

moderately deep cuffs closed with buttons or links.

Bobbinet corset covers are made in one piece, with only shoulder seams. They may be ornamented with cross-stitch worked with soft white tidy cotton, finishing with a lace beading and ruffle at the top and around the arm holes. Make the skirt portion of lawn in circular form, and finish the front with a piece of insertion edged with lace ruffles.

The neatest collars are made of narrow Swiss embroidery. Two pieces, joined with insertion, make nice, comfortable collars for white shirt waists. Velvet bands, trimmed with lace, or small medallions, are attractive. Neck ribbons are not worn with the waist. Only velvet ribbons are worn, with no bows, but just prim little bands.

If you are a good needle-worker, make your own belts. They are much more stylish than the "store" girdles, if made well, and cost much less.

For the neck, the velvet may be of a suitable color to wear with the waist—not necessarily black, and edged with tiny frills of lace that fit snugly to the neck; the stock should be slightly pointed.

Many of the new cloth skirts show lines of piping, and this is certain to outline graceful lines and curves in a dress which is between a tailored suit and a "butterfly dress."

Embroideries for stocks and jabots come in styles with edges notched for velvet or silk ribbon.

Helps in House-Cleaning

For the iron bedstead, wash clean and dry, then rub with a cloth dipped in melted paraffin, using only a little at a time, and rubbing until perfectly clean.

For the linoleum, wash with lukewarm water in which a very little good soap has been dissolved, using a flannel cloth; then, when it is clean, go over it with a cloth and clear warm water, following this by wiping up with a cloth wrung out of cold water to which a very little dissolved glue has been added.

When the glass over pictures needs cleaning, and water is not advisable, use powdered Fuller's earth, by dipping a wet cloth in it and dabbing over the glass, let dry and polish with a bit of clean, soft chamois skin, or old silk. It is better to remove the glass from the frame before cleaning, if possible.

If you have an old carpet that still

FOOLED THE PREACHER

A Doctor's Brother Thought Postum Was Coffee.

A wise doctor found out coffee was hurting him so he quit drinking it.

He was so busy with his practice, however, that his wife had to write how he fooled his brother, a clergyman, one day at dinner. She says:

"Doctor found coffee was injuring him and decided to give Postum a trial, and we have used it now for four years with continued benefit. In fact, he is now free from the long train of ills that follow coffee drinking.

"To show how successful we are in making Postum properly, I will relate an incident. At a dinner we gave, Doctor suggested that we serve Postum instead of ordinary coffee.

"Doctor's brother, a Clergyman, supposed it was old fashioned coffee and remarked, as he called for his second cup, 'If you do preach against coffee I see you haven't forgotten how to make it.'"

This goes to show that well-made—fully boiled—Postum has much the flavor and richness of good coffee although it has an individuality all its own. A ten day's trial will prove that it has none of the poisonous effect of ordinary coffee but will correct the troubles caused by coffee. "There's a reason." Name furnished by Postum Co., Ltd., Battle Creek, Mich.

has some good "ends" to the breadths, rip it all apart, and cut off the good pieces, and, if they are large enough, sew them together again, after cleaning well, and get a few yards of narrow "stair-cloth," of about the same quality as the worn carpet (a cheap grade will generally be right), and make a matched border around the matched "ends." This will give you a very useful rug to lay on the bedroom floor at a very small cost. The ends of the pieces that are usually very little worn, may be sewed together with a flat seam, and put in the middle of the rug. Instead of new border, the edges may be bound by some bright pieces of flannel, and a strong fringe sewed across the ends to make it lie flat.

Keep the old, worn sheets that split in the middle for covers for the ironing board, washing them after using, or leaving them on as a cover to keep it clean. Save all the good pieces of worn cotton or linen and after laundering them, roll them into bundles and put into convenient places where they may be readily found in case of cuts, breaks and bruises.

Superfluous Hair

A toilet specialist, in a Sunday Magazine, says this, in regard to the eradication of superfluous hair on the face, neck and arms:

"There are so many so-called 'depilatories' on the market; pastes, lotions, small electric batteries to be used at home, waxes of various sorts, but the hair returns in full force after it has been removed; in many cases a dozen where only one grew before. Women have burned, and scraped and tortured the skin in trying to kill the growth, but so far, in the list of available eradicators, the toilet pumice keeps first place. It must be used every day, just as the face has to be washed every day; if left off, the hair returns; but so it will when hundreds of dollars have been paid for electrolysis, and hours of pain endured, whereas, the little stone costs but a trifle, is always handy, will last a lifetime, and the effect is exactly as though the hair was removed permanently."

Other specialists disagree about using the pumice on the arms.

The Little Hands

The cold, raw weather of early spring always had a bad effect on the children's hands. Parents should see that the little folks are taught to properly dry them when washed, and they should be told the reason for such requirement. If the hands and wrists and face should chap and roughen, it should be explained to the little ones that such a condition generally resulted from hurried wiping, or the use of strong alkaline soaps, and they should be taught how it may be avoided. Children understand many things very early, if they are properly talked to. If they ask you "why," just give them the reason. See that they wash the hands and face properly, and if soap is used, show them how to "kill" the alkali with a wetting with vinegar. Keep a bit of camphorated mutton tallow on the wash stand, and insist on its use at night, seeing that the grease is well rubbed into the skin before they lie down. Teach them to keep the nails clean, and shapely; teach them to take pride in such care. Encourage a love of refinement and beauty in your child. If none exists, develop one.

For the Face

The winds of March are always "rough" on the face, in more senses than one, and care should be taken that only a mild soap is used for cleansing if one would enhance the beauty of her complexion. Even this should be used with discretion, and should never be employed during the day or before venturing into the air, for the effect is surely bad. The alkali contained in every cleansing composition known under the name of

soap is always sufficient to cause the superficial layers of the skin to become swollen, and thus be far more sensitive to the action of the elements than before.

When it is really necessary to use soap on the face, it should be applied at night, and as soon as the skin is sufficiently cleansed, a good emollient of some kind should be applied immediately to replace as much as possible the fat that has been extracted from the tissues by this process. When the pure castile is not desirable, this formula will be found most valuable for use at this particular season. It is easily made, and will be appreciated for delicate skins:

To five ounces of honey, strained from the comb, add four ounces of powdered castile soap, three ounces of white wax, one of storax, and half an ounce of tincture of benzoin. The soap, honey, and white wax must be melted together by setting the vessel containing them into another vessel containing hot water, until dissolved, then add the storax with the benzoin. This preparation may be used by shaking it up with warm water until a mild suds is produced (putting a little into the water until the suds is strong enough). Cleanse the flesh with this in the usual manner. The so-called "strained honey" of the stores should not be used, as it is apt to contain too much glucose.—Selected.

It is claimed by some that olive oil, applied externally, darkens the skin and induces a growth of hair on the face. There are better emollients.

A Cure for Bashfulness

A successful way to overcome bashfulness is to take an interest in those around you, and forget yourself. You will always find some one who is more bashful than you are, and you should go to such a person and endeavor to make things enjoyable; by so doing, you will forget your own self. Don't imagine that you are, to any great extent the center of observation, for few people are bothering themselves about others who do not interest them. Every one in society is looking for amusement, entertainment or instruction, and unless you furnish one of these, you are not apt to attract attention. Many of them are as much afraid of you as you are of them. In trying to help others, you will help yourself. One day, during the World's fair at St. Louis, two ladies found themselves seated at a table in a tea room. Both looked tired and bored. When the waiter came around for orders, one of the ladies, looking across at the other, said, "I beg your pardon, but will you choose for me?" At which both of them laughed, and the one spoken to, as soon as the waiter left them, said, "Do you know, I was nearly dead for some one to speak to. I have not had a chance to open my mouth today." "And I, the same," said the first speaker, "that is the first time I have spoken a word today." From that chance meeting arose a friendship that has grown stronger with the passing years, and many a pleasant courtesy is exchanged between the one who lives in South Carolina and her neighbor, who came from Nebraska.

Detachable Flounce for Petticoats

Here is an eminently practical idea for either a silk or a lingerie petticoat: The upper part is finished separately; the flounce buttons onto its lower edge. The flounce of a skirt always soils more quickly and wears out more rapidly than the body, and one can have two or more flounces for the same body, thus economizing in cost of material and expense of making. The body will serve for several flounces, and will also save expense of so much laundering, as only the flounce need be laundered. The skirt should open at the side of the front gore,

which will do away with the possibility of the skirt drawing apart at the back placket, as sometimes happens when the opening is at the back. The body may be made of material chosen for its wearing qualities, while the flounce may be made as daintily as lace or embroidery will admit; or it may be made simply of ruffles and edging.

Charcoal Stops Gas On Your Stomach

Wonderful Absorbing Power of Charcoal When Taken in the Form of Stuart's Charcoal Lozenges.

Trial Packages Sent Free.

Charcoal, pure, simple charcoal, absorbs 100 times its own volume of gas. Where does the gas go to? It is just absorbed by the charcoal—the gas disappears and there is left a pure, fresh, sweet atmosphere, free from all impurities and germs.

That's what happens in your stomach when you take one or two of Stuart's Charcoal Lozenges, the most powerful purifiers science has yet discovered.

You belch gas in company, sometimes, by accident, greatly to your own humiliation. That is because there is a great amount of gas being formed in your stomach by fermenting food. Your stomach is not digesting your food properly. Gas is inevitable. Whenever this happens, just take one or two of Stuart's Charcoal Lozenges right after eating, and you will be surprised how quickly they will act. No more belchings; no more sour risings. Eat all you want and what you want, and then if there is any gas going to be formed, one of these wonderful little absorbers, a Stuart Charcoal Lozenge, will take care of all the gas.

And it will do more than that. Every particle of impurity in your stomach and intestines is going to be carried away by the charcoal. No one seems to know why it does this, but it does, and does it wonderfully. You notice the difference in your appetite, general good feeling, and in the purity of your blood, right away.

You'll have no more bad taste in your mouth or bad breath, either from drinking, eating or smoking. Other people will notice your bad breath quicker than you will yourself. Make your breath pure, fresh and sweet, so when you talk to others you won't disgust them. Just one or two Stuart Charcoal Lozenges will make your breath sweet, and make you feel better all over for it. You can eat all the onions and odorous foods you want, and no one can tell the difference.

Besides, charcoal is the best laxative known. You can take a whole boxful and no harm will result. It is a wonderfully easy regulator.

And then, too, it filters your blood—every particle of poison or impurity in your blood is destroyed, and you begin to notice the difference in your face first thing—your clear complexion.

Stuart's Charcoal Lozenges are made from pure willow charcoal, and just a little honey is put in to make them palatable, but not too sweet.

They will work wonders in your stomach, and make you feel fine and fresh. Your blood and breath will be purified.

We want to prove all this to you, so just send for a free sample today. Then after you get it and use it, you will like them so well that you will go to your druggist and get a 25c box of these Stuart's Charcoal Lozenges.

Send us your name and address today and we will at once send you by mail a sample package free. Address F. A. Stuart Co., 54 Stuart Bldg., Marshall, Mich.