CORRESPONDENCE PAGE OF FASHIONS & BEAUTY

## Fashions for the Matron

•HIS is a most kindly fashion sea-son to the matron, for never have border are certainly less trying than the lines in gowns been less trying to the matronly figure nor fabrics better suited to the slight tendency to obesity which is very apt to appear when the

woman passes 40. as to fabrics. The most desir-First. able effect to obtain in your house gown, party frock, dinner robe-every piece of wearing apparel save the most decided tallored modes-is straightness and slimness, and for this purpose the home dressmaker must select the clinging fab.

rics. In expensive goods this includes all the very soft silks, in which I wish to in-clude particularly the crepe-finished fou-lards, which are exquisite in colorings and designs, and cost about a dollar a yard. Another good silk is the chiffon foulard, and still another the soft-fin-ished messaline. There are also inuuished messaline. There are also Innu-numerable gauges and chiffon cloths with silk and satin stripes in beautiful color-ings. Taffeta silk, unless in a very soft, sating finish at a high price, is practic-ally out of the running. The novelty silks are peculiarly effective, and the new bordered satin-finished foulards are the richest things on the counters. These come in three patterns, Persian, Japanese and Egyptian, with borders showing the native art of those countries in ex-quisitely subdued colorings on equally subdued grounds, such as ashes of violet, a full grayish blue, a soft brown, etc. The border appears at the foot of the skirt and is employed in trimming the walst

Another peculiar novelty which is enjoying a tremendous vogue is a satin-striped chiffon cloth, the stripes zig-zagging and interweaving with an effect which one woman aptly described as seasick

Even the rough silks used for complete street costumes, which means a princess or Empire frock with a loose coat, are very soft and pliable, suitable for drap-

ing rather than pleating. Next to silk in point of popularity for the matronily figure comes the soft nets, filet, princess and chantilly patterns in lace. These, whether in black or white, are made over a white silk foundation. Incidentially a well-known modifie states Incidentally, a well-known modiste states that the matronly figure requires for Summer frocks a lining of finest habitue, never taffetas, to secure stenderness,

In wash materials the best fabric for clinging gowns is mull either in silk or the clever mercerized imitations of silk. The woman with a tendency to embou-point should sedulously avoid stiff, wiry materials of any sort, and her skirts, in particular, should be made to hang loose around the waist or rather over the b line. The skintight skirt is extremely hip line. trying to the stout woman.

Many women who are either very short, or too stout for their height, have asked me whether they dared to wear a bor-dered or trimmed skirt. That depends entirely upon the adjustment of the borwith a tendency to a do

ne flippant young people

laugh at the phrase. The very idea

dealing with mother! Why, mother does

Be not deceived. Mother does mind-

she turns. And that is why I am writing

this little talk on the rights of mother in

her own home, at the hands of her own

children. But first some anecdotes to

and sometimes, like th eproverbial worm,

not mind!

justify the talk.

straight or scalloped effect, and three graduated folds, or bands of trimming close to the foot of the skirt are less try. ing than either a broad, solid band or trimming which is arranged to run al-most to the knees.

most to the knees. The princess gown made from soft, clinging material is much better for the matronly figure than the two-piece dress with the connecting girdle. In fact, the princess, with the suggestion of a short waist line or Empire girdle in the back, is a real boon to the stout woman, provided she does not make it skin tight. A princess frock laid in fine tucks over a chemisette of lace or net is far better for the motherly figure than one absolutely tight-fitting, in heavier fabric, however carefully it may be tailored and

fltted. The newest cut for the princess frock shows a very deep yoke or chemisette, sometimes coming well below the bust line and outlined by folds, piping or embroldered bands. The lines are abso-lutely square and the opening as seen from the distance is an oblong, a trifle more narrow at the bottom, of course, than across the shoulders. Sometimes the chemisette or deep yoke is made from the plain lace or net, sometimes it is strapped with the cloth or slik used for the princess gown or with ribbon velvet in precisely the same shade.

A word as to coats. The mature woman will find that a Louis of cutaway coat, finished with deep points, is excel-lent for her use. The newest coats have only one or two buttons, an excellent feature for warm weather. Some excellent modes for matrons are

Some excellent modes for matrons are shown in this connection. One of the smartest is the princess skirt with double-breasted Empire jacket. The skirt has a shaped panel down the front and is cut in seven gores. The panel is finished with buttons to follow the line of the Empire jacket which is double-breasted. This can be worn with a blouse of net or lace dyed to match the cloth, or in cream for ecru with strappings of the cloth or silk used in the gown. A pretty blouse model is the surplice design showing an economical way to utilize a short pattern in silk. This is really an overblouse or jumper, but com-bined with a matching skirt in some soft silk, piped with another shade of the

silk, piped with another shade of the same color or velvet ribbon, over a guimpe of net or lace, it would make a

guimpe of net or mace, it would make a most effective house frock. The house gown in gray messaline, banded with durker gray slik and braid, shows one of the most desirable uses of the pleated skirt; also the deep chemis-cite effect referred to in another para-graph. The fourth illustration shows a birt of simple blouse designed for trim. skirt and simple blouse designed for trim-ing of stitched bias bands. If these are used in self-tone and material on the skirt, the height of the wearer will not

preparing the refreshments, and then

need of her putting in appearance.

be cut off, while the oval finish of the blouse is extremely good for the woman MARY DEAN.

Good Form-and Mother

- OOD form and mother! I can almost | mixed with bitterness, due to overwork in



gives her the right to meet her daughshould have slipped quietly from the room and asked the mother whether it was convenient to entertain three young

When a young man calls for the first time at your home, dear girl, introduce him to your mother. Insist that she come into the parlor or library for a few min-utes and meet the stranger within her

the more for this bit of formality. When you are at a dance or evening party or tea and your mother is among the dowagers or wall flowers, do not studiously avoid her, as if you were ashamed of her or she had cause to be ashamed of her or she had cause to be being told by her daughter that as only of having special rules of etiquette in young people were coming there was no Another picture, in another parlor! A young girl flushed with the triumphs of uddenly acquired belledom, entertaining all at once three very nice young men. It is Sunday afternoon quite late ashamed of you. Introduce your part-ners to her when the dance is over, see that she is served with tea by one of and she hates to lose her sense of power So she asks them all to stay to tea-and how Mother works! No one was expect-cd for tea, so she sends one son to the your men friends if you are at a school or college function, and make the men whom you meet understand that you are not a girl without chaperonage or family pride, but that you have parents whom you are proud to have him know, a home which he should deem it a privilege

The woman with a short neck and | Even widows when wearing the deepest mourning, wear these turnover collars of white.

double chin is daily confronted with the problem of dressing her neck in a becom-ing fashion. She looks at her thin sis-ters decked in fluffy lace ruffs, or high linen collars, and yearns for such frivel-tites. But believe me, they are for the thin women only. The tailored shirt waist has reap-peared this season, bringing with it the demand for starched linen collars. The short-necked woman must wear a very low, narrow collar, else her double chin will be pushed forward and made to look twice its naturai size. Even in large cities it is sometimes difficult to find low linen collars, but if you per-sist you will find them. These collars should be of a comfortable size, for a tight collar always makes the face red.

when you have become accustomed to the exercise, you will be able to touch the floor, and then rest assured your weist will be longer, its measurement smaller and your adbomen greatly reduced, C-For this exercise you will need a

## Fair, Not Fat, at Forty

Frankly, nothing irritates me more ercise will do you. If possible take this ex-quickly than to hear some woman who is nearing or may have passed the 40th milenearing or may have passed the 40th milestone pronounced "vain" for trying to improve or conserve her good looks. The settle whe work and how the set of the set

The critic who passes such judgment is as hot as you can stand it without feeling inse of the young-old woman, not the cal-low maid, and it is every woman's duty to approach her 40th birthday with a smile, not a frown. What is more, she owes it to her family as well as herself. owes it to her family as well as herself owes it to her family as well as herself Every day, if possible, walk several to do everything possible to make herself miles outdoors. Do not send your fleetto do everything possion to analy, but footed children on errands that to common sense, for the woman who has said farewell to all hopes of beauty is self. And walk briskly as if you had a definite mission or a destination to reach, Her entire attitude is colored with biternest. The most important factors in retaining

As to diet, stop eating heavy cereals with sugar and cream. Do not touch candy, ples, cakes, rich puddings or peak and beams. Reduce your allowance of potatoes and substitute salads and fruits. an appearance of youthfulness are the preservation of the figure and the care of the complexion. Quite frequently there is a common remedy for defects of figure When oranges are in season, eat two a day. Stewed primes and apricots are also good in the reduction diet. Follow these simple directions for three and face. For instance, hot water and lemon juice, invaluable for reducing too,

months, and the maternal heaviness you dislike will fall from you, and, thanks to an active liver, your skin will lose the thick, coarse look which proclaims advancing years.

KATHERINE MORTON.



ICED COFFEE-Make two quarts of Finds black coffee, sweeten to taste. Put this liquid into a pitcher that can be literally packed in ice so that the coffee will be ice coid when ready to serve. Serve in small glasses with a heaping tablespoon of valilla ice cream on too. If ice count is propured on top. If ice cream cannot be procured, then use a heaping spoon of ice cold whipped cream. Ice cream is preferable, however.

inhaling through, the nose with your mouth closed, raise the right leg four time slowly, each time forming a right angle with the body. Exhale, resting, and NUT KISSES-Take the whites only of four eggs and beat to a stiff froth, add gradually one pound of granulated sugar. beating constantly. Then add one cup of nut meats chopped very fine tany nuts will do, such as hickory, walnuts, peathen raise the left leg four times while inhaling. Rest, exhaling, and alternate the two legs, right and left, eight times, nuts or butternuts). Drop from a tea-spoon into little round cakes on a piece of buttered brown paper in a baking pan. inhaling. Exhale, rest, and repeat the en-tire exercise. This sounds and is extreme-ly simple, but when you can do the exer-Bake for 15 minutes in a moderate oven,

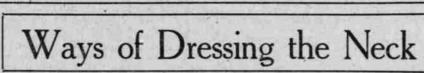
LEMON SNAPS-One cup of butter and two of sugar beaten to a foamy cream. Add to this two eggs and the grated rind of one large lemon with its julce. A senat teaspoon of soda dissolved in two table-spoons of sweet milk. Knead very stiff with flour, roll out very thin, cut out in shapes with tin cutter and bake in quick oven.

TEA PUNCH .- The following recipe arms stiff and bending as far as possible. At first your hands will not touch the floor or come within six inches of it, but will make twelve large glasses. Squeete the julce of six large lemons and grate the rind of three or four of them. Add to this juice three quarts of water and brown sugar enough to suld individual taste. Let it come to a boil. In a large pitcher put ten teaspoonfuls of Ceylon tea, pour the bolling lemonate over it, and let it steep for ten or 15 minutes. Then strain and let it get perfectly cold. When ready to serve, fill glasses with cracked ice, and into each glass put a thin slice of orange and a tiny sprig of mint.

## Unfair.

The stars are out when I'm in bed, Its not the least bit fair To let such little things stay out All night, alone, up there

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double chin is daily confronted with the problem of dressing her neck in a becom-

too evident hips and abdomen, are prime complexion aids, stirring the torpid liver and thereby clearing the skin. The average woman who through

stress of domestic duties or indolence has covered the youthful lines of a once good figure with fat, imagines that she

must enter upon some desperately in-volved system of reduction. This is a grievous error. I know one woman who

devoted but one hour in the 24 to in-telligent, persistent reduction work, and lost 39 pounds in three months, ten pounds

a month. But bear this in mind-she did

not notice any great change at first, and yet she never wavered from her daily

Here are the three exercises she used, all of which almed to reduce the hips and

A-Lie flat on the floor, shoulders, spine, calves of legs and heels touching the floor, the hands clasped behind the head

at the base of the brain. Relax, that is, become perfectly easy and restful. Then,

ise say 29 or 25 times, rapidly, with ac-urately timed inhalations and exhala-ions, you will have secured some of your

old-time elasticity and the heavy hips will

B-Stand erect, heels together, toes out?

ounts and raise your hands above your

head, palms forward, arms the width of the chest apart. Now, exhaling forcibly

swing forward from the waist, keeping the

est, high, abdomen in, chin on a line th the body. Inhale deeply on four

exercises and diet.

egin to go down.

abdomen and waist line:

SURPLICE BLOUSE.

guests. the second case, the daughter

men for tea-and then it was the moth-er's privilege, not the daughter's, to ex-tend the invitation.

A young woman was entertaining a delicatessen shop for bread and salad. gets another to open jelly and pickles, bents up hot biscuits and finally waits dozen or more guests. One group sur rounded the piano, with its litter of latest songs. Four young people were playing cards in another corner. A bowl of fruit punch was on tap. Beyond sight in the ipon the unexpected supper circle with heeks flushed, hair somewhat awry and wrath in her soul for the broken day of pantry were plates heaped with sandrest. You call this the selfishness of youth, ut it is more than that-the height of

wiches, dainty cakes, sailed almonds and home-made candles-made by mother. "Where is your mother?" asked a sweet-faced girl of her futtering hostess. eeding. In the first instance, the mother should have received the guests with her daugh-ter, and the daughter should have helped

hope she is not suffering from our mmon enemy, the grip?" 'Yes-yes." answered the girl, hastily, to get the refreshments out of the way

"she has had a touch of it." She did not dare say to her thoughtful young friend that mother was probably in time for Mother to dress for a prope appearance before guests. The mother need not remain in the room during

It is not necessary that your mother drop into the parlor every time a man calls, but it is her privilege to be intro-duced to every new man whom you en-tertain under her root.

If you are studying or working in a large city far from home and mother comes to visit you, make her the guest large city far from honor. Make it very clear to the oung men who have been extending purtesles to you, that during her stay, of honor. Mother is your honored guest and due deference is to be paid to her. If a man really cares for you, he will honor you for showing this respect to your mother. sleeping the sleep of exhaustion, not un- the entire evening, but common courtes If he does not honor you for it-well, he an you want to marry. PRUDENCE STANDISH. is not the man

Chalk for the Milk Dealer.

"Well, no,' said I. 'I wouldn't. You

'Yes, why?' the patron asked.

My Neighbor.

M. C. Brown in Sioux Falls Press. domiciles stand side by side

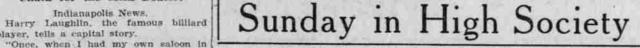
throw

be

Box-pleated neck runs of tulle, net, tight collar always makes the face red. etc., are simply out of the question for In selecting a bow to wear with these tailored collars, look at the broad ones and admire them, if you will, but buy the one that is long and narrow. the matronly woman unless she has a long neck. For the woman whose head is set close to her shoulders they are the most unbecoming thing she could wear. In some of the smart city shops

A very grave mistake that elderly women are prone to make is wearing black dresses with nothing white about the neck. If she be 80, a woman is not I have seen neck ruffs made of flat loops of ribbon, falling over the other, forming a sort of cape effect about the shoulders and finished in front with the neck. If she be so, a woman the throat, too old to wear white about the throat, it lends to the sallowest skin a softer glow than the dull black of her dress. In warm weather the elderly woman with a short neck will be wise to turn in the collar of her dress and wear a plece of soft net about her throat. very long streamers of the same rib

bon, But these loops must be long and flat, not short and puffy. Many of the Spring jackets are made without collars of any sort, and this style is to be commended for the ma-tronly figure. The jacket is finished with a little braiding or band embroiplnned down with a fancy brooch. This is a very pretty fashion. On her black church dresses she will have a standing collar of material like with a little braiding, or hand embroi dery about the neck, thus giving a standing coltar of material ways, the blouse she wears, and always, without exception, wear little white woman a very flat appearance the throat. These collarless jackets are seen on many imported model turnover collars of organdie or Swiss. MARY DEAN.



New York letter in the Philadelphia North American. dinner and the absence tainment were due to re of much enter-

tainment were due to religious scruples only, for they were not. In society then as now there were many persons who had no religious scruples what-A comparison of the present Sunday abservance with Sunday observance 10, 20, 30 or more years ago shows, for one thing, the effect that a rapidly ever.

money, a decided talent for entertain-ing. Nevertheless, at first her invita-tions were refused right and left.

were opened and included small private nothing of restaurant and hotel ball-"When I was a child," said the lody referred to, "the Sunday dinner was "Thirty years ago gay Sunday sun

> fashion did Delmonico's or other res taurant men show much disposition to cater to Sunday trade. "After that, however, it was very

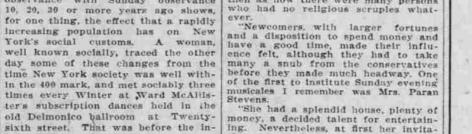
different, and during the next five vears Sunday observance in society un-

ing at dinner hor tor calls in the afternoon. "At that time society did more walk-ing on Sunday afternoons than it has ever done since or probably will ever do again. Few of the richest people, carriages. derwent a tremendous change. Men began to pay their dinner calls on Sun-day afternoon, which meant that instead of an informal dropping in of relatives or neighbors of both sexes for informal

chat, drawing rooms began to fill up about 4 o'clock with men mostly. "I think just as large a percentage of society goes to church in the morning today as went to church when I was a favorite promenading being up and

down Fifth avenue. "Twenty years ago, if one wanted to society worships of a Sunday morning see any particular person of a Sun-day afternoon, all he or she had to do was to take a stroll on the avenue. Nowadays, of course, fashion carefully and you will see nearly everybody there. St. Thomas'. St. Bartholomew's, St. George's, Grace, Trinity chapel, the Fifth-Avenue Presbyterian, the Incarna-Nowadays, of course, fashion carefully avoids Fifth avenue of a Sunday, ex-cept at church time, but it was not so then, and the sight was a very protty "No, it wouldn't be possible to re-"No, it wouldn't be reason that "No, I do not think churchgoing has "No, I do not think churchgoing has

No, it wouldn't be possible to re-vive the custom for the reason that everybody is now doing something else on Sunday afternoon. Mind you. I don't mean that the Sunday midday



flux of new people had become very "Then came the Sunday dinners in the new restaurants and hotels, which noticeable and before splendid private ballrooms began to multipiy, to say

dining-rooms. At one time to dine even at Delmonico's of a Sunday would have given society in general a shock. pers at a public restaurant were prac-tically unknown, and not till after evening dinners on Sunday came into

quite a feature of the week. Usually it brought all the family together. "Married sons and daughters came home for it; also unmarried sons whose business or profession kept them away on other days. Very few formal din-ners, though, took place on Sunday. It

was not a favorite day for entertain-ing at dinner nor for making many

do again. Few of the fichest propie, who owned the finest caritages, dreamed of taking them out on Sun-day. Churchgoers walked to church and back, and after the dinner which was apt to be prolonged, almost every-body but old folks went walking, the favorite promanding being up and

youngster. It is the poor who don't go to church, not the rich. "Go to any of the large churches where



PRINCESS SKIRT AND EMPIRE COAT.



GREY MESSALINE WITH BANDS AND BRAID.