

HOME INTERESTS

Scalloped Embroidery

Fourth in a Series of Lessons by a Belgian Artist

BEFORE long there will be given in these columns a lesson in renaissance embroidery. As a preparatory step it is first necessary to know how to make perfect scalloping, for that plays a most effective part in this type of needlework.

Every woman really should learn how to make scalloping, for it may be used in so many ways to such good advantage. Instead of lace or hem it may form a pretty and practical finish, and when properly made it will add much beauty to one's work.

To make perfect scalloping requires the same care and skill as does other embroidery. One must be sure that the design is well stamped upon and not too near the edge of the material so that there is sure to be enough material to hold to as one works. If there is not and the material slips the scalloping is sure to be uneven.

Perhaps some people believe that they must purchase a ready made design and stamping paper to fashion scalloping but it is a very simple matter to make one's own design if one cleverly employs a ten cent piece or any round object that is the size of the scallop one wants.

First make the design upon cardboard. Draw the lines A, B, C (see figure), which are parallel. Place the dime or round object upon the board so that it will be tangent to C. Then outline the arc of the circle. Lower the coin so that another portion of the circumference—D, E, F—may be drawn. Then mark the point G, by which the third line, C, parallel to the two others, is drawn. This line will serve as a guide and will insure the scalloping being equal.

Feminine Problems

ARE we playing the present strenuous game of life in its right key? At no other time in the history of the world has it been so imperative that we be attuned to the spirit of the times as during these discordant days when the sad minor strains of suffering and sacrifice have become such crashing major chords of ominous portent.

We all know how a false note in the rendering of a musical composition makes us cringe; and some of us have experienced the humiliation of starting out to play a piece of music in flats (written in sharps, or vice versa), and our flurried effort to transpose back to the right key. We finally get the key, but our pulse is lost and the pleasure of our audience diminished, when if we had just stopped one second to get our minds and fingers on the right key for that certain composition we would have played straight through to a perfect finish and a pleased audience.

And have you ever noticed how a singing master uses a tuning fork? How he seems to be listening with his soul, eyes and ears until he produces the impression registered in his mind? Now it is not until after much practice and constant examination in his mind of the comparative tones, the one given and the one required, that he trained his sensibilities to a quick appreciation of the correct key.

It is up to us to train ourselves to sense the right key in which we need to do the most effective work—remembering that life is a vast sounding board (highly sensitized just now) on which every false insincere note will reverberate down through the ages.

FEMININE FRIPPERIES.

Long capes of silk are much shown and worn. Shirred mull hats are very becoming to wee tois. White tussor with blue stripes makes a cool frock. Little girls' fall hats are apt to have fur on them. Many of the new dresses are made without collars. Bold plaids are in demand among summer fabrics. Shades of brown are increasing in favor in Paris. Skirts continue to be irregular around the bottom.

FOR THE GAS RANGE.

The oven of a gas range will heat much quicker if the door is left open one minute after lighting. The oven will not rust if when through using the door is left open until oven is cold. This prevents sweating.

If one has a piece of work that should have scallops in the corners of it, such as a table cover, it is sufficient to draw three-quarters of a circle, which will unite the scallops of the two sides of the work.

Now cut the cardboard around each circle and place the same upon the material and with a very sharp pointed pencil outline around each scallop. Lower the cardboard to make the second line in scallop. With darning cotton "H" in each scallop with chain stitch, but be sure not to make too many stitches in the corners of the scallop, as it makes the points too thick and clumsy. Most workers use embroidery hoops to keep the linen from puckering, but if one does not care to use hoops one must be sure that the work is kept flat over the index finger and on the straight of the goods.

To begin to embroider make a running stitch along the outside lines of the scallop and then fill in the scallop with the chain stitch until the scallop is well rounded and stands up in relief from the linen.

Always work from the left to the right and be sure that the needle goes in exactly above the top per drawn line and comes out exactly below the lower line (see figure 2). Pass the thread under the thumb of the left hand. Make the stitches very even and close together.

When it is time to rethread the needle do not make a knot in the thread, but pass the thread through the padding and cover its ends with embroidery stitches. When the embroidery is finished, if it is a bit soiled it is much better to wash and iron it over a heavy turkish towel to give a raised effect to the work. Use very sharp scissors for cutting away the material and cut it very evenly so as not to leave any rough edges.

Always use embroidery cotton that is twice the thickness of the thread of the linen upon which the design is to be worked.

Life the Masterpiece.

To finish a musical composition brilliantly, perfectly, is the goal toward which a performer sets his mind, knowing that the audience will forgive slight imperfections to technique during the playing if the end is harmonious.

So must we try to visualize the outcome of this world war, and do the work that we are best keyed to. Just as there is pitch and rhythm and definitely marked time in all music, so should we try to set a pace and a key for our activities. We know how the day goes wrong when we get up, as we say, "on the wrong side of the bed"; the whole day is pretty liable to be keyed to distressing sharp frets and discords, having its inevitable psychological effect on the entire family. New life is one long day figuratively, in so far as its happy outcome depends upon our working and living in the key aura that we have appropriated (after deep thought) as the best for us.

In hitching one's wagon to a star, many disastrous meteoric falls would be avoided if one travelled the right road or key—made marked by every fugitive note of criticism and doubt, to a not too distant orb. We must do a lot of little detail and finger exercises before we can accomplish mastery and surely life is the great masterpiece.

HOME HINTS.

To keep cheese, wrap in cloth wet with vinegar. Use a boot-buttoner to wind the springs of the curtain. When your white shoes begin to look shabby, color brown or black with shoe blacking. To set the color in any goods, soak in one gallon of water and one cupful of salt. To put a rod into a sand curtain, put a glove finger over the end of the rod. To remove gum from silk, put one-half teaspoonful of baking soda in little hot water. Gum will roll up and come off by scraping gently with a knife.

LAUNDRY LORE.

To wash colored calicoes wash goods in lukewarm water, rub with good white soap, then rinse in salt water. This sets the color and keeps it. To remove ink from cloth, rub it with turpentine and every bit of ink will be removed.

FOR A GOOD FIGURE.



thought of our spine as an upright post with our shoulders as the crossbars, and yet if we could so visualize it so that it will bear "we would go a long way toward "keeping our figures" and retaining that perfect balance which counts for so much in a graceful appearance.

It seems a perfectly simple matter to sit correctly, and yet rarely do most of us do so. We slouch in our chairs in a probably comfortable but decidedly awkward and possibly injurious way. It may seem a bit strained at first to stand with the chest raised and the shoulders thrown back, the abdomen

drawn slightly and the chin held firmly up, but it really is one of the simplest acts to which we can train ourselves.

As for sitting, it is a bit hard not to "droop" but if we will push ourselves far back into our seats so that the ends of our spines are near the backs of our chairs we will find our selves involuntarily sitting straighter, because we have unwisely twisted those curves in our spines.

It is worth while to cultivate chest expansions, for when it is raised as it should be the rest of the body almost necessarily falls into true position.

Bullets and Bacon

Are you a soldier in khaki? If you answer no, then you are not worth your bacon. This is not meant to disparage you, but it does mean that our soldiers must have bacon. Fats are quite important in fighting this war as guns or ammunition, and bacon is one of the chief sources of fat.

Fats supply energy to the body, and pork is in more used in the army than any other, because it is more readily shipped and it is the most liked by the men working at hard manual labor.

Without fats people weaken and waste away. The armies must have fats to keep up the fight.

But the American people as a nation need not worry about their own lack of fats in this country is three and a half ounces a day, while two ounces is quite adequate to sustain health and vigor, and in all probability better health and more vigor will result from a diminished use of fats.

It is our soldiers, sailors and the allies about whom we need worry. France and England are short of fats, terribly short, and America must make up that shortage out of her own over-abundance.

If every person in America saves one ounce of fat a day, we can ship fats enough for our soldiers, sailors and allies. One third of an ounce of fat measured in bacon amounts to just about two thin slices of bacon. Giving up two slices of bacon a morning does not seem much, but it will help to get into a rut, will, unless you do it to keep up the health and vigor of the men behind the guns, and the two slices of bacon is one-third of the ounce you are trying to save.

CHEER UP! AVOID DEPRESSION

WOMEN who are given to "blues" or depressing moods do not as a rule, have any real grievances, yet most of us now and then lose interest in ourselves and the world around us, and as a result things seem all awry.

However, excellent author assures us that self pity is really a sort of disease and she makes remarks upon the strongest constitutions. So let the woman who wastes good time in elaborating upon her woes (if she is at all alive to her best interests), try to master those foolish ideas. For if she is an active, healthy person she is not by any means an object of sympathy or pity, and should expect neither.

Any woman who works on ceaselessly who is given to worrisome or depressed moods, or who otherwise foolishly permits herself to get into a rut, will, unless she uses all her ingenuity, find it difficult matter to extricate herself from that unpleasant state, and it is ridiculous to conclude that such women can be either happy or contented just so long as they persist in thus stagnating.

Effluocious Elixirs.

While we all admit that housework with its ceaseless round of duties is more or less humdrum, even that occupation may be toned down and made congenial if the woman in each particular case so wills it. What the mother who keeps no maid needs more than anything else is an occasional brief rest from her tasks, and if she is wise she will take it, at no matter what inconvenience.

In Touch with Times.

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FRILLS AND FLUFFS.

Some of the most charming of present day garments are the little bobbed aprons. Color is more fashionable than ever before in the clothing of even little babies. Marquisette, to make a really charming gown, should be embroidered in fine steel beads.

A NOVEL PREVENTIVE.

One of our readers says that if travellers would avoid being car sick they should place writing paper over the stomach before driving; do not remove until journey is complete. She claims that this has never been known to fail.

Capable Women

Jottings About the Doings of the Fair Sex

MRS. MELBA, the opera singer, is now acting as a war work speaker instead of a singer.

Women are admitted to membership in the Scottish Institute of Accountants on exactly the same terms as men.

Mrs. Ethel C. Blair has been elected a Justice of the Peace in Shaasta, Cal.

The Texas Federation of Labor is endeavoring to organize all the female workers in the Lone Star State.

All the Jewish women in this country are to be organized for overseas work.

Twenty-nine per cent of the women munition workers in Great Britain were formerly housewives and domestics.

Miss Mary Anderson, a member of the International Brotherhood of Shoe Workers, is assistant chief of the new woman's bureau of the Department of Labor.

More than 100,000 women are now employed in making munitions for the English army.

Miss Nellie M. Reeder, of Hays, Kan., has been appointed by the Ordnance Department to have general supervision over the conditions of work for women at the war plants in the district comprising the States of Connecticut, New York, Massachusetts and Eastern Pennsylvania.

Women trade unionists in Great Britain now number more than 300,000.

Women gate tenders employed by the New York, New Haven and Hartford Railroad work eleven hours a day, seven days a week.

Women laundry workers in Kansas are prohibited from working more than nine hours a day and the law fixes a minimum wage of \$5.50 a week for fifty-four hours of labor.

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FOOD SELECTION Preparation and Combination

NE-PIECE meal.

NE-PIECE meal, as it has been termed, is a great saver of both time and energy and is therefore proving a great favorite with the busy wartime housewife. Try one or more of these suggestions:—

Fish and Tomato Puffs.

To every pound of mashed potatoes allow four ounces of any sort of flaked fish and one large tomato, peeled. To peel easily, scald the tomato, cut in slices and add to the potatoes and fish with a dessert-spoonful of chopped parsley, a pinch of sugar, salt and pepper to taste, lastly adding a well beaten egg.

Goulash.

Take three big onions to three pounds of beef, which should be cut in squares easy to handle and well salted. Cut onions quite fine and fry in a large, shallow stewpan in oil or butter. Put the beef in the pan with onions, stew about two hours. Do not add water until all the liquid is absorbed.

Fruit Wheels.

Mix together two cupfuls flour, one heaping teaspoonful baking powder, one-half teaspoonful salt, one tablespoonful sugar. Rub in two large tablespoonfuls butter. Mix to soft dough with milk; roll out one-half inch thick. Spread thickly with soft butter, dust with one teaspoonful flour, four tablespoonfuls sugar, one teaspoonful cinnamon; sprinkle over one-third cupful each of seeded raisins, chopped citron and cleaned currants. Roll up, cut in one inch slices, put one inch apart on flat greased pans and bake in hot oven.

Chinese Chicken.

Put a fat chicken into pieces at the joints; season with all kinds of condiments, then put in a deep saucepan. Add some chopped ham, a few sliced sprouts (shampoo, if to be obtained), one chopped onion and a handful of walnuts. Cover with hot water, let stew slowly until tender. Add some Chinese sauce and parsley. Serve with shredded pineapple.

Rice or Mock Indian Pudding.

One quart skim milk, two tablespoonfuls sugar or four tablespoonfuls karo, three tablespoonfuls molasses, four tablespoonfuls uncooked rice, salt, cinnamon, ginger or nutmeg to taste. Put all into a dish in the oven and cook slowly, stirring occasionally. When nearly done stir in one cupful cold skimmed milk. Serve with or without cream. The addition of raisins or cocoa makes a nice change.

Mock Chicken.

Soak overnight a pint of navy beans. Cook next day with a ham bone, bacon (if or quarter pound of salt pork until tender. Drain and mash. Grease a baking dish.

Spanish Stew.

One pound hamburger steak, one-third part of bread loaf, soaked, onion cut fine with a little parsley and each of seeded raisins, chopped citron and cleaned currants. Roll up, cut in one inch slices, put one inch apart on flat greased pans and bake in hot oven.

Rice and Oat Biscuit.

Rice flour, fifty per cent, ground oats, fifty per cent; one cupful uncooked oats, one cupful rice flour, one teaspoonful salt, six teaspoonfuls baking powder, three tablespoonfuls fat, one cupful of liquid. Stir the dry materials together. Work in the fat well. Combine liquid and dry materials, handling lightly. Shape as a biscuit and bake in a hot oven. Grind your oats in a meat grinder.

Rice Wafers.

Beat two ounces of fresh butter to a cream. Stir into this four ounces of ground rice and a pinch of salt. Moisten the mixture with a well beaten egg, roll to out thin, stamp into small rounds with a pastry cutter. Put these on a baking sheet, bake in a gentle oven. Time in bank ten to fifteen minutes. Sufficient for one dozen small cakes.

Cheese Sauce.

Melt one and one-half tablespoonfuls of butter, blend in an equal quantity of flour, add slowly one cupful of milk, season with pepper and salt, stir until smooth and set one and one-half tablespoonfuls of grated cheese. Place the sauce on a hot dish and pour the sauce around them.

Chop Suey.

Fry two medium sized onions brown, then put in one pound left over hamburger (or fresh) steak and fry brown. Then put in one cupful of left over spaghetti and a sprinkling of pepper, also a small piece of butter, which adds richness, and cook three minutes, then serve with potatoes. Here you have roof, meat and side dish all in one made out of left overs.