ATTRACTIVE COSTUMES for LITTLE GIRLS

716.

6101.

699.

6104.

STRATION No. 6104 shows a ost becoming dress in over-ouse style in plaid suiting. It le and girlish, and at the same cidedly smart. The waist is in ouse style and is mounted on a ining in which the sleeves are t, the armholes of the over-being deep. Two deep tucks ex-er the shoulders, and the front ver a dainty white chemisette. atiste, delaine, cashmere, alba-tross and pique are all suitable for reproduction. For a girl of 12 years, 4 yards of 44-inch material will be needed.

Girl's Dress. No. 6104. Sizes for 10, 12 and 14 years.

The little girl can have nothing more stylish or becoming than a little one-piece dress, such as is here shown (6101). It may be worn with a guimpe or without, just as preferred. The front closes in double-breasted style, and a deep hem finishes the lower edge. Pretty cap sleeves and a leather belt complete this simple little frock. Linen, pique, gingham and the stylish plaids are all suggested for the making. For a girl of 8 years, 3 yards of 36-inch material will be required.

Girl's Over-Dress. No. 6101. Sizes for 4, 6, 8, 10 and 12.

The graceful lines of the little dress, No. 716, render it very becoming to the youthful figure. It is made to wear over a guimpe, and slips on easily over the head. A circular collar is a pretty feature of the mode. Slashes may be made in the ends, through which a broad silk tie is passed and tied in front, or the front and opening in sleeve cap may be laced as illustrated. The heavy washable materials as well as the soft woolens are adaptable to the mode, the stylish new plaids being especially smart. For a girl of six years, 2⅛ yards of 36-inch material will be required.

Girl's Box-Pleated Dress. No. 716. Sizes for 4, 6, 8, 10 and 12 years.

This dainty little dress in Empire style (699) is charmingly quaint, and is one of the prettiest yet shown for little girls. Box-pleats are laid in the upper part of the front and back, the fulness in the back being held in place by broad ties of the material. The sleeves are in the fashionable three-quarter length, finished by narrow bands. Nainsook is represented in the illustration, but China silk, lawn, dimity and gingham are all suitable to the mode. For a child of five years, 2⅝ yards of material 36 inches wide will be required.

Child's Dress in Empire Effect. No. 699. Sizes for 2, 3, 4, 5 and 6 years.

Patterns will be sent to any address on receipt of ten cents each, by Marjorie Dane, 43 West Thirty-fourth street, New York City.

To avoid delay, do not fail to state size of pattern desired, and be sure to write name and address plainly.

ETIQUETTE OF THE AFTERNOON CALL

s is the season of the year when af-noon entertainments for women are their height. They are of two distinct ormal and informal. All of us are nough to prefer the latter, yet few decline invitations to the former. oman who sits at home and complaining to her husband at hat she is bored and lonely, has rself to blame. Let her ask a zen friends in for the afternoon cards or to make clothes for hospital—anything to occupy ands while their tongues are Then let her serve a cup of rich te, or even tea, with dainty ches. She will find that her had such a good time that they, will have a little "afternoon," s a jolly if informal circle will

you give an informal affair vitations should be simple little written in the first person, or over the telephone, or delivered ally if you happen to meet a in the street. An hour should be set for the affair, no matter formal. The winter afternoons rt, so ask your guests to come -past two. They, of course, will ected to remove their hats and t these little affairs. If the do not sit all afternoon with at on, saying to your hostess ou did not have time to comb air. Wear a neat little shirt r simple dress, have your hands anicured and your hair neatly

u are the hostess at such an al gathering, be quite sure you invite two women who are not y. At a large gathering this not matter so much, but in a here there are only five or ten the situation would be most ssing to all the guests as well rself, thus putting a damper on rwise pleasant afternoon. With-ubt, one of the greatest secrets uccessful hostess is her ability to get the right people together.

A question that has always been more or less under discussion is whether or not you owe your hostess a call after an informal affair—an afternoon at cards, a tea, etc. I think no definite answer has yet been given, but it is well to be on the safe side and drop in on your friend informally some morning or early afternoon. Do not make a fashionable call, dressed in your most gorgeous raiment, but pay her a call in the same informal spirit as the occasion was given.

With formal receptions and large afternoon teas, the rules are quite different. Although men are invited to these festivities, they do not go in anything like the numbers that the women do. Most men have to be about their business while their wives are gossiping over their tea and wafers. A married woman should leave her husband's card when she attends such a function. A tray for this purpose is generally found in the hall or some convenient place.

You do not remove either your hat or your gloves at a formal afternoon tea. If your wraps are heavy, you can take them off in a room provided for that purpose. Do not enter the parlor with a veil over your face. If you have handsome furs, the neck-piece you can keep on, but a muff is always a burden in a room, where you are called upon to shake hands and to hold a plate while you eat. It should be left in the dressing room with your veil and wraps. The muff is responsible for more accidents in the tea room than any other article of apparel. Often a woman trying to manipulate a fork and hold a plate and a muff at the same time is so overburdened that something is bound to be spilled.

At formal teas and receptions you should stay only a short time. Sometimes a hundred or more invitations have been sent out, the hostess knowing that only a few women will be present at a time. If you meet several friends and want to chat with them a few moments, you should not let that chat run into a visit. Even when you know the hostess very well, half an hour is long enough to stay at any formal function of this sort.

Here, again, the question arises, "Do I owe that woman a call?" And again my answer is as before. Drop in some afternoon and pay her a short call, leaving your own and your husband's card.

Card parties are sometimes given with great formality. This is often done as a means of returning many social obligations at one time. Invitations to such an affair should be sent out two weeks in advance; they should be either written in a formal manner or engraved cards, if you can afford them. The hour should be set. At a card party of this character ladies do not remove their hats, but, of course, must take off their wraps and gloves. Refreshments are served at the finish of the game, at the individual tables where the guests are seated.

The giving of booby prizes has been discontinued, and a third price generally given instead. Personal articles are now given to women as prizes at afternoon gatherings—silk stockings, feather boas, gloves, etc. Such prizes are acceptable to either the single girl or married woman, while bric-a-brac, table linen, etc., are often of the "not wanted" class of prizes.

There is no question as to whether you owe this hostess a call or not. The answer is most emphatically "yes," and it should be paid within two weeks after the card party. As your husband was not invited to the affair, you need not leave his card. But the call must be made promptly and not put off from day to day, until, when you do call, your whole time is spent in explaining why you have not called before.

EGG RECIPES

MEAT prices have soared so high that few people are serving it more than once a day, and that is generally for dinner. Many families, however, like rather a hearty breakfast, and the plain boiled or fried egg soon palls on the early morning appetite. Here are some suggestions for cooking eggs tastefully:

Scrambled Eggs with Celery: Take four or five pieces of crisp white celery, cut into small dice, wash and drain. Place in a saucepan with a pint of cold water, salt well and let boil for twenty minutes. Remove from the fire and drain through colander. Break six or eight eggs in a bowl, season with salt and pepper and add a scant half cup of milk. Beat this well together. Heat a tablespoon of butter in a saucepan, drop in the eggs and celery, thoroughly mix with a wooden spoon and cook for five or six minutes. Serve on a hot platter, garnished with celery tips.

Omelette with Sausages: Take six or eight fresh eggs and separate yolks and whites. Add to the yolks a scant half cup of milk, salt and pepper, beat well together and then beat the whites to a stiff froth. Cut four skinned sausages into quarter-inch pieces, place in a frying pan with a tablespoon of butter and fry for five minutes, tossing them occasionally. Add half a teaspoon of finely chopped parsley. Mix whites and yolks together, pour over the sausages, and mix for a moment. When brown, fold over half way. Turn on a hot dish and serve.

Fried Eggs with Apples: Peel and core two large solid apples, then cut in slices about a quarter of an inch thick, and season with salt and pepper. Thoroughly heat two tablespoons of butter in a frying pan, add the apples and fry for two minutes on each side. Crack six or eight eggs over the apples, season, and fry for a minute on top of the range, then place in the oven for five or six minutes remove, slide on a hot dish and serve.

Eggs with Rice: Plunge a quarter of a cup of rice into a pint of boiling water and cook for thirty minutes, thoroughly drain, then place in a baking dish and add a scant cup of cream or rich milk, a tablespoon of butter, a saltspoon of salt, cayenne pepper and grated nutmeg. A dash of curry powder is liked by some, but can be added or omitted at will. Mix this well together, let come to a boil, then crack over it eight or ten eggs, set in oven for ten minutes, remove and serve.

Shirred Eggs with Ham: Shred or grate half cup of lean cooked ham, place in a bowl and add a teaspoon of French mustard, a teaspoon of Worcestershire sauce, cayenne pepper and a little nutmeg. Mix well with a spoon, then evenly spread into six shirred-egg dishes. Crack two eggs into each dish, season and set in a hot oven for three to five minutes.

SOFTENING ANGLES AND SECURING CURVES

IT seems almost inconsistent in this season, when the hipless woman is in high favor, to write an article for women who long for curves. There are many women, notably dressmakers, who will protest that no woman desires to possess curves since the Louis coat and the Paquin sheath-like skirt are in vogue. But the fact remains that hundreds of women all over the country do write to me bewailing their angles and the seeming impossibility of covering them with firm, curving flesh.

The most common causes of thinness—unattractive thinness, not slenderness—are indigestion or malassimilation of food, and extreme nervousness or the habit of worrying. The woman who eats, but does not secure any strength from her food, will never take on any flesh. This means that a diet should be ordered by the family physician and some special tonic or appetizer given. A successful French beauty doctor advises this appetizer for the nervous, thin, fussy woman:

Tincture of star-anise.....3 grammes
Tincture of rhubarb.....2 grammes
Tincture of nux vomica.....3 grammes

Take six to ten drops in a spoonful of water just before meals.

If it is a case of nervousness and worry, the faculty of taking everything in the hardest way and fretting about the unavoidable thing, then no tonic, no appetizer, no cream or emollient or skin food can work a cure. The cure lies within the mind of the woman. She must stop fussing and worrying.

For a general skin food, to be used to feed either flabby skin or actual hollows, there is nothing better than this:

Tannin .....½ grain
Lanoline .....30 grammes
Oil of sweet almonds.....20 grammes

To get best results from this massage cream, take a warm bath and, when the pores are open, rub the cream in wherever hollows are found.

If only the breasts have turned flabby or atrophied, the flesh can be fed externally with the above lotion and then the patient may take internally the following potion:

Liquid extract of galega (goatsrue), 10 grams; lacto-phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, 400 grams.

This can be prepared by any druggist. It is to be taken internally, two soupspoonsful with water before each meal. Keep the bowels open and drink extract of malt or ale with your meals instead of water.

A very simple flesh food, especially good for the woman whose skin is dry and harsh, a condition which often exists in connection with extreme thinness, is this:

Fresh lard.....100 grams
Alcohol (80 per cent.)..... 20 grams
Essence of rosemary.....11 drops
Essence of bergamot.....11 drops

These ingredients can be purchased at any drug store. Be sure that the lard is pure. Melt in a double boiler and add a tiny bit of gum camphor. Strain, and beat into this the alcohol, and just before the cream hardens or congeals, add the essences.

Massage the skin with this every day, doing the work slowly, firmly and conscientiously. Spasmodic treatment of either too much flesh or a shortage in flesh will secure no results whatever.

Best of all for the thin woman are the deep breathing exercises so often mentioned in these columns. I will be glad to send these exercises, together with any advice for individual cases of thinness, on receipt of a stamped and addressed envelope.

COMMON POISONS AND THEIR ANTIDOTES

CORROSIVE SUBLIMATE—The proper name of this substance is mercuric bichlorid, or bichloride of mercury, and it is extensively used as a germicide and antiseptic. Ordinarily it is sold in green tablets about half the size of a penny and three times as thick. After swallowing it, the patient notices a metallic taste in his mouth and then a severe pain in the stomach. Saliva flows freely. Vomiting and diarrhoea appear. Give the patient milk immediately, and the whites of three or four eggs, and then try to induce vomiting. The after effects of poisoning by mercuric chlorid are severe. Therefore it is important to send for medical aid, even when the quantity swallowed has been small and apparent recovery has followed quickly.

OPIUM—This is usually taken in the form of paregoric, laudanum, morphine or in some "cure" or "pain mixture." First comes a feeling of drowsiness, then sleep, then collapse and death. If permanganate of potassium is at hand, a very weak solution—one grain to the half pint of water—should be given to the patient to drink. Strong coffee should be given frequently. The caffeine neutralizes the morphine. The permanganate will neutralize any morphine still unabsorbed in the stomach; but since absorption usually takes place very rapidly, this remedy is not very effective. The important thing is to keep the patient awake until medical aid arrives. This is done by walking him up and down the room, by beating his calves or the soles of his feet or by rubbing his ears. Hold ammonia to his nose. His protests and the pain thereof must be disregarded. Immediate vomiting, of course, is desirable.

CHLORAL—Chloral hydrate is the principal ingredient of "knock-out drops." Like opium, it produces drowsiness and a deep sleep, followed by a sudden stoppage of the heart and then death. Opium causes the pupils of the patient's eyes to contract, but chloral does not. This is the best way to differentiate between the two, when there is doubt as to the cause of the patient's condition. Practically nothing can be done by the layman to relieve the patient. It is best to hurry him to a hospital, without wasting any time in useless efforts.

PHENACETIN.—This is a coal-tar product, and, like antipyrin and acetanelid, is a frequent constituent of headache powders and neuralgia "cures." In large or repeated doses it has a tendency to cause heart failure and collapse. The best ready antidote for an overdose is whiskey. If a dose of "headache powder" is followed by weakness and pallor or by difficulty in breathing, it is well to take a wineglass of whiskey and send for a doctor at once.

PHOSPHORUS.—This is a constituent of several popular rat poisons and is also used in the manufacture of matches. Children often ingest it by sucking match heads. It causes soreness in the mouth and vomiting. The things expelled from the stomach have a faint, garlicky odor and are slightly luminous—phosphorescent—in the dark. The more dangerous later effects of phosphoros poisoning appear but slowly, and there is usually plenty of time to summon a physician. Until he appears, it is well to encourage the vomiting—or start it, if it has not begun—by the use of the common emetics—warm mustard, salt water, ipecac, etc.

ARSENIC.—This is frequently taken by mistake or as an overdose. It causes disagreeable sensations in the throat, a difficulty in swallowing, dizziness, headache and sometimes vomiting. The best remedy is a tablespoonful of "dialyzed iron," which may be obtained at any drug store. The dose should be repeated every half hour until there is relief. Then a dose of some handy purgative should be administered. Arsenic is the active poison in green wall paper and Paris green.

STRYCHNINE.—Beyond administering an emetic at once, the layman can do little to combat this exceedingly dangerous poison. It is best to take the patient to a hospital, where all needful drugs and apparatus are at hand.

COCAINE.—This poison is frequently taken as a matter of habit, like morphine. It causes a fleeting feeling of gaiety and exaltation, followed by depression, drowsiness and a sense of swooning. In the case of a fatal dose, death follows convulsions and collapse. The patient must be put to bed. Administer a wineglass of whiskey and summon medical aid at once.

POTASH.—Caustic potash, washing soda, spirits of ammonia and other strong alkalis in common use in the household are frequently swallowed by mistake or with suicidal intent. Very efficient antidotes are lemon juice and diluted vinegar. When an alkali has been taken in a concentrated form the throat is usually burned very badly. The treatment of this, of course, requires professional skill.

OXALIC ACID.—This is often swallowed by mistake for Epsom salts. It produces pains in the throat and mouth, vomiting and spasms. Lime water, baking soda, magnesia, chalk and milk are all good antidotes. Vomiting should be induced. Compared with other poisons, oxalic acid is not very dangerous, because a comparatively large dose is required to do much damage.

EMETICS.—The best of all emetics for household use is ipecac. A bottle of this, in solution, should be placed in the family medicine chest. In addition, the chest should contain a box of carbonate of soda (baking soda); one of "dyalyzed iron," and one of Epsom salts; a bottle of lemon juice, a bottle of whiskey or brandy, one of peroxide of hydrogen and one of a weak solution of permanganate of potassium.

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RIGHT AND WRONG BELT FOR DIFFERENT OCCASIONS

NDREDS of women mar a harming costume by the addi-ion of an inappropriate belt or

A belt that does not harmonize gown a girdle that clashes in o matter how exquisite the ma-will spoil the handsomest cos-hat any woman ever wore. This up" age in which we live is responsible for such discord-mbinations, against which every should fight.

a tailor-made suit consisting t and jacket, there is only one belt if you wish your jacket to ll and your entire costume to ght. That belt, made of a piece goods, is not over an inch to and is stitched all around until tire belt is covered with stitch-This belt should be tacked on the f the skirt and be fastened in with a tiny hook and eye. It is ready, and without exceptio one and only appropriate belt t with a stiff tailored dress.

for instance, a brown broad-suit, such as is now so much With this is worn either a silk blouse or one of net. Now to yourself two women—one light blue crushed girdle, shirred in front and boned in the back. Of course, this cannot be fastened to the skirt, so it is pinned down in the back with a large gilt pin and is always riding up in front. Look at the other woman, with her neatly stitched belt of brown cloth sewed on the skirt and fastened trimly in front. No pins are necessary, and the belt seems to be part of the skirt. Which woman are you?

Leather belts and elastic belts of various colors are still seen in the shops; hence, women must be still wearing them, but, believe me, nothing looks worse than a soiled white leather belt on a col[illegible]ress. A black leather belt on a colo[illegible]dress is not quite so bad, but sh[illegible]ver be worn with anyth[illegible] black skirt. A [illegible]rn with a white [illegible]alking skirt, [illegible]en. There is [illegible]ur [illegible]om-[illegible]vi[illegible]wn

The beautiful [illegible] are flooding the counte[illegible] ing in their exquisite color[illegible] most fashionable dressmakers are using them for girdles and bows. But you must select a Dresden ribbon that harmonizes in coloring with your gown. A ribbon with a black satin edge with blue flowers in the center cannot be worn on a pink evening gown; the dress fabric must be blue, or else the tones of the ribbon pink. Brown is the color par excellence for gowns this season and the Dresden ribbons come in gorgeous shades of brown, tan and biscuit coloring to combine with the gowns. Years ago we used to think that all brown dresses should be relieved with a t[illegible] of color, generally pink or blue. Not [illegible]day. All trimmings, girdles and [illegible]ust be of blending tones, with [illegible] touch of gilt braid to

[illegible]nd almost all young g[illegible]'s dresses in the h[illegible]ot mar one of th[illegible] soiled belt [illegible]t favored [illegible]skirt is [illegible] waist [illegible] it. [illegible] of soft silk or Dresden ribbon, always harmonizing with the dress itself.

bow is worn at the back or at one side, but not around the waist.

So, I say once more to you, be careful and wear the right belt with the right dress, and with every skirt that you have made, have also a little belt of the same material. Else match it exactly in a plain ribbon of heavy texture, which is the next best thing. For your evening gowns, have your girdles