

# THE WOMAN'S POINT OF VIEW

By "VERITY"



## Making Stockings Last

The mother of a family spends a lot of time in darning stockings. Here is a quick way of dealing with those large holes that appear miraculously in the heels and knees of boys' and girls' stockings.

Get some cotton net the same shade as the stockings. Cut off a piece a little larger than the hole and stitch over the hole on the wrong side of the stocking. Then on the right side of the stocking darn into the net until it is closely covered.

You will find that not only is the darn very quickly done in this way, but it will last twice as long as an ordinary darn. It will also have a much neater appearance, and be much more comfortable for the wearer.

Suspenders are responsible for many of the ladders that appear in almost new stockings. French suspender makers have realised this and have thoughtfully improved their suspenders to prevent it. Between the button and the clip of the suspender they have put a short piece of satin ribbon. The

button is placed under the stocking top, the piece of ribbon over the stocking and button, and then the clip pulled firmly over the ribbon. This prevents the clip from coming into direct contact with the silk stocking and there is no drag to cause ladders.

You can make this improvement in your own suspenders by getting a few inches of ribbon and stitching it between the clip and the button.

## Raising the Nap

TRY giving your cloth coat or skirt an iron tonic when the first signs of shininess appear.

Cover the material with a damp cloth to soften the fibres, then pass a hot iron very close to the damp cloth, but not touching it. This brings up the nap and does away with the tired, shiny look.

Don't iron in the ordinary way; it would flatten out the nap instead of raising it.

## A Sober Stone

WELL within the last hundred years fashion has completely reversed the verdict of the ancients. They considered the amethyst one of the most precious gems, to-day it is one of the least esteemed.

That may be because its rich wine colour is too sober for modern taste

and partly because we have lost the touching faith of our forefathers.

Certainly, if only half the tales were true, the ancients had every reason to revere the amethyst, for its virtues were greater than those of almost any other gem.

It could, for instance, do what every barber longs to do, namely, restore the hair to a bald man's head. All the middle-aged mediaeval gentleman had to do when he was getting a little bit thin on the top was to wear an amethyst touching the skin on the third finger of the left hand and lo! the hair would sprout again.

## Intoxication Insurance.

Soldiers wore it because, as every fighting man knew, it ensured protection against sudden death in battle. Statesmen wore it as a preservative against treason and to obtain the favour of princes; conspirators wore it because it saved the wearer from being cast into prison. There was hardly a man who could afford not to be protected by wearing an amethyst.

But its most famous power was that of saving the wearer from the evils of intoxication, a power bestowed on it by the God of Wine himself. According to the ancient legend Bacchus once fell in love with a slender Greek nymph who rejected his proposals and appealed to the chaste Diana to save her from the god's unwelcome attentions.

Whereupon Diana changed the nymph into an amethyst. Bacchus was overwhelmed with grief at the loss of his beloved, and, gazing at the wine-red stone, vowed that henceforth none who wore it should ever be afflicted by intoxication.

Some say that the word "amethyst" means "not drunken," in allusion to this episode; others, less romantic, believe the name to be no more than the Greek form of a long-forgotten Oriental name.

## Why They Are Preferred

YOUNG men prefer blondes to brunettes—because they eat less.

This (says the British United Press) is the testimony of Mr. Kavouras, manager of the restaurant at the North Western University at Chicago.

"I have watched for a long time, and have not the slightest hesitation in stating that blondes have smaller appetites than brunettes," said Mr. Kavouras. "Is it not significant that the young men who bring girls to the restaurant in five cases to one are accompanied by blondes."

## Cookery Nook

### Lemon Cheese Curd.

IT is always useful to have some sort of filling on the larder shelf for open tarts and sponge sandwiches.

Try this recipe for lemon cheese curd; it will be welcomed by the family as a change from the everlasting jam.

Grate four lemon rinds, adding the juice of six. Beat up the yolks of six eggs and the whites of two—separately, of course. Mix these ingredients thoroughly together and pour into a jug. Stand the jug in a saucepan of boiling water over the fire. Stir the whole time, always one way only, until the curd is a thick paste.

When it is cold, seal up with airtight covers. It will keep at least a fortnight, and this quantity will fill a couple of dozen pastry cases.

### Quick Bread.

Four cups flour, 1 teaspoon salt, 6 teaspoons baking powder, 1 teaspoon sugar, 2 tablespoons "Anchor" milk powder, 1½ cups water, 2 tablespoons butter.

Method.—Sift flour, milk powder, salt, baking powder, and sugar together, work in butter with finger tips. Moisten the mixture to a soft dough with the water; mix until smooth. Turn into a greased bread pan, and let the mix stand in a warm place for 20 minutes to rise. Brush the top of the loaf with a little melted butter. Bake in a moderate oven one hour. Take out of pan and turn loaf on its side to cool.

### Peppermint Creams.

HOME-MADE sweets are a very acceptable Christmas present, or are, for that matter, exceedingly popular at any time of the year. People have an idea that sweet-making is a laborious and sticky business, but it need not be so.

The simple recipe for peppermint creams, if carefully followed, will produce most satisfactory results:

Whisk the white of two eggs to a froth—this must be stiff enough to bear the weight of a knife blade upon it.

Put to this one teaspoonful of essence of peppermint, then sift in icing sugar, sufficient to make the froth into a stiff paste.

Sugar a rolling pin and board well, roll out the paste and cut into rounds the size of a penny. Arrange these on a large dish or some other flat surface till they are dry, when they will be ready to pack—or eat!

## Movies in the Home

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