

CORRESPONDENCE PAGE OF FASHIONS & BEAUTY

Linens and Laces for Summer

NOVELTIES may come and novelties may go, but linen remains forever a dependable and popular fabric. It comes in a variety of weights, from colobed handkerchief linen to the quality which is almost as heavy—and as warm—as cheviot. A medium-weight linen makes the most serviceable and comfortable Summer costume. The extremely heavy weaves do not launder so well, and they are anything but cool.

In color, all white and ecru are the most dependable for tubbing, but this year there are many charming tints for the woman who can afford to patronize a dry-cleaner instead of a laundress. One of the smartest of the new linen colors is, of course, Copenhagen blue and its "near hints," both lighter and darker. Some beautiful rose pinks are shown bordering on ecru, and all the purplish tints like raspberry, crushed strawberry, etc. In the browns, a golden tint without a suggestion of red is the coolest of all for Summer wear, but ecru is better even than the darker tint. A charming gray is offered which is neither pearl nor steel, but suggests a bit of silvery blue. It combines beautifully with white lace and is cool to eye and touch.

Baby-blue and lavender are bad colors for hard wear, as both show streaks of yellow under sunlight or tubbing. A few very stunning suits (coats and skirts) are shown in black linen, piped with white or black and white and finished with white cuffs and collars. Also a little of the tea-green linen is shown for tailored suits, but the popular color of the season are the raspberry and gray linens.

skirt, and tiny buttons appear on the trimming of blouse, cuffs and collar. The tailored suits are quite frequently piped with a contrasting color, and black and white striped fabric is used with almost every tint, save blue, lavender, white, gray and black. Brown is piped with pure white or ecru, and on nearly all the tailored coats a vest is suggested. If only with a piping around the inside of the collar.

Several good designs for linen frocks are shown today, and especially do these emphasize the effective use of buttons. Figure A shows a combination of raspberry linen, princess net and white soutache with matching buttons that is most pleasing. The seven-gored skirt is laid to give a panel effect over pleats, and then soutache braid and buttons, both in white, suggest that the panels are buttoned to the pleats. They are used in the same way to suggest that the broad front section of the blouse is buttoned to the pleated side pieces. The chemise and cuffs are of white princess net and the deep-pointed opening in the blouse is outlined by a conventional pattern done in wash soutache. The girde should be made of the raspberry linen, for a white girde would detract from the wearer's height. The net and braid and buttons, all in white, give sufficient relief from the rich hue of the linen.

Figure B was drawn from one of the smartest shirtwaist suit designs in a big importing house. This was of gray linen, trimmed with bias bands of the same fabric and crocheted white buttons. The girde was finished with a huge mother-of-pearl buckle. The eight-gored skirt was buttoned down the front and had



Raising Legs at Right Angles to Body Reduces Hips.

inverted pleats in the back. If it is to be strictly tailored, the skirt sleeve must be used. If the design is to be carried out in this material, such as lawn, then use the shorter sleeve. For a very tall girl, white strappings or bands may be substituted for the self-fabric.

In Figure C you will find a most successful tub design, because the over-blouse washes more easily if separate from the girde or chemise. There is no danger of having the colors run. The deep oval yoke is outlined by a shaped fold of the linen, which can be trimmed with buttons or braid or embroidery. It also forms the shoulder straps and outlines the arm's eye. In the model of ecru linen, the trimming was tiny lace buttons, and the yoke or chemise was handkerchief linen embroidered in a conventional pattern.

And last, in Figure D, you will see one of the smart lace coats of which I spoke in the early part of this article. It is made of all-over imitation Irish with bias folds of linen and fine crocheted buttons. It could also be made of all-over embroidery in a heavy open pattern. It takes 2 1/2 yards of 22-inch material, lace or embroidery. The stitched folds should be in white linen, for then the coat can be worn with any wash frock, while if colored linen is used, it can be worn with one suit only.

MARY DEAN.

Avoiding Fat in the Summer

THIS is the season of the year when the stout woman finds it so hard to fight that lethargy which the excessive heat is bound to bring. She stays indoors and takes an exercise. She takes cold baths instead of warm ones. She drinks quantities of iced liquids, with her meals and yields to innumerable other temporary comforts, all of which add to her already heavy figure pounds of additional flesh. How to prevent this is a timely question.

To begin with, do not feast the body and then rush to the nearest drug store and buy some patent anti-fat. This is a very dangerous practice, and in the majority of cases where women are overburdened with flesh what is needed is not medicine, but a general reform of habits. It is not necessary to starve yourself, but to select your food and take exercise. If the days are too warm to venture out, then take a long walk in the evening after supper—but exercise you must have.

As to food: All sweets are barred, and nothing should be eaten between meals. Eat no white bread at all unless it is toasted very brown. Oatmeal, peaches and breads are permissible. Potatoes are barred in all forms. For breakfast, eat no cereals with rich cream. But eat any fruit excepting bananas, peaches and melons. In the place of richly cooked desserts, eat fruit without sugar, figs, dates, nuts and raisins. Never touch veal or pork, but all fish are allowed, unless it be of an oily variety such as mackerel or sardines. Green vegetables and salads are allowed, but no soups.

If the abdomen is prominent, benefit will be found from drinking chicken-wheat water. Three or four glasses of this drink during the day is very refreshing and beneficial. To keep the bowels in the six handfuls of the freshly gathered, white-blossomed plant, pour over it one quart of boiling water, and let it boil slowly 45 minutes. In a china pitcher place a stick of liquorice wood, some lemon peel and two slices of the lemon. Pour over these the strained water. Let it get cold and drink when thirsty.

Do not beguile yourself into thinking that motoring or driving is exercise that will take the place of walking. Neither will dragging one foot after the other around a block or two answer. Start out at a brisk pace, with the head and shoulders thrown back, and a long, swinging stride. This is a natural, healthy, reducing exercise.

Do not fall to take a warm bath every day. A large lump of alum in the water is beneficial. When I say warm, I do not mean hot. Hot baths are very debilitating. And be generous with the use of a stiff scrubbing brush. In this way you help to break up the fatty globules. Then dry yourself with a rough Turkish towel, and rub the flesh perfectly dry.

Do not sit on the piazza with sweet lemonade or iced tea at your elbow. Keep away from the soda water fountain. These are two rules that must not be broken. At home when you are thirsty, drink the chicken-wheat-water and when you go to the soda fountain with your girl friend drink vichy or seltzer or a lemon phosphate. Under no circumstances order iced cream soda.

Today we are showing illustrations of reduction exercises for the stout woman. These exercises have been described in full in these columns, and we simply publish the illustrations to make them clearer. Begin these exercises before the fat becomes too ponderous. It is much

That Merry Widow.

Lippincott's
A man whose wife was extremely jealous planned a surprise for her in the form of a trip to New York to see "The Merry Widow," and wrote a friend in the city to let him know the exact date for which he could secure seats. The next day when he was away from home the following telegram was delivered there, addressed to him, but opened by his wife:



Fig. D—White Lace Coat With Stitched Bands of Linen.

"Nothing doing with the widow until the tenth. Will that suit you?" Explanations were demanded.

Is This Fair?
Robert T. Hardy in Lippincott's.
If there be any truth
In an oft-quoted saw,
Opportunity knocks
Once at every man's door.
But woman is favored—
At her door, she appears,
Opportunity knocks
Once in every four years.



FIG. B—SHIRTWAIST SUIT IN GRAY LINEN.

Bargain Days for the Busy Fingers

THESE are tempting days in shops for women of small means. Everything is reduced, and remnants are both alluring and plentiful. It is a wise woman who knows just what to select from this enticing display.

First as to marked-down frocks. Be sure you do not select too pronounced styles. Look at the sleeves and skirt and decide whether in case styles change next season, the material in the costume can be made over. If nothing better is possible, will there be enough in the skirt and is the design suitable for making it over into a separate blouse?

These matters must be thought of, because a real bargain in fabric bought at this time should be worth something next Summer.

In remnants suitable for shirtwaists or fancy blouses, avoid the very striking color or pattern. Styles may change before Fall, and especially if you are buying silk, you will want to wear it then. A delicate standard color such as tan, ecru, pale blue or pink, is a much better investment than a large figured silk in one of the season's new colorings like Copenhagen blue or raspberry. A good pattern in black and white is always a useful investment.

Boles of lace and long strips of embroidery can be used to good advantage in a chemise, but when you dip into the lace remnants, bear in mind the texture and coloring of your allover fabric. A fetching medallion of either embroidery or lace will combine with fine lawn or handkerchief linen and make a pretty, flat jacket. Half a yard of Irish crocheted edging will edge a long narrow tab or a butterfly bow of linen for your new linen collar. A couple of yards of good German Val lace is always worth picking up, and with this you can find good pieces of convent-brought underwear at a dollar a garment. Insert the underwear with diamonds, squares or bowknots of the lace, and you have a

really elaborate garment at a reasonable price. Ribbon remnants are especially rewarding just now. If you pick up a half-yard of handsome pompadour ribbon, combine it with heavy lace or plain velvet ribbon, braid or buttons and make a new vest in your closet or



Fig. C—Overblouse of Ecru Linen With Embroidered Chemise.

silk suit in the Fall. Select rather rich colorings for Fall wear.

MARY DEAN.

Sweden Makes Forestry Pay.
Orsa, in Sweden, has, in the course of a generation, sold \$5,500,000 worth of trees, and by means of judicious replanting has provided for a similar income every 30 or 40 years. There are no taxes. Railways and telephones are free, and so are the schoolhouses, teaching and many other things.

Summer Fish; How to Cook Them

THIS is the season when the small boy—and his father—take to fishing. In some families this practice is regarded as more or less of a joke. The more thrifty mother, however, is glad to make use of the catch when possible, and this keeps down her marketing bills. Bluefish is one of father's favorite catches. Here are two good recipes.

Planked Bluefish: Select a large fish, not less than two pounds, scale, wash well and wipe dry; cut off head and tail; split it open through the stomach and lay it flat. Remove the spine and pepper and rub well with flour. Have a clean oak plank two inches thick piping hot, rub it with sweet oil or butter. In a large frying pan melt three tablespoonsful of clean drippings and lay the fish in the pan, split side down, fry briskly until golden brown, turn and brown the other side. Then lay it on the hot plank, the skin side down. Spread over it a tablespoonful of melted butter, place in a hot oven and bake for 20 minutes. Garnish with thin slices of lemon and parsley greens, and serve on the plank, which you lay on a large platter or tray. This, ice-cold and served with French dressing, is delicious with this fish.

Baked Bluefish: Clean as described above, and sprinkle with salt an hour before baking. For a three-pound fish allow one hour and a half in a moderately hot oven. Cover the fish with slices of tomatoes, one teaspoon of whole peppers, a little more salt, two slices of onion, one bay leaf, two slices of carrot, two tablespoons of butter, and water enough to cover the bottom of the pan. Bake the fish very often. Serve on a hot platter garnished with watercress or other greens, and sliced lemon.

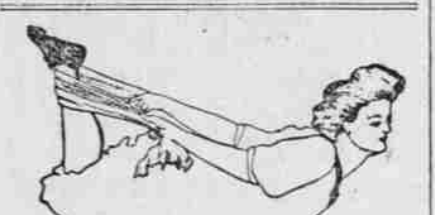
Brook Trout: Clean the fish thoroughly, leaving on the heads and tails. After washing, wrap them in a clean dry cloth to absorb all the moisture. Melt in your frying pan butter and lard, or clarified drippings. In the proportion of one-third butter and two-thirds lard. When melted, the grease should be at least a quarter of an inch deep in the skillet. Season the fish with pepper and salt, roll them in corn meal, and when the fat is smoking hot, lay in the fish and fry.

Good Form in Summer Raiment

A FAVORED few women there are who have learned to properly connect modes and manners. The average woman, unfortunately, thinks that there is very little connection between good manners and the latest fashions. Consequently the woman who may be punctilious about her manners, in many respects, shows flagrantly bad form in her adaptation of the moment's fashions. She learns from her dressmaker that elbow sleeves are popular and she forgets that it is poor etiquette indeed to appear with bare arms on the street. She is told by her shoe dealer that spangled buckles are the rage this season, and promptly she forgets that it is extremely ill-bred to wear conspicuous raiment on the street.

The really well-bred woman fits the fashions to the time and the place. She does not force the time and the occasion to accept some ultra-fashionable whim. Especially is this difference in breeding noticeable in Summer, when, somehow, the general public sees a woman more intimately than usual. The dressmaker does Dame Fashion provide for Winter, but in Summer the woman is apt to fling aside discretion in dress.

The well-bred woman is as particular about her traveling apparel in Summer as in Winter. She does not wear a black or dark skirt, with a white shirtwaist, on the train. Instead, she knows that the coat suit is absolutely the only correct form of attire for traveling. If she is going some distance, and notably on shipboard, her traveling costume is of light-weight cloth, mixed goods, made without



Rocking on the Floor Lengthens the Waist.

frills to catch dust, with tailored skirt and jacket matching shirtwaist in silk or dark striped wash fabric. Soft china silk is an excellent material for traveling waists. Her hat is distinctly tailored, in dark colors, without lace cuffs and airy white gloves. Her shoes are of tan, light brown or white silk, never black. She is above all things an inconspicuous figure.

If the trip is to be a short one, she may wear a three-piece silk suit in subdued coloring, pongee or taffetas, or, for the week-end trip, she will wear a natural colored or dark linen suit, always with a jacket.

The correctly gowned suburban woman, bound for a day's shopping in the city, also wears a coat suit, in cloth, silk or

linen. In fact, every well-bred suburban woman considers her pongee suit to wear when going to town an essential part of her wardrobe.

The young woman invited for an afternoon or go to a country club, if the trip is to be made by train, wears her linen golfing suit, generally with a short skirt, showing neat ties, a lightweight jacket and a tailored hat. Her golfing cap she carries with her clubs, and she does not appear on the train with the threat of her blouse turned in, her sleeves rolled up and "caterpillars" straggled on her rough-and-ready manner. She reserves all this for where it belongs, on the links.

The inexperienced young girl often makes the mistake of traveling to the suburbs or a country estate in too much finery. A well-bred country hostess would be horrified to see stopping from the train an invited guest all in "milk" with a flower-crowned leghorn hat. Such raiment will be needed during a week-end visit or longer, but the milk gown and flowered hat are not correct for the trunk or wicker telescope and something tailored is worn on the trip, even if it is warm.

No well-bred girl appears on a city street, especially when shopping, in elbow sleeves, without gloves or with the neck of her blouse cut low. Such attire may be worn only in the Summer at a beach or mountain resort, on piazzas or front steps in town, but never when downtown on business bent.

This rule applies to the business girl also, who will make a much better appearance in the eyes of her employers and customers if she wears a high-necked blouse and long sleeves at work. The tailored shirtwaist suit is what every business girl should wear downtown in Summer, and dress in lingerie effects after working hours. She may seem to stick to high collars all Summer, but if the linen collar is worn in a sufficiently large size it does not cling to the neck and is cooler than tight-fitting lace collars or ribbons.

Another ill-bred thing that many girls, particularly business girls, do is to wear very thin blouses with brightly tinted ribbons in wide, meandering, zig-zag lines. Only the other day a young girl, who served me in a department store, wore a blouse which was one mass of lace insertion in the front, and which covered, a very cheap affair, showed through the lace, with a huge bow of pink ribbon not less than four inches wide! The effect was that of a young lady-like. A real gentleman wears white ribbon on her lingerie, and that is reasonable.

White stockings and stockings are not good form on city streets. The young girl going to a picnic or dance after business hours may sometimes indulge in them, provided she wears them in a way that remain clean and not become unsightly, but they are very bad form in business.

No well-bred girl goes to church in a low-necked, sleeveless, tight-fitting hat or gloves. So common has this breach of etiquette become that certain clergymen have denounced it from the pulpit.

PRUDENCE STANISH.

Common Causes of Ordinary Colds

DR. HORACE DOBELL, at one time senior physician in the Royal Hospital in London, and a high authority on diseases of the chest, has enumerated what he considers the most common causes of ordinary colds. In 21 per cent of the cases he investigated the cause was a sudden change of temperature. Fogs and damp air were the causes of 19 per cent, draughts of cold air in 16 per cent, cold winds in 10 per cent, and in 14 per cent, in the remaining 2 per cent the causes could not be traced.

The above statements were made by the patients, who may have been mistaken. For example, a cold may develop after exposure, or after getting wet, when neither the exposure nor the wetting is responsible for it. While other authorities agree with the opinion of Dr. Dobell, yet the question remains, are these true causes of colds? For one may get wet and chilled through, or lie may expose himself to cold winds and damp air, and still not take cold. These are comfortable conditions, then, sometimes do, but often do not, produce bad effects. The consensus of opinion today seems to be that colds are secondary disturbances of the circulation, brought on often, though not invariably by exposure to cold and wet, and that these disturbances tend to produce inflammation in the weakest part of the respiratory apparatus.

In the writer's opinion, the chief cause of colds, which is especially dangerous in Winter—and sudden changes of temperature. If one could avoid hot rooms and bad air in Winter he would rarely take cold. Secondary employment renders one pecuniary

of the water will rust iron, while their combined action will, so are colds caused neither by heat nor by cold, but rather by sudden transition from either to the other.

While it will be conceded as a well known fact that a sudden transition from heat to cold may cause a cold, yet the further contention that transition from cold to heat may equally cause a cold, will, in some quarters, be disputed. Nevertheless the latter statement is logical. If it is a fact that colds come from disturbances of the circulation. The vigor of the circulation is proportional to the amount of the temperature of the air that acts on it. The mechanical arrangements in the body for maintaining animal heat adapt themselves to this surrounding temperature, and when it changes suddenly, whether from heat to cold, or from cold to heat, the circulation is disturbed and may produce a cold.

The above theory proved practically true in the following instance: Two men crossed the Atlantic Ocean in an open boat. The voyage lasted several months, during which the men were encountered, and the men, while laboring at the oars, were often exhausted, wet and chilled through, yet throughout the whole of their trying experience neither caught cold. But when having arrived safe on the other side, they sought shelter and got thoroughly warmed. Both developed very heavy colds. The reason for this was that they developed after and not during the exposure may have been that when the hot blood, which the cold wind and water had cooled, returned to the internal organs, suddenly returned under the influence of warmth to the so long depleted mucous surfaces, it set up an inflammation of the mucous membrane, a cold—a striking instance of the effect of a disturbed circulation.

Dr. W. Gardner states in the Birmingham Medical Review, March 1888, that Nansen wrote him that neither he nor his companions caught cold while in the Arctic regions, but that all of them immediately took cold when they returned to Norway. A similar communication was received from Kottitz, who was the medical officer to the Jackson-Harmsen expedition.

A. Chelmonski concludes from a number of investigations that cold does not in the ordinary sense, produce disease, since its effect is merely to prepare the way for micro-organisms. He remarks that the grade of the reaction of the skin to cold indicates whether a person will readily take cold or not, there being no relation between the reaction and the condition of the individual's nutrition or of his temperature sense. From these considerations he concludes that the proper method of protecting against cold is not to wear an excessive amount of clothing, but to stimulate the skin to rapid reaction. All of which is interesting and explains the why of the notorious fact that children who are swathed in heavy clothing in Winter are more prone to cold than are poor children who are more lightly dressed.

Regarding influenza, which is nothing more than a heavy cold, G. Grossveld, in the Lancet, September 10, 1887, makes the remarkable observation that he has found that healthy persons are more likely to be infected with this disease than are those who have been previously ill, but he has not been able to explain the normal temperature of the human body is, as everybody knows, about 38.4 degrees Fahrenheit.

In his conclusions, we may say that the best way to avoid colds is to avoid whenever possible, those conditions that profoundly and suddenly disturb the circulation; that is to say, we should avoid extremes in temperature, and when we cannot do this we can at least modify their effects by proper clothing. Also we should, by systematic and vigorous exercises and care in the diet, keep the blood free from impurities and its circulation active. A general robust health and an ability to recover quickly from any ailment, which is the result of a well-planned system of diet, exercise explains the immunity some persons enjoy from colds—N. Y. World.



Fig. A—Raspberry Linen Suit, Button Trimmings.