

# CORRESPONDENCE PAGE OF FASHIONS & BEAUTY

## Fashions for Fighting Cold

THIS is what may be termed the age of defensive therapeutics. The up-to-date physicians, as well as students of hygiene and sanitation, are concentrating their efforts on the prevention, not the cure, of illness.

We are so accustomed to connecting the word fashion with mere raiment that it comes with something of a shock to learn that there are also fashions in health and sanitation. There was a time when the semi-invalid was distinctly in fashion, a most interesting figure upon whom was showered social attentions, flowers, gifts, etc. Today the semi-invalid, the possessor of indefinable but chronic aches and pains, is completely out of the running. She cuts so sorry a figure that she insists upon getting well.

Many of us can look back to the day when illness in the family meant the turning on of extra heat, and the shutting out of all air, dubbed dangerous draughts. Today, pure air in unlimited quantities and exercise of all sorts are prescribed. Hence, in planning the family wardrobe, whether for the sick or the well, the new methods of preventing or attacking disease must be considered.

How to keep the body warm and the bedroom filled with pure air is one household problem which can be solved largely in the sewing-room. It is generally agreed that with warm sleeping attire and warm feet, all under ample covering, the cold room will work good instead of harm to the sleeper.

This means a winter farewell to muslin, nainsook and dimity nightgowns with low necks and elbow sleeves. A famous specialist in bronchial and lung troubles says that the low-necked, short-sleeved nightdress worn in cold weather is a common cause of colds which if not fatal are deep-seated and difficult to cure. The proper nightdress for cold weather is the simplest model made in wash flannel, a pretty model for which is shown in figure A.

Barring a few tucks on the shoulder for the full figure, this gown is plain back and front, a factor in laundering all flannels. It also fits snugly around the throat and has long sleeves, fitted into a narrow cuff. In the model, silk-and-wool cloth was used with German Valenciennes lace for trimming, but equally satisfactory results can be secured by employing a good grade wash flannel at about 25 cents a yard, with trimming of torchon lace. Do not use Hamburg embroidery on wash flannel. It does not wash as well as the heavy torchon laces. If you do your own laundry work, and are sure that your nightdresses will not be frozen in the process of drying, use fine striped, dots in blue and white and pink and white. But if your clothing is at the mercy of less tender mercy of an outside laundress, pin your faith on gray and white, which will not fade under freezing. There are also some pretty designs in tan-color and white.

Very important is your bedroom wrapper or gown, for slipping over your nightdress if roused in the night to attend fires, open the door to late comers, or heat milk for the sipping baby. This may be made of elder-down flannel, practically the same pattern shown above, but open all the way down the front, and in a larger size than the nightdress, to permit quick changes. Let the sleeves be loose and bell-shaped, and have either a deep rolling collar or no collar at all on this gown.

Some very beautiful new wash flannels in extra heavy weight at 15 cents a yard are shown for this purpose. They have a plain body with beautifully stamped borders which can be used to outline the robe all the way round, including the sleeves. Pretty gray-blues, and rose-pinks, carnation- and tan-color are shown, with borders of Persian design and colorings. Beside your bed should always rest a pair of warm slippers to slip on in case of emergency. Personally, I think there is nothing better than old-fashioned felt slippers without heels. They are

much warmer even than the satin Juliettes with quilted lining.

Another useful bedroom adjunct is a pair of bed-slippers or socks such as are shown in figure B. These you can make at small cost from pieces left from your nightgown or robe, or from

bottom, securing your full allotment of pure air and yet be cozy and warm beneath the covers.

Another fashion in hygienic living is exercise outdoors no matter what the weather, and this means warmer outdoor salubrious than the smart tailored



A WASHABLE DESIGN FOR WINTER NIGHT ROBES.

a remnant of elderdown. Made of double-faced elderdown they are ideally warm and comforting, and most sanitary, for they can be washed every week.

And finally, prepare for cold nights and chilled feet, the latter often precursors of pneumonia or pleurisy, by owning a hot-water bag with a flannel cover. The last item is most important, for who has not known the discomfort of waking in the night with the uncertainty of touching something clammy—i. e., a chilled rubber water bag. Save pieces from any flannel garment you may be making and own a cover for your hot-water bag. Two designs are shown today, one finished with straps and the other with a drawstring. If you have no flannel remnants in the house, three-quarters of goods a yard wide will make both the water-bag and slippers.

Thus prepared for cold weather, you can fling your window wide, top and

suit and in fabrics which will withstand rain and snow.

For this use, a skirt clearing the ground by at least four inches and a stout storm coat are essential. Cravenette or rainproof cloths can be bought for from \$2 a yard upward, in 52-inch width, and a variety of subdued colorings, like Oxford gray and tan. Two very good models for making up such fabrics, or the heavy English worsted, suitable for the same purpose, are shown in figures C and D. The skirt has a pleasing flare around the bottom, but fits snugly over the hips, while the coat has the loose armor-like essential in a storm coat which, in cold weather, may be worn over a sweater or cardigan jacket.

And finally, we are showing a very good storm coat for the wet girl of the family who must share outdoor exercise with her elders, a coat in miniature of the one worn by her mother.

MARY DEAN.

## The Social Demands on Married Couples

THE question so often arises in the family circle as to whether the husband must do this or the wife do that, and generally speaking the husband slips out of most of his obligations, leaving the wife to bear a double social burden. But there are certain social duties which are expected and should be demanded of both.

A man is very apt to come home some evening and say: "I wish you would go and call on Jones' wife. He's a good friend of mine, and I think you might help me out to that extent." The proper way to solve such a problem is for that man to ask Jones when he and his wife will be at home, adding that with his wife he is coming around some evening to make the call. The fact that the two men know each other would relieve an otherwise very trying and dull situation.

Again the fretful father comes home at night and asks his wife: "Who is that chap calling on Ethel?" Of course the mother should know who is calling on her daughter, but it is none the less the duty of the father to know the young man. I do not mean that it is necessary for either or both the father and mother to sit in the parlor the entire evening, but the head of the house should know every young man who is calling on his daughter. Let him go into the drawing-room informally and chat with the caller a few minutes, long enough to judge if he is the right sort. And if he is not the right sort, then let him inform his daughter of that fact the next day, and when the undesirable young man calls again Ethel can easily send word that she is not at home.

When a young girl is introduced into society at a tea or reception, even if the affair is in the afternoon, the father as well as the mother, should be in evidence in the receiving line. He cannot lay the entire responsibility on the shoulders of his wife. At such a tea, both men and women are invited, and as a rule a great many young men attend, hence the father should be in sight playing his part of host, just as the wife does her share of the duty as hostess. The invitations to such a reception contain only the names of Mrs. Parker Smith and Miss Smith, but Mr. Smith must be at home and do all in his power to make the affair a success.

have correct calling cards. Married couples need three sets. The card of the wife should read "Mrs. Walter Edward Blank." In the lower right-hand corner, her address should be engraved and if

When a husband and wife call on another couple, they leave one of the wife's cards and two of the husband's. This signifies that Mr. Smith calls on Mrs. Jones and that Mr. Smith calls on both Mr. and Mrs. Jones. A woman never leaves a card for a man. As soon as a death is announced among friends or acquaintances cards of both husband and wife or one of their joint cards should be left at the house. Occasionally a brief expression of sympathy is written across the card, but it is better form to write nothing on them.

If the death occurs in your own city, the cards should be left personally, not mailed, but of course if the friend lived out of town, the cards should be mailed immediately upon receiving the sad news. This man, who finds himself left a widower with one or more daughters and sons to bring up must decide upon one of two plans—he must either have some elderly woman come and live in the home, or take up the duties of the mother, or he must constitute himself both father and mother to his children. Young girls are not capable of making the right kind of friends, and they should not be allowed to go out with every man who asks them, nor to entertain every man who wants to call. The father must act as their chaperon, and must keep a watchful eye on his girls. He should know every man that they know, he should know when they get in at night from the theater, and he should know the parents of all their girl friends.

Unless a girl is well along in her twenties and has already been out a season or more with her mother to act as guide, it is far better for the father to have some elderly relative to come and live with them. A girl just blooming into womanhood needs the constant influence of an older woman.

PRUDENCE STANDISH.

## Some Timely Recipes

**Macaroni Dish.**  
In order to make macaroni at all palatable it should always be put into water that is boiling "on the jump" and very highly seasoned. Otherwise it will develop soggy dough. Another mistake that many cooks are apt to make is not cooking macaroni long enough. Many authorities will tell you

that twenty minutes is long enough, but an hour is far better. Here are a few suggestions for macaroni dishes, so acceptable at this season of the year.

**Italian Macaroni.**—Boil enough macaroni for the family for about an hour, and when cooked drain it off into another saucepan and pour over it half a cup of melted butter. In another saucepan stew a can of tomatoes, done, strain through a fine sieve and thicken with a tablespoon of browned butter and flour. Season with salt and red pepper and tassel. Put the macaroni in a deep dish and pour the thickened tomatoes over it, then cover the top of the dish with grated cheese. Serve at once.

### Chicken Sauté With Asparagus Tips.

Remember in preparing this dish that it is only one course of your luncheon menu, so when you have drawn and wiped your chicken dry, cut it into small sections, discarding the back and neck for future use in making stock. Cut the breast into at least three pieces and do not use the giblets at all. Melt two tablespoons of clear bacon drippings and lay the chicken in this, turning it often, so that it mellows in the bacon grease, but does not fry brown. Cover, set on the back of the stove and steam half an hour. It should not be permitted to burn down. Roll each piece separately in fine bread crumbs already seasoned with salt and pepper. Pour off any liquid or broth that may be left in the skillet to use in the gravy and add fresh bacon grease or a little butter or lard. Brown the chicken in this grease, remove, drain and arrange on a hot platter. To the drippings left in the pan add one tablespoonful of flour, rub smooth and then whatever liquor you may have poured from the chicken and half a cup of rich, sweet milk or thin cream. When this comes to a boil add one cup of canned asparagus tips which have been drained, a pinch of ground mace, a few drops of lemon juice and the yolk of one egg. Just as it comes to a boil, add the chicken and the egg curdles, pour over the chicken and serve piping hot.

### Marshmallow Cream.

Here is a very delicious and attractive dessert. Buy half a pound of fresh marshmallows and cut into pieces about a quarter of an inch square. Have ready a third of a pound of nut meats, almonds, pecans and English walnuts, ground in a meat grinder. Mix these with the marshmallows, blending them by stirring in lightly the white of one egg whipped to a stiff froth. Add a rather shallow cut glass bowl. Put a layer of the marshmallow mixture first, then one of Malaga grapes, seeded, another layer of the marshmallows and nut and finally a sprinkling of shredded pineapple—the canned is best—or Maraschino cherries, cut fine. Chill in the ice-box and serve with whipped cream, the latter in a separate bowl.

### Macaroni Croquettes.

This is a very good way of using up left-over macaroni. Take about two cups of the cooked macaroni and chop it quite fine, and if it is not soft enough, add a little white sauce to it. Heat it in a sauce-pan over slow fire, season highly with salt and red pepper and add a little grated cheese to it. Take out and shape into long croquettes, roll them first in bread crumbs—not cracker dust—then in the beaten yolk of an egg, then in the bread crumbs once more. Let them dry for a few moments, and fry in deep fat. Serve on a platter with drawn butter, and sprinkle powdered cheese over it. Parmesan cheese is best, but English cheese will answer the purpose.

## Hints on Shopping

### Recent Importations include:

Immense flat hats covered with plush in neutral tones for school girls. Waistcoats made of American beauty satin or velvet, to be worn with buck costumes. These waistcoats are buttoned up the front with black velvet buttons or those made of cut jet.

High stock collars of Irish or flax lace with turnover of bright satin, finished off in fronts with a tiny, stiff bow of the satin. A two-inch, soft ruching is then sewed inside the collar.

Lounging robes for cold days made in kimono style and cut from a silk-and-wool blanket. These blankets are sold in all department stores, and come in pale-pink and white stripes, light-blue and white plaid and other dainty combinations.

Blouses to trim tailored suits are covered with matching cloth and then outlined with a metal rim which fits over the mold exactly. This is much newer than the bone rim used last year.

Dyed laces are again in vogue, and even real Irish has found its way to the dyer. The latter is used for trimming heavy



Handy Bedroom Trifles for Cold Weather

brocade dresses, dyed to match the cloth.

The smartest and by far the newest fad for bed-spreads is in art, bouquies of American duty robes, tied with blue or six or eight yards of wide, light blue ribbon, which falls in soft loops from the arm. The effect with the pale gowns is exceedingly chic.

### En Domino.

Indianapolis News.  
Lady, the curtains are up.  
How do you like them?  
Underneath those yards of veil.  
Are you flushed or are you pale?  
Or have we with many freckles  
Lies behind that veil to seek?  
Is your, no doubt, ample share  
Of that crowning glory, hair.  
Is it dark, or is it fair?  
Or some gray, uncertain shade,  
Which somehow has seemed to fade?  
What behind those gorgeous wide  
Are the beauties that they hide  
In the way of lustrous eyes—  
Like the minnows that the skies?  
Or are they of doubtful hue.  
Mixed green, yellow, drab and blue?  
And the form swathed in that coat,  
Which makes it seem so remote,  
Is it syllabic in its way,  
Or more like a base of wax?  
Or like a—  
Lady in the touring car.  
What you mean by that you are  
If I choose,  
But why should we fancy more?  
It would be an awful lot  
If we'd lose.

## Fashion Fads in Face-Framing

NOT IN years, one might almost say generations, has Fashion played such mad pranks with the feminine face. Eccentric styles in hairdressing, extreme modes in neckwear, well-nigh impossible lines in hats, these, with

the peculiar combination of pompadour and Psyche knot now in vogue. Again, you may have bought a most beautiful set of puffs, perfectly matching your hair, and you proceed to lay them like half a dozen highly burnished little

the snug-fitting ruche. If you are rotund and chubby, adopt the long, narrow Jabot of lace or net.

Never wear an earring unless you have a pretty, well-shaped pink ear. The first office of the earring is to attract attention to the ear, and the woman with a homely feature does not want to attract attention thereto. Screw earrings are more becoming than those which are hung from the lobe of the ear. The woman with a long, narrow face, and especially a long nose, must never wear the long, pendant earrings because they give a youthful look to the flesh. Rubies make the flesh take on a dusky hue.

If the ears are prominent and nose too pretty in shape, try waving the hair or rolling it just above and back of the ears, but not in a severe, plain pompadour against which the ear will stand out more ugly than ever.

As to hats, just one word of warning. Do not be persuaded into abandoning the bandeau under your hat unless you are 18, pretty and reasonably tall. The matronly figure under the untried hat is one of the freaks of 1908.

KATHERINE MORTON.

## The Burden of Too Much Eating

The Base of Eating Between Meals and at Night.

Northwestern Christian Advocate.

AND it is alarming when one considers how much eating must be done in order to keep the social and political and church and lodge life in a healthy condition nowadays. "The time was when hospitality was a pleasure, but now it is a burden under which the women are sinking by hundreds every day. The average housekeeper of the land wants to keep pace with the procession and have her children enjoy as many advantages as possible, so she drives her tired body to the work and undertakes tasks far beyond her time and strength. If the neighbors serve refreshments, so must she, and if the neighbors' children have little parties, but now it is a burden under which the women are sinking by hundreds every day. The average housekeeper of the land wants to keep pace with the procession and have her children enjoy as many advantages as possible, so she drives her tired body to the work and undertakes tasks far beyond her time and strength. 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