

AS SEEN THROUGH WOMAN'S EYES.

Knitted Socks.

For these the foot should measure from 10½ to 11 inches in length, and khaki fingering should be used. A good sock in plain knitting, like the sketch, can be made with 4oz. of 4-ply fingering and four steel needles (No. 15), for which 92 stitches may be cast on, 36 on the first needle, 28 on each of the two other needles. Make a good deep welt of plain and 2 purl, and decrease after the 31st round for the leg, being careful not to do this too suddenly until 82 stitches are left for the ankle, when 30 rows must be knitted plain. For the heel 34 rows should be knitted. Decrease when heel has been made, to 80 stitches, and then knit on till the foot measures 6 or 6½ inches from the part where the stitches were picked up, and then knit the toe. A very comfortable toe is made by first of all dividing the stitches equally on the three needles, and making 2 decreases at the beginning and end of each row, with 3 plain



rows between, then 2 decreases in the same way with 2 plain rows between, and then 1 row with 1 plain row between till there are 12 or 19 stitches left on the needles, when these should be threaded on the wool, the sock turned inside out, and the stitches drawn together and darned neatly on the wrong side.

The toe can, of course, be knitted on two needles, if preferred, but I have found the above give a very comfortably-fitting toe.

A smaller size can be knitted by casting on 80 stitches, with 4oz. of fingering, but be careful to make them long enough in the leg, and to have a good deep welt.

Tam o' Shanter in Crochet.

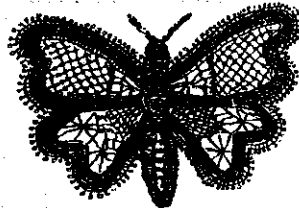


This is a most comfortable shape, and is much easier to work than a knitted one, which is a reason I give it when so much is required within a short time. For the materials, 4-ply Scotch fingering will be found to answer very well for it, in dark colours, though a special make of khaki fingering will be found the best to use. For this cap 4oz. of wool will be required, and a bone crochet hook, size No. 12. It should be worked rather closely, in either ribbed or plain crochet—that is, either the one top thread of the previous round can be taken, or both, as preferred. Make 4 chain, and join in a circle, and then work 7 double crochet in the circle. 2nd Row: Work 2 double crochet in every stitch of last row. 3rd Row: 2 double crochet in 1st stitch, 1 double crochet on next stitch, and so on for the round. 4th Row: 2 double crochet on 1st stitch, 1 double cr. on each of 2 next stitches, and so on for round. 5th Row: 2 double cr. on 1st stitch, 1 double cr. on each of next 3 stitches, and repeat. 6th Row: 2 double cr. on 1st stitch, 1 double cr. on each of 4 following stitches, and repeat. 7th Row: 2 double cr. on 1st stitch, 1 double cr. on each of 5 next stitches, and repeat. 8th Row: 2 double cr. on 1st stitch, 1 double cr. on each of 5 next stitches; continue in this way, working one more plain stitch between the increase in every round till the crown measures 30 inches round, or ten inches across. Then work four rounds of double crochet without any increasing. NB—

for the following eleven rounds, decrease seven times in each round by missing a stitch, keeping always in a straight line with the stitches, where you before increased, which should make it the right side for the head—i.e., 24 inches round or 8 inches across are suitable measurements. The band comes next, and for this work twelve rows of plain double crochet, inserting the hook so as to take up both top threads of the stitches of previous round; this band will curl over, and does not require lining. The tuft is made by winding a quantity of wool over a card about three inches wide, tying firmly together, cutting nicely into rosette shape, and then sewing to centre of crown.

Lace and Braid Butterflies.

A new fancy in trimming is to make butterflies of ribbon or braid combined with lace or insertion. Butterflies in renaissance or Honiton braid, filled in with lace stitches, are very handsome for trimming the end of ties, or the yokes or sleeves of fancy waists. They are expensive to buy, but are not difficult to make, if one knows anything of lace work. It is quite possible to make such lace from printed instructions, without any regular lesson, but there are some errors that self-taught lacemakers are likely to fall into. One thing to bear in mind is the fact that all this lace is made on the wrong side; the maker never sees the right side until she takes out her basting threads and removes it from the pattern. All the fastenings and joins in the braid should be very secure; carelessness in this particular will cause it to come apart when washed, or even when



BUTTERFLY OF BRAID AND LACE.

handled. The worker must use fine thread if she wishes a good effect. We recently saw a patient worker making a fine renaissance pattern with No. 40 thread. Of course, the effect was ruined; she should have used No. 120 or No. 150. For Honiton braid No. 800 or No. 1,000 will be found necessary. The design which we offer is made of fine point lace braid edged with picot braid. The stitches are so plain that no specific directions for making it are necessary. It may be made of black lace and fine silk thread for trimming white or bright colours, or of white braid and lace for trimming waists of coloured linen.

Hints on Marketing.

"A season for everything
And everything in season."

It is very necessary for a woman to be well informed of the prices and goodness of all articles in common use; and of the best times and places for purchasing them.

It is always advisable to personally do the shopping, and to pay ready money for those things which do not come into the weekly bills.

To make tradesmen wait for their money in most cases makes them charge a higher price than they would otherwise do.

A note-book should always be kept to enter purchases made, so that the weekly bills may easily be checked.

Groceries are subject to great fluctuations, and it behoves the housekeeper to keep a strict look out, and to note the rise and fall of the markets.

Cheap fruit for cakes, puddings, etc., is generally mixed with dirt and small stones; consequently it weighs heavy.

All sorts of materials for puddings, such as rice, oatmeal, etc., should be bought in small quantities, as they become so soon infested with small insects if kept long.

Candles and soap are much better for being kept six months before using.

In buying tinned goods, an eminent physician's instructions are to reject every article that does not show the line of resin round the edge of the solder of the cap, the same as is seen on the seam on the side of the can.

In selecting hams, get the shopman to stick a sharp knife or skewer in the meat under the bone; if it comes out with a pleasant smell it is good, but if the knife is dulled and has a bad scent, do not buy it.

Hams short in the hock are said to be the best.

All vegetables are in greatest perfection when most plentiful, namely, when in full season.

In choosing vegetables take the middle size; they are preferable to the largest or smallest; they will be found more tender, juicy, and full of flavour just before they are full grown.

Roots, greens, and all kinds of salads, when first gathered, are plump and firm, and have a fragrant freshness that art cannot give them.

Buy rather those vegetables that have earth hanging to them than those that have been washed.

Now as to fruit. It must look firm and not nasty. Fruit for preserving should be as dry as possible.

In buying fruit, ordinary care must be exercised. Judge of their freshness by their appearance. The great safeguard is to deal with a man who has a reputation to lose.

Fresh fruit of any kind in summer is delicious at breakfast, and is so very wholesome if taken at that time.

In winter, stewed prunes or baked apples might take the place of fresh fruit, and every housekeeper should

endeavour to have either one or the other.

Watercress makes a nice change, and is useful for garnishing, its cheapness bringing it within the reach of us all.

The Nervous System in Infancy.

During the first year of infancy the brain expands with mushroom-like velocity. This period of rapid growth is a practically quiescent one, so far as mental function is concerned.

The ideal care of infancy is very like that accorded to a thoroughbred colt or puppy. Systematic regularity rules the lives of these inferior beings in every detail of their management. The same systematic care is essential for securing to the child a stable and equitable nervous organisation. The infant's rest, sleep, food, exercise and bath should have at least as much care as is given to the same things in the case of the lower animals.

Freedom from excitement is a matter not sufficiently considered. To force a child into shrieks of laughter, for example, by grotesque sounds or sights, or by any means, while amusing to the unthinking looker-on, is detrimental to the best interests of the child. Placidity, although not so popular as liveliness in an infant, is a more desirable quality.

The bath is at once a means of exercise, and a tonic to the nervous system. In ordinary health it should not be too warm. The movements of the arms and legs, and even the cry, during the bath, are exercises of value.

From the very first the child should be put to bed with the intention that it shall need no further care until after awakening.

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