

what; add four well-beaten whites of egg, flavor to taste and freeze. If it is frozen hard, it is a water-ice; if not hard, it will be a sherbet. Serve in glasses.

**L. L.—Frappe** is a fruit water-ice, frozen by using equal parts of salt and ice, but is not so smooth as ice cream or sherbet, or mousse. It is always served in glasses or cups.

**Try This**

Cut an apple across the middle with a sharp knife, cutting as thin a slice as possible; hold this slice up between you and the light, and you can see in the center the delicate figure of an apple-blossom, with all its petals spread; for it was from this lovely pink and white blossom the apple was formed—a tiny green ball at first, such as you see in the spring if you look when the petals have just fallen. As the little green apple grew it kept in its heart the image of the blossom—its mother—and now that it is ripe, the image is there, just as the springtime left it.

**For the Toilet**

"Sister Fannie" asks how she may get rid of a very unpleasant coat of tan. The best way was to prevent it. While it may be "up to date" to have the face, neck and arms red and deeply browned, it certainly does not add to the good looks of any girl or woman. A little care and covering up will prevent it.

For shampooing oily, moist hair, the salts of tartar shampoo is best, as it is drying; but it should not be used oftener than once a month, and a very little olive oil rubbed into the scalp (not on the hair) if it should seem too dry after using. Put two teaspoonfuls of the salts of tartar in a gallon of rain water, using no soap, as it forms its own suds. Never use more than this, and less will often do the work.

Ammonia should be used sparingly, if at all, in the bath, as it is very drying, and its effect on the skin is worse than the hardest water. There are so many better things that it seems senseless to use it at all.

The department of agriculture has taken a hand in the matter of obesity cures, and has shown up quite a few of the advertisers. It is claimed that obesity is a disease, but the remedy has not yet been found. Don't try the "fakes" that send out such wonderful advertisements. Try the foods that do not tend to fatten, and take plenty of sensible exercise.

An excellent tonic for the hair is made of one quart of bay rum, one ounce of castor oil, and one ounce of tincture of cantharides. Apply this once a day to the scalp, using the finger tips to massage, or apply with a little swab of cloth, parting the hair to make the application. This may be applied night and morning, if the case is very bad.

In using any cold cream, before applying powder, the cream must be lightly wiped off, leaving only the merest skim to hold the powder; then use rice powder lightly. Almost any powder shows if one perspires freely, as is generally the case in warm weather.

**Using Peaches**

It is a tiresome process to peel peaches with a knife. Put the fruit in a strainer, or wire basket and lower into boiling water, letting remain but a minute or more, according to ripeness, and peel the skin off as you would from a tomato. The peaches must not be left in the water to get soft, or cooked in the least—just to scald the skin.

If you have plenty of peaches, peel some of the finest, not to soft ones, cut in halves and lay the halves on a flat surface, so they barely touch at the edges; set in the hot sunshine, or on the shelves of the dryer, and

let get dry—just like the old-fashioned dried fruit. Do not leave out after sundown, and if there are many insects about cover with mosquito netting. Let get perfectly dry, and then put in bags. They are like preserves. They may be dropped into syrup and it boil a few minutes, then skimmed out and laid on platters, and let dry, turning them occasionally, and when dry, they will be like preserves. Only the nicest flavored peaches should be used for this. They sell for an excellent price. They must be let get thoroughly dry, and put into paper bags at once.

**Making Your Own Citron**

If you have, or can get the citron melon, you can make a very inexpensive substitute for the expensive "store" citron. Take a thick rind; peel off the outer skin, and cut into strips about two and one-half inches wide; remove all the inner pulp, and soak three or four hours in salted water, then soak in clear water for one hour. Put into a kettle with enough water to cover, and a teaspoonful of pulverized alum for one good sized melon. Boil a few minutes, then soak in clear water for a few minutes to get the alum out. The alum hardens it; then boil in strong ginger tea. Make a syrup of one and one-half pounds of white sugar to one pound of rind and about three quarts of water to one citron. Strain into it the juice of three lemons; let boil up, and put in the rind and cook slowly until a clear amber; then take out, dry, and cover with powdered sugar.

**Cleaning White Silk Garments**

Answering a reader's query, the first thing to say is that the garment, waist or stockings, should not be allowed to get very much soiled, as the necessary tubbing to remove the stubborn soil will inevitably turn it yellow. Dust the garment well, and have warm—not hot—water and a pure oil—oil soap—ivory soap is good. Some say the water should be cold; but the soap must be dissolved in the water, not rubbed on the garment; rub between the hands not twisting or rinsing until clean, then rinse in clear water; then, in another water with just enough bluing in it to help the silk overcome the tint of yellow—a little experimenting will teach you—and hang to dry in the shade. Every particle of soap must be pressed and patted out of the silk in several rinse waters.

**Hints and Helps**

When children are eating at the table, it is well to lay a paper over the cloth to prevent their soiling it. For luncheon, where there are little children, the paper may be used on the table and the cloth kept clean. Teach the child, at the same time, to keep the paper clean as though it was a cloth.

For the picnic luncheon, try to have the little wooden plates, which cost very little, and can either be carefully cleaned and used a second time or thrown away.

A reader tells us to wash and boil the turnips without peeling, just as we do beets, then pull the thin skin off, just as we do from tomatoes or peaches; the thick white skin will be found tender and sweet, and the flavor of the vegetable much improved.

For frying tomatoes, choose firm, barely-ripe ones, cut into slices, season with salt and pepper, roll in bread crumbs, then in beaten eggs, and again in crumbs and cook in a little fat until barely done, then lift the slices and serve before they are soft enough to break. They have an excellent flavor; they should be barely ripening and firm and solid.



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made with either the high or regulation waistline. The pattern, 6859, is cut in sizes 34 to 44 inches bust measure. Medium size requires 2 3/4 yards of 54 inch material and 1/2 yard of 27 inch contrasting goods.

**6805—Ladies' Waist**—This design gives us a charming and simple blouse made with body and sleeves in one and with some fullness under the arm. The neck is open and is trimmed with a flare collar rolled back at the sides. The pattern, No. 6805, is cut in sizes 34 to 44 inches bust measure. Medium size requires 1 1/2 yards of 36 inch material and 1/4 yard of 27 inch contrasting goods.

**6806—Ladies' Skirt**—In this natty skirt we have one of the new tailored models for part of a plain suit or for separate wear. There are either two or three gores, according to the width of the material employed in making. The closing is in front. The pattern, 6806, is cut in sizes 22 to 32 inches waist measure. Medium sizes requires for three gored skirt, 2 1/4 yards of 44 inch material.

**6819—Ladies' Dressing Sack**—A novelty in this comfortable garment is shown in our illustration. The back is extended forward over the shoulders forming the yoke and also including the entire sleeve. The pattern, 6819, is cut in sizes 36, 40 and 44 inches bust measure. Medium size requires 2 1/2 yards of 36 inch material.

**6815—Boys' Rompers**—Such rompers as these actually form a suit, which may be worn without another beneath it. The front is cut in one with the

drawers, but there is a division across the back at the waistline. The pattern, 6815, is cut in sizes 2 and 4 years. Medium size requires 2 1/2 yards of 36 inch material and 1/2 yard of 27 inch contrasting goods.

**6791—Child's Dress**—Quite a smart little frock this, with its very long kimono ending in what seems to be a tuck, but which is really a hem to which the two piece skirt is joined. Body and sleeve sections are cut in one. The pattern, 6791, is cut in sizes 2, 4 and 6 years. Medium size requires 1 1/2 yards of 44 inch material.

**6833—Ladies' Apron**—This apron is made with a bib, which protects the front of the waist. It fastens at each shoulder and also with string ties in the back. The pattern, 6833, is cut in one size and requires 2 1/2 yards of 36 inch material.

**6821—Ladies' House Dress**—There is always room for a new model in the house dress class. This one has the blouse cut with front and back in one piece, with drop shoulder and plain, short sleeve. The three gore skirt is gathered at the top. The pattern, 6821, is cut in sizes 34 to 44 inches bust measure. Medium size requires 3 3/4 yards of 36 inch material.

**6788—Ladies' House Dress**—Novel and practical, this dress has a reversible closing because the fronts are double and either side may overlap the other. The skirt has four gores and is plain around the body. It has a patch pocket. The pattern, 6788, is cut in sizes 34 to 46 inches bust measure. Medium size requires 4 1/2 yards of 36 inch material.