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Run Down Your Budget
by Audrey Wells

Hose not only run, but also run up the budget; the hose situation is universally deplored. Here are a few tips that may throw light on the problem and prevent a leak in your pocketbook.

A test for elasticity of hosiery in buying is to stretch them lengthwise and sidewise and see if they will spring readily back into place. Elasticity makes them wear much better.

You should not expect a long pair of hose by asking for "the long ones" in each box. These are only so by stretching in drying, and will shrink back to their knitted length when laundered. To get greater length, buy stockings knitted longer than standard.

In buying imperfect hose, you should be sure to ascertain just what the defects are. If you know what they are and that they do not overbalance the decreased cost of the lower grades, they may still be satisfactory.

Pointed splicing at the heel makes the ankle look smaller and trimmer—that is, unless the ankle is especially large, when the points only call attention to the size. Therefore people with very large ankles should avoid any fancy work, either clocking or embroidery.

If stockings are rinsed out as soon as they are taken off the feet, their life will be greatly prolonged. The perspiration of the feet seems to rot the silk.

A genuine crepe twist stocking will twist almost like a corkscrew around its seam when hung up to dry.

One pair of hose should not be worn continually, even if washed out every night. Alternating three pairs can greatly increase the length of service they give.

Putting stockings on carefully aids in preventing snags and runs. Never just put the foot in at the top and pull it on; roll the stocking down to the foot first.

ACCORDING TO DR. WALTER Eddy, director of Good Housekeeping Bureau, "Continuous loud noises may cause premature old age, indigestion, baldness, nervousness, high blood pressure and deafness."

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