

# TRAVELING DRESSES THAT ARE ALMOST ORNATE

## BLACK CLOTH THAT LOOKS LIKE SILK THE LATEST RICH FABRIC

**N**EW YORK, April 7.—(Special Correspondence).—Traveling dresses are to be almost ornate for the orthodox idea of good form. The severity of the tailored gown is lacking, but in its place has come a gown so pretty that one does not regret, while changing. Beautiful black silk, with broad, figured, looking very much like rich brocade silk, but being in reality a cloth, with a silky texture, is made up into a traveling gown of approved type.

Then, too, the style of skirt is open to criticism from the old-time view, for it is very long. A so-called Newport traveling gown is in black brocade cloth, with sweeping train and very plain. It is cut perfectly plain and a shirtwaist is to be worn with it. For a coat there is a blouse of black satin cloth, very full and loose and with a deep sailor collar.

Another style of traveling dress is cut on the pedestrian order, with skirt of ankle length and blouse waist. It is trimmed with stitched bands of black cloth, the suit itself being castor gray. The gray and black there must be a touch of beige, white change. Beautiful black velvet pom pom which trims the tailored hat.

The mountain suit is worn for traveling, and, if it be of gray, can be used as a general utility gown by the woman who does not want to be burdened with too many suits of this kind. Its skirt is too snug for cycling, but for traveling purposes and outdoor expeditions of all kinds one suit can be made to do duty.

A general utility suit of this variety is in a simple gray cloth, trimmed with blue. There is a fold of black silk along each edge of the blue band to set off the blue and hold it from the gray. This really makes a very nice trimming and can be recommended as one which comes from Paris. Black braid bordered with a fold of light blue looks very well upon gray.

White braid, silky and lustrous, can be edged with poppy-colored red and used to trim brown and some shades of dark blue. There is a color scheme in all the traveling gowns and one must not be blind to it.

### Summer Colors.

For summer wear there is a combination that is struggling for recognition. It has the indorsement of our French cousins, but is not yet fully liked here. It is that of mixing geranium red and light turquoise blue in such a manner and so freely that whole costumes are in these two colors.

One description will suffice. A gown of turquoise blue French broadcloth was made with the closest of skirts and a waist that showed a very pretty blouse effect.

The chemisette was in geranium-colored silk, and there were cuffs, turn-over in shape, of geranium. Around the foot there was a fine founce in the turquoise blue cloth, headed with a stitched band of geranium, while geranium lined the founce.

A hat of burnt straw was trimmed with geranium flowers and blue bows. At the belt was worn a choux of blue and tan and turquoise, but the belt proper consisted of a wide band of black satin.

The chalice as a dancing gown is gaining recognition. The lovely and fashionable Countess Casati, of Washington, has had a dozen pretty Spring chalcies made up with taffeta for dancing; all are long and all on the order known as fluffy. Some are lace trimmed, others chiffon flounced.

### New Ideas.

New ideas are as plentiful as Spring flowers. A very new thing is the blouse belt. This consists of a wide girde of black satin. It is fastened with a brilliant buckle, which is hooked at one side. Upon the other side there is another buckle to match. The idea is that with a blouse waist, all baggy in front, the buckle is hidden and the proper place for it, therefore, is upon the side.

The blouse girde is pulled down in front and fastened with a pretty pin, while the back is, rolled as small and as round as possible, the object being to secure length in front and the small look at the back which is necessary, if one would be well gowned.

The blouse of the minute is the black silk blouse, with very large flowers in it.



This is the Dolly Varden. The black material is silk on satin, and the flowers are very brilliant, but not very large.

The blouse is cut rounding in the neck to show the pretty lace chemisette, or it is cut square and finished with a sailor collar. It is a very becoming thing and can be worn for traveling or for afternoon, for it is adapted to a wide variety of uses.

The new blouse sleeve is very baggy between the elbow and the wrist, while at the wrist it is brought in and fitted to a very tight, small, narrow cuff. The contrast between the bagginess of the lower arm and the tight cuff is very pronounced and pretty.

The Russian fancy for wearing a blouse as a coat is a growing one. The muslin or silk shirtwaist is worn by the Summer girl. But over it there is slipped a silk blouse, which buttons down the front and lies at the low, square-neck with a big satin ribbon bow.

The waist may be finished with a stiff elastic, which is, after all, the best way to finish a blouse waist. A strong hook holds it in the front. If a different finish is desired the Russian blouse can be belted and finished in front with a big buckle.

The newest chalcies are fit to rank with the louise prints and are extremely decorative in all ways. They are more subdued in tone than the louises and not always so flowery, though in certain grades of chalcies it is hard to tell certain from the other. They are more subdued in tone than the louises and not always so flowery, though in certain grades of chalcies it is hard to tell certain from the other. They are more subdued in tone than the louises and not always so flowery, though in certain grades of chalcies it is hard to tell certain from the other.

It is very interesting to note the silks



that come for shirtwaists. They are called fancy silks, and by that simple name many of the most elegant of the season's goods are found.

The uncertain figure with a gros grain foulard at any of the fashionable establishments.

background is the favorite. The wide weave ottoman silk also makes up well, and all the corded silks. Moire and mirror effects are more than charming, and all of these wear better than taffeta; so much better that one loses one's liking for the taffeta, which sits so easily.

Yet whole taffeta dresses are being made up for Spring wear. A leather-colored taffeta, in a dark shade, was made up in very fashionable design, with a blouse with a little frill around the waist, and with a skirt with three ruffles around the foot, one above the other, each a little narrower than the one below it.

The skirt is very long, and the wearer somehow had a quaint style, as though the gown were borrowed from an old trunk stored away to grow rusty and dusty in the days when seal brown and brown silks of all hues were worn.

The olive green and the bronze silks are "in" also, and a whole gown of silk is as fashionable as it was when every lady traveled in a seal brown or an olive green silk.

The foulards leave nothing at all to be desired. There is no last word for them. Always one word more can be said, and in that word another chapter can be added. They come in all the new patterns and certainly in all the new colors, and the foulard Summer gown will hold a high place in the wardrobe. One can pay as high as \$10 this minute for a lace-trimmed

How to Reduce the Waist.

To decrease the size of the waist by tight lacing is simply to ruin the figure irremediably. So much has been said and written on the subject, and the physiological reasons of this fact are now so generally known that it is unnecessary to go into the matter here. The fact remains, tight lacing, so far from adding a woman's beauty, merely detracts from the symmetry of her shape, and ultimately results in what is popularly described as a "lost figure" in early middle age. Most girls, happily, are now being taught to stand straight, and instead of squeezing their waists into the smallest possible compass, have taken to reducing its actual size by a series of gymnastic exercises. The following simple movements, if persevered in regularly and consistently, will work wonders in this direction: First, stand perfectly upright, with shoulders back, chin pressed well back, and arms at sides, with palms of the hands to the front. Raise the arms over the top of the head till the thumbs touch, and then drop them down again. Second, hold the arms straight out in front of you, palms down, and then move each arm around gradually to the side and back again, keeping them on the level of the shoulders. Third, stand with the arms stretched as far apart as possible, level with the shoulders and making a perfect cross with the body, and describe small circles with each arm, using the shoulder as center. Repeat each exercise half a dozen times consecutively. — London Health.

Making a Dark Hall Light.

A woman who has long found the narrow hall of her house dark and difficult to treat in any way that made the entrance to the residence attractive, has transformed it, to its great improvement, by letting in a mirror from the floor to ceiling on one side. This is opposite the parlor door, and the light from that apartment, falling on the mirror, is reflected back into the hall, to its much better lighting, while the apparent size of the little place is greatly increased. The mirror is, of course, unframed, and is fitted in between cornice and baseboard, and finished at the sides with a flat molding that seems a part of the woodwork. The value of this treatment is not realized until it is tried. Often a blank stretch of wall that seems a hopeless shutting in of space may offer the transforming opportunity. Care must be taken not to overdo the treatment in such a way as to create the effect of a hotel corridor or public hall; but judiciously used under the care of a good architect, the plan is to be commended. — Harper's Bazar.

The Bananas.

The banana was named mus, after Antonius Musa, the freedman and physician of the great Augustus of the Romans, says Linnaeus. The sapientum—the wiseness—in its name is a graceful tribute to it as the "wise man's food," for, incredible as it may seem, it is perhaps the best food product of the earth, being far more productive than either wheat or potatoes—the staple food of other nations. Long ago it was calculated that it is 13 times as productive as wheat and 44 times as productive as the potato; in other words, that the ground that would give 33 pounds of wheat or 19 pounds of potatoes would, as far as mere space is concerned, give 400 pounds of bananas, and with a fractional amount of the same trouble. It has been called the "prince of the tropics," because it takes the same place, only to an even greater degree, in those hot countries that wheat, rye and barley take in West Asia and Europe, and that rice takes in India and China. — Longman's Magazine.

A Cure for Insomnia.

Dr. von Gellhorn has recently reported a cure for sleeplessness, or "insomnia." A piece of muslin, about 18 inches wide and two and three-quarter yards long, is rolled up like a bandage and a third of it wrung out of cold water. The leg is then bandaged with this, the wet portions

# EVILS OF TIGHT CLOTHING

By MARGARET L. BRIGGS.  
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It is a well-known fact, and a perfectly reasonable one, that the glove and shoe, if worn too tight, interfere with the proper circulation of the blood.

The shoe and glove, however, when worn too tight, do not make half the trouble caused by the tight corset. In spite of all that is said to the contrary, I believe in the corset, although the slim woman looks much better without it. But for the person inclined to be stout I know the corset to be a friend indeed. Such a woman is apt to lay on more fat over the stomach, and if the corset is worn constantly, it keeps the too solid flesh from accumulating too rapidly.

But, like the shoe and the glove, in its use the corset has been much abused. What should be used merely to give the waistline a trim appearance, often is drawn so tight that displacement of the female organs results, and causes women untold agony. Every one has in her list of acquaintances some one whose wamp-like waist was the pride of her young womanhood. I know such a person who, when she was going to theater or reception, would draw her corset even a little tighter. By and by she began to have pains in her side, which seemed almost unbearable. They came at first at these evening affairs, when she should have been enjoying herself; but by and by the pains were always there—even when she did not don the corset at all. She had brought on female trouble by her recklessness, an illness that kept her in misery much of the time. She finally went to the hospital, and there the nurse told me it was an actual fact that the various feminine organs had taken an unnatural and deformed shape as the result of tight lacing.

Bearing-down pains and distress from which so many women suffer, are often the result of wearing clothing that is too tight.

Of course every young woman who laces too tight realizes sooner or later that her pains are the result of tight clothing, and she loosens it, and then wonders why her pain doesn't cease. She doesn't understand that the displacement of the female organism is not a trouble that will cure itself. By and by she says that she cannot see that wearing her clothes loosely helps her any, and she tries to wear them tight once more, but cannot do so. Often inflammation has set in and enlarged the organs, and the slim figure that was once her pride is no more. The whole trouble is that the woman does not know that the mere loosening of the clothing will not cure the trouble caused by wearing clothes too tight.

When a woman finds she is beginning to have pains in her side, when she gets dizzy from causes she does not understand, when the bearing-down pains are so frequent she hardly seems able to walk, let her take Lydia E. Pinkham's Vegetable Compound. It is the only thing that will help her. There is no use in her going to the doctor. He has no sympathy with a woman who, though not understanding, has brought these troubles upon herself. Half the time he doesn't believe in them, and puts a woman off with something that may give her temporary relief, but will be of no lasting help. But Mrs. Pinkham has made a study of this matter for years, and her medicine is just the thing that is needed to restore the nerves to a healthy condition, relieving and healing the inflammation.

The women suffering from feminine troubles always have a desire to wear unnecessarily loose clothing. They think it will relieve the pain. They do not stop to consider that removing the pressure will not cure. The female troubles get no better, and day after day a little of that trim look, so essential to a woman's best appearance, is lost.

The woman who cannot stand it unless her clothes are so loose she barely feels them, may make up her mind that her feminine organs need immediate attention. Lydia E. Pinkham's Vegetable Compound will put her in a normal condition, and as a result the figure will resume its natural proportions. If every woman would take Mrs. Pinkham's medicine when her side or back aches, or when she has an uncomfortable, bloated feeling, we would have fewer slouchy, middle-aged women, who, as they say, cannot stand moderately tight clothing. Instead of wearing clothes that are looser and more slovenly in appearance every day, they might, by the use of Mrs. Pinkham's medicine, set their shapely bodies again. Lydia E. Pinkham's Vegetable Compound will cure the female troubles, will take away pain, will relieve the inflammation. I do hope that all women who are suffering any of the effects of tight clothing, or who are ill with any distinctly feminine trouble, will understand how exactly this medicine is adapted to their needs.

being carefully covered by several layers of the dry part, as well as by a layer of gutta-percha tissue, and a stocking drawn on over the whole. This causes dilation of the vessels of the leg, thus diminishing the blood in the head and producing sleep. It has been found by Whistler that the temperature of the ear passage begins to fall in a quarter of an hour after the application of the bandage, the decrease amounting to 4 degrees, and the normal not being again reached from one and a half to two hours after-

ward. The author has employed this means of procuring sleep for a couple of years, and finds it especially useful in cases where there is congestion of the brain. Sometimes a collar of the same material to reapply the bandage every three or four hours, as it dried.

This is very much the same in its effects as the cold, wet compress over the abdomen or at the nape of the neck. They are much used in health institutions and home treatment and are often beneficial. — Hygienic Gazette.

## EASY LAUNDRY WORK.

HOW AN OIL-STOVE AND AN IRONING BOARD SAVE STRENGTH.

**I**N the choice of furniture for the laundry, set-tubs come next to cedar ones with brass hoops. A nest of four, fitting snugly, one within another, will, with reasonable care, last ten years, beside being ever so much lighter and handier than tubs of pine or poplar. Keep the tubs together between wash days and pour a little clean water into the upper one. This will save all from shrinking, yet will breed no small mold. In use, set them upon a long, stout bench, so proportioned in height to the washerwoman there will be no need to stoop much over the work. If space is scant, have the bench legs hinged on, so they may be folded, and the bench stand or lie flat when not required.

The new glass washboards are clean, durable and good for clothes. Their one drawback is that they are a trifle heavy. Sanitarily they are far and away better than the wooden or zinc-faced sort, which absorb dirt and hold all manner of taints. Indeed, it is unsafe to use wooden washboards unless they are carefully scalded and dried at the end of washing. One that has been used to wash the clothes from a sickroom, even if there is no contagious disease, should be scalded with soda water, and treated after to a drenching with chloride of lime. In contagious sickness, such as measles, scarlet fever, or diphtheria, the best thing is to burn up the washboard outright.

In using the wringer it saves both the wash and the washerwoman to fold the clothes to an even thickness and exactly the breadth of the wringer rolls. Sending things through in lumps and bunches strains the springs and brings them quickly to the breaking point. It is much the same with turning the crank. One vicious jerk does more harm than steady rolling on a whole wash. As soon as the washing is over, dash clean, warm water over the wringer, first removing it from the tub, and standing it on end; then wipe it dry, put a little fresh oil on the bearings to guard against rust, and set it away in

a dry place, cool enough to prevent all danger of warping.

### Saving of Strength.

Steel-faced sadirons, with reasonably high handles, and six or seven pounds in weight, meet the greater number of laundry needs. The variety in irons is so great every woman should be able to find something to her mind. As, for instance, the electric iron, which has a wire attachment to the handle, and is thus continuously heated; the gas iron, worked on much the same principle by help of a light rubber tube, and several patented contrivances whose handles never get hot. Each and all have their good points, but when all is said the common sadiron is the queen of laundry. Half a dozen of the six-pound weight will be none too many. There should also be two polishing irons, two five-pound irons for thin stuffs, and a couple of the still lighter ones known as trimming irons.

Where there is a heavy weekly wash a small watering pot with the finest possible holes comes handy for the sprinkling—ever so much handier than the tin clothes sprinker sold in the shops. But the very best sprinker is a good-sized atomizer, such as greenhouse men use for spraying plants. Choose one to fit the hand, neither too big nor small enough to cramp it. It sends out a fine, misty spray that dampens clothes all over, yet makes no place soiling wet.

The variety of laundry stoves is simply amazing. It has sloping spaces around the frepot for irons, and a specially fitted round table to hold the wash boiler. The water pipe is in some mysterious fashion coiled around inside, next the fire, and leads out either to tubs or faucet. Then there is an oil stove, price \$4, which will keep three irons going and heating hot at a cost of less than 2 cents an hour. It is worth so handily portable that one may iron in the slightest room of the house with no danger of defacing it. If gas is available it is barbarous to iron in a hot kitchen. One of the long stoves with the perforated burners, each of which heats an iron, can be set outside the door of a hall bedroom and prove a godsend to either mistress or maid.

## CORRECT BREATHING

HOW TO KEEP BODY AND MIND IN THE BEST CONDITION.

**A**BNORMAL meanness, weak muscles, soft or "mummified" flesh are indications that the tissues are insufficiently nourished or that the waste of the tissues exceeds the repair. This may be caused by the elimination of proteids and fat-making elements from choice; irregularity in meals, insufficient rest and sleep, lack of fresh air and general unhygienic living, or insufficient exercise to promote assimilation, the blood flowing too sluggishly to cleanse and feed the nerves and stimulate their activity. When one has reached the stage of "skininess," she must begin aggressively to live anew.

The first and most essential part of the new life is correct and abundant breathing. Breathing, deep, full drafts of pure air. Throw a blanket around you, go to the open window before dressing and slowly breathe in from 20 to 50 breaths of the morning air, exhaling slowly. Before or on going to bed repeat the exercise. On inhaling raise the arms sideways upward overhead (pulling up) as far as one can reach to increase the chest cavity, and letting the arms sink as the breath is exhaled.

The Ellixir of Life, the Breath.

The centralizing life principle, the elixir of life, the fountain of youth which "all the world's a-seeking," lies in the ability and capacity of the breath. With a knowledge and practice of right breathing very much less food is required, less drinking, less sleep, and the tissues are repaired with a minimum amount of labor of the organs of the body. Thus energy is conserved, not only increasing and promoting longevity, but making active and normal the function of every organ of the body. When you say to me with an indulgent smile, "So you have a cure-all in respiration, have you?" I bear with your superior incredulity and simply say: "Try it and see!"

Correct breathing purifies the blood. Pure blood clarifies the brain, makes clear and clean thinking possible, in point of fact, it makes any other thinking impossible and it is, literally, the "spiritual

food of the mind. Yet the exhilaration, buoyancy and good-will—the actual "inspiration" that comes in full drafts of pure, fresh air, is known to most of us, only on rare occasions when we have stepped into the clear morning air, after being confined in a "stuffy" atmosphere all night. After breathing I should say exercise is next in importance, then air, and water baths and wholesome foods when one is hungry, but at regular intervals—that is to say, avoid eating by the clock, and if at noon the stomach does not ask for food, wait until the evening meal.

Hot Baths, Air Baths, Cold Baths.

## REIGN OF RED IN MILLINERY

SEVEN OUT OF TEN WOMEN CHOOSE FIERY HEAD-GEAR FOR WASH EVENING GOWNS.

**G**IVEN a flower toque, a tulle neck-lace and a net and ribbon bow, even Noah's wife herself, in otherwise antediluvian attire, would be considered presentable and modish this Spring. Without all or one of this trio of essential details no woman is entitled to consider herself a fit representative of fashion. The flower toque is no novelty, save in its size and the glory of its coloring, for just after Christmas women began to anticipate Spring by wearing very large Marie Antoinette hats of white roses and green leaves. The Marie Antoinette is a genuine toque developed to an abnormal size, worn a good deal over the eyes, and with a double jabot of lace or a sash of panne ribbon against the back hair. White rose toques, deepened to pink rose copies, those were succeeded by red rose affairs, and now a wide, flat crown with a blunt bowed roached brim, solidly made of the most fiery granitine or velvet, is the ideal toptop for seven women out of 10.

The remaining three in 10 relieve this sanguinary coloring with velvety green laces or moss. For a large admixture of pink to white granitine flowers. These last are certainly more agreeable to the eye when worn in the street, nevertheless the authority of the majority obtains as a rule, and those women who do not wear toques made wholly of red granitine have bought equally impressive structures of scarlet begonia blossoms, or darning bibulous flowers. As all these artificial blossoms are made of velvet, and as stems and leaves seldom alternate with the riot of red, the effect of the new millinery is hot and heavy to the eye.

### The Reign of Red.

Nevertheless, red as a color is reigning at present and evidently is going to exert a marked influence through the season. A good half of the straw hats are adorned with bows of scarlet ribbon, bunches of crimson berries, russet, rose hips and cream, eggs, holly or posy;—worry, that decorative element in this suit, and the parol used with it is of very soft black peau de sole, pierced with round holes, to show dots of the polka-dot silk lining.

### Bows and Beads.

To return to the tulle bows and the net hats and caps, it is the custom to gear

both of these airy ornaments together, and, with the growth of the season, they have increased in size, until, with some pretty, but diminutive women, the individuality of the wearer is lost in a prodigious mass of fluffy flowers. The tulle bow is white or scarlet, plain or powdered with big black chenille dots, and it is worn directly under the chin or at the back of the neck. Over the shoulders of every shopper and caller there falls layer upon layer of lace-figured net; black net figured in white, or between the black net flounces is sandwiched one of white chiffon dotted in black. Every flounce is treated with fine double bouillonis of a net of contrasting figure, or with tiny chiffon roses, or with frills upon frills of gauze ribbon.

So important has become the trade in net bows that in all the larger retail shops a long counter is devoted to their display

blue, silk muslin, organdy, wash silk, etc. The way to utilize such dainties is successfully displayed in the illustration of an April gown. White silk mercerized lawn, which looks like a lovely and impossible crisp white china silk, is the goods, and imitation ecruial lace is the decoration. A pistache green kerchief, with shell ruffled ends, and two big green gauze ribbons, are fastened to the corsage. Is the shop made of delightful adjunct of a charming gown.

### Wash Evening Gowns.

Openings, of domestic and imported gowns, are the excitement of the hour to the shopper; though many splendors of real lace and hand embroidered silk beguile the fancy, to the woman of modest means and artistic aspirations in dress the most important discovery was that of many enchanting little American made evening costumes built of the least expensive materials and yet reaching a high plane of sartorial art. A group of three typical and economical fashions are shown in corroboration of this fact. The center figure shows how a rosy wash foulard, figured in pale green vine trails, decorated with a few yards of imitation cafe au lait point d'Arabe and shoulder straps of black velvet baby ribbon, effectually realized the ideal of a quaint, gay little summer dancing dress.

### Red velveteen costume.

A white habout wash silk, its double flounce heads and bodice top garnished with bands of cream Valenciennes lace laid upon broad crimson wash ribbon, is the second sweet evening frock that can pack about in a dress suit case, make occasional trips to the laundry, and yet be always freshly in evidence, and worn over no more costly foundation than a ten-cent yard white lawn slip. The third pretty dress is a pale blue cotton Canton crepe, trimmed with bands of dark blue Venetian linen, cross-stitched in a quaint pink and blue design. A collar of blue Venetian beads, strung with bright jet beads to form a sort of pattern, is the inexpensive, but most becoming ornament worn with the modest and charming frock. With such gowns as these selling in the shops no busy woman of limited means can fail to find something to suit her needs and social occasions; and if she wishes effective ornaments with which to increase their festive appearance she can buy two yards of coral beads, so cleverly copied from the real that none but an expert could detect the fraud, and tassel and knot them about her neck. She can also buy a yard of white tulle and make bows and bracelets of the same with huge bow-tails sticking out from the joint of her arm and suggesting coquettish wings.

Gloves with Be Lendered.

Gloves to be lended are white suede, if you like, but there has lately been introduced a new white silk and chieffie glove that washes like a handkerchief, and is intended for summer evening

(Continued on Page Thirty-one.)