

The Woman's Page

Wash Hints Given

Nothing freshens finer towels, chemise, flannels, serge, and tricotines like washing, and if perfume they may be washed successfully if one takes the proper precautions.

Always test the material before washing. Squeeze a sample or inconspicuous part of the garment in lukewarm water. Pat out the moisture with a towel. When almost dry, iron on the wrong side. Compare it with the unwashed material. If color or texture have not changed, it may be safely washed.

Rip the hem before first washing and be sure to choose a good drying day.

Select a pure mild soap flake with a coconut oil base, which will clean quickly in almost cold water. Strong soaps should never be used on delicate colors or fabrics.

Outline any spots on the garments with baking three. Use enough soap flakes to make a plentiful suds. Apply top suds to the spots on the three garments. Massage the suds into the spots gently.

Squeeze lukewarm suds (not over 100 degrees F.) through the material. Do not rub or twist. Use suds of same temperature (100 degrees F.). Rinse in at least two waters of the same temperature (100 degrees F.) filtering is suggested for white wools.

Quick drying is essential. Fold in two prefolding coils by inserting towels between all folds. Pass through loose wringer or roll tightly, changing towels constantly. Hang dry.

Hang dresses, etc., on padded coat hanger and pull to shape. When almost dry, shape carefully and press on wrong side with moderate iron. Plaids, etc., may be pressed on the right side when covered with a damp cloth. Press until the steam comes to rise from the pressing cloth, but do not continue beyond that point.

Pongee has a way all its own and is one of the handier. It should not be sprinkled or even misted with water. It must be perfectly dry when ironed.

The iron used should be medium hot. And then the laundered pongee will look like new.

HOW TO MAKE MINCE MEAT

By Bernardine Du Noid

Nothing can quite take the place of mince pie. But in order to have mince pie, one must first have mince meat. And here are several methods of making it:

Five cups of chopped, lean cooked beef, two and one-half cups of finely minced suet, seven and one-half cups of finely chopped tart apples, three quarts of seedless raisins, one cup of brown sugar, one cup of molasses, two and one-half cups of citron rind, one and one-half cups of seeded raisins, one package of seedless raisins, three quarts of lemon and two oranges, one tablespoon of ground nutmeg, two tablespoons each of cinnamon, cloves and allspice, two nutmegs, one teaspoon of almond extract, three cups of flour in which the meat was cooked and one and one-half cups of fruit juice or sherry wine seasoning.

The juice left from spiced fruit is delicious with two tablespoons of the sherry seasoning most delicious. Let this mixture simmer slowly for one and one-half hours and add grated rind from one orange and one lemon. Seal in hot sterilized jars for keeping.

Another excellent recipe calls for three pounds of beef, boiled and chopped; one and one-half pounds of suet, chopped; six pounds of apples, chopped; three pounds of raisins, seeded; two pounds of currants; one pound of citron chopped fine; one-half pint of lemon and orange; one ounce cinnamon, ground; one-half ounce of cloves; one nutmeg, ground; three pounds of brown sugar; one quart of boiled cider; one quart of molasses, salt to taste.

Do not put a stigma on serving your village as a public official. To defeat the recall of the village president, vote NO on the Ballot.

Mrs. Frank J. Miller

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Stately Note Is Struck in Evening Creations



By Mme. Lisbeth

The stately note has not been neglected in the present day flare for frivolous clothes. It is accentuated in the three garments of lustrous velvet pictured.

At the left is an evening wrap that has more than a suggestion of old-time modes. It is a loose cape of beige velvet over very simple lines with dolman sleeves, the silbess being caught up into finely shirred ribs behind the cuffs and at the shoulders. A mantilla of lace in the same tone develops a hooded cape and edges the garment to the hemline. Cuffs and bottom are edged with fur in the same shade of beige.

A queenly gown of black velvet (center) is given an ecclesiastical

effect by the application of the trimming. The close fitting bodice is cut in a V front, the opening being filled with a veat of silver cloth. A corsage of silver cloth with heavy embroidery of silver beads gives the ecclesiastical touch, which were outlined in gold thread.

And an evening ensemble in delicate fabric combination was seen, the dress fashioned of an imported gold metal tissue which was very light in weight. It was made with a surplice top front and back, which crossed at the hipline, the ends falling at the side in a soft, full drape to below the skirt hem. In the wrap fabric bands of dianaphous black velvet in graduated widths alternated with bands of gold metal cloth.

An interesting evening wrap in

one collection was developed in peppermint green Salome velvet with a gray fox collar lined with chartreuse colored metal cloth. It had large flowing sleeves embroidered in an applied design of various colored metal cloth, the figures of which were outlined in gold thread.

When you mend silk stockings at the back and sides of the heel place a piece of crepe de chine of the same color on the wrong side and darn it to the stocking with silk thread. It is better to darn from the right side, so you can easily tell how it's going to look.

If you have a little one in the home and consequently toys and trinkets on the floor, try this stunt: Push the little toy wagon just ahead of your broom or sweeper, and as you come to the various things to be picked up, toss them into the wagon and when the rooms are swept you have the rooms clear and the toys all together to be put away.

Sweet Potatoes And Apples

Did you ever try sweet potatoes and apples cooked together? First cook the sweet potatoes in their skins in boiling salted water for about 15 minutes. Pare, core, and slice the apples. Skin and slice the sweet potatoes. Place alternate layers of sweet potatoes and apples in a buttered baking dish, sprinkling each layer with sugar and dots of butter. Add a little water, and bake until the apples and potatoes are soft. Brown sugar is liked by many people for this combination.

DOUGHNUTS

You'll find a good recipe for doughnuts in Family Bulletin 145-F. Home Baker, also one for cookies and several for cakes.

LUNCH AT The Gray Sweet Shop

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Who's Who in the Day's News

EDWIN B. FROST
Although blind, Edwin B. Frost, director of Yerkes Observatory of the University of Chicago at Williams Bay Wis., is one of the foremost astronomers in the United States. He himself makes observations of the stars.

He makes the other side of the stars shown them, what to look for in the heavens and how to study them. He has made astronomical observations of a fine art as the stone-blind astronomer and teacher the heavens for successive classes of students.

The astronomer was born in 1856 in Brattleboro, Vt., and received his A. B. degree from Dartmouth in 1880. Later he studied physics and astronomy at Princeton, Strasbourg (Germany) and the University of Bonn (Germany). At Postdam (Germany). From 1887 to 1902 he taught in the astronomy department of Dartmouth. During the last four years he has a non-resident instructor.

In 1898 he went to the University of Chicago as a professor of astrophysics and in 1903 became director of Yerkes Observatory. He has written a number of scientific papers on astronomical subjects and is also a contributor to scientific magazines.

ADD CELERY
Add chopped raw celery to sauces served with croquettes, or to creamed vegetables, chicken, meats, oysters, fish, or scalloped potatoes; a tablespoonful of celery to a cupful of sauce gives a good flavor.

are many blessings she can confer on her friends.

For The Man
For a man, hand-made and initial handkerchiefs, made of the finest linen, the initials in color or plain white, are greatly appreciated. The hem must be finely hemstitched. Lads love college pillows, team flags, sports gloves and tans if well worn.

Almost all little girls love dolls, and they are bewilderingly lovely nowadays. The character dolls, so called, may be had to resemble the child herself. Then if we make the wardrobe at home with clothes that can be taken off and put on like real baby things the gift is most appreciated. Keens, worn hats, slippers, sweaters, mittens, scarves and tans are also welcome among knitted gifts.

Dainty articles made of the wide shaded ribbons are easy to make and make attractive gifts. Bags for different uses, for work, slippers, corsets, opera glasses, party bags, parasol covers, lacinating bags of fancy silk may be made in several good shapes. Wooden hat stands painted attractively are convenient to stand on closet shelves to hold hats in constant use.

A coverlet for the crib would make a nice gift for baby's first Christmas.

The art embroidery department are replete with various styles in coverlets or sets which include the pillow slip. One in dotted swiss is particularly attractive. It has a simple center design of applique in which kiddies in color are prominent. A colored band at the edges makes a pretty finish.

There are also pillows to be embroidered. These range from the elaborate sheer fabrics con-

Black has come into favor again for undies. Black geometric or crepe de chine combines with elaborate black lace for most attractive nightgowns and combination suits. Black hose of the sheerest grade of chiffon, are also in the foreground after several years of being decidedly out.

Next in favor to black in lingerie are pale green and peach.

There are lovely linens for the home woman. A scarf of linen applied, for use on a buffet or sideboard, is particularly attractive. A dark linen is chosen and lighter shades are cut in leaves and arranged in wreath or borders. They are fastened with a buttonhole stitch in the same color. The scarf is made of the leaves are veined and if more work is wished some of the

Tiny Couple Parents of Tiny Baby

Twenty years after their marriage, Count and Countess Nicol have an addition to their family—a son who weighed three-and-one-half pounds at birth, in a Montreal, Canada, hospital. The Count is 40 inches tall and weighs 100 pounds; his wife, is 38 inches tall and weighs 90 pounds.



Countess Nicol with her baby boy in Montreal, Canada, hospital.

ADD CELERY

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Those Dainty Things

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Normalization

more important to women than reduction.

Many women think of exercise in terms of so many lost pounds instead of viewing it as a normalizing medium. It is possible to actually trim down the size of the figure and yet have the scales register the same amount of pounds as they did before the exercising was begun.

This tendency toward normalization is what makes it possible for one woman who is overweight to reduce by the same exercise that her underweight friend uses "to build up her body."

Exercise, as a rule, does not reduce weight, but does reduce size by turning flabby, soft muscles into trim, hard muscles.

If one is underweight, proper exercise will increase the weight not by adding fat, but by strengthening the constitution, giving better appetite and developing the muscles; in other words, by normalizing the body.

As an illustration of this normalizing will give you an exercise that is what makes it possible for one woman who is overweight to reduce by the same exercise that her underweight friend uses "to build up her body."

Stand with the body erect, the head up, the chest out, the arms stretched out at the sides on a level with the shoulders. Breathe together with the toes pointing straight ahead.

Raise the left arm straight up, pressing it tightly against the neck with the palm turned in. Let the right arm drop to the side. Then without raising the heels from the floor and while keeping the body as rigid as possible, push the right hand toward the left knee. While the right hand is being slowly pushed toward the left arm, breathe in deeply against the knees, and all are dainty. Blue and black pillows for satins or silk can be bought and they are just the right size for baby's use.

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