

Simple Embroidery Designs for Coat Collar and Cuffs.

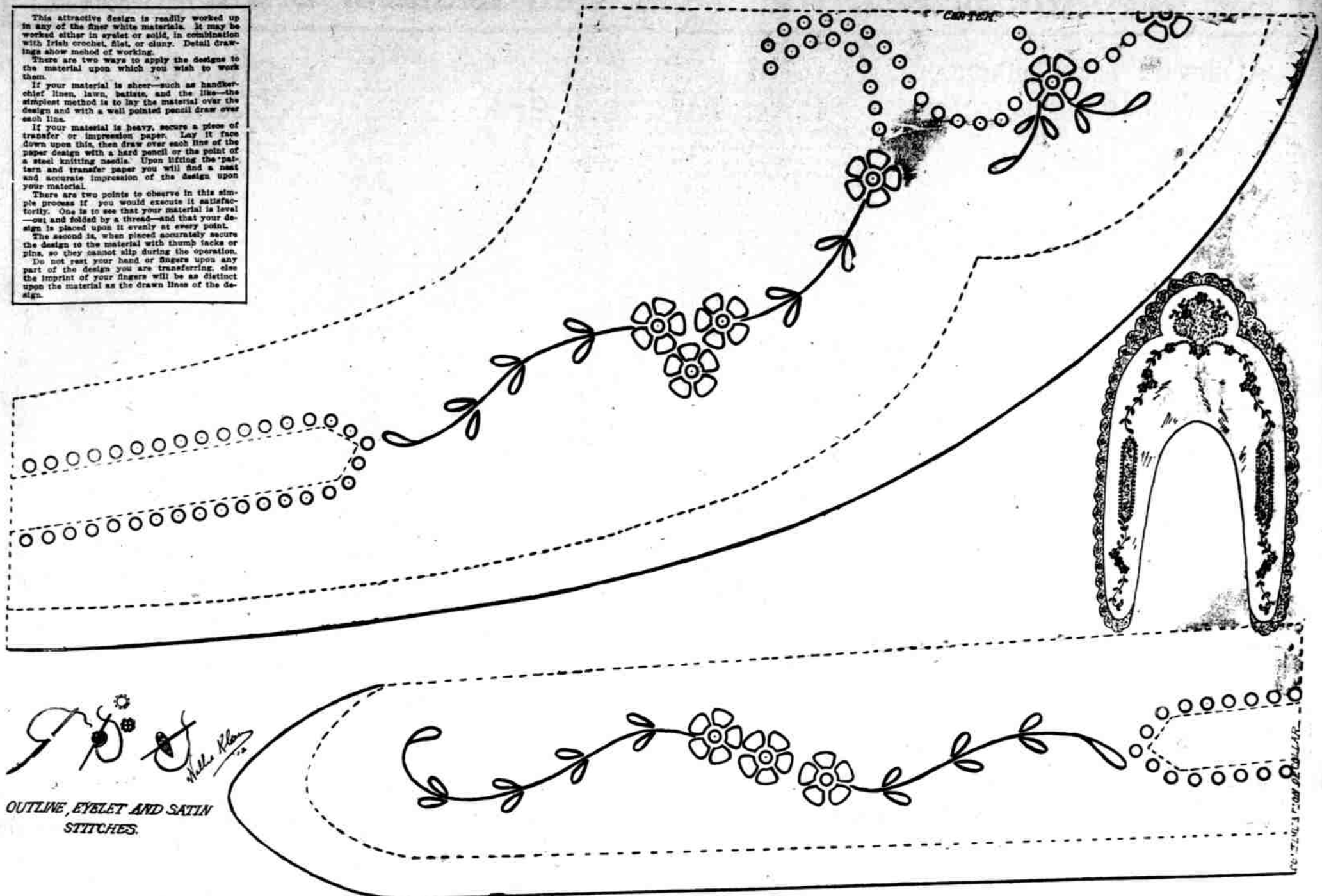
This attractive design is readily worked up in any of the fine white materials. It may be worked either in eyelet or satin, in combination with Irish crochet, flat, or cluny. Detail drawings show method of working.

There are two ways to apply the designs to the material upon which you wish to work them.

If your material is sheer—such as handkerchief, linen, lawn, batiste, and the like—the simplest method is to lay the material over the design and with a well pointed pencil draw over each line.

If your material is heavy, secure a piece of transfer or impression paper. Lay it face down upon this, then draw over each line of the paper design with a hard pencil or the point of a steel knitting needle. Upon lifting the paper and transfer paper you will find a neat and accurate impression of the design upon your material.

There are two points to observe in this simple process if you would execute it satisfactorily. One is to see that your material is level—out and folded by a thread—and that your design is placed upon it evenly at every point. The second is, when placed accurately secure the design to the material with thumb tacks or pins, so they cannot slip during the operation. Do not rest your hand or fingers upon any part of the design you are transferring, else the imprint of your fingers will be as distinct upon the material as the drawn lines of the design.



OUTLINE, EYELET AND SATIN STITCHES.

How to Break the Worry Habit.

By ALICE MASON.



"How can I keep from worrying?" asked an energetic, conscientious little business girl. "Really, I am ashamed of myself, letting the miserable habit get the upper hand of me so. At the rate I am going now, instead of a successful business career claiming me, it will be a sanitarium. I am perfectly conscious of the fact that every day I expend at least 50 per cent unnecessary energy in useless, fruitless worry, yet I don't seem to be able to discover a remedy.

"The minute the buzzer rings for me I begin to fill my mind with fear thoughts about getting all the notes down, and whether I shall have difficulty in getting the names all right, and so on. Usually I get my dictation just before luncheon, and my lunch hour is simply consumed with worry about getting the work got on time and in good shape.

"When I do return to the office and get right down to the work I find no difficulty whatever in turning it out rapidly and well—at least well enough to have won my chief's approval in the form of a second rate this time. In spite of this, I can feel the miserable little germ at work sapping my vitality and slowly gaining mastery over me. How can I stop worrying?"

"Well," said the older business woman, "I suppose there hardly has been a woman who has not asked the same question either of herself or of another at some time. The unfortunate feature of it is that the favorite haunt of this worry germ is the mind of the ambitious, overconscientious worker, who is bent on giving her best at all costs. You don't often hear of the girl who is just shuffling off enough work to keep her on the pay roll being afflicted with worry symptoms.

"I, too, asked the question," she continued. "I asked it of a friend and she replied: 'You know, my dear, a mind can hold but one thought at a time. Why not try substituting a pleasant thought for your worry thought?'

"I tried it. At first I found it hard to concentrate every second on that pleasant thought, but I could concentrate enough to make the worry thought understand it was no longer welcome. And it was not so long before the pleasant thoughts had complete mastery. Talk about 'The Rejuvenation of Aunt Mary'! I was even more rejuvenated."

"Fretful good philosophy, don't you think? Let us adopt it."

Begin by forewarning such expressions as "If I had done differently I would have been so much better off." We all make mistakes, but spending time and vitality worrying over them is sinful. If the thing over which you worry can be helped set about to apply the remedy. If it cannot be helped, forget about it and make a new beginning.

If you worry about lost opportunities for pleasure just tell yourself the future is full of other opportunities. Above all, don't worry over anticipated troubles. They rarely ever materialize.

The worst evil of the brooding habit is that it promotes many other evils—morbidness, discontent, jealousy, supreme sensitiveness, and, worst of all, ill health.

We all know girls who will worry for days because of an oncoming rush of work; girls who worry because they cannot have the same clothes as a fellow worker has; girls who worry because they get the idea into their heads that the "boss" has a grudge against them and does not want them to get ahead because they are not shown favors, and girls, who when they have nothing else to worry about will worry about the weather.

There is an old saying: "As a man thinketh so is he." We know this to be a truism by reason of the fact that the same work we find hard and monotonous the day we are suffering from the "blues" is a real pleasure to us when it is accomplished in a cheerful spirit.

The working hours and conditions of the average business woman are not enough alone to cause breakdowns. In fact, whether your work is to be drudgery or the reverse is entirely a matter of your mental attitude toward it. When you attend a dance, or a golf or tennis game you expend more actual physical energy in a couple of hours than you would in an average day's work, but it never occurs to you that you have been working at top speed, does it?

The worry habit is like the drink or drug habit in that every time we give way to it it leaves us with a weaker will to fight the next attack. It slows down the circulation and lowers every faculty. It produces gray hairs and wrinkles. And a woman is as old as she looks, so why add unnecessary years?

So begin your crusade on this unwholesome mental state before it has depleted your fighting strength. Keeping busy every minute is the surest way to win contentment and peace of mind. Keeping busy does not mean working all the time.

Stick to your job during working hours. But when you close your desk down at night close it down on every little worry, trial, or discouragement of the day. Don't carry away with you a single little unpleasantness that would be apt to nibble or gnaw at you and make your evening one of restlessness instead of relaxation.

When you go home don't throw yourself into an easy chair and stare into vacancy if you don't want to be attacked by a horde of little "blue demons" depending for their food on just such a gloomy mental condition. Go in for fun. Go to parties, to dances, and to the theater. You need amusement to round out your life.

Find out what the world is doing. Find out what is the latest topic engaging popular attention. Do not let other people tell you. Find it out for yourself. Do not be content with second hand information. Think for yourself. It will cultivate your powers of concentration. It will make your life worth while. Your outlook will be so broadened, your companionship will be sought.

Seen in the Shops of Paris.

Buttons of crystal, pearl with rims of color and covered molds are still being used.

Coat suits of satin are considered in good taste. Skirts of black have short coats of white satin with collar and cuffs of black and vice versa.

Shirtwaist dresses of washable foulard are a splendid investment for the woman who desires to appear cool and at the same time well dressed.

There is a great demand for flowered materials as the summer advances. Dimity, organdy, mull, lawn, and mousseline are equally popular.

Although patent leather leads in the making of evening slippers, suede follows a close second, and glaze kid in colors to match the costume is smart.

Buckles have almost entirely supplanted the pump bow. All the evening slippers show a buckle of some kind, but those set with brilliants are especially chic.

Jackets that contrast with the costume are in much favor, especially in sporting costumes. A velvet jacket may be worn with a cloth costume and vice versa.

The old fashioned silk purses of our grandmothers' time are back again. Some are knitted and some beaded, and always they close with two small rings.

Scallops remain a popular form of trimming. These have rounded or squared corners and are edged with narrow platings. Bindings of the same material are frequently used.

Some of the wide-wale plaques, or cotton corduroys, as they are called now, are being used for children's frocks; but they do not have the same childish effect as those of closer fiber.

Shantung silk in tones of blue, gray, mauve, and tan is used to fashion many of the loveliest afternoon gowns. These often are elaborately embroidered or trimmed with heavy lace.

Suede promenade shoes, with black, white, gray, and mole, are made with a Cuban heel and light turned sole. These are cut over a pump model and have a smart little metal buckle where formerly the flat bow of ribbon or leather was placed.

Close fitting black toques are trimmed with many loops of white ribbon directly in the back, the front of the toque being entirely devoid of all trimming. Small hats of hemp and tagal are to be prettily trimmed with a narrow crown band of velvet ribbon and the smart little mercury wings on the side.

Midsummer Styles.



Decorating with House Plants.

By MARIAN V. DORSEY.

No matter how much time and money have been spent in trying to make the home attractive for the winter the effect is not satisfying without that intangible touch of completeness which only house plants can give.

It makes no difference how expensively or how simply a house may be furnished, be it in Italian Renaissance or humble mission, it will have a cold, bare look unless there are some blooms and greenery to make a summer atmosphere within when all is bleak and dreary without; and now is the time to place them where they are to stay.

First of all, get six or eight of the iron brackets that come for holding flower pots and screw them on each side of the bay window in the living room and put in them pots of ivy with long, trailing ends hanging down against the curtains. The English ivy is very beautiful, of course, but is of slow growth; while the Boston variety and that commonly known as the "Wandering Jew" are quick growers and both very effective.

An inside window box, together with these brackets of trailing vines, will make the bay window bower-like and artistic from the room point of view, even if it does not show as much from the street as it did in summer; and the same treatment of the principal window in the dining room is just what that room needs in the way of an optimistic environment.

Most homes have two ferneries, or fern dishes—one for the dining room table and one for the center of the large book table in the library. These should have the earth removed, repotting them in fresh earth in order to get the best results; and this should also be done for the larger ferns and palms that are set on the floor in jardinières. Although the poor old rubber plant has had to bear the brunt of many a fine it is a handsome and decorative house plant when well cared for and its leaves kept green and glossy by washing them off every week or two.

Indeed, it has become quite a notable feature of esthetic living with people of fine taste and cultivation to have potted plants and blooming flowers in most of their rooms, those of liberal means having a standing order at the florists' for repotting those that die, and we are sure to see in the homes of average comfort and refinement an oxalis or English primrose here and there, giving their touch of color and whiff of fragrance. Red geraniums should only be put in rooms where neutral furnishings prevail, as their color is too vivid elsewhere. One is cheery in an old person's room or in the children's playroom. The rock, too, dearly loves the companionship of this bright flower in her kitchen window.

The rose geranium makes a charming house plant on account of the aromatic pungency of its leaves, and a pot of sweet alyssum is also easily grown in the house where there is the even temperature of furnace heat.

An invalid always likes to have some "green things growing" to watch, and an interesting one is made by filling a small earthenware vase that is made for the purpose with water and sprinkling the outside of it with millet seed, which adhere to the dampened pottery. This is soon covered with a beautiful growth of greenery; and a homely carrot may become a thing of beauty if hollowed out, filled with water, and suspended by three cords, when it will send up masses of feathery foliage.

Chinese lily bulbs, which cost but a few cents, grow up and bloom six weeks or so from the day you place one in a bowl or jardinière filled with pebbles and water—the stones supporting the bulb, which only just touches the water. The star-like flowers of this sacred lily are lovely and the perfume delightful.

While the carnation is an inexpensive flower it is a universal favorite, not only on account of its beauty but because as both cut flower and growing plant it retains the freshness of its bloom for a long time.

Among ferns for dinner table adornment the asparagus fern is the most suitable, as it is the most delicately beautiful; and among palms for terra cotta tubs and large jardinières of handsome pottery the sago palm is one of the most popular.

Said About Womankind.

A woman who loves, however erring, can never be utterly selfish, for love has a humanizing influence, and a true passion renders any self-sacrifice easy.—A. P. Peabody.

Women's hearts are made of stout leather; there's a plaguy sight of wear in them.—T. C. Halliburton.

A woman who pretends to laugh at love is like a child who snags at night when he is afraid.—Jean Jacques Rousseau.

Women and clergymen have so long been in the habit of using pretty words without troubling themselves to understand them, that they now revolt from the effort, as if it were empty.—John Ruskin.

Woman among savages is a beast of burden; in Asia she is a piece of furniture; in Europe she is a spoiled child.—Seneca de Melian.

True feeling is a rustic vulgarity the first does not tolerate; she counts its healthiest and most honest manifestation all sentiment.—Donald G. Mitchell.

It is difficult for a woman to keep a secret, and I know more than one man who is a woman.—August Lafontaine.

All the evil that women have done to us comes from us, and all the good they have done to us comes from them.—Alfred Martin.

Have a useful and good wife in the house, or don't marry at all.—Euripides.

There are beautiful flowers that are scented, and beautiful women that are unscented.—Moussé.