



MAKING FILET LACE

THET EMBROIDERY.—To hold the Needles.-Special needles are required I filet net taut so it can be darned with the design use a metallic frame made

with a wire of quarter inch diameter, so that it will be strong enough when you stretch the net. You cover the frame with some thin ribbon, first covering it scribed number of squares, across which with soft cotton wool if you think it nec- the thread is carried backward and foressary. This garniture must be strongly ward until they are filled in (see Fig. 2). fastened, especially at the corners. It is This is the stitch generally used when indispensable that the frame be firm a pattern consisting of counted stitches, when you fix the net, and you sew the such as a cross stitch one, is to be reproend of the ribbon together so it will not duced on a net-ground. twist on the frame.

the ribbon of the frame (see No. 1). If and is quickly done. the size is smaller you border the net. It may happen that you will have to almost identical, the Red Cross proof net will keep its shape.

for this work-long and blunt, known as "filet embroidery needles" inside in num-

Darning Stitch,-This stitch is the most used because it is simple. The stitch for covering a net ground is done over a pre-

It is especially useful in the case If the size of the net has the size of the large pieces such as curtains and bed inside frame you fix it with stitches on covers, as it "throws up" the pattern

with a ribbon or cloth so that the square change the direction of the darning stitch (see Fig. 3).

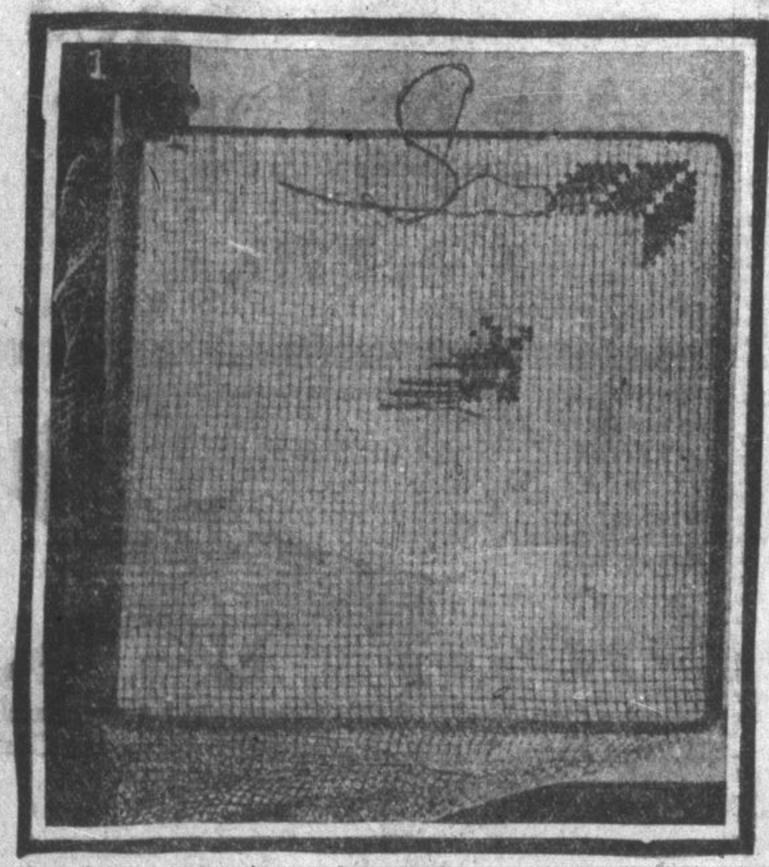


Figure 1 shows the tron frame, with the filet mesh attached to it, as explained the directions. The design started on this net is one that will be given in a

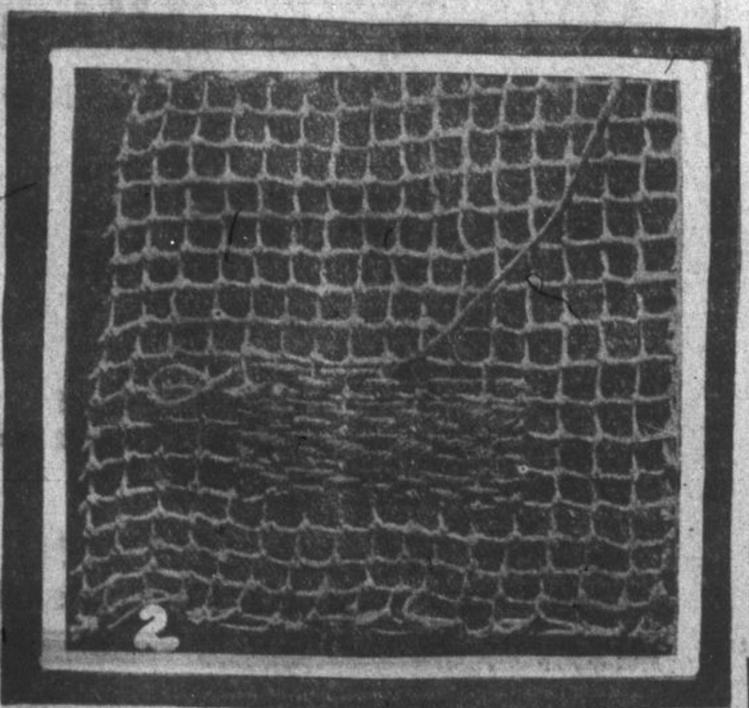


Figure 2 shows the darning stitch (enlarged size).

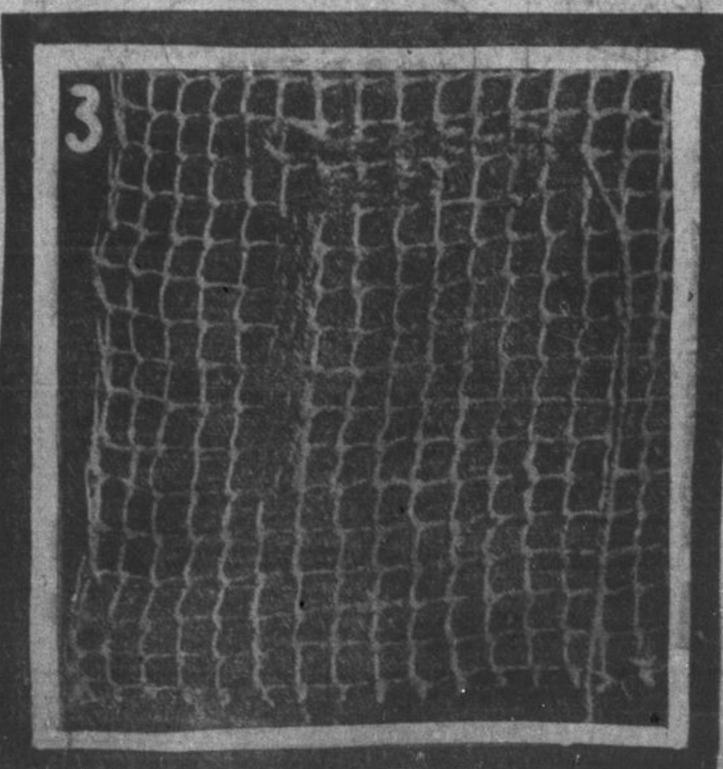


Figure 3 shows the darning stitch used in two directions, ---

How to Knit Sweaters for Soldiers and Seamen

S woman's part in the war seems to be to knit instead of to mobilze, scores of the inexperienced have asked for accurate and explicit directions for making the garments most in demand by soldiers and seamen. They request more detailed information than be obtained ordinarily except by making a personal trip to the knitting

In order to present this information the writer went to two leading headquarters in New York and asked for directions for purchasing the material and making the sleeveless sweater, which is a favorite with the women who are eazer to do their bit with the knitting needle, and is an important part of the fighting

Although the two lists of directions for knitting the sleeveless sweater are vides leaflets and materials to persons desiring to knit garments for the soldiers, while the Comforts Committee of the Navy League of the United States, whose headquarters also are in New York, furnishes similar sets of directions for the navy.

Both Lists Approved.

Both lists have been sanctioned by Washington. The United States Navy approves the directions provided at the Navy League headquarters, and the United States Army approves the directions to be found at the Red Cross head-

Women novices at knitting have been grateful to the men for their preference, because the sleeveless garment is much easier to make than the other kind.

Soldiers Favor Mufflers. Scamen can keep their clothing in a kit on board their ship, while soldiers are forced to carry their entire outfit. The extra weight of a long sleeved woollen garment and also its bulk would make a decided difference in the sol-

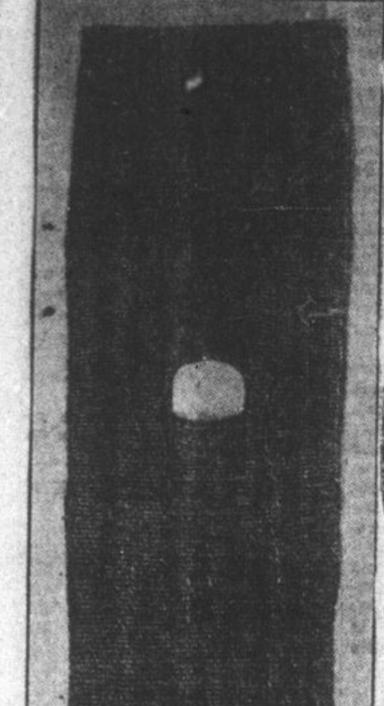
neck protection. There is as great a difference in knit- When the knitting is finished the garwomen who knit loosely. It is entirely long shoulder, a matter of how one holds the needles and yarn. The stitches are identical. The loose knitter will make a much As soon as one finds a natural knitting pace it is better to begin to regulate it ment one would cast on from eighty-six your own ideas of the size. at once. One can hold the wool a little looser if she is inclined to knit tightly, and hold it tighter if she is a loose

A Novice's Experience.

That is especially important in finishing off a garment. For example, one woman who had never knitted before made one of the sleeveless jackets according to official directions, and when she had bound off the last row and had sewed the strip together it was large enough in the neck to leave a sort of frilled effect. Another made hers so tight at the ends that when the sweater was sewed together it was too small to

go over a man's shoulders. These are little things to avoid in the beginning and are soon learned. But they make the work of several days or weeks either a success or failure, and mean that one will be encouraged to staft another garment or feel like never attempting knitting again.

With little practice one will be able to knit without looking at the work in hand, except occasionally. Plain knitting can be accomplished with speed and



BEFORE SEWING UP SEAMS

does not require close attention. The purling and binding off, as well as casting on stitches, are a little more difficult, especially for the beginner.

Neck Should Be Loose.

The neck should be made loose enough dier's outfit. And when soldiers re- to slip easily over the head. It is not quire something for warmth at the intended to fit close. Ordinarily it is throat they prefer winding a knitted worn over the sailor collar. The garmuffler around their neck and crossing ment should come over the hips, where it it over the chest or back, so that it pro- will be held firmly by the ribbed band vides practically the same covering as made by knitting plain and purling a sleeveless jacket, with the additional strip four inches deep at each end of the straight strip.

ting as there is in feminine tempera- ment will be straight. It still will have to ninety stitches in the beginning inments. Some women knit closely and to be sewed along the sides, leaving an stead of eighty. And one would knit the garments they turn out are there- opening at each end for the arm hole. plain for twenty-five or twenty-six fore smaller than those made by the The directions given here provide for a inches or even more. It also would be

sweater for a man of average size. As . large man would take it up in the length, sized are needed. To make a larger gar- you would have to regulate according to closely and cook gently for two hours. texts of the pan is served. If you serve



BACK VIEW

necessary to make the sweater a trifle The directions are for knitting a longer than the directions call for, as a

Here Are Official Directions for Knitting a Sweater

The official directions for knitting a sleeveless jacket as given by both the Red Cross Society and the Comforts Committee of the Navy League are as follows:-

Cast on 80 stitches.

Knit two, purl two stitches for four inches.

Knit plain until sweater measures 23 inches (including ribbing). The plain knitting should measure about 20 inches across.

Knit 28 stitches, bind off 24 stitches for neck. Knot 28 stitches.

Knit seven ribs on each shoulder, cast on 24 stitches.

Knit plain for 19 inches.

Purl two, knit two stitches for four inches. Sew up sides, leaving nine inches for armholes.

Put a round of single crochet stitches on neck and sleeve openings. The provision for the neck and armholes is not found on all the official directions, but is an excellent one, especially for the beginner, as it will help to tighten and keep firm the full edges if the garment happens to be losely knitted.

Learn to Cultivate Your Own Personality.

mistake in their efforts to please of trying to copy the special charms of women whom they consider charming. This is especially true of young girls. It s a wrong attitude to take for two reasons. It suppresses individuality, that quality in you that should be cultivated

nanner the false note of insincerity. Be yourself

Don't Envy Others' Charms, ating or indolent to cultivate your indi- covet that are Miss K.'s.

to the full, and it often brings into your

Hospitality, kindness, effective repose, in among them charms foreign to your tact, &c .- all these are charms that may personality that simply cannot thrive be acquired if we do not happen to pos- because the special temperament needed

ality that has engendered them.

of tossing her head; she uses lots of. We do not often try to know ourselves, seen upon hat, shoulder cape and bug, pretty little gestures; her remarks have we are too busy watching other people. all at the same time

TOO many women make the fatal an entrancing habit of ending in question marks. You try to de as she does. But you don't quite succeed, do you?

These graces that you admire so in Miss K. would not be charming in her at all if it were not that they are perfectly spontaneous to her. They are expressions of her personality, which is diametrically opposed to your own. You try to adopt them and you either make yourself ridiculous or, if not that, at least detract from your own charm, which is quite as deplorable,

Use your good common sense. Admire The fact that you admire intensely the these charms in Miss K., but regard special charms of another woman is not them as something absolutely her own. the slightest excuse for your trying to Don't embitter yourself with envy. Culcopy them, but every reason for your try- tivate with more care than ever the ing to bring into play individual charms graces that spring naturally from your of your own, some of which you may not own, serene, quiet self. There will be even know you possess because you may many people who will find them far have been too diffident, too self-depreci- more attractive than the charms you so

Charms are distinctly a matter of per- needs yours. You will only hurt these real merits of yours by trying to graft to make them thrive is not yours. Under temperament will face.

It is well to admire other people's charms, but never to a degree that impairs our confidence in ourselves.

To each and every one of us was given as a birthright a personality different from any other. Life demands of us in return for the marvellous gift the de--velopment of it. If we do not develop it, but drape it in the shroud of self-effacement and depreciation, or hide its true light in the false gleam of borrowed lights, what else are we doing but robbing the world of what is its due

Be Yourself. Be yourself in all your ways, and some

day you will laugh at the days when you tried to copy Miss K.'s vivacity, Mrs. M.'s laugh, your neighbor's ways of walking, your cousin's langour, &c. Envy has a way of growing weaker the oftener it is eliminated. Study yourself and develop your own

OSTRICH TRIMMING.

Paris is holding her own in fashions this year. It is as though obstacles and

difficulties but spur her to greater

But the special charms of personality, the grafted graces that bloom so un-. Now there is a big fud for ostrich. they belong each to the special person- satisfactorily, the graces natural to your While estrich has always been in demand more or less, sometimes for a fan, Naturally serene and quiet of disposi- Most of us are not awake to the possi- 'a box or trimming for a hat, there has tion, for some reason you easy Miss K.'s bilities of charm that lie in ourselves, never been a time within years when vivacity. She has a spirited little way Self-depreciation is a general failing, the feathery product of the ostrich is

ECONOMICAL RECIPES.

twelve lamb chops supply a family of large or two small pans and let raise one six for three meals.

"Hirst, instead of having the butcher trimethe chops, I trimmed them myself. For dinner Sunday I had the nicely triumed chops. I boiled the trimmings made for Tuesday's dinner."

Mrs. H. T. C.

NUT LOAF Boil one-half cup rice (brown preferred), drain and dry it. Mix with an equal quantity of bread crumbs. Add level teaspoon salt and one-half sait spoon black pepper. Stir in one cup chopped nuts-pecans or peanuts. Add one tab'cspoon chopped parsley and one egg. Mix thoroughly and pack in bread pan to mould it. Turn it from pan into PORK CHOPS, POTATOES AND baking pan and bake slowly threequarters hour. Serve with cream sauce or purée of peas.

H. M. COMSTOCK.

LIVER PUDDING. Grind one pound liver and one-half pound fresh fat pork in the meat chopper slices. (You may have them thicker if very fine. Any kind of liver will do. you so desire.) After cooking this dish Soak a slice of bread about one inch the first time you can then tell how thick in milk until soft. Mix well with thick you want to cut the potatoes. For the liver and pork, pepper and salt to each chop you are cooking allow one taste, put it in a pudding dish and bake large onion. Remove the outside skin in the oven forty minutes or until it is from the onion and cut in slices. Now done. It is served cold with salad or you will fry the chops. Have the deep sandwiches. Mrs. F. GUSTAFSON, pan very hot, with one tablespoonful of

STEWED STEAK. way of serving beef in a family.

pieces and place them in cold water.

ping into a frying pan, fry the steak that makes the gravy a fine brown and quickly until browned on both sides, gives the ment and potatoes a delicate then remove.

and fry brown, then add one-half pint of top of the rotatoes and a half teaspoon stock or water and stir till it boils, of salt and pepper to taste. You will not all the men in either the navy or the The neck and sleeve mensurements need. Replace the ment and season to taste, make sure that there is salt enough by larger garment than the tight knitter. army are average, however, some extra be changed very little. The other one and then place all in a stewpan, cover tastein the gravy before the entire con-

and some celery may be added.

dish and garnish with parsley or cooked slowly for an hour. You will watch the beet root.

jackets on, which is the best way to cook little while without any water in the potatoes, as you then get the full flavor pan. Be sure that it does not burn of the potato, you have a dish which is This helps to make the delicious gravy. appetizing, non ishing and satisfying. Then add more water enough to make a The cost should not exceed 50 cents and nice and sufficient gravy and bring the

tities given above and you will have find that the potatoes and onlons are a enough for eight or ten, according to nice brown and the chops are flavored their ages. BREAD CAKE.

Two cups bread sponge; two cups

duty to fight in the brown sugar, one-half cup butter, onekitchen I realized as an im- half cup lard, one cup of raisins chopped portant one and by giving two eggs, one teaspoon baking soda disthe matter a little thought solved in little warm water, one teaspoon have learned many points in regard cinnamon, half teaspoon alispice, half teato economizing," writes a reader, "I spoon nutmeg, a little salt, enough flour to sam sending you one on how I made make batter like other case. Place in one

hour. Bake in moderate oven till it loosens from side of pan. CREAMED SMOKED BEEF. of smoked beef. Scald and drain. Fry one-half onion cut fine in one tableand from part of the liquor obtained I spoon of chicken fat or any other fat made the soup for Monday's dinner. of not too strong a flavor. Chicken fat With the rough pieces and the remain- is best. Then add one heaping table-

ing liquor a delicious baked pie was spoon of flour and cook a minute. Stir in one pint and a half of milk and cook until flour is done and all is thick enough. Mix one egg yolk with one tablespoon of cream or top of bottle. Add beef and egg and stir and cook a few minutes, but do not boil. This should be seasoned to taste with salt and paprika or white pepper. Serve with toast and boiled potatoes. Left over fish may be used the same way.

T. E. PHILLIPS. ONIONS IN ONE PAN.

If you do not possess a deep frying pan get one; it will pay you to do so. if only just to cook this dish-

Before beginning to fry the chops, peel and cut the potatoes in one-half high drippings or fat. Do not put more chaps The most economical and nutritious in the pan than the pan will hold without crowding. The success in cooking Take one pound of steak and remove this dish depends on the way you fry the fat; cut the lean into five or six these chops. They should be quickly fried a very deep brown. Have a hot Cut one large onion, one or two car- plate ready to put the extra chops on rots and a piece of turnip into small after they are fried. You must see that the chops stick just a little to the pau Put one ounce of butter, lard or drip- while they are frying: it is this fact flavor. After the chops are fried sa Put in the frying pan the trimmings directed you will then put the potators from the vegetables, one ounce of flour, on top of the chops and the onions on The vegetables to be boiled till tender it without sufficient salt you will spoll in salted water with the fat of the meat, the dish. Next you will add a cup or water and cover the contents of the pan When ready, pour out on a deep meat with a deep pudding dish and let it boil cooking and see to it that the water has With Irish potatoes boiled with their evaporated and the meat cooks a very there will be enough for three or four chops to the top, letting the potatoes and onions down into the gravy and cook If the family is large, double the quan- until the potatoes are tender. You will Mrs. A. LAWRIE, with the onions and the meat cooked

A Lamp Cover Novelty.

tender as spring chicken.

LOUISE S. HAUCK.

In the picture herewith an electric kind of glove. Gray is most effective, as lamp cover of gold colored silk is covare also some shades of suede and tau. ered with a square of gold net, broidered with padded fruit and flowers and edged with a ball fringe. A cushion cover, without the cushion inside, is draped to the lamp base to display it prettily, and is of broche velvet, with a velvet puff and a border of civet

Of two small cushions, the larger, of light blue silk, is quilted and caught with tiny light blue buttons; the smaller is of black and white domino checked silk, with an applique of padded grapes and leaves like those on the lamp shade.

