

is more lace and velvet introduced in a very original manner on the collar, which has a turn quite its own.

For artistic effect my last sketch will be found perfect. It consists of a most charming walking gown in place



FOR THE PROMENADE.

silk, in an apricot tone shot faintly with rose-pink. This shade is seen in so many of the Paris gowns this summer, and is marvellously becoming to blondes and brunettes alike. The bodice is daintily trimmed with chiffon. The fancy yoke and unique ornament on skirt may be carried out either in apricot satin or velvet.

HELOISE.

WORK COLUMN.

FIRE-PLACES FOR SUMMER.

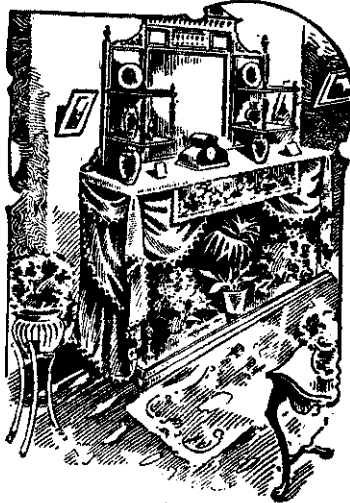
'HOME is not home when spring cleaning is going on,' remarked a man the other day in my hearing, and I don't wonder at it. I certainly am of the opinion that an overwhelming amount of spring cleaning is distinctly indicative of general laxity throughout the rest of the year; nevertheless a certain changing about of rooms, turning out cupboards and odd shelves, seeing thoroughly to out-of-the-way corners and 'high places,' which are a little apt to escape the dusting-broom of even the most careful, and a general application of soap and water is very salutary. I have a great liking for fresh curtains, fresh hangings, fresh sofa cushion coverings, when summer days put in their appearance. It may sound extravagant, but it is not. Thicker and richer material is required for winter, and which summer sunshine would soon render shabby and unfit for use; lighter kinds of fabrics are more suitable in hot weather, and light colours do not get so dirty when our gowns are not of such dark materials and there are no fires about. It freshens up rooms to treat them in this sort of way, and gives a sense of household vitality, which is not without its healthy mental effect—quite as important a matter is household hygiene.

I lately made the discovery that printed velveteen washes beautifully. I have had two sofa-cushion covers in shades of yellow, white and green, trimmed with deep yellow silk frills, put through the wash-tub with the greatest possible success. Another experiment was made with a silk brocade cushion-cover. It was of very fairly good material, having cost between six and seven shillings a yard, and this too washed perfectly.

And now a word about blinds. Do not listen always to the voice of the cleaner, clean he ever so well, we all know how his bill is capable of mounting up. Many people will tell you that blinds are quite useless after they have been washed. Now, quite recently I had five or six blinds, made of fine dark cream-coloured linen, in which are inserted wide strips of heavy guipure lace at the bottom, and a somewhat elaborately-knotted fringe, washed, and the result is remarkably good. But there is a hint to be given in this matter, and that is that a piece of any kind of calico, unbleached or otherwise, must be tacked firmly behind the insertion of guipure, which

prevents it stretching, and care must be exercised in taking the blinds off the rollers, so that the holes made by the tacks are not enlarged. The blind-cord and tassels wash equally well.

One of the most important things to consider is the fireplace decoration for the summer months. Modern fireplaces do not require so much thought at our hands, with their ornamental wooden sides and upper shelves,



FIREPLACE DECORATION.

pretty enough in themselves not to need the charitable drapery that covers so many architectural sins. As will be seen by my sketch, more drapery is introduced than would be safe were the fire burning in the grate. The colour of this must, of course, be one that will harmonise with the rest of the room, and below I advise greenery of any kind rather than flowers—these look their worst in a draught, and one of the best substitutes that can be found for growing plants are large boughs of laurels and such-like shrubs placed in blue and white Doulton pottery jars. If the water is changed for these every two days and a few drops of Condy put in they will keep for a long while, but are absolutely dangerous in a room if the water is allowed to stay for a week, and cases of illness have been known to arise from such neglect.

With regard to watering plants, when they stand away from the light, you should be careful not to over water them, for evaporation takes place slowly in a shady place, and the soil may turn sour and injury be done to the roots. They should all be taken from their position in the fireplace and thoroughly syringed on the balcony once a day, and, failing that, the scullery sink suits very well for the purpose.

DEFENCES AGAINST CONSUMPTION.

SUFFERERS from consumption are always present in the community. Numerous experiments have proved that the dust of cities, of many hospitals, and of houses where consumptive persons live, or have recently lived, as well as of public places in general, invariably contain the germs of consumption. It follows that with few exceptions every one directly encounters these seeds many times a year, or even many times a month.

Yet it is observed that the number of sufferers from consumption is relatively small, and the question may well be asked, 'Why do some and not others suffer?'

In the first place, the seeds of consumption germinate and grow with comparative slowness; and secondly, the resisting power of the human body constantly antagonizes their growth.

In every case of 'galloping consumption' the system is first undermined by some complicating disease; and when, for any reason, the vitality is lowered the disease may become engrafted.

The growth of the bacilli is so slow that even where they have 'taken root,' a person of ordinary strength, with carefulness, throws this dread disease entirely aside.

In fact, many persons contract this disease and throw it off without ever having been aware of it; as is repeatedly shown by *post mortem* examinations which reveal the healed scars in the lungs.

What is one to do, after a severe cold, a cough lingers and he grows pale and thin? Certainly not to become panic-stricken and quote the old adage regarding the incurability of consumption. Neither is he to regard his symptoms as worthy of no attention.

Let him consider, like a prudent general, how best to arrange his forces against the invading enemy. Let him take regularly the tonics of his attending physician; care for the stomach as the ally supplying the means of warfare; strengthen the chest by prescribed and gentle exercises; avoid extremes of fatigue and late hours; conserve the natural heat of the body by the wearing of some woollen texture next the skin, and by the use of thick-soled shoes, and the chances, he may be assured, will all be in favour of his permanent recovery.

A BEAUTIFUL COMPLEXION.

Apply Sulpholine Lotion. It drives away pimples, blotches, roughness, redness, and all disfigurements. Sulpholine develops a lovely skin. 10 bottles Made in London—(Advt.)

QUERIES.

Any queries, domestic or otherwise, will be inserted free of charge. Correspondents replying to queries are requested to give the date of the question they are kind enough to answer, and address their reply to 'The Lady Editor, NEW ZEALAND GRAPHIC, Auckland,' and on the top left-hand corner of the envelope, 'Answer' or 'Query,' as the case may be. The rules for correspondents are few and simple, but readers of the NEW ZEALAND GRAPHIC are requested to comply with them.

Queries and Answers to Queries are always inserted as soon as possible after they are received, though owing to pressure on this column, it may be a week or two before they appear.—ED.

RULES.

NO. 1.—All communications must be written on one side of the paper only.

NO. 2.—All letters (not left by hand) must be prepaid, or they will receive no attention.

NO. 3.—The editor cannot undertake to reply except through the columns of this paper.

RECIPES.

FISH AU GRATIN.—Ingredients: The remains of any kind of fish, breadcrumbs, some chopped herbs, parsley, salt, pepper, some grated nutmeg, small pieces of butter, stock. Cut up the fish, sprinkle over the bottom of a shallow dish a mixture of the herbs, etc. Put in a thick, even layer of the fish, cover with breadcrumbs, and over this pour a little hot butter and a half cupful of stock. Bake in a fairly hot oven, with embers on the lid; serve with a lemon, or squeeze this over the gratin, and garnish with slices of lemon and parsley.

MUTTON CUTLETS.—These should be cut from the best end of a neck of mutton; trim them neatly, with a due proportion of fat and lean; add egg and bread-crumbs them, and have ready a very hot frying-pan, in which a bit of butter has been melted. Fry of a golden brown, and as each cutlet takes colour lay them gently in a stewpan; put in the frying-pan a pinch of flour, salt, and pepper; add a cupful of hot water, and boil up; strain through a wire gauze sieve, pour into the stewpan, and simmer for at least an hour; lay the cutlets on a hot dish, skim the gravy, and pour round.

PLAIN CABINET PUDDING.—Butter a plain round mould, then fill it with alternate layers of raisins, bread and butter without crust, and a little grated nutmeg. Make a pint of new milk hot, and mix with it too well-beaten eggs. Sweeten and flavour it to taste, and pour it over the bread and raisins in the mould. Let it soak for half an hour, then put a plate on the top of the mould, and steam the pudding for an hour. Serve with or without sauce as liked.

YEAST.—The amount required for 7lbs of flour is four tablespoonfuls. First mix two dessertspoonfuls of salt with 7lb of flour very well, then mix four tablespoonfuls of yeast with one pint of lukewarm water (not hot); make a hole with your hand in the middle of the flour, but do not let it touch the bottom of the pan. Pour the water and the yeast into this hole, and stir with a spoon until you have made a thin batter; sprinkle this over with flour; cover the pan over with a dry cloth, and let it stand in a warm room for an hour (not near the fire, except the weather is cold); then add a pint of water a little warm, and knead the whole well together till the dough comes quite clean through your hand (some flour may require a little more water, but that will soon be learnt by experience); leave it again for a quarter of an hour, then bake. It need not be mixed overnight.

HINTS FOR THE HOUSEHOLD.

A DULLED pen can be improved by heating it in the gas jet.

Clean piano keys with a soft rag dipped in alcohol.

A little petroleum added to the water with which waxed or polished floors are washed improves their looks.

Cool rain water and soda will remove machine grease from washable fabrics.

TO DARKEN GRAY HAIR.

Lockyer's Sulphur Hair Restorer, quickest, safest, best; restores the natural colour. Lockyer's, the real English Hair Restorer. Large bottles, 1s 6d, everywhere—(Advt.)

A NEW STIMULANT.

THIS is a drug called theobromine. It is said to act favourably in cases of palpitation and flatulence of a nervous character. Mr L. V. West tells us that he administered it to a patient suffering thus without her knowledge, and that the theobromine removed the palpitation and 'pains in the heart' and had a marked influence on digestion. Theobromine is the active principle of good cocoa, and we are told it is not like caffeine, a cumulative drug; that it has not the exciting qualities of caffeine—the active principle of coffee—and that it may be taken for a long time without injurious effects, and is invaluable in heart disease. Well, I have to bid my readers beware of it unless prescribed by a doctor. That murderous drug, hydrate of chloral, which led so many people to insanity and death, was cracked up in a similar way.

SIR JOHN POWER AND SON, Distillers, Dublin. Established A.D. 1791. Special Pot Still Whiskey. Perfect purity ensured. The fine flavour and delicacy of this whiskey is well known to the trade and consumers. Protected by guarantees of the Government and the Distillers, and being in all cases shipped direct from Distillery Warehouse. Cases, Octaves and Quarters.—EHRENFRIED BROS., Agents, Auckland. (Advt.)