped quilling and pretty ruches and rosettes which distinguish them a comparatively easy matter for the home sewer. But when it comes to the subject of petticoats, really with skirts in their present unlined state, not one, but half a dozen silk petticoats might be considered at a time. If bought ready-made $24 will get four in excellent styles, for $5.98 is the common price of the average silk underskirt. When made at home, however, the effect is generally more satisfactory, and since the gayly checked and figured silks introduced in the summer dresses have gone out for this purpose, they might be utilized with benefit for petticoats.

One great shop, whose words may be counted upon, recently sold $2.50 silks in these passe styles at fifty-eight cents the yard. Not two weeks later they were encountered in the streets—in the form of lovely petticoats.

MARY DEAN.

A ROBE EFFECT IN POMPADOUR SILK OVER A LACE PETTICOAT.

THE QUEST OF BEAUTY

Exercise for the Neck to Do Away With a Double Chin.

STRUGGLES WITH TIME

WHAT TO DO WHEN THE SIGNS BEGIN TO SHOW.

Vocal Culture, Throat Massage and All the Other Helps.

Written for The Evening Star.

When the double chin begins to show itself; when the flesh below the cheeks loses its firmness, and unpleasant creases appear in the midst of flabbiness, then a woman knows that her struggle with old Father Time must begin. She might as well acknowledge the fact, and if she is a truly up-to-date woman she will not find it a disagreeable one. For modern science has taught her how to take up that struggle knowingly, so that she is bound to win. Mentally, she is far more fascinating than she was at twenty, and physically she may be just as much so if she will.

It is all a matter of work, this of beautifying the neck. A throat that is flabby cannot be made firm without work, and hard work at that, nor can a thin one be built out any more easily; the point to be dwelt upon is, that the desired result can be achieved. With what is now known of physical training, massage and skin foods, it is not only possible, but absolutely sure that the neck can be brought to lovely curves if a proper effort is made—excepting, of course, in such cases as those of some disease which lays waste beyond any physician's power to check, or one which causes an abnormal growth of adipose.

The same exercises work both ways in the treatment of the neck, just as they do in the treatment of other parts of the body. As a prominent physical trainer puts it, "It's all a matter of pace." By this he means that if the exercises are taken at a rapid pace so that they are tiring, they will burn away superfluous flesh; if they are taken slowly and never to a point where they fatigue, they will cause the building of new tissues.

So whether the throat and neck be too fat or too thin, you may take these exercises; but remember that you must take them easily in the latter case, strenuously in the former.

High Collars.

There is no question that the high collars worn for so many years have done much injury to the neck of the wearers. It is a commonly accepted fact that they have caused darkening of the skin and ugly lines about the throat. Furthermore, they have impeded the natural motions of the neck. Women have been holding their necks stiffly, and the natural exercise that belongs to every-day living and is perfectly unconscious, has not been allowed to the neck. For want of it, the double chin has gained strength and the scrawny neck has grown scrawnier.

Collars are lower than they were; better than this, they are softer. Wear the lowest and softest the styles will permit so as not to counteract the benefit of the exercises. Every morning and night and between times if you can, go through these motions in your room:

First—Throw the head back as far as you can. You will feel a strain upon all the muscles of chin and throat. See that you do feel this strain—that the stretch is enough for that. Now, keeping the neck stretched all the time, turn the head slowly to the left and right. If you are working to reduce a double chin you must increase the rapidity until you are working fast; if you wish to fill out hollows, always move slowly.

Next—Let the head drop forward until the chin rests upon the breast. Raise it to a normal position. Lower and raise alternately, either slowly or rapidly, according to your special needs.

Third—Throw the head back, return to normal position, continue in two counts.

Fourth—Combine the last two movements; drop the chin forward, throw the head back, and so on in two counts.

A Five-Minute Talk.

This is enough for the first lesson. You should have spent five minutes in the work; later on you can keep it up for at least twice as long; steadily, if fat—with frequent rests, if thin. After the exercise at night you may bathe the neck with warm water and castile soap, then give it the massage treatment, which will be described later.

Next day repeat the four exercises you have already learned and add a harder one. It is taken while lying at full length on your back. Place a mattress on the floor for this—if more convenient, lay out a row of sofa cushions. Do not let your head be higher or lower than the body.

Now turn the head to the right so that the right cheek comes against the mattress. Return to position. Continue in two counts. A very few counts at this will tire you, for it is much harder to take these exercises when lying down, and consequently much more beneficial, for more is demanded of the muscles.

Now turn to the left. Finally, alternate the right and left movements, stopping at position upon the second counts. Then combine, turning right, left, right, left, and so on without stopping at position.

At the next lesson take the same motions while standing. This will be less strain and you can keep up the movement much longer. Turn the head to the right, bring it back to position—in two counts; then to the left; then alternately; then in combination. You will understand that the alternating movement calls for four counts and the combination for two slower ones. Thus: Right, position; left, position, for the alternate movement. Right, left; right, left, for the combination.

Vary the Work.

If there are too many exercises to go through at one time, vary them, using some in the morning and others at night.

The last one to be taking standing or sitting is this: Bend instead of turning the neck to the right until the cheek draws close to the shoulder. Return to position and continue in two counts. Change to the left. Alternate. Combine.

Finally, practice this on the mattress. Lie extended on your back as before. Bend the head so that the chin rests upon the breast. Return to position. This, as you will soon find, is a very different matter from doing it while standing. Continue in two counts.

Vocal culture, of course, benefits the throat, giving it roundness and firmness, but few women who have no taste for singing care to take this work up merely in the beauty quest. The other exercises combined with massage will be sufficient if persisted in.

Develops or Reduces.

Now for throat massage. This follows the same law as the one laid down for exercises. The same movements either develop or reduce. Massage violently and you will tear away the tissues, so to speak, or the minute cells of which they are composed. Massage gently, and you will stimulate the growth of more cells.

Before beginning a course of massage provide yourself with a good skin food. If you know of one that you can trust, use it; otherwise mix your own. You are on the safe side in so doing. No receipt can be better than the following: Four ounces sweet almond oil, two ounces cocoanut oil, two ounces lanolin, one ounce white wax, one ounce spermaceti, melted together. When thoroughly melted remove from the stove and beat until cold, gradually adding while beating three drops tincture benzoin and finally two ounces orange flower water.

After bathing the neck, dip the first and middle fingers in the cream and proceed to rub in a small curve on each side of the throat where the flesh is inclined to be flabby if there is a superabundance of it. The curve should be downward, outward, inward. Hard rubbing on each side of the throat will wear away the double chin and give firmness to the flesh. Gentle rubbing, with much of the skin food, will increase the fullness of a thin throat.

Another Motion.

The next motion is performed in this way: Place the thumbs just below the ears and the tips of the forefingers at the corners of the mouth. You are to work with the three remaining fingers. Let them start at the tip of the chin and rub downward and outward. Both hands should work at once. Of course, the fingers are dipped in the cream.

To fill out the hollows that appear at the base of the throat, or to reduce flesh at this point, place the thumbs against the shoulders, let the fingers of the two hands meet at the base of the throat, then rub in circles. You can continue with this motion all the way around the neck if you wish.

If you are too fat or too thin in all ways you must not expect the neck to become perfect unless you assist it through the whole system. You must regulate your diet according to your needs, and attend to your hours of sleep, your work and general exercise.

Very often correspondents complain of a yellow neck. This is frequently the result of high collars, and the collars must be discarded before any treatment can avail. After this, bathe the neck in lemon juice and water—say a half glass of water to the juice of one lemon. An application of cold cream and massage should follow. Do not bathe the neck until next morning, and then use cold water.

Useful Suggestions.

Dip your fingers in a good skin food, then massage the hollow cheeks with a rotary movement, working upward and outward. Pinch the cheeks between thumb and first finger. Practice this exercise for rounding cheeks: Thrust the tongue, with pressure, into first one, then the other. And this: Puff out the cheeks and slap them gently.

There is no reason for being discouraged because you cannot afford a manicure. First, throw away your steel nailcleaner. Then purchase at any drug store some orange wood sticks. With a penknife flatten the end of one, then round that tiny flat blade. Once a day you must gently push back the skin around the nail with this, and the half moons will soon appear. Do it when the skin is softened after washing. Clean the nails with the same blade and with nothing else; do not delve into the "zig-zag" places, but persist in cleaning in a regular curve and the skin will gradually grow to the nail again.

Drink a lemonade every morning before breakfast to improve your complexion. For a red nose apply a lotion made of rose water and 2 per cent in its bulk of carbolic acid. The proper weight for a woman of 5 feet 7 inches is 149 pounds. To gain flesh take exercise, but do not become tired at it; eat dairy products; drink at least a quart of milk a day, and a beaten raw egg every day—more than one, if you can. Dumbbells and determination will overcome round shoulders.

As your skin is so sensitive, do not use the face brush until you have healed the pimples with this cream, using sparingly: Five grams sweet almond oil, five grams sulphur precipitate, five grams lanolin, two and one-half grams oxide zinc, ten drops extract violet. To thicken your hair, massage the scalp daily and rub in vaseline three times a week.

Peroxide of hydrogen is applied to the roots of the hair with a scalp brush—a tooth brush will do as well. Each application makes the hair lighter. It neither harms nor helps the growth.

NEW DELICACY REIGNS

DAINTY FEMININITY ALTERS ROOM FURNISHINGS.

Ribbon Embroidery and Spangles Deck Everything From Pin Rolls to Cushions.

Written for The Evening Star.

As the strenuous trend of the feminine mind since the dawn of the new woman has been symbolized by the severity and practicability of her surroundings, so woman's return to the gentler sphere of beauty and loveliness is presaged by the exquisite daintiness of her new boudoir fittings. Not only the furnishings for her dressing table, but the equipment for the desk, the table and the workbox, and the embellishments for the walls and chairs and couch, are all built of the softest of silks and ribbons in the most delicate and bewitching colors. An entire boudoir set shows but one fundamental shade, relieved by the blending pastel tints of the Louis embroidery or the gold bullion work of Marie Antoinette; or a set may be built entirely of pompadour ribbon or of ribbon in Dresden design, with wee rosebuds embroidered in harmonizing tones.

For the dressing table are displayed receptacles in every possible shape and size needed to hold the numberless small accessories of a woman's toilet—a large roll for veils, a smaller one for different length pins from hat pin to lawn cuff fasteners, and a still smaller roll for needles; boxes in every conceivable form, diamond-shaped for jewels, heart-shaped for buttons, semicircular for linen neckwear, square for handkerchiefs and a deep oblong for gloves; also flat, puffy cases for these articles. Each and every piece of the entire set is covered with the same shade of durable bengaline silk, lined with soft China silk in the same tone and bound with narrow satin-edged surah ribbon.

In similar manner the flat and circular blotter frames, the letter holders and the picture and calendar frames, address, telephone and memorandum books—all the furnishings for a desk have the coverings of silk.

Dainty and Rich.

Charming is the one word that describes these outfits, so dainty and elegant are they and yet so simple. One complete set in shrimp pink has on each piece a cluster of wee roses in ribbon embroidery, showing the pastel shades of green, lavender and blue. Another in lavender has star flowers in green, blue and lavender. Still another in white watered silk is bound with baby blue ribbon, and has the tiny roses in pink and blue, with green stems and leaves. The pastel shades of the Louis embroidery relieve the one color of the background and blend into each other so exquisitely that they are most restful to the eye. Following a Marie Antoinette design is a boudoir of mauve watered silk covered with lattice work in fine gold bullion, and embroidered in the center of each article is a long-handled basket filled with the tiniest of flowers in rose pink, porcelain blue and olive green. The brush and comb tray has its embroidered face protected by a piece of beveled plate glass.

In the larger furnishings for the boudoir, such as couch pillows, scarfs for the dressing table and stand, cases for night gowns or bags for laundry, the flowers are embroidered in natural size by the use of crinkly split silk ribbon. One scarf for the dressing table shows an oblong of watered silk in shrimp pink, with a simulated hem of satin in the same tone, four inches in depth. On either end of the scarf are two water lilies done in pink, lavender and green, and beside them stalks of cat-tails in harmonizing brown ribbon, with stems of green. Any one article in a set, from a needle roll, with its tiny rosebuds, to a sofa pillow, with its decoration of orchids or poppies, makes a choice and most acceptable Christmas gift.

Disinfecting the Clothing.

From Harper's Bazar.

In every household should be set aside a small room (if this is impossible, then a large closet) for the purpose of disinfecting all street clothing. There are many disinfectants on the market, inexpensive and effective, that will not harm the most delicate fabric or coloring. A formaldehyde generator will be found entirely satisfactory for this purpose, and well worth the trouble and expense. This exigency is doubly imperative regarding the clothing of housemaids. The places they visit are naturally unknown to the mistress of the house and beyond her jurisdiction, and much contagion conveyed on their clothing has entered our homes by this means.

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FOR UNUSUAL GIFTS

Artistic Effects Attained in Recent Showings.

WELCOME PRESENTS

UNCOMMON ARTICLES GIVE MOST PLEASURE.

Looking Around Among What the Little and Big Shops Are Offering.

Written for The Evening Star.

With the beginning of December the thoughts of all womankind at least must turn to the holiday season, so fast approaching, and its attendant duties and pleasures.

To some only the one side appears: What they must do, whether they want to or not, in the way of making gifts; to others all giving is a pleasure only limited by the means at their disposal.

It really seems, indeed, that those who have least in the way of worldly wealth are the most generous in spirit and plan to bestow much more accordingly than many of their richer friends. Indeed, the "healthy pinch of 'just enough'" is often a spur to one whose pleasure lies in gift-making, and with untiring energy and interest she will work until Christmas is here, that no member of the family, no outside relative, friend or dependent may be unremembered when Christmas day dawns at last.

To an inventive mind it is a pleasing exercise to think of the suitable thing for each prospective recipient and the gifts that show some loving thought has made that particular selection are those most highly appreciated as a usual thing.

The Always Ready.

There are many staples in the world of Christmas presents, and each returning season shows quantities of the same things displayed or concocted that we have seen from time immemorial. They have been tried and proved and not found wanting and are just as acceptable as ever they were in the years gone by.

One hopes for novelties, however, and sometimes finds them, sometimes not. If the latter is the case one settles down on some time-honored object, which, however, may have a touch of novelty in its treatment or combination. Everything pertaining to arts and crafts is specially alluring at this season, and hand work in all lines is considered as most desirable.

Displays from the various handicraft work rooms are distributed all over the country and are more tempting to many people, especially all of artistic mold, than the machine-made goods of the large shops.

Few and Rare.

Possibly the suggestion of seeming scarcity may add a zest to these articles, for one never finds them in such quantities as factory-made goods, and we all like a thing that is out of the common, and that has a touch of rarity about it.

All the copper, brass and silver handmade or beaten utensils are most interesting, and many beautiful things are to be found in their ranks.

The hand-made jewelry has created a furore the past few years, and much individuality is displayed in the unique settings, and often beautiful, sometimes bizarre, designs employed.

A Bit of Jewelry.

All costumes are enhanced by something in the way of jewelry, harmonizing in color, and as all styles are shown, the substantial as well as dainty and delicate, each purchaser may be sure of finding something suitable, whether for morning, afternoon or evening wear.

Everything pertaining to lamps and candles is of interest, for now both are so much used for town and country houses that there is great demand for them.

Nothing very novel has appeared in lamp shades, the best being those following the lead of the Tiffany lamps, glass of opalescent hues combined with dull green bronze mountings seeming the favorites.

The Japanese dome-shaped paper shades, with bamboo ribs, are perhaps the best lower-priced shades.

In candlesticks Arts and Crafts workers have many forms to show; from Chicago come some fascinating ones—tall, slender, with broad round or square base, so that they look delicate and graceful, while really very substantial.

Lanterns and Screens.

Lanterns are also shown on old models and find many admirers.

Candle shades are of the usual variety, pierced silver over white or colored linings being the most elegant looking, as in former seasons.

To merely screen a candle on one side some pretty little silk shades are shown, shield shaped, with a ruching of the same silk bordering the edge.

Charming little shades of this nature have been brought from abroad, with the coat-of-arms of a country in color upon a white silk background, but these were in private houses. I have never seen them in shops.

A Good Hint.

I have lately noticed some effective shades of Welsbach burners, overcoming the disagreeable white light. A thin, airy lace was tinted a dull old rose color and shirred full onto a pair embroidery hoops, and these laid on the globes of two matching side burners in a room gave a toned light, most agreeable to the eyes, while the thinness of the lace did not obscure the light to any extent.

The tinting was done by diluting with water a broom stain, intended for use on wood in connection with pyrography; made very weak in solution, it gave the desired dull pink tint which had been sought after in that silk without avail.

The various art potteries throughout the country have sent their wares also to be among the Christmas attractions. One set is very charming in its soft blues and blue-gray coloring.

The shapes are all pleasing and very decorative, and besides the colors just mentioned are green and brown combinations, Japanesque in style and very effective.

Art calanders, mottoes and booklets, all hand work, have been sent here and are beautifully gotten up and most artistic in design and treatment.

Dainty mirrors, from old designs, with the tarnished gold frames, now considered so desirable, are in pretty variety, as well as lovely little picture frames for photograph or miniature.

There is a great fancy for colored prints and small water-color miniatures, which are displayed, charmingly set off by these beautiful little frames.

Sanitary Houskeeping.

From Harper's Bazar.

The kitchen should be the focal point of our aggression, for herein lie many of the unseen possibilities to make or mar the health and contentment of a household. In these days of slipshod housemaids, many of whom, unfortunately, we are compelled to choose from the rank and file of the uneducated and untrained, who have only the crudest notions relative to personal hygiene, the only alternative is to take things in our own hands and make training schools of our own kitchens, not only in justice to the health of our immediate families, but for the well-being of future generations. Rules looking to the preservation of health should be unremittingly impressed on the mind of the one in charge of the kitchen, and in order to facilitate this matter—at the same time simplifying it—a slate should be kept hanging in some convenient place in the kitchen, containing rules regarding the sanitary care of food and of everything appertaining thereto. It should be remembered that boiling water is a valuable disinfectant within the reach of every household, and should be lavishly used. All cooking utensils should not only be thoroughly washed, but rinsed in boiling water and thoroughly dried before being put away. Soap or washing soda, added to boiling water for scrubbing purposes, enhances its qualities of disinfection.

Darning Stockings.

Darning stockings is never a very welcome task, and too often in the case where there is a large family the task seems almost endless. The following method will insure less darning, because the darns being more secure will last longer: Before beginning to darn a hole tack a piece of coarse net lightly to the stocking over the hole, then darn over the net and be sure to also darn well into the stocking as well to keep the darn firm. The net makes such a good foundation that the work is more quickly done, and the result is a much smoother and neater darn than one done in the old way.

How to Whiten Linen.

Take one pound of fine white soap, cut it up into a gallon of milk and put it over the fire in a kettle. When the soap has quite melted put in the linen and boil for half an hour. Now take it out, having ready a lather of soap and warm water. Wash the linen in it and then rinse it through two cold waters, with a very little blue in the last.

A GOWN OF SUPPLE SILK WITH SELF-TRIMMING.