

Or shielded aught from stormy winds

Then will my living have been right, in-

And in some quiet churchyard rests my

If she I love will there but drop a tear,

And gently say within her loving heart,

"He did the best he knew, the loyal

If she will miss me now and then some

And dwell upon small virtues not forgot,

Practical Fashions

Here is one of the nicest styles for

corset cover is trimmed with inser-

make the combination nainsook long-

cloth, lawn or cambrie can be em-

size will require 3% yards of 36 inch

material, 3% yards of insertion, 2%

yards of narrow edging and 2% yards

STREET AND NO.....

STATE----

Aviation is hitting the low places as

The silk stocking girl in very stud

IZE ... conen catego such

ployed.

of wide edging.

And put aside the follies of my reign-My living will not be completely vain!

Replete with greatness in a

When I am gone!

When I am gone

When I am gone!

And other men are trying where I tried To stem the billows of Life's rushing tide. tf those who knew me best may pause

From mem'ry but a rose upon the moss, And say: "He strove with carnestness

To do whatever was his given part," Then will I not have lived entirely valu, and dying will have left a sweet refrain-

When I am gone!

If some true man, or buoyant hearted

Or helped the sick and weary climb the

## **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 alcoves cut in one. The closing is at the front. The chemisette is removable and is pretty fashioned of allover lace or embroidery. For making the waist cashmere, satin, albatross, silk or linen may be used.

The pattern (No. 5754) is cut in sizes 32 to 42 inches bust measurs. To make the waist in the medium size will require 2% yards of 36 Inch material, % of a yard of 18-inch all-over and % of a yard of contrasting goods.

To procure this pattern, send 10 cents to Pattern Department" of this paper. Write teme and address plainty, and be sure to give

MS 5754.	81.28
MAME	
TOWN	
STREET AND	PO
STATE	
-	

Passing of "Writing Masters." One sometimes regrets the passing of the "writing master" of the schools of the last century, for even in these ays of typewriting the signature ust be handwritten. There seems to be a sort of slap-dash conceited belief ong the users of type machines hat everybody can recognize his peral signature. This is an unfoundbelief, and in a drawer by my side are letters signed-by unknown who have never learned to their name. Their banks may ir recognise the hieroglyphic. rould case matters if the user type machine would learn to is own name distinctly. We all everybody's bankers.

that for Embroidery.

out are embroidering with

or handling allk of any kind well as the high ones.

N LIFE'S small things be olute and great. To keep thy muscles trained know'st thou

Thy measure takes or when she's say "I find thee worthy, do this thing for me." -Emersou.

when fate

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 sug-

gestive: 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 sait and pepper to taste. It should be about the consistency of meat loaf and should bake as longabout three-quarters of an hour-in a moderate oven. Serve with tomato sauce. Cook a pint of tomatoes with half an onion, four cloves, a piece of bay leaf, parsley and a blade of mace. When well cooked strain. Put two tablespoonfuls of butter in a sauce pan and add a slice of onion; brown and add two tablespoonfuls of flour. When smooth add the tomato, season with salt and pepper.

Pea Timbales.-Cook a can of new peas, until tender, then mash them through a colander and beat the pulp to a paste. To this add two well-beaten eggs, two tablespoonfuls of melted butter and onion juice, pepper and salt to season acceptably. When well mixed place in buttered molds and bake until done.

Peas on Toast.-Heat the peas, it canned, until well cooked, season and ter two tablespoonfuls, and flour the for all of these tools are used. A bath same, cooked together, and a cup of cream added. Pour this over wellbuttered toast and a simple dish will be ready which takes but a few mfuutes to prepare.

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

Mellie Maguella



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

-H. W. Beecher.

HELPFUL HINTS.

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

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 bottle in the work basket to drop broken needles in, may prevent a serious accident.

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

Never sew lace with silk, as the stitches are very noticeable. This is true no matter how coarse the lace. A cream colored thread for cream lace or a white for white is best.

Give away the old garments; do a combination garment, consisting of not store them for the moths and rust

corset cover and open drawers. The to destroy. Little duties, even for the small tion and narrow edging and the draw- child, are great helps in the houseers are trimmed with insertion and hold, and trains them early in taking

ruffles of wide lace or embroidery. To responsibility. If your sheets are too short and pull out from the foot, make three button holes in the foot of each sheet and The pattern (5752) is cut in sizes sew buttons on the mattress to cor-32 to 42 inches bust measure. To respond with the holes, then button make the combination in the medium down and there will be no further

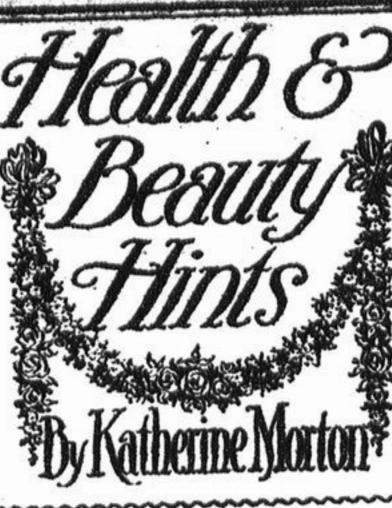
Have you had any good old-fashloned sait pork with "milk gravy," as our grandmothers used to call served on your table lately? With To procure this pattern, send 10 cents to "Pattern Department" of this paper. Write name and address plainly, and he sure to give else, and number of pattern. baked potatoes it is a meal relished

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 bot 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 great help to keep corns amiable. Put on fresh plasters daily and the corns will not get hard and painful.



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. The best results are obtained by putting on a fresh pair of stockings every day, and in case of profuse perspiration they should be changed at least twice a day. If the stockings are washed out immediately upon being taken off, six pairs would make an adequate summer supply. Silk is undoubtetdly the best stocking material for hot weather, this being cooler to the feet than cotton and permitting the shoes to slip on more easily. Gauze cotton is the next best thing in point of softness to the foot, and three pairs of quite fine stockings in this material can be had for one dollar. Lisle, even in the finest qualities, is to a certain degree rasping to the foot, causing often, besides, a most disagreeable burning.

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. One is made with ordinary washing sodaabout a half cupful to a gallon of water-this being for softening the callouses preparatory to their removal with a knife or file or pumicestone, with a pound of sea salt will harden and strengthen the feet. Camphor is useful for massaging, thus reducing swelling, while massaging the feet and ankles every night with olive oil. will, as the beauty saying is, keep them young. All care lavished upon the feet tends to keep them in good condition, even if the work consists only of a dainty polishing of the toe nails. When these are neglected they harden and coarsen, sometimes changing their nature and shape entirely.

Before ministering to tormenting ogras, bunions and callouses the feet must always be soaked in a softening bath, after which they should be scrupulously dried at every pointparticularly between the toes-and then powdered. A good and cooling foot powder, by the way, is one of the greatest comforts one can have in summer, and there is scarcely a drug store that does not keep several brands of it. A foot powder which can also be used to advantage on perspiring bands, and which is very convenient for gloves, is made after this

formula:	
Phenic acid	grams grams

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

is made of one ounce of alum, two ounces of rice powder. Where the perspiration has an unpleasant odor, however, a powder with lycopodium is are kept at all drug stores of any size. this condition being recognized as something of a disease.

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. If there are soft corns, several foot baths a day are needed, also larger shoes, and in extreme cases it may be necessary to place bits of absorbent cotton wet with some healing lotion or salve between the toes. For relief from bitsters the excessive pain of corns and other callosities, this simple pomade is highly recommended:

Mugwort, freshly gathered and bruised ...... 3 drams Mix thoroughly and rub the whole foot with it, massaging it well into

A good bunion lotion is made of two drams each of carbolic acid, glycerin and tincture of jodine.

Flatfoot is a condition much recognized just now, and in severe cases it is as deforming as lemeness. 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. So when feeling a definite pain in the instep it is wise to wear strong-soled shoes with a stiff spring in the instep, as these will counteract the weak tendency of the arch. Inner soles with high arches are also sold for the purpose, while doctors recommended foot exercises for strengthening the muscles of the arch and its supports.

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 falling, maybe, comes with hot weather, extreme cleanliness and proper dressing are the things of vital importance. All exercise upon the feet, too, will improve their condition and beauty, while the mere heat of the hands, while massaging with me unguent or other, will be an immediate relief to strained and tired

Bracelet-Watch Is New Innovation in Time-Piece



new watch-bracelet, as shown to carry watches. in the above photograph. The Not only is this contrivance in jewfit any size wrist

them in mesh bags,

leading jewelers, will resurrect the watches.

links of the bracelet are ad- elry being worn by women, but the justable and are constructed so as to men of France and even in New York City have adopted it because of its Owing to the radical change in re- practicability and convenience. Sevcent years of women's dress, the ma- eral designs are being shown by fashjority of women have discarded their ionable jewelers this season. The watches entirely, while others carry ladies' styles are made in gold, silver and oxidized silver; the men's in The watch-bracelet, it is believed by leather bracelets and gold or silver

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. The hot and cold water may be handy, but not the shampoo medium. So prepare this before you leave home and carry tt along in a tightly-stoppered bottlea three-ounce vial would do. Boil castile soap shared to a powder-about two heaping tablespoonfuls-in a little water, putting in about two saitspoonfuls of washing soda. When getting ready to wash the hair massage a wee bit of cold cream into the scalp, then slightly wet the hair and work A special powder for perspiring feet | in the soap jelly or liquid-into the scalp of course. Rinse as usual, tryounces of powdered orris root and five | ing to keep the successive waters at an even temperature. It is the sudden change from hot to cold water which makes the hair harsh as it is so often better than any other, and such sorts found to be after the most careful shampoo. The reason given by the beauty recopie for boiling the scap used in shampoos is that this preparation makes it still more bland; if the hard cake is rubbed directly upon the bair it is bound to be harsh and less bright than if the head is washed by a regularly-prepared soap as

Dainty Handkerchiefa.

Some of the shops have been decorated with wares in all shades of purple. One very pretty window showed every accessory of the totlet that can be thought of, among them ostrich feather ruffles, bags, belts, handkerchiefs, boutonnieres and collars in all the fashionable tints of violet from bishop's purple to the tenderest hue of the first spray of spring lilac

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. -New York Times.

Favored Leoes

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. The recent demand centres on 3 to 8-inch widths. Real Cluny continues in fair position, the 2-inch widths being especially favored for waist trimmings. The extremely wide widths have fallen off slightly. Shadow laces continne to exhibit quite a bit of selling strength, particularly allovers and wide bands, and the outlook for their good summer distribution remains favorable. The demi-floundings are making headway in high-clean itees.

A BLOUSE SUIT



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

The skirt has a deep kilting 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 hay-colored straw, trimmed with bows of spotted ribbon.

Materials required for the dress: yards 44 inches wide, % yard 22 inches wide for collar and cuffs.

New Candle Shades.

Because they can be lined with asbestos, which protects them from is niting with the flame of a candle or s lamp, exceedingly pretty little shades of cardboard are being extensively used. These shades are hand painted in colors in stained glass effects, as wel as in a host of floral and com ventional patterns, or the four sides are divided into panels and decorated with card suits. The cardboar shades which come already decorate are even more attractive than are the home-made varieties, because the show landscape and characteristic scenes in Japanese hand painting Next in favor to these sabestos lines shades are the ones of copper or the manous brans, plerced in wiches.