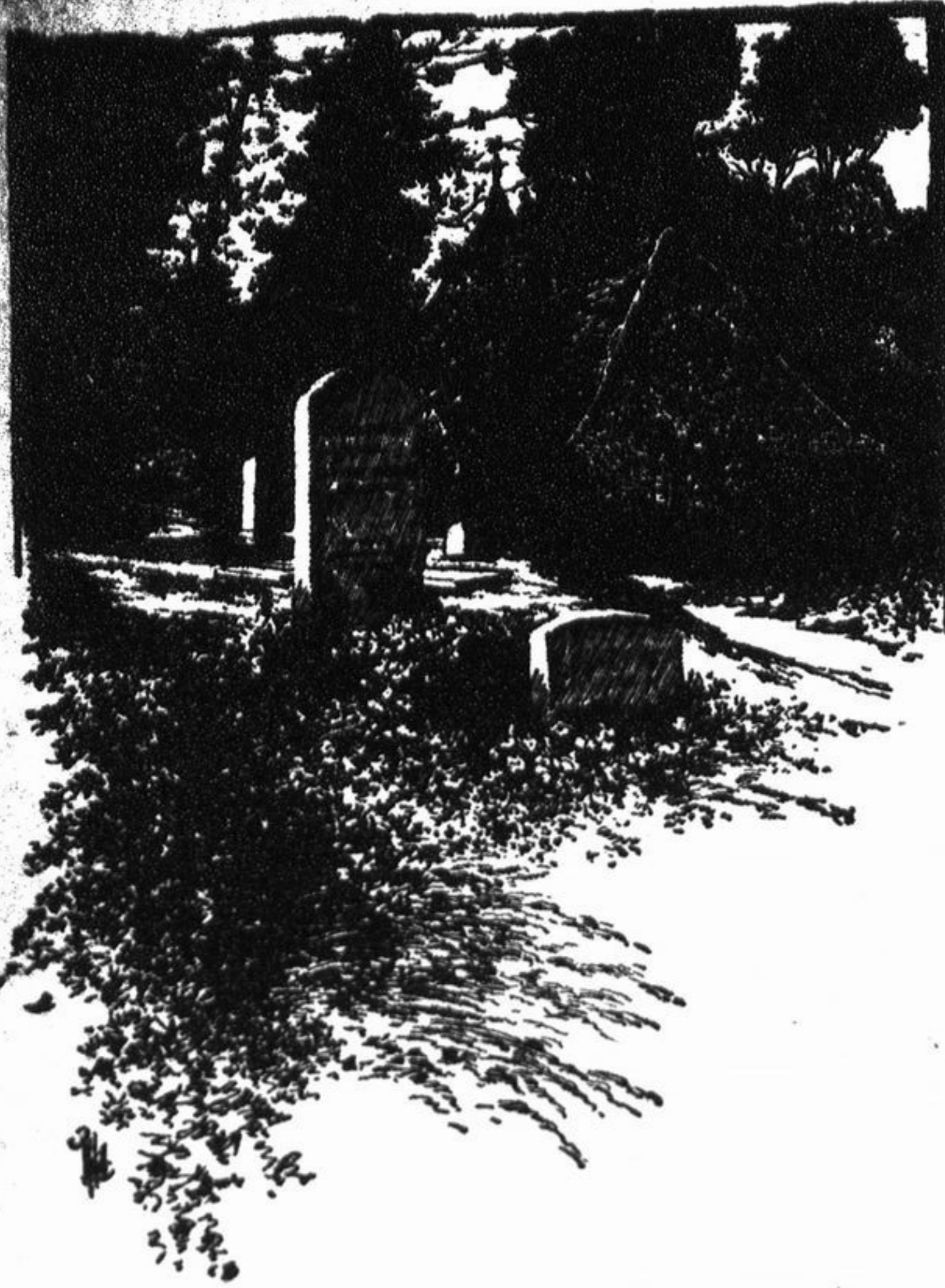


WHEN I AM GONE

By Byron Williams.



When I am gone And other men are trying where I tried To stem the billows of Life's rushing tide...

And jagged stones to rest and hope anew, Or shielded aught from stormy winds that blow...

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Practical Fashions

LADY'S WAIST.



Here is something new in blouses. This charming waist is made with an Empire back and has the body and sleeves cut in one.

Form with fields for NO 5754, NAME, TOWN, STREET AND NO., STATE.

Passing of "Writing Masters." One sometimes regrets the passing of the "writing master" of the schools of the last century...

When you are embroiling with the pen in handling silk of any kind...

Practical Fashions

LADY'S PRINCESS COMBINATION.



Here is one of the nicest styles for a combination garment, consisting of corset cover and open drawers.

The pattern (5752) is cut in sizes 32 to 42 inches bust measure. To make the combination in the medium size...

Form with fields for NO 5752, NAME, TOWN, STREET AND NO., STATE.

Aviation is hitting the low places as well as the high ones.

The silk stocking girl is very much in evidence these summer days.

Artisans may carry the truth, but not all of our position will make it...

The KITCHEN CABINET

IN LIFE'S small things be resolute and great. To keep thy muscles trained know'st thou when fate Thy measure takes or when she's say to thee: "I find thee worthy, do this thing for me." —Emerson.

MEAT SUBSTITUTES.

For those who are living without meat it is necessary to study foods in order to supply the needed protein from other sources.

The following dishes may prove suggestive:

Peanut Loaf.—Soak a quart of fine bread crumbs in milk; mix with it a cup of shelled or salted peanuts finely ground; add an egg well beaten and salt and pepper to taste.

Pea Timbales.—Cook a can of new peas, until tender, then mash them through a colander and beat the pulp to a paste.

Peas on Toast.—Heat the peas, if canned, until well cooked, season and add a little white sauce made of butter two tablespoonfuls, and flour the same, cooked together, and a cup of cream added.

Asparagus prepared in the same manner and a few hard-cooked eggs chopped and added is a most nourishing dish.

The various nut dishes and nut breads supply a fair amount of valuable food in place of meat when used simply or in combination with other foods.

Nellie Marshall

The KITCHEN CABINET

IN THIS world it is not what we take up but what we give up that makes us rich. —H. W. Beecher.

Some people are always grumbling because roses have thorns. I am thankful that thorns have roses.

HELPFUL HINTS.

In hot weather when stamps stick together, do not try to steam them or soak them apart, but run a hot iron over the bunch and they will separate easily without losing the mullage.

A small vial or soda mint bottle with a screw top is an excellent holder for needles, especially in a damp climate, as the needles will not rust.

Another convenient thing in a work basket is a cork decorated or otherwise, to protect the point of the scissors.

Never sew lace with silk, as the stitches are very noticeable. This is true no matter how coarse the lace.

Give away the old garments; do not store them for the moths and rust to destroy.

Little duties, even for the small child, are great helps in the household, and trains them early in taking responsibility.

If your sheets are too short and pull out from the foot, make three button holes in the foot of each sheet and sew buttons on the mattress to correspond with the holes, then button down and there will be no further trouble.

Have you had any good old-fashioned salt pork with "milk gravy," as our grandmothers used to call it, served on your table lately? With baked potatoes it is a meal relished by many.

Custards are so easy to prepare and so wholesome for desserts that we should have them at least once a week on our tables.

Now that eggs are plentiful, omelets are a good breakfast and luncheon dish.

For painful and swollen feet, bathe in hot soda or salt water and rest with the feet elevated higher than the head for five or ten minutes; the relief will be soon felt.

Surgeon's adhesive plaster is a great help to keep corns amiable. Put on fresh plasters daily and the corns will not get hard and painful.

Nellie Marshall

Health & Beauty Hints

By Katherine Morton

The most scrupulous cleanliness is needed for the health and beauty of the feet, and so a daily bath and a comfortable supply of stockings are required.

Women in the smart set go to the pedicure for the removal of corns and callouses, but these afflictions can be treated at home and there are special baths for softening the horny places and for resting all the feet.

Before ministering to tormenting corns, bunions and callouses the feet must always be soaked in a softening bath, after which they should be scrupulously dried at every point—particularly between the toes—and then powdered.

Phenic acid.....10 grams Alcohol.....20 grams Starch.....200 grams Florentine orris.....150 grams Essence of violet.....2 grams

Dissolve the acid in alcohol; add the violet essence, then the starch and orris root.

A special powder for perspiring feet is made of one ounce of alum, two ounces of powdered orris root and five ounces of rice powder.

After the bath, attend to the corns or callouses at once, trimming the nails only as often as is needed. They should be cut square across and left a little longer than the flesh.

Melted mutton tallow.....1 1/2 ounces Mugwort, freshly gathered and bruised.....3 drams

Mix thoroughly and rub the whole foot with it, massaging it well into the skin.

A good unguent is made of two drams each of carbolic acid, glycerin and tincture of iodine.

Flatfoot is a condition much recognized just now, and in severe cases it is as deforming as lameness. It is not always recognizable at first, only the pain and difficulty in walking being perceptible; but after a while the arch of the foot breaks down and then the beauty of it is gone.

But, to go back to the mere comfort of summer time, the simple things one may do to have more ease with feet whose only failing, maybe, comes with hot weather, extreme cleanliness and proper dressing are the things of vital importance.

Bracelet-Watch Is New Innovation in Time-Piece



A new watch-bracelet, as shown in the above photograph. The links of the bracelet are adjustable and are constructed so as to fit any size wrist.

Owing to the radical change in recent years of women's dress, the majority of women have discarded their watches entirely, while others carry them in mesh bags.

The watch-bracelet, it is believed by leading jewelers, will resurrect the

time-piece with many women who like to carry watches.

Not only is this contrivance in jewelry being worn by women, but the men of France and even in New York City have adopted it because of its practicability and convenience.

SHAMPOO FOR THE JOURNEY

Simple Preparation That is Little Trouble to Carry and Will Prove Great Comfort.

Every woman has known the misery of needing a shampoo after a journey and not being able to have it at once because of a lack of facilities.

Dainty Handkerchiefs.

Some of the shops have been decorated with wares in all shades of purple. One very pretty window showed every accessory of the toilet that can be thought of, among them ostrich feather ruffles, bags, belts, handkerchiefs, boutonnières and collars.

Lavender is a shade that is to be very fashionable, indeed, this season, and the lavender handkerchiefs, with white broderie anglaise corners and edges are the acme of prettiness.

Among the dainties of dress that have met with great approbation are the handkerchiefs made of silk and the tiny bandanna squares. In other fabrics the idea is carried out, and it is possible to buy the very prettiest of pretty handkerchiefs made of chiffon, some patterned and others plain.

Favored Lacons.

Sales of Cluny bands continue large, says the Dry Goods Economist. New Barmen Clunys in linen varieties are in excellent request for use on waists, dresses and muslin underwear.

A BLOUSE SUIT



This is a new and very effective design for linen, easement cloth or any washing material.

The skirt has a deep flitting at foot headed by a two-inch wide band stitched at each edge.

The blouse-bodice is made with a short basque; it is arranged in small box-pleats; the sailor collar and deep cuffs are of spotted material.

Hat of bay-colored straw, trimmed with bows of spotted ribbon.

Materials required for the dress: 5 yards 44 inches wide, 3/4 yard 22 inches wide for collar and cuffs.

New Candle Shades.

Because they can be lined with asbestos, which protects them from igniting with the flame of a candle or a lamp, exceedingly pretty little shades of cardboard are being extensively used.