ing selected your design, draw it light-

ly on the fabric with a soft pencil, or

better still, on a sheet of paper, and

sign with the paste, using a fine or a

coarse nozzle, according to the effect

desired. When the outline is complet-

ed, with a brush cover the paste with

one of the metallic powders which

will stick to the paste and make the

Allow the paste to dry thoroughly before proceeding to the next stage.

that of filling in the outlines with ap-

propriate tints; a wide range of tints

is available, and others can be made

Paint the design with a fine brush.

the first wash of colour is perfectly

dry other colours can be painted over

it to represent the characteristic mark-

ings on leaves and flowers, but, gener-

ally speaking, the broader the design

One and Twenty

is kept the more effective it is.

When I was one and twenty,

Nor e'en a yesterday;

And love the only theme.

And you were seventeen,

Of joy our hearts had plenty-

Unvexed by what has been.

For there was then no morrow,

High noon, tense life-and sorrow

Ne'er flecked the flowry way.

There was no dark or dawn, dear, Just light and spells of dream,

All pearl and rose and fawn, dear,

by mixing the colours in a saucer.

Now go over the outline of the de-

pin the fabric over it.

sparkle.



Sparklets Painting the

TO convert the plainest little evening frock into something which has Paris written all over it is a task calling only for the decorative colour keeping the tints fiat; don't try to do sense with which most women are gift-anything in the way of shading. When ed, and a few materials that will cost not more than five shillings or so.

It was the Parisiennes who invented the art of decorating evening frocks in diamante which, in effect, is a design in flat tints outlined with a sparkling metallic powder. Sprays of flowers and foliage are the most suitable, but stencil patterns can also be used with good effect.

Any art dealer will supply the material; some soft stable brushes, a tube of the proper paste with fine and coarse nozzles, some gold bronze powder, and a selection of colours. For very rich effects, add silver metallic flakes and some red and blue metallic powders.

Painting the Design.

Then get a perfectly plain evening frock, or maybe a filmy scarf, of georg-ette, thin silk or crepe de chine. Hav-

THE WOMAN'S POINT OF VIEW

By "VERITY"

A Child's Laughter

All the bells of heaven may ring, All the birds of heaven may sing, All the wells on earth may spring, All the winds on earth may bring All sweet sounds together;

Sweeter far than all things heard, Hand of harper, tone of bird, Sound of weeds at sundawn stirred. Welling water's winsome word, Wind in warm wan heather.

One thing yet there is that none

Hearing ere its chime be done Knows not well the sweetest one Heard of man beneath the sun, Hoped in heaven hereafter;

Soft and strong and loud and light, Very sound of very light, Heard from morning's rosiest height, When the soul of all delight

Fills a child's clear laughter.

Golden bells of welcome rolled Never forth such notes, nor told Hours so blithe in tones so bold, As the radiant mouth of gold

Here that rings forth heaven.

If the golden-crested wren Were a nightingale-why, then, Something seen and heard of men Might be half as sweet as when

Laughs a child of seven.

Honey Cakes

COMB honey is usually regarded as the best when it can be obtained, but there are many excellent brands of extracted honey on the market. It should always be clear and pale gold in colour.

Dark honey is usually cheaper and poorer in quality, although many people prefer the stronger flavour. cooking purposes the less expensive varieties can be used with good results.

A favourite way of using honey is in honey cakes. Sieve 11b. flour, 1 teaspoonful ground ginger, 1 teaspoonful bicarbonate of soda, a pinch of salt and grated nutmeg.

Beat 4oz. butter and 4oz. sugar to a cream and stir in the flour, 11b. honey and two well-beaten eggs.

Mix well together with a little milk.

Pour into a shallow greased cake tin and bake in a moderate oven for half an hour, then dust with icing sugar.

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Honeyed Apples.

Baked honeved apples are an excellent sweet for children. Core the apples and fill the centres with honey. Bake in the ordinary way, and while cooking pour honey over them two or three times. Served hot they are delicious.

Honey vinegar is an old-fashioned remedy for colds. Take equal quantities of warm honey and white vinegar.

mix well together, and bottle. A teaspoonful of this two or three times a day will ease coughs and sore throats.

Date Gems.

2 eggs, 1½ cups flour, 2 teaspoons baking powder, 1½ tablespoons "Anchor" milk powder, 1 cup water, 2 cup dates (stoned and chopped), ½ teaspoon

To Make the Milk .-- Mix the water and the milk powder according to di-

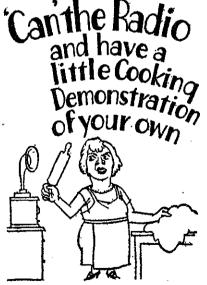
rections given.

Method,-Beat the eggs, add the milk and flour, and beat until smooth. Add the baking powder, milk powder, and the dates; mix thoroughly. Bake in greased gem pans in quick oven 20 minutes. Serve hot for preference.

Plain Muffins.

2 cups flour, 1 tablespoon sugar, 4 teaspoons baking powder, 1½ table-spoons "Anchor" milk powder, 1 egg, 1 teaspoon salt. 1 cup water, 1 tablespoon butter or dripping.

Method .- Sift the flour, baking powder, milk powder, salt, and sugar together, add slowly the egg and water. Now add the butter and mix well. Grease the muffin pans, and drop a spoonful of the butter mixture in each pan. Bake in moderate oven.





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