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# As a Prized Possession or for a Gift — the Centerpiece

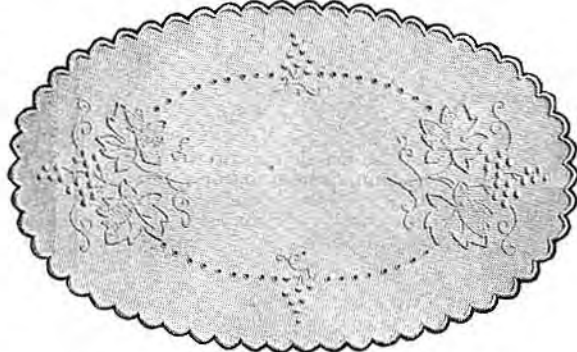
By FRANCES HOWLAND

**W**HEN selecting a bit of needlework 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 remote idea of one day becoming mistress of a home, she knows she cannot have too many of these pieces, whose place is everywhere; 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 not the skill or time to do decorative stitchery on her own account. And so, for her "spare-minute" embroidery, the centerpiece seems just the thing.

The oval centerpiece should never be absent, in generous number, from one's store of household linens. It serves as a tray-cover, an end-piece at table, in the china-closet, on the sideboard or buffet — its uses are many. An extremely attractive oval has the favorite grape-and-leaf or vintage design. Stems and tendrils are corded — 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 veined in the same way and outlined with heavier cording — which 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 is one thing that must be remembered in working grapes: the same direction of covering-stitches must be followed throughout, otherwise the effect is quite the reverse of pleasing. In the present instance the padding is put in across the grape and the covering-stitches run up and down — that is, lengthwise the cluster. A line of eyelets connects the end motifs, broken by a small grape-cluster at each side, and the edge is finished with buttonholed scallops of uniform size. Completed, the piece is ten by seventeen inches, a very useful size.

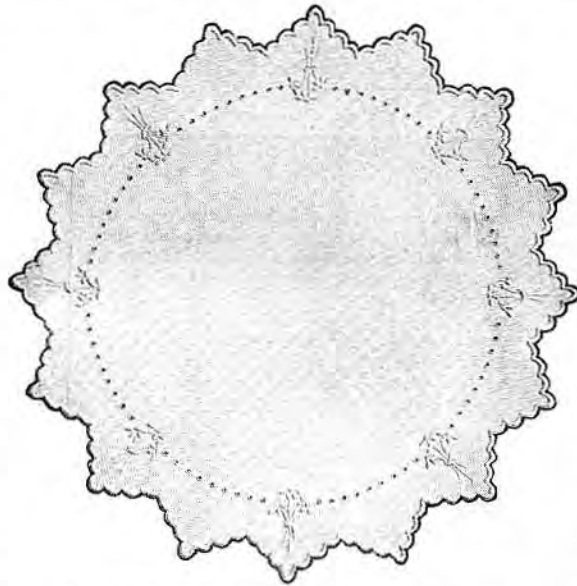
A seventeen-inch centerpiece, with decoration of Madeira embroidery — always "safe and sane" — has a line of eyelets, uniform in size, surrounding the center, the line broken at regular distances — every tenth eyelet — by groups of tiny flowerets in padded satin-stitch, affording a very happy arrangement of "solid-and-eyelet" work. The edge is finished with large, pointed scallops, each consisting of seven small scallops. Very little work is entailed in the production of this bit of needlework, but the design is thoroughly good, and one which is not readily tired of.

Another centerpiece of the same size is as "summery" as possible, with a 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 motifs are outlined with green, and connected by lines of the same color and stitch. Either outline-stitch may be used, or a



No. 1527 D. This Has the Favorite "Vintage" Motif

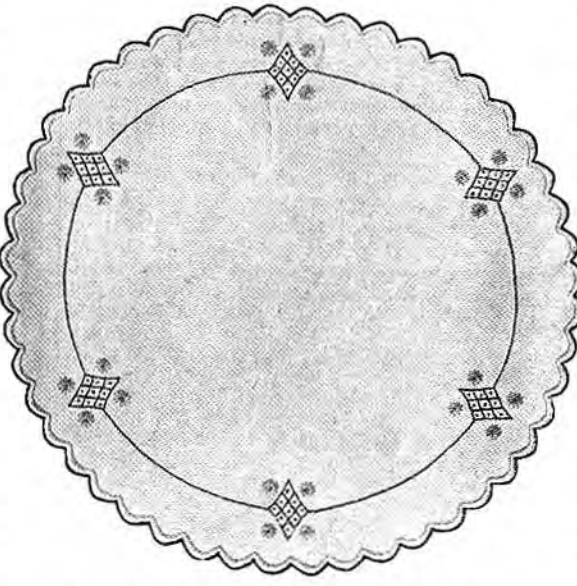
fine chain-stitch, twisted-chain, beading-stitch or "snail-trail," but as a rule the plain outline, or etching-stitch is better liked than those which are more fancy. The diamond is divided to form nine tiny diamonds, in the center of each of which is a French knot, black in each point and center division, 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



No. 1528 D. A Good Design, Not Easily Tired Of

the buttonholed scallops, white, are followed with a line of lighter blue, in outline-stitch.

Just a word about buttonholed edges, which should be worked with particular care if the articles so finished are to require frequent laundering. Either run with short stitches, or stitch on the machine, as is most convenient, both lines which indicate the space to be covered by buttonholing; then fill in between with the padding — outline- or chain-stitching serves admirably — and



No. 1529 D. Showing a "Summery" Touch of Color

cover the whole with close, even, firm buttonhole-stitches. Many workers like to cut a little in advance of buttonholing, working over the cut edge, while others prefer to cut the scallops after they are buttonholed, laundering the piece, or wetting and pressing it, before cutting.



## Efficacious Home-Remedies

**I**F you need a laxative do not take drugs but purchase some wheat bran and take two tablespoonfuls every morning, stirred into a glass of water. If you do not like it this way, mix it with your breakfast cereal. Bran taken habitually will clear up a spotted complexion, cure ordinary indigestion and by aiding in removing the poisons from the system build up the health and strength.

For the relief of the sort of indigestion that causes pressure or palpitations there is nothing quite so good as that old-fashioned remedy, ginger. But it is better taken in the form of preserves than Jamaica ginger which is too fiery and contains too much alcohol to be used for anything except emergencies. A piece of ginger eaten right after a meal will stop the fermentation that causes gas. If you cannot get the preserved variety, get an ounce of ginger-root from the grocer, and stew it slowly with a little sugar and water until you have a 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 in a cup of hot water the first thing in the morning is the best of liver-correctives in summer. It is a successful substitute for calomel and other drugs, without any of their ill effects. The next time you have a bilious headache take a teaspoonful of lemon-juice in a small cup of black coffee and you will feel better very quickly.

The acid of a lemon becomes alkaline when it enters the stomach and neutralizes the excess of acids of the gastric juice. The first effect is refreshing and after this slightly sedative. In almost all warm countries the lemon forms the ordinary medicine of the people. Throughout Italy a concoction of fresh lemons is considered a specific against fever. The juice is used to allay the caused by bites of insects. The Chinese have a method of using a cut lemon for neuralgia, that is said to be highly efficacious and can be used in all cases except neuralgia of the eyes. The application is simplicity itself and consists only of cutting a lemon in half and rubbing the wet surface on the skin.

The juice of a lemon, mixed with honey, is a pleasant cure for a catarrhal sore throat and also for the teasing cough that troubles some people in wet weather. Lemon-juice is also a specific for rheumatism and gout; as its alkaline base neutralizes the rheumatic acids. A dash of lemon-juice in water makes a very pleasant and effective tooth-wash, whitening the teeth and sweetening the breath. Outwardly applied, lemon-juice and rosewater will remove tan and whiten the skin. Lemon-juice on a lump of sugar will cure hoarseness. In fact, a common, ordinary yellow lemon is a concentrated drug store.