



Silk Stockings

RAISING silk hosiery to a useful and beautiful old age is every woman's business these days, when everybody wears them and their high cost still remains an item which in any other age would forbid their so general use. But where's the one to throw the first stone at this seeming extravagance when unquestionably a silk stocking is to the foot and ankle what lines in a dress are to the figure?

How to make them last, so that their work of beautifying may go on indefinitely?

First, then, you should know that your silk stockings are the snob members of the family wash, and their aloofness should be encouraged. What is good for the rest of the wash may be death to your silk stockings. A separate washday, when your undivided attention may be given them, is recommended; otherwise they are apt to suffer.

How to Wash Silk Stockings.
You should not soak white or colored silk stockings. They should be washed out quickly in warm water and a good white soap and rinsed well in clear water. Then put them in a coarse towel and wring them out as dry as possible before hanging up to dry. And do not hang them in the sun to dry. Neither should you iron them. The same recipe may be used for washing silk gloves as well.

If you follow these instructions your colored and white stockings will never fade, nor yellow, nor spot, and they will dry quickly.

A smart trick with black silk stockings to prolong the life of them is to soak them over night in cold water before wearing them the first time.

Again, wash them out after each wearing. A light wash and rinsing is all that is necessary.

The Act of Donning.
In the daily dressing of the foot the work of saving stockings may go on. The Jacob's ladder, which is the beginning of the end of hosiery, is often caused by the wrong way of slipping the stocking on.

You should not sit down with stockings held at full length and work your foot into it. If you do, your big toe or some rough epidermis on your foot will jab the tender silken threads, loosen one, and start it on a marathon run impossible to catch up with.

Instead, somewhat the same principle as putting on a glove is required to avoid trouble.

First you "boot the stocking," the official way of expressing the act of donning stockings to preserve them. Slip the thumbs inside the top of the stocking and gather it nimbly with the fingers right down to the toe, holding the gathering and stretching it slightly at ankle and toe to allow the foot to slip right into it without running against the leg part of the stocking. Hold the gathering until the toe is in place, and then gradually loosen the gathering as the foot requires.

Other Run Preventions.
The double welt at the top of the silk stocking is there to fasten garters to. Fasten them below and you will have a run in no time. Also, get the garter straight with the weave of the stockings.

And get the seam at back straight in the middle of the back of the leg or you will have an untidy and sometimes disfiguring line.

A protection some women take is to sew over the toe of the stocking a piece of narrow, fine tape to keep the toe from breaking through. It is not only the hole that results and makes trouble, but with silk stockings, when broken in any place, the trouble extends in runs.

Again, you may reinforce the toe by a daring cross stitch. At the heel, of course, this cannot be done. But a saving trick at heels is to paste a tiny piece of velvet inside the shoe heel to prevent the friction from low shoes. Many of the good stockings carry reinforced heels to take care of this friction.

Shoe and Stocking Sizes.
Buying hosiery of the right size is important. Too short stockings will not only ruin the fabric but the shape of the toes, too.

If you wear a 2 1/2, or 3 shoe you should buy an 8 1/2 stocking; 3 1/2 or 4 shoe, size 9 in stockings; 5 1/2, or 6 shoe calls for 9 1/2 stockings; 6 1/2 or

7 calls for No. 10 size stockings; for larger feet there are 10 1/2 size stockings and what are called outside sizes for heavy women are made to correspond with the shoe size, but have larger calf and knee.

The seamed stocking is a more shapely stocking. It fits more snugly around the ankle. The seamless hosiery is made as large at the ankle as at the top and is simply pressed into shape over a board, which explains why it wrinkles around the ankles after wearing and washing.

"A Stitch in Time."
About the proverbial stitch in time you need no word of advice from me. But maybe you do not know that at the majority of the stocking departments of the big stores women are employed to darn and mend, and with a fine crochet needle and silk thread they can repair a run so cleverly you can hardly detect it. If you can handle a crochet needle you may save on this mending feature.

Perpendicular stripes lend a certain slimmness to legs and ankles; face and ornate patterned stockings require a perfect ankle beneath them, and even then should be worn only on the occasion appropriate, which is not on shopping expeditions nor at business.

Black stockings, which nowadays are good form with any colored shoe, are the sure and safe and best bet for a foot and leg and ankle that cannot be entered in the "slim" race.

Cakes for Kiddies.
Cakes good for the kiddies, and easy to make, are:

- Spiced Oatmeal Cakes.
 - 1 1/2 cups flour.
 - 1/2 cup cooked oatmeal
 - 1/4 cup sugar.
 - 1/4 cup raisins.
 - 1/4 cup molasses.
 - 1/2 teaspoon soda.
 - 1/2 teaspoon baking powder.
 - 1/2 teaspoon cinnamon.
 - 3 tablespoons fat.
- Heat the molasses and fat to boiling. Mix with all the other materials. Bake in muffin pans for 30 minutes. This makes 12 cakes.

The Talmadge sisters, famed film stars, are the daughters of a Brooklyn policeman.

'White' Meat Best For Warm Days

In planning the dinner for the summer menu the so-called "white meats"—lamb and veal—should have

preference over beef and mutton. What a few months ago was known as spring lamb is now in its prime, and a forequarter, stuffed, rolled and baked, will be found delicious.

To give it quite an epicurean taste and one that is different have the butcher remove the bone and rub over the cavity with a cut clove of garlic. Then fill with a savory bread

stuffing and sew up the vent. This cut of lamb costs less than the leg, and is, I think, more tender and juicy.

Serve with the lamb crisp browned potatoes baked with the meat and a mint sauce or jelly, according to your individual preference. If the latter is selected, try making it with apple juice instead of

water. The combination of flavors is particularly good.

Apple Mint Jelly.
Soak one-quarter of a package of gelatine in a quarter of a cup of strained apple juice. Boil together for five minutes one cupful of sugar, three-quarters of a cupful of vinegar and a quarter of a cupful of apple

juice. Add the softened gelatine, one-quarter of a teaspoonful each of salt and paprika and three-quarters of a cupful of bruised mint leaves. Let stand over hot water for ten minutes, tint with a little green coloring matter and strain into a mould. Chill on the ice before serving.

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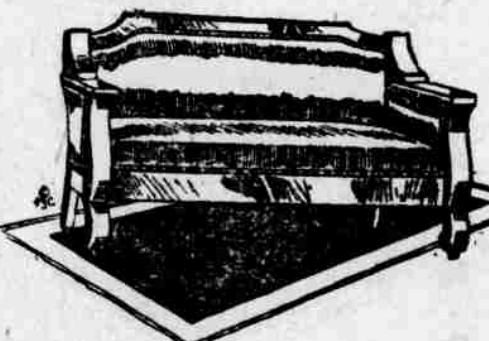


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