As a Prized Possession or for a Gift—the Centerpiece

By FRANCES HOWLAND

WHEN selecting a bit of souvenirs to take with her on a vacation, the average woman is very sure to choose a centerpiece. If she is a housekeeper, or has a remnant idea of one day becoming mistress of a home, she knows there are so many of these pieces, whose places in every domicile; and she knows, too, that nothing makes a more acceptable gift to any friend who has even one room to call home, especially if she has no skill or desire to do decorative stitching on her own account. And so—"geyser-minute" embroidery, the centerpiece seems just the thing.

The oval centerpiece should not be altogether a generous number, from one to five of household linens. It serves as a tray-cover, an end-piece at tables, in the dining-room, on the sideboard or buffet—it is used many. An extremely decorative oval has the favorite grape-and-leaf or vintage design. Stems and tendrils are curled—first padded with a line of stitches and then worked in over-and-over stitch which takes up so little of the material as to give the appearance of a fine cord laid smoothly along the surface. The leaves are outlined in the same way and outlined with a heavy cord—this is merely padded satin-stitch, as you know. Half of each leaf is filled in with seed-stitch, adding much to the effect. The grapes are also in satin-stitch, well padded. There seems little that can be remedied in working grapes—the same distance between stitches must be followed throughout. In the case of flowers, the effect is quite the reverse of pleasing. In the present instance the padding is put in across the grape and the vine-stitches run up and down—that is longwise the vine. A line of eyelets connects the end broken, by a small grape-stitch at each side, and the edge is finished with buttoned scallops of uniform size. Completed, the piece is ten by seven inches, a very neat size.

A seventeen-inch centerpiece, with decoration of Medallion embroidery—"safe and sure"—has a line of eyelets, uniform in size, surrounding the center. The line broken at regular distances—every ten pairs—by groups of five flowers (in padded satin-stitch) revealing a very nice arrangement of "solid-and-eyelet" work. The edge is finished with large, pointed scallops, each consisting of seven small scallops. Very little work is needed in the production of this bit of needlework, but the design is thoroughly good, and one which is not readily tired.

Another centerpiece of the same size is in "sumptuous" as possible, with the most unusual design mainly in green and blue—a combination which somehow makes one think of ocean breezes, green fields and blue skies. The diamond-shaped motif is outlined with white, and connected by line, in the same color and stitch. Either outline-stitch may be, or a fine chain-stitch, twisted-chain, heading-stitch or "small-tail," but as a rule the plain outline, or the quilting-stitch is better liked than those which are more fancy. The diamond is divided to form nine tiny diamonds, in the center of each of which is a French knot, black in each point and center division, and yellow at each side. The four small flowers surrounding each diamond are blue, with petals of loop-stitch, or lazy-daisy stitch and a yellow French knot at center, and cover the whole with clover, even, or burnt-hole-stitches. Many workers like to cut a little in advance of buttonholing, working over the cut edges, while others prefer to cut the edges after they are buttonholed, laundering the piece, or washing and pressing it, before cutting.

**Efficacious Home Remedies**

If you need a laxative do not introduce some warm salt and take two tablespoonfuls every morning, stirred into a glass of water. If you do not like it this way, you will find that your morning coffee is just as effective. A piece of cabbage eaten right after a meal will stop the fermentation of the bowels, and thus you cannot get the preserved cabbage, get an ounce of ginger-root from the grocer, and steep it slowly with a little sugar and water until two or three strong ginger-syrup which you can take in the same way.

There is a whole medicine-chest packed beneath the yellow skin of a lemon. I have often cured a nervous headache by drinking a cup of strong tea with two or three slices of lemon in it, while the juice of half a lemon fixes a cup of hot water the first thing in the morning is the best of liver-corrective in summer. It is a successful substitute for colonics and other drugs, with any of their ill effects. The next time you have a headache take a teaspoonful of lemon juice with a small cup of black coffee and you will feel better very quickly.

The seed of a lemon becomes alkaline when it enters the stomach and neutralizes the ordinary acids of the body. This is especially true of the sour lemon. The first effect is refreshing and after the second effect, a decided difference is noticed in all warm countries the lemon forms the ordinary medicines of the people. Throughout India a collection of fresh lemons is considered as a great treat in the summer. The juice is useful to allay the feeling caused by bites of insects. The Chinese have a method of cutting a lemon for neuralgia, that is said to be highly effective and can be used in all cases except those of extreme. The application is simplicity itself and consists only of cutting a small piece from the half of the lemon in half and rubbing the raw surface on the sore spot.

The juice of a lemon, mixed with honey, is a pleasant cure for the cough, new throat and also for the coughing that troubles some people in wet weather. Lemon-juice is also a specific for looseness and gout; as it is alkaline base neutralizes the rhizomes in a dish of lemon-juice in water makes a very pleasant and effective mouth wash, cleaning the teeth and sweetening the breath. Outwardly applied, lemon-juice and rosewater will remove tan and whiten the skin. Lemon-juice on a lamp of sugar will cure houseflies. In fact, a common orange juice is a concentrated drug store.