

and let cook slowly for three quarters of an hour, then stir slowly into it a cupful of boiling milk, thickened with a tablespoonful of flour rubbed into one of butter. Stir well and turn at once into a heated tureen.

Potato Chowder—Three cupfuls of parboiled potatoes cut into dice; half cup of salt pork cut fine; one-half cup of onion; two tablespoonfuls of flour, same of butter, three cupfuls of milk, one cup water, tablespoonful of minced parsley, teaspoonful of salt, a pinch of cayenne and half teaspoonful of celery salt. Put the pork in a skillet and fry ten minutes; add the onion and fry until yellow, then into a kettle or sauce pan put a layer of the potatoes, cover with onion and salt pork, and continue using alternately in layers until all is used. Cover this with water and cook until the potatoes are done; then make a white sauce by cooking the butter and flour together and adding the hot milk; put the seasoning in the sauce, put altogether and cook for a couple of minutes, then serve hot.

For the Toilet

A tonic recommended for dry hair is one tablespoonful of black tea in a half pint of boiling water; let steep for half an hour, then strain and add two ounces of bay rum, two ounces of glycerine, and the same of alcohol. Shake this well, and apply to the roots of the hair every night. The tea is said to restore the color to the hair, the bay rum acts as a tonic to the scalp, the glycerine keeps the hair from being too dry, while the alcohol prevents the mixture from souring.

Learn to shield your nerves, and don't let them become too sensitive; take life calmly as possible, and take it very calmly indeed. If you can not be calm under trials, do all you can to keep your muscles still. Do not pat your feet, twist your hands, wrinkle your face, or "fidget" yourself into a fret for every little thing. If you prevent wrinkles, you will not have them, and nothing brings wrinkles so quickly and so thickly as worrying.

A good formula for an antiseptic mouth wash is one part thymol, twelve parts benzoic acid, sixty parts tincture of eucalyptus, three parts oil of peppermint, and four hundred parts alcohol. Add a few drops of this mixture to a glass of water and use for rinsing out the mouth night and morning.

The frequent contact of the tooth brush with the animal and vegetable substances in the mouth makes it particularly necessary that it should be cleaned and disinfected; yet how seldom do most people take the trouble to clean the tooth brush! It should be washed every two or three days in soapy water and let soak in some antiseptic solution for a half hour. Every time after use it should be washed and rinsed and laid to dry.

Ammonia will in time destroy the bristles, or any kind of hair, and should not be used in cleaning brushes. The effects may be slow, but the brush will be ruined through the rotting of the bristles.

Useful Information

Magic polishing cloths are made in this wise: Mix two pounds of whitening and one-half ounce of oleic acid with a gallon of gasoline. Stir and mix thoroughly. In this compound soak flannel rags of a handy size, then wring them out and hang to dry, keeping them away from fire or flame. The use of these cloths will give a fine polish to silverware, and will last a long time. Keep them in pasteboard boxes.

Dustless dust cloths are made in this wise: Mix one pint of kerosene with a third of an ounce of oil of



The pattern, 6216, is cut in sizes 34 to 42 inches, bust measure. Medium size requires 4 yards of 44-inch material, with 3/4 yards of braid.

6131—LADIES' DRESS

Serge or cheviot can be used to make this dress. It is made with the closing at the left side of the front. The skirt is cut in four gores and can be made with either the high or regulation waistline. The standing or rolling collar can be used.

The pattern, 6131, is cut in sizes 34 to 42 inches, bust measure. Medium size requires 5 yards of 36-inch material.

6219—SMART ONE-PIECE DRESS

The most fashionable of all gowns this season is the one piece model. Our design shows a simple bodice, with ornamental closing, the neck finished with a low collar, the plain sleeves ending in a cuff. The four-gored skirt has a seam in the centre of the front and also of the back.

The pattern, 6219, is cut in sizes 34 to 42 inches, bust measure. Medium size requires 4 yards of 44-inch material.

6228—NOVEL YOKE WAIST

This stylish design has a short yoke at the shoulders in both front and backs. It opens quite low in front and the edges of the opening are trimmed with a handsome notched collar. The

sleeves have no fullness at the shoulder and may be elbow length or finished, shirt fashion at the wrist.

The pattern, 6228, is cut in sizes 34 to 42 inches, bust measure. Medium size requires 2 1/2 yards of 36-inch material.

6221—GIRLS' DRESS

This neat little frock is closed in front and has a three-piece skirt. This is attached beneath a belt to the blouse, which has inset sleeves, seamed on the outside and a round cut neck, finished with a band.

The pattern, 6221, is cut in sizes 4, 6, 8, 10 and 12 years. Medium requires 2 1/4 yards of 36-inch material.

6247—GIRLS' MIDDY BLOUSE

The middy blouse of this season is somewhat changed from the old style. It has the usual drop shoulder and open neck, with fancy collar. The sleeve is plain top and bottom and the lower edge of the blouse is gathered into a wide flat belt.

The pattern, 6247, is cut in sizes 6, 8, 10 and 12 years. Medium size requires 2 1/4 yards of 36-inch material.

6238—MISSES' AND SMALL WOMEN'S DRESS

Young girls will like this stylish dress with its simple jacket, closed in front and gathered at the waistline where the hip sections are attached. The plain sleeves are inset and the

paraffine, thoroughly blending it. Get three yards of black cheese cloth and cut into squares; wash in the solution and dry. The dustless dusters are not expensive to buy ready made.

For dust and dirt removing from a polished surface, it is best to take a tepid suds made of a good white soap, and then wipe with a soft dry cloth. Mix a tablespoonful of turpentine with a half pint of linseed oil, and go over the furniture with a scrap of flannel barely dipped in the mixture—not saturated. Then take a big cheese cloth duster, perfectly clean, and rub, rub, rub, until every particle of the oil is taken off. The soap and water cleans, the polishing fluid fills the pores, and the good rubbing, which is the most important, leaves the surface clean.—Marion Harland.

A raw egg is not so easily digested as a cooked egg; the white must undergo coagulation in the stomach, and cooking saves the stomach this work. The notion that raw eggs are more nourishing and more easily digested than cooked ones, results in forcing many a poor sufferer to strain and struggle to force down a raw egg, now and then, when, if a cooked egg were eaten with other food, the result would be much more satisfactory.

A syrup made from lemons is easily made; press the juice from as many lemons as needed to make eight ounces; grate the thin yellow rind of four lemons into the juice, set aside for eight hours; strain, and add to a gallon of plain sugar syrup, made by boiling a pound of sugar in a pint of water until it threads; boil five minutes, after adding the lemon juice, then cool and bottle air-tight.

One of the most useful pieces of furniture is a small folding table. These may be had for a little money, but a better article can be had for a small sum in addition. It answers so many purposes and can be folded flatly and put out of the way when not in use, that it is a real economy. For a sick room, where the patient is convalescent, it has many uses besides for dining accommodations.

A pretty way to serve chicken is in the paste shells made of cheese straw paste, and usually used for serving creamed dishes.

Exterminating Ants

Ridding a refrigerator or cupboard of ants may be done in this wise: Put a few pieces of sulphur in an old iron pan on some burning charcoal, place the pan in the refrigerator or cupboard, close tightly, and leave for an hour or so. Use less for the refrigerator than for the closet. All silver or polished steel should be removed from the closet, as the sulphur will tarnish it. This will sweeten the place, and kill any ants, discouraging others from coming.

two-piece skirt is made with raised waistline.

The pattern, 6238, is cut in sizes 14, 16 and 18 years. Medium size requires 4 1/2 yards of 44-inch material.

6109—CHILDREN'S MIDDY DRESS

This middy dress is made to slip on over the head. The neck is trimmed with a fancy collar and the sleeves may be elbow or full length. The kilt skirt is attached to an underwaist which is sleeveless.

The pattern, 6109, is cut in sizes 2, 4, 6, 8 and 10 years. Medium size requires 1 1/2 yards of 36-inch light material with 1 1/4 yards of 44-inch dark goods and 3/4 yards of 36-inch lining for the underwaist.

6104—LADIES' DRESS

This stylish frock closes at the front and may have long or short sleeves. The three-gored skirt may be made with either the empire or regulation waistline. The dress is splendid for general wear and may be developed in serge, cheviot or broadcloth.

The pattern, 6104, is cut in sizes 34 to 42 inches, bust measure. Medium size requires 5 yards of 36-inch material.