

4th Row.—One double into a stitch, one chain, miss one stitch. Repeat entire row.

For the scallop, (*) One double, one picot, into the top of the braid four times, one double, one chain one double, one double opposite the last one, one chain one double. Repeat from (*) entire row.

The insertion is made by following directions given for the heading of the lace, and working it on both sides of the lace.

[We are indebted to "Ruth" for the above patterns. We should be pleased to hear from her again.—ED.]

Questions, replies and communications of interest to this department, are cordially invited. Send directions with *lace samples* if possible.

JOSIE K. PURDY,

Care INGALLS' HOME MAGAZINE, Lynn, Mass.

HELPS FOR THE TOILET.

NEXT to a beautiful form, a fine complexion is the greatest physical charm a woman can possess. A woman having this cannot be positively ugly, no matter what her features may be. While we should always place mind and matter first, it is our duty to take care of the body, as it has been provided for the keeping of the soul.

A plain woman may be so unselfish and generous that her homely features may pass unnoticed. Beauty does not always win love; as Carlyle says: "Remember that the qualities of the heart, and the actions of the life, stamp the features with an ineffaceable mark, either with goodness or vileness, and cultivate those affections and habits which will write upon your countenance that which no one reading can but love and admire."

Opinions differ as to the standard of beauty, but who does not see more beauty in the stained, toil-worn hand, made so in the service of motherhood, than in the snowy, pink-nailed hand of a beauty to whom self is a god, and who would not exert herself to do a kindness, or perform an act of charity?

The first step towards a good complexion is perfect health. While the system is out of order, a fine complexion cannot be kept. Avoid greasy food, rich pies and cakes, and in their stead substitute the grain foods, fresh fruits and vegetables. Grandmothers will tell us that every spring something must be taken to purify the blood; they will then mix a dose of senna and manna, or some other horrible stuff, and prescribe a dose three times a day. Better still though (provided you are in need of medicine), is a full dose of pills, say to-night, another dose to-morrow night, one pill less the third night, and so on

until you get down to one pill, which continue for three or four nights. "H. M." in the *Ladies' Home Journal*, says the course of treatment above will result in a clear head, fresh complexion, absence of pimples and black-head, and any one afflicted with these little pests, know how annoying they are. Distilled water is of course the best, and next to this rain water, but a small quantity of ammonia (four or five drops to a quart of water), or borax will make the hardest water soft and pure. Good soap is a necessity, as with poor soap a good complexion will soon be spoiled. Wash the face with soap at least once a day, but never wet the face before going into the open air, as it hardens the skin and roughens it. Oat meal eaten frequently, also used instead of soap, is very beneficial. Put some into a bottle, and fill with boiling water, wash, or rinse the face and hands in the water that rises to the top. The use of finely ground French charcoal is also recommended for the complexion. A teaspoonful of this well mixed with honey, to be taken for three successive nights, to be followed by a simple aperient to remove it from the system. Warm water is said to be very beneficial to the skin, some claiming it will prevent wrinkles.

To remove tan and sunburn, cold cream, mutton tallow and lemon juice is used. For freckles, use lemon juice and buttermilk. For blackheads, press out as many as possible and bathe the face with gin at night, wash off in the morning; or dissolve a lump of gum benzoin in a pint of alcohol, and bathe the face with this. Generally, though, these will yield to a good dose of purifying medicine.