

# Domestic

## Hints for Red Cross Workers.

Though our women have been doing war work for some considerable time, there are a few little points that all of them do not recognise the importance of (says the Christchurch Sun).

Wool should be wound very loosely, else it is apt to stretch, and the knitting will not be so elastic. Care should also be taken to set up and cast off knitting very loosely. A sock, otherwise perfect, is spoilt if the first line is so tight it pulls into a hard string narrower than the rest. The most elastic way to set up is to tie a loop on the left hand needle for the first stitch. Knit a stitch in the usual way with the right hand needle, but instead of pulling the first stitch off the left-hand needle, place the new stitch beside it, and knit the third stitch out of the second, and so on. Be sure the socks are correctly proportioned. For the heel take half the stitches in the leg, whatever number that may be. In the foot, between the narrowings for the instep and the toe, there should be exactly the same number of stitches in each line as you had for the calf of the leg. When knitting a sock of thick wool, if the toe be taken off in the usual way there will be a thick ridge, which will feel hard and uncomfortable. Instead of that, when you have reduced to about 20 stitches cut off the wool about 6in or 8in from the needles. Thread this end into a wool needle and run it through the stitches. Pull out the knitting needles and draw it up. Then turn your sock inside out and work the wool backwards and forwards over the little round hole to fasten off. When joining on a new skein do not knot the two ends together, but cross them and knit six or eight stitches with the double thread.

If a few little points are observed when making shirts their comfort and durability are doubled. For instance, when machining always fasten off both ends

of each line by working four or five stitches in the opposite direction, except when making a round seam, as when putting in a sleeve. Then it is sufficient to make the end overlap the beginning about an inch. Do not forget the box pleat in the back of the shirt. This is most important, as it gives greater freedom of movement to the arms. In making the sleeves leave the opening a little longer than the width of the cuff, so that they will roll up easily and smoothly. When putting in the sleeves see that the straight side comes to the front and the bias side to the back. Remember that in men's garments the buttonholes are always on the left hand side and the buttons on the right.

## Gelatine as a Food.

In the history of foods, gelatine, like most extract, has played a great part. Before the real functions of the food principles were understood it was thought that what could be extracted by water from a piece of meat comprised all in it that was of value to the body; and so it happened that for more than a hundred years after Papin had discovered the method of extracting all the gelatine out of bones, gelatine was considered to be one of the most, if not the most nourishing constituent of meats. In the last decade of the 18th century, and in the early part of the 19th, the French made great use of gelatine under the impression that it was a proteid because it yielded nitrogen to the chemist. But in spite of the opinions of scientists that gelatine soups and gelatine tablets were a perfect substitute for proteids, their consumption decreased; physicians again took hold of the subject, and by the middle of the century opinion had so changed that nearly all, if not all, food value was denied to them. Modern experimentation based on more rational methods has put gelatine in its right place.

It is a food, just as much so as fat, but like fat it cannot play the role of proteid, although a certain amount taken with fats and carbohydrates will enable the body to get along with a little less proteid. It is even said to excel fat in its ability to do half duty for proteid material.

## HOW TO SELECT AN

# Engagement or Dress Ring

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