

CORRESPONDENCE PAGE OF FASHIONS & BEAUTY

Some Practical Fashions for Porch Work

The woman who is planning to spend any length of time at a Summer resort, in a suburban town or on a farm, during the dog-days, will find it her advantage to take with her material for frocks or blouses to be worn when she returns to town and particularly such as demand handwork. While vacations are essentially for rest and recreation, the average American woman is too energetic by nature to extract real pleasure from rest in large doses. She is happier if she accomplishes some practical thing each day, and two hours daily spent at needlework on a fortnight's vacation will bring forth charming results.

As for the woman who is stopping in town in her husband's company, she has the opportunity of her life to make up the sort of frumpiness which will drive her friends away with envy when the social season reopens.

The prevailing fabrics and modes for fancy blouses and frocks, for afternoon and evening wear, require such marvelous handiwork that the woman of average purse cannot afford to employ an up-to-date dressmaker for the manufacture. But if she knows how to handle that first aid to the housewife, hand-sewing, she can enhance the simplest design by such exquisite stitchery as to rival the work of an expert, foreign or domestic. The modern craze is for large, elaborate, intricate stitchery on a soft, clinging fabric rather than extravagance in fabric.

An inexpensive batiste or chiffon or silk netting is more desirable than a stately brocade or satin which will stand alone. In fact, the very filmy, clinging fabric which seems practically without body, overlying the undergarment in which not a line of machine work shows, is the correct thing for present day needs.

There is much talk about simple effects in 1908 frocks, but the simplicity is hard to find. To be sure, the lines themselves are simple enough. Skirts to all intents are plain, often absolutely devoid of trimming, but the blouses and wraps make up for the severity of the skirts. Neither is there any simplicity to be noted in the trimmings used, which are trimmings upon trimmings, embroidery upon lace, or even lace upon lace.

For instance, at a smart shop the following frock was turned out. The foundation fabric was an expensive, imported point de Paris lace. The skirt of the princess design was cut in seven gores, connected by what looked like

Mexican drawn work, done in delicate blue soutache braid and cotton braid at that. The bottom of the skirt was finished with a border of delicate blue messaline, matching the blue braid and cut in a simplified Greek key pattern. The waist line was marked by very fine hand-run vertical tucks, and the upper part of the frock was a mass of point de Venise applied on the ordinary Parisian pattern connected by the same stimulation of Mexican drawn work in blue braid which appeared on the skirt. The collar was finished with bias folds of the pale blue messaline and the elbow sleeves were finished with cuffs of lace, showing the key pattern in bias messaline folds. The work was represented by the hand-applying of the overlying lace and the braid work. Made at home, the gown would be most inexpensive. Done at the shop it costs enough to keep an orphan child in a charity institution a year.

One of the neediest fads which gives most pleasing effects is that of touching up laces with a bit of delicately done hand embroidery. An inexpensive imitation cluny or filet lace can be made charming by embroidering over part of the pattern in color or doing a stamped pattern upon the lace. Hours can be spent in the home, hand-running, netting, smocking or rose-shirring fine nets, chiffon, marquisette and similar soft materials for house frockery. Nothing so certain stamps a frock as cheap, like machine stitchery on a soft, clinging fabric.

Another feature of up-to-date sewing is the application of lace medallions, or the combination of embroidered medallions with lace insertions. Done by machine, this always has a factory look, even if made at home. Almost invariably the stitchery will show and prevent the perfect adjustment of skirt or berth or sleeve.

Today we are showing five blouse designs which lend themselves admirably to handwork, and which can be worked out at odd moments on the porch or under a shadowy tree. Blouses are given in preference to princess designs, because large-patterned garments are hard to handle away from the family sewing-room.

Design No. 1 shows a remnant of double-width filet net measuring 1 1/2 yards which was picked up on a bargain counter and combined with another remnant of embroidered silk gauze, a half yard, narrow imitation cluny lace and four yards of matching edging. The lower section of the waist and the sleeves show the net hand run

in fine tucks, and these strips joined by an insertion. The half-yard remnant of embroidered gauze is employed to form a scalloped yoke, outlined with the edging, not gathered, but finely pleated. Every stitch save the joining of blouse and sleeves is done by hand, and the effect is of a very delicately wrought garment.

No. 2 is a two-piece blouse, the bretelle section being made solidly of finely pleated lace, put on by hand. The front of the blouse are done in hand-run tucks to the bust line, and the center is run with tiny plaitings of the lace to match the bretelles. The alluring waist shown from an ecru princess net, showing a tiny flower pattern, and trimmed with inexpensive Val lace.

In Fig. 3 will be found a fetching combination of hand-run tucks, embroidered medallions and French Val lace. The fabric is handkerchief linen, the embroidery is done in convent style, with French Val insertion, is extremely fine and silky looking. A heavy net with medallions of Irish crochet or point de Venise or English eyelet work, with cluny lace, would be fully as effective. If desired, the medallions can be done in delicate colors, pink, blue, lavender or a touch of gilt. Some charming novelties in medallions can now be picked up on bargain counters, and three of these in color effects are sufficient for a net or lace waist.

The blouse displayed in Fig. 4 suggests an excellent use of short lengths in lace or embroidery. In the model a very soft messaline in silvery gray was used, the tucks below the shaped yoke being run by hand. The yoke was made from strips of novelty lace, in cluny design, with the flowers worked over in silvery grays, blues and greens, joined by a German Val insertion. It will be noted that the insertion employed in the yoke runs down the upper portions of the sleeves, a very good effect.

The last blouse, No. 5, shows the popular scalloped yoke, in this instance done in fine silk net in combination with ivory white messaline and baby Irish lace. A very fine soutache braid in white and gold was woven through the narrow lace pleatings, and the yoke could be made more decorative by applying medallions of gold thread or gold lace on the tucked net.

MARY DEAN.



NO. 5.—IVORY WHITE MESSALINE TUCKED SILK NET AND BABY IRISH LACE.



NO. 1.—TUCKED FILET NET WITH EMBROIDERED GAUZE AND CLUNY INSERTION.

Vacation Complexion Aids

"What shall I do during my vacation?" Hundreds of girls are asking that question, and this year it is an exceptionally important question. Scores of girls accustomed to spending two weeks, a month or even more at some pleasure resort, representing a round of Summer-girl pleasures, find themselves city-bound this year. These are the girls who are wondering what to do with their days of idleness, and in the case of the self-sufficient girl, the idleness is artificial, not forced, not desired. For this reason it is just as well for health and spirits if the girl finds something which will occupy her time.

I can suggest no better means of passing the time than systematic attention to the personal appearance. So many girls say that they have not time to follow directions for improving their appearance. That excuse fades with vacation days. If there is any efficacy in a remedy or a system of training, this is the time to prove it. Any girl during the vacation can give two or three hours a day to personal care, and in a fortnight she will see results.

For instance, take the girl with a blotchy skin. Her face is chalky, with a sprinkling of irregular, purplish blotches. She uses powder, cosmetics, lotions—and becomes steadily worse instead of better. Blotches of this sort represent a defective circulation. She needs something to excite the circulation, particularly exercise. I have an excellent regime of simple exercises for better circulation which I will be pleased to furnish upon receipt of self-addressed and stamped envelope, but as they have appeared before in this column, I will not repeat them here. These exercises should be practiced at least three times a day.

The action of the tiny blood vessels nearest the surface of the skin is stimulated by the alternate use of very hot and very cold applications. Have at hand two basins, one filled with water as hot as you can bear, and the other with very cold water. You can even have a piece of ice in the latter. Now have soft old towels or cloths, fold one smoothly and dip into the very hot water, wring out the face as hot as you can bear it and hold there until the cloth cools. Then wring out a second cloth in the very cold water and apply that. Continue this treatment for ten minutes, pat the face dry with a piece of soft toweling or linen and massage with cold cream.

No internal remedies are needed unless the action of the digestive organs is sluggish, when the following rice paste can be taken with excellent results: Half a pound each of fine raxins and figs, one ounce of senna leaves; chop or grind these fine and simmer for 20 minutes in an enamel stew pan with a cup of sugar and the same of boiling water. Line a baking pan with oiled paper and when the mixture has cooled, pour out to cool. At first, take a piece an inch square every night before retiring, and reduce the quantity at condition improves.

When the blotched appearance is on the nose only, a bad condition of the digestion rather than circulation exists, and this requires a steadily different treatment. A different set of exercises is required, so if you are writing for a system of exercises, please state distinctly whether you desire those of poor circulation or indigestion. The exercises which will relieve indigestion or mal-assimilation of food strike first at the liver.

One of the best cures for a red nose is simple boiling water. When the pain in the stomach is acute and the nose is extremely discolored, try soda and hot water. Dissolve a half teaspoonful of sulphate of soda in a half tumbler of hot water and drink an hour before breakfast. Repeat this dose in 30 minutes, and eat a light breakfast, which includes fruit and toast, never hot bread, and when the hot milk bath for the afflicted

Another Glimpse of Father. Birmingham Age-Herald. Father took his coat off—said, "And went to work while all the tads looked on in silent awe." He found the hammer and the nails and then he got the saw. He started out "This is proper." He looked on in silent awe. Somehow, the boards seemed rather tough and fat was most unkind. While father puffed and puffed and puffed His trousers split behind. At last he got some short lengths cut And while he mopped his face He started out "This is proper." To put the boards in place. He nailed a strip across a strip. Then he made a slight miscue; The hammer came down on his thumb And mashed it black and blue. Then father used some language that Was never heard before. And mother took the babes inside And scolded—closed the door.

How to Take Care of the Feet in Summer

AN unallant German professor, one Gieler, of Munich, announces that after much research and study of the subject he finds that the modern woman's foot is actually gaining in size and that in time there will be little difference in proportion between the feet of women and men. The English women, he adds, have the largest feet owing to their love for walking and regular outdoor exercises.

A woman chiropodist who attends exclusively to the feet of the women of her own sex, and has made a great success of the practice of massage in perfecting the contour of the feet says, that so far as the feet of the New York women are concerned, the professor is wrong.

"I have done this sort of work for more than 15 years, at Paris, London and Palm Beach and Newport, as well as in New York, and I have been able to study the subject thoroughly.

"It is true that tight shoes are not in fashion now and women are not pinching their feet as they used to do, but the smaller sized shoes in fashion it is possible that manufacturers may not be making so many number ones and twos in women's boots as they used to.

"It is well known that shoemakers marked their goods in length and width below the actual size in order to cater to the old-time fashion for small shoes. Women a dozen years ago, who refused to wear boots that were numbered high, and a five was considered a dreadful age.

"But the pinched-in foot, like rouge and tight corsets, went completely out of fashion. The woman with an abnormally tight shoe is now getting up as the one with a tiny waist and large hips. Women's dress has become not only more sanitary and sensible, but more artistic and nothing has improved more than footwear—ready-made shoes I mean.

"Ten or fifteen years ago the feet of women were generally smaller than those of men. They were deformed through small shoes, the toes crowded on top of one another and sometimes bent under. There were many enlarged joints, and even bones were displaced through walking in tight shoes.

"The athletic fad which made women let their daughters' waists as they never had their own drove away a host of evils, and among those evils went the tight shoe. Every American woman today, from the heiress to the factory girl, wears shoes sufficiently big.

"This can be told at once in the improved gait of women pedestrianism today. They know that short shoes are ruinous to the shape of a foot.

"One of the first lessons in foot reform was that a small, light shoe does not hide but rather accentuates the faults of a badly shaped foot. Pointed toes shoes are also inartistic and produce all kinds of trouble with the feet.

"The shoes must fit properly, and if the foot is short and thick through it is probably in accord with the dimensions of the body. A short, sturdy woman should wear a wide foot shoe, she is built on the proper plan. It is far more beautiful to have feet in harmony with the rest of the body than to have small feet on a tall body.

"Some years ago I worked in an establishment where a separate charge was made for every foot blemish that was treated. Women who wore shoes would come there whose bills would amount up to five or six dollars a treatment, so many were the defects.

"The feet of women are in better condition. American women have not the slender exquisite feet of the Italians or the Spanish women. An American woman finds it hard to wear a Paris shoe, which is so narrow across the instep that one might think a foot built on that plan would be completely out of proportion. It is in part due to the French woman's general build.

"The Arabian women and those of Spain have beautifully arched feet, and

in spite of the high heel which the Spanish slipper always has. The foot seems to be very much a matter of heredity, because large-patterned garments are hard to handle away from the family sewing-room.

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NO. 2.—ECRU PRINCESS NET WITH LACE BRETTELLES.

fields have beautiful feet, large and strong and white.

"Many women wear sandals without stockings for a few hours a day in their dressing rooms. It gives air to the feet and allows the muscles to become pliable. For it must be remembered that the foot is used a great deal and is laced and buttoned in snugly most of the time.

"Use does not make the foot more beautiful any more than it does the



NO. 3.—HANDKERCHIEF LINEN WITH CONVENT EMBROIDERY.

hand. When a woman has an illness which keeps her weight off her body from her feet for a few weeks she will find that her ankles have grown slender, her feet blue-veined and white and nearly every imperfection will have disappeared.

"On the other hand, women who use their feet much grow thick-footed and sometimes develop varicose veins. Well kept shoes, rested every day or two—that is, changed for others and kept on trees in the interim—will do much to

keep the feet in good condition and will last much longer than if worn day after day.

"To keep the feet in good condition they should be washed with good soap, warm water and a brush each day. The cold dip in the morning is not sufficient for the feet. Pumice should be used on any callus. Salt in the foot bath is excellent.

"Massage is a boon for the feet, although its virtues have been of comparatively recent discovery. The feet must be softly rubbed between the two hands of the operator, a lubricating salve being used. Olive oil and alcohol are good.

"A rough towel should be used to dry briskly and a good talcum powder sifted on carefully. Stockings should always be changed with good soap, this change should be made at least twice in the day. Even the tired business girl can put on fresh stockings and slippers when she comes in after the day. It will rest her feet and keep them in good condition.

"The feet have a tremendous effect on the general condition and the general health. A painful foot will change the most cheerful person into a bear.

"Neither corns nor ingrowing nails are to be counted on as trifling annoyances of women to any extent. The nineteenth century foot is a decided improvement on the old-fashioned one, whatever the other advantages of the old-time girl may have had over her sister-day sister.

"Women look after their feet now to prevent trouble rather than to cure it. A well cared for foot will always keep well barring accident, is almost impossible to cure, although it can be relieved in some cases.

"Low shoes are supposed to spread the ankles, but the high, laced and buttoned boots often impede circulation in the leg. Laced shoes are a great evil when they are laced so tightly. They stiffen the ankle instead of supporting it.

"The love shoe is better because it admits good circulation and motion. It also permits the air to get at the foot. The pumps fashionable now are difficult to keep on and they injure the heels, but otherwise they are hygienic. Air is as necessary for the feet as for the rest of the body.

"The Paris shoe, the home of the French heel, does not boast pretty feet among the women, except that they are slender in the extreme and shapely when shown. The Paris woman drives more than she walks and the delightful, clean pavements permit her to wear colored boots, white and pink and blue, when she strolls, but there is not much natural grace of beauty in the bare French foot.

"One has only to observe the feet of the French dancers who come here and make great successes—with their feet being but never with the beauty of their feet. Dancing, indeed, produces dreadful feet as well as beautiful ones.

"DuMaurier's book 'Tribby' woke people up on the subject of the foot and its beauty. He rhapsodized over it as a marvelous framework covered with exquisitely tinted flesh and large in proportion to the height of the woman. His heroine had large feet but they became very famous. She was an English girl.

"The English girls all have rather long narrow feet, not at all pretty, but they walk better than women of other nationalities. They never hurry or take short steps. They wear rather fancy shoes in the street, but then they use handsome great deals on their way to and from the shopping districts.

"We hear a great deal about the English women being great walkers, and no doubt they are in the country. But they do not walk at all in London, that is, smart women do not, except through the fashionable shopping streets with their carriages following them. Hyde Park on Sunday morning is the extent of the London woman's walk.

"For this reason they do not go in for the short trotter dresses that distinguish the American girl abroad, showing her feet better than women of other nationalities. The American woman is vain of her feet and very justly so, but she no longer attaches any importance to making them seem small, so long as they are well shod and trim and shapely.

"The passenger traffic through the Simpson tunnel has fluctuated greatly and was largest in August, 1907, the third month of its operation. It then amounted to 4,522 passengers were carried through the tunnel.

Timely Tips for the Traveler

Every girl starting on her vacation trip needs to possess the stamp of an experienced traveler, and in her desire to accomplish this, she often becomes self-conscious and awkward.

The girl who is ladylike and well-bred does not expect that in a first-class hotel or boarding-house when a guest remains for a week or more, to never fold your napkin when away from home. In a first-class establishment you will have a fresh napkin with every meal; if you do not, then let the maid fold the napkin. Just lay it lightly beside your plate at the conclusion of the meal.

If you are the mother of children, do not expect that in a first-class hotel or even boarding-house they will be permitted to dine at the general table, make inquiries concerning this, and arrange for their care in the children's dining-room. And never allow them to become a nuisance to the proprietor of the hotel. He is running a hostelry, not a nursery, and his advantage is to respect injury to his property by children who are not controlled by the parents, even if the latter pay the good round sum generally charged for children.

In making acquaintances at a Summer resort, bear in mind that it is the privilege of age to address youth every time. The elder woman should speak to the younger first.

If a man, sitting at table, shows you some trifling courtesy, and in return for your thanks, courteously spoken, follows are his advances, you can permit this. Presumably your fellow guests are respectable and it is an easy matter for you to ascertain the standing of the man in the hotel. It is equally easy for you to be courteous to him without becoming too friendly. An exchange of table and porch courtesies does not involve your accepting his invitations to drive, sail, bathe, etc.

Table manners vary little from year to year, the exception being when new silverware is introduced. For instance, just now it is a fad to eat ice cream, when formerly it was eaten with a fork instead of a spoon. The correct ice cream fork is small, with three prongs and rather round. If the fork appears with the frozen dessert, do not make the mistake of asking for a spoon.

Always be courteous to help in a hotel. A "good morning" spoken with just the right inflection, which draws the lines between courtesy and familiarity will stamp you as "experienced" in the eyes of every servant attached to the hotel.

On the other hand, never allow a hotel servant to impose upon you. They are quick to see that you are not accustomed to service and become lax. If your meal is not properly served, do not complain to the globe trotter, so as to attract attention, but at the conclusion of the meal go quietly to the head waiter and file your complaint. If the chambermaid borrows an article from your room, do not firmly say you would to a servant in your own home. Do not tip her for incompetency. The price is ineffective.

Tip the help weekly if you are making a long stay in a hotel or boarding-house. Do not tip spasmodically. It is a waste of money.

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Sensible Gifts for Travelers

This is the season of the year when many of our friends are taking either short or long trips, and a useful little gift as an occasional remembrance of friends left at home is always welcome to the globe trotter. Often the question arises: "What shall I give her— or him?" and I hope these few suggestions will be of service to readers.

If you can afford it, there is nothing of more general use than a little folding pocket camera, and this makes a splendid gift whether a man or a woman. A reliable make is not cheap and no other kind should be purchased. This gift occupies little room, and brings great joy not only to the traveler himself, but to those at home when they see the pictures on his return.

In all stationery shops can be found a little writing pad under various names. Sometimes it is called "A Line a Day," then again "A Hasty Line," but it consists of a writing pad of medium dimensions, which can be folded up to form an envelope, sealed and mailed in a moment. With this pad should go an indelible pencil. They are invaluable to the traveler with little spare time on his hands.

What are known as "Necessity Holders" form another practical gift. These are made of cretonne or other heavy material and fit the top of the trunk. A plain piece of cretonne is chosen and on it are sewed many little pockets of various sizes—small ones for hairpins—larger ones for dressing comb and brushes, a square one that would hold sewing materials, etc. These little pockets should be bound and have tapes to fasten them down. The entire "holder" is put on the tray cover with thumb tacks. If the tray has no cover, then it is fastened to the inside of the trunk cover.

Another gift that any woman traveler will welcome with open arms is a three-yard long roll of brown chiffon cloth—not chiffon, but chiffon cloth. This will be large enough to cover up her hat and to protect her throat from occasional drafts. These chiffon cloth rolls wrap beautifully with a pure white soap and lukewarm water, and should be ironed out with care as you would a fine handkerchief.

A bottle of good toilet water makes an acceptable gift to either man or woman. In selecting this you should avoid all the pungent sweet odors like Jockey Club and tube roses, selecting in their stead such spicy odors as lemon verbena, etc. I do not mean extracting, but simple toilet waters which are very refreshing as a face wash.

If your departing friends are taking a long trip a little pillow not over 8 inches in length is of the greatest comfort. This pillow should be made of hair and covered with pink saten. Then there should be three little white linen pillow covers to fit it. These slips can be the simplest hemmed affairs, or can be hem-stitched and have the owner's initials embroidered on them. Hair pillows are always cooler in Summer, and linen covering is also cooling to the skin. These

pillows are used at the back of the head in the daytime, and to sleep on at night; many people objecting to putting their heads immediately next to the linen in sleepers and against heavy plush covering in the day coaches.