

CORRESPONDENCE PAGE OF FASHIONS & BEAUTY

STYLES FOR THE SHUT-UPS

WHILE invalidism is no longer considered interesting, and the ambition of every woman is to be healthy and active, still in every household there are emergencies, sharp and sudden illnesses and often, alas, chronic sickness, whose victims, after exhausting modern medical and surgical science, must resign themselves to life with a minimum of pain, but never actual freedom from it.

Every woman should have, especially in winter, a sufficient supply of negligees, night dresses, etc., to be comfortable in case of sudden illness. "In time of health prepare for the doctor's coming," is the way the mother of a growing family paraphrases this familiar line. And she lives up to her motto, keeping in her linen closet a reserve stock of shapeless garments, kimono, nightgowns, bathrobes, knitted slippers, etc., to meet any emergency.

"You would be surprised how useful I find this little stock of 'sunny things,'" she explained. "Once when my second daughter was taken ill with pneumonia we had to rush out and buy all sorts of warm things. Her bedroom slippers were too soiled to save in between clean sheets. The edges of her long kimono and the sleeves of her short ones, ditto. Her thick bathrobe was ready for the wash. I had my lesson. From that day to this, we have kept the 'invalid shelf' supplied with useful things."

This list includes bed slippers made from eiderdown flannel in three sizes, so no matter who is sick, father, sister or baby, a pair will be at hand. I have three sizes also of bathrobes made from single-faced eiderdown, which are washed after each illness. Then I have short kimono made of good heavy wash flannel, and a couple of nightgowns in cambric for convalescent days. And most important of all are our sick-room negligees, very simple, without lace or embroidery to scratch sensitive skins, and open all the way down the front, so that an amateur nurse will have no trouble changing the patient.

"This sounds like rather elaborate preparations, but in reality they cost very little and save much worry in time of illness, however trifling. There is nothing more trying to the invalid in bed than complicated clothing. And finally, it is strictly against the laws of the household, for any member of the family in good health to 'borrow' any of this sick-room clothing."

While it may not be possible for all households to enjoy this extra supply of bedroom clothing, the forerunner housekeeper has handed out some excellent suggestions for making clothing for invalids.

One of her best suggestions is that of the open-in-the-front nightdress. For the past few years the craze for French underwear has brought into vogue the pattern which slips over the head and is drawn into shape by wash ribbons. These are most inconvenient in the sick-room but their general effect can be secured if the vent down the front be finished with a finely attached hem and small, inconspicuous buttons. A very good pattern for such a nightgown is shown in Figure A. Here the round yoke is made from lace insertion, which, with edging, finishes the bell sleeves, but for the constant washing required for an invalid, the yoke may be of the nainsook, cambric or lawn, simply tucked. The bell sleeves are the most comfortable for invalids.

For her who has some slight chronic illness and spends much time a-bed, especially in winter, this nightgown can be made of light-weight wash-flannel, with high round yoke and soft turn-over collar. The sleeves also can be lengthened and gathered into a cuff or band.

Figure B shows an ideal short kimono to wear over the nightdress in bed. The underarm portions extend up to form the lower section of the sleeves, and the result is a loose garment which could not bind or distress the most nervous sufferer.

The original garment from which this drawing was made was of pale gray French cashmere with embroidered violets in natural color scattered over it. The collar and cuffs were of the violet-colored silk, lightly embroidered in self-tone and the little garment was lined throughout with very thin violet-colored china silk. The new coral pink makes a lovely kimono for an invalid, and it can be had in French flannel, stamped, plain or embroidered, henrietta cloth, albatross and nun's veiling, and for the plain weaves a lovely trimming is pompadour ribbon or figured silk. For the invalid all these woolen garments should be lined with the china silk, and a pretty finish is to bind outer part and lining together with wide ribbon worked in French knots.

Some lovely new Persian and broche patterns are shown in wool challis and similar fabrics, which will lend themselves to kimono, but in the long run, the plain colors clean better than fancy effects. In Figure C will be found a very good kimono for the invalid to wear when she first sits up or moves about. It can be made with backs and front in one or with shoulder seams. The sleeves will not bind and the skirt is full enough to wrap about the limbs when the patient first sits up. The design shows a draped pink French flannel with a banding of plain ribbon in a deeper shade, but a pretty pattern of wash flannel in stripe of check with plain colored flannel for the bands would wash to better advantage. Incidentally, for an invalid, provide the kimono with frogs and buttons of good-sized hooks and eyes. Do not depend upon pins.

Figure D shows a bathrobe design which can be developed in flannelette or eiderdown. The woman in good health may like her's made from Turkish toweling in blue and white or pink and white, but the suggestion of wool should be found in any garment intended for an invalid.

This robe would be very pretty for the sickroom if made from gray eiderdown, trimmed with scarlet braid and a scarlet cord and tassels. A bit of bright color is most comforting to an invalid. And let me call your special attention to the pocket, which you might add with excellent results. The kimono in Figure C. An invalid is always searching for her most elusive possession, a handkerchief.

Figure E suggests the possibilities of a figured challis and heavy lace in a housegown for a convalescent. Here you have the dainty little touches which prove beyond doubt that the invalid is awakening to the vanities and beauties of life. Three parts go to make up this design, back, front pieces and center front. The fronts lap over the center front which is gathered or shirred into a short yoke or strap. The back is pleated and the sleeves are bell-shaped. For cool weather, the pattern should be developed in albatross, henrietta, cloth, challis, or French flannel. It is too elaborate for wash flannel. In warmer weather China silk, messaline, and wash fabrics can be utilized. For trimming figured goods, bands of plain silk may be used, and lace or figured bandings are pretty with the plain fabrics.

When the invalid is ready to receive callers and is sitting up, a two-piece negligee is effective. This includes a skirt and oddly shaped short negligee, often very elaborate. One of the new creations shows a full, loose gored skirt

of soft blue messaline, insert with Val lace, a rather plain little jacket of the silk, with an overjacket of point de Paris lace including angel sleeves finished with pale blue silk tassels. Gifflon cloth over silk, with narrow trim-

go to such receptions alone, especially business girls, who are quite independent of male escorts, but others induce some member of the family to take them to the house and call for them at an appointed hour.

"In jesting mood I made a wager with a man and won. He has sent me the scarflet agreed upon, a pair of long white kid gloves. My mother thinks I should send them back. I told the young man when he brought me the gloves that it was all a jest and I did not expect him to pay, but he said it was a pleasure and

he had taken the pains to get my glove number. What shall I do?"

In a way your mother is quite right. Young girls should not lay wagers, even in jest. But I hardly think you can now send back the gloves without hurting the young man's feelings, and after all, etiquette is founded on consideration for others. I judge from your note that the young man has taken this means of expressing his friendliness for you and doubtless he looks real pleased in selecting the gloves. Try to make your mother see it in this light, and if she cannot, then let her return the gloves with a courteous little note, stating that she does not permit her daughter to accept either presents or wagers from men. This will at least prove to the young man the sincerity of your position.

PRUDENCE STANDISH.

Recipes for the Chafing-Dish.

Oysters a la Poulette.—Have the fishdealer send home two dozen oysters in their own liquor. Have ready two tablespoons of butter, four tablespoons of flour, one cup of cream, paprika, salt and nutmeg. Beat the yolks of four eggs and some squares of thin, toasted bread. Bring the oysters to a boil in their own liquor. When plump, strain the hot liquor into one bowl, and lay the oysters in another. In the chafing dish melt

the butter, add the flour slowly, stirring until perfectly smooth, then the oyster juice, and cream, a liberal dash of paprika and a small one of nutmeg and salt to taste. Remove the dish from above the flame and stir in gently the beaten yolks of four eggs and some squares of thin, toasted bread. Bring the oysters to a creamy consistency. Lobster a la Newberg.—If you buy canned lobster remove from the can and expose it to the air for an hour before cooking. Have ready one tablespoon of butter, half a cup of sherry wine, the beaten yolks of three eggs, half a cup of cream, salt and paprika. Cut the lobster into good-sized dice, and cook for ten minutes in the butter and sherry. Add one tablespoon of cream to the beaten yolks. Add the rest of the cream to the simmering lobster, season with paprika and salt, and when it comes to the bubbling point, add the beaten yolks lightly, stirring all the while and serve with hot toast.

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WATER; COMFORT AND CURE

THE cure closest to hand seldom appeals to the busy American man or woman, who is suddenly attacked by illness or a mere "ache." We have wandered far from Grandmother's herb garden and the simples concocted

even involve a trip to the nearest drug-store. It is not my intention to preach the gospel of indiscriminate dosing in the family circle. I believe that more ailments are ruined and more hypochondriacs created by the well-stocked medicine chest than by the much condemned American evil of fast eating. But I do think that the modern housewife should know something of the simple remedies and comforts which any physician will order, directly he sees the patient.

Just two examples! At a farmhouse about two miles from a fashionable Summer colony, last year, a young woman was attacked in the middle of the night by hemorrhage from the stomach. A dozen terrified women stood around her bed, with fans, their one precaution against fainting, while a messenger went post-haste for the physician two miles away. One woman finally ventured an opinion that whisky might stimulate the girl's heart action until the physician arrived. A small dose promptly brought on another hemorrhage, since liquor always nauseates this particular girl.

When the doctor arrived, he ordered what any of these women could have found in the hall outside the girl's room. Ice, applied to her throat and stomach, which prevented further vomiting. Incidentally, he asked the group of frightened women, gathered in the hall, if none of them had ever read an article on emergency treatments!

The second case happened in a hotel in which scores of business women are housed. An overworked woman came home from her office in a condition bordering on hysteria, but she thought she was going to die, so suddenly and inexplicably did her strength seem to ooze from finger tips and toes. Her neighbors all agreed with her, but did not know what to do. The physician, on arrival, ordered two hot water bags, one for her icy feet and one for the base of her exhausted brain, gave her a small dose of aromatic spirits of ammonia in water—and nothing more. None of her perfectly intelligent acquaintances had thought of the efficacy of water, though they recognized the attack as nervousness.

There is always safety in water. The woman who finds herself in charge of a friend pending the arrival of a doctor, need think of just this. "Would hot or cold water be better in this case, and how should it be applied?"

A little discretion at this moment may prevent a disaster before the doctor can be secured and certainly much pain for the patient.

In case of acute indigestion, hot water, as hot as the patient can sip it, taken very slowly, will bring relief. In case of nausea which may rack an already enfeebled system, cloths rung out in ice water and bound around the throat or laid over the stomach, or the abdomen, may give relief. It is better still to apply an ice bag of rub-

ber which comes for this purpose, and can be filled with chopped ice and then stoppered precisely like a hot-water bag.

The ice bag is used also in acute sore throat. Never use hot poultices in case of colds, notably on the lungs, except under orders from your physician. A poultice which becomes cold is dangerous.

For severe headaches, insomnia and nervousness of any sort, apply a hot water bag to the base of the brain, at the nape of the neck and to the feet. Remember that in filling the bag to leave room for air inside the bag so that it will be soft and pliable, fitting snugly around the aching parts. If the headache is in the front of the head, forehead and temples, wring out flannel cloths in very hot water, to which you can add a little vinegar if you like.

For toothache, earache, neuralgia and light touch of rheumatism the hot water bag is invaluable. Understand it will not cure. The cause of pain eventually must be found and removed, but the hot water bag will temporarily relieve, especially she who wakes up in agony in the middle of the night, should not be given relief when so simple a thing as hot water will effect it.

The bag should be filled with water as hot as it can be obtained, and then covered with soft cloths so as not to burn the skin. Sometimes in cases of nervous shock and bad circulation, the patient's skin may be burnt before she has any sensation.

In case of a severe bruise, apply hot water immediately. A nail on finger or toe may be saved by prompt application of this very simple remedy. The bandage must be changed directly if cool, and the treatment kept up for 20 minutes. You will be amazed to see how the black and blue mark from congested blood will disappear under hot water applications.

The man or woman who spends long weary days on foot, often wastes on a chiropractor money which could be used to better advantage. The chiropractor at best gives but temporary relief, while proper bathing of the feet will effect a cure. Bathe tired feet nightly with water as hot as you can bear, adding a teaspoon of sea salt to the basin of water. This sea salt can be bought in boxes or bags of any drugist. When the feet show a tendency to swell, an alum powder should be added to the hot bath. Formula for this will be sent upon receipt of stamped and addressed envelope.

The nervous woman will secure great relief and drowsiness from a tepid, not hot, bath taken directly before retiring. A number of correspondents have complained that warm baths make their skin prickly. To soothe this condition use the oatmeal bag with your bath. If you have not the formula for this charming addition to your bath, send stamps and addressed envelope and I will be pleased to furnish you with the same.

And bear in mind that when you are in good health, water will do much to prolong that happy condition. Drink hot water at night and morning if you are too stout to have a tendency to headache or indigestion. Sip it very slowly and add lemon juice if you like the tartness. But if your digestion is good and you want to keep it that way, or if you are a trifle too thin, drink cool, not iced, water, a quart between each meal, a full glass on arising and another on retiring.

KATHERINE MORTON.

WOMAN AT THE POSTOFFICE STAMP WINDOW

"DID you ever," said the somewhat irritable Mr. Oldboy, "see a woman buying postage stamps?"

"Well, then," you've got an interesting experience awaiting you; especially if you have to wait in line while she buys the stamps.

"This lady had a parcel that she wanted to mail, a sizable square box that would just go through the stamp-seller's window, where she put it to get weighed. It was a blessing that it would go through, for I shudder to think what would have happened if it had been too big. In that case I suppose she would have stood there half a day, turning and twisting it and trying to make it go through, but always calm. It's amazing how calm a woman can keep, no matter how much flustered other people get."

"But it went through, thank goodness! And then with her handbag or shopping bag, or whatever you call it, up on the sill of the stamp-seller's window she stood there and calmly waited."

"The stamp-seller weighed the box and took it off the scale and put it down in front of him and then tore off the required stamps to make up the amount—and these stamps he put together and tucked under the cord around the package so that they wouldn't get scattered when the lady drew the box out—neat thing for the stamp man to do, that, I thought for if the stamps had got scattered around it would have taken some more time to gather them together."

"And then, but not until then, when she had seen the box weighed and the stamps tucked in that way under the cord, the lady began to get ready to pay for them. She opened that handbag that she had been holding in front of her upon the window ledge, and now, I thought to myself, that we were going to get some action; I thought she was going to grab out the money and take the bag and go away. But that only shows how little I know about such things; that opening of the handbag was only a preliminary to getting the money, which she had in a purse inside."

"So, when she reaches into the handbag it is not for money, but for this purse; and now she digs this out and opens it calmly and fishes out a coin for the stamps and the silent stamp-seller hands her the change."

"I thought we were getting toward the end then, sure; but when she had got the change for the box stamps the lady thought she wanted some letter stamps, and so now she made a separate purchase of them which she put in her purse. And then she closed her purse and dropped it in the bag and then she snapped the bag and lifted it from the window ledge, revealing under it a letter which she had laid there when she began and which she now picked up, and then she began drawing the box toward her through the window."

"And then she did, she certainly did, one noble thing; she refrained from sticking the stamps on the box while she stood at the window!"

"I have known ladies after buying their stamps and then slowly, calmly, deliberately picking up the coins they got in change one by one with gloved fingers to stop and stamp their letters at

the stamp-seller's window while the line waited; but this lady didn't do that; and for this thoughtful kindness on her part may heaven bless her!"

Takes Pity on Bashful Bachelors.

Washington, D. C., Dispatch. Assemblyman John J. Farrel, of the Wisconsin Legislature, a married man, is working on a bill which will provide for the establishment of a state matrimonial bureau, at which persons de-

siring to avoid the tax on bachelors and requiring aid may register. From this list the bashful man may pick out a girl, and the fees will maintain the bureau. Farrel thinks many men hesitate to propose because of bashfulness.

One writer calculates that Americans last year spent \$7,200,000 in London. At one of the largest hotels, which has housed 6900 Americans since March, 1908, the average bill has been \$250.

Figure A.

Figure B.

Figure C.

Figure D.

Figure E.

Figure F.

Figure G.

Figure H.

Figure I.

Figure J.

Figure K.

Figure L.

Figure M.

Figure N.

Figure O.

Figure P.

Figure Q.

Figure R.

Figure S.

Figure T.

Figure U.

Figure V.

Figure W.

Figure X.

Figure Y.

Figure Z.

Figure AA.

Figure AB.

Figure AC.

Figure AD.

Figure AE.