

A stylish and almost severely simple dress for afternoon visits is shown in Fig. C. The model of this was made in mauve cloth, with the buttons, which are employed so well upon the bodice of embroidered silk in leaf green and yellow and black. Pippings of silk in these colors shaped the ornamental buttonholes. A touch of violet straw, in one of the

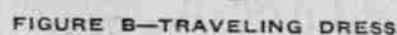


FIGURE B—TRAVELING DRESS

dapper and useful dress, but with wide materials, of course, less would be needed. Tan cloth in a soft almost yellow shade, or in gray or mauve, are all good selections.

With the tan dress have the broad hat a mushroom shape. If this popular style is becoming, and trim it with black velvet and violet flowers. The headgear of the smart bride is either one thing or the other—a bewildering shape very simply made, or else a bed of posies. Some imported shapes in superbly lined straw panama have the brims faced with black.

Sweet simplicity, indeed, is displayed in the last frock, Fig. D. It is for morning house wear, and may be made of any light wash material, such as silk gluing-hair. A simple silk could effect it for somewhat smarter use, say for receiving friends in the afternoon, and the tucked guimpes be eternally changed—one day be of lawn, another of net, another of cream mull. Girls restricted in means and who can sew should not ignore the importance of these guimpes. They appear literally with

Fig. D—Her Morning Dress.

The name of the person invited is written in by hand. It makes more work, of course, but through this small detail, the note is one of elegance and courtesy is certainly achieved. Of course, there are a number of other forms for wedding invitations, and especially for those who are given a hand—consult an authorized book on etiquette or state your case to the fashion-

The bride also cuts the wedding cake herself and sees that every guest has a portion.

BY LILIAN TINGLE.

Tuesday.
Clam Soup, Browned Crackers
Roast Veal Mashed Potatoes
 Creamed Oyster Plant
Orange Shortcake, with Whipped Cream
 Coffee

Wednesday.
Vegetable Broth, with Sage
Salt Fish and Potato Cakes
Horseradish Sauce
Lentil Salad Whole Wheat Wafers
 Prune Whip
 Coffee

Thursday.
Brown Potato Soup Onion Rings
Minced Seal in Potato or Biscuit Border
Stuffed Feet Mayennaise
Chocolate Bread Pudding Custard Sauce
 Coffee

Friday.
Cream of Carrot Soup
Baked Halibut Tomato Sauce
 Potato Puff
Chicory Salad Cottage Cheese
(Canned or dried) Peach Betty
 Coffee

Saturday.
Lima Beans and Tomato Puree
Vegetable Curry, with Rice
Home-made Chutney
Apple and Celery Salad
Figs Pudding
 Coffee

Sunday
Celery Soup
Braised Beef Mashed Potatoes
 Glazed Turnips
Italian Salad Cheese Straws
Angel Parfait, with Strawberry Preserves
Sponge Cake
 Coffee

Monday.
Cream of Beet Soup
Sticed Beef Reheated in Salmi Style
 Baked Potatoes
Cabbage and Nut Salad
Caramel Custards, renverses
 Coffee



eat substantial and wholesome food at the breakfast hour and go to bed early on a light dinner. A good dinner menu for one day could be as follows:

A Cream Soup or Four Oysters.
Roast, Fricassee or Boiled Chicken,
Plain Boiled Rice.
Beet and Field Salad.
Figs, Prunes or Currant Jelly.

ed to a very warm bath at a temperature of about 100 degrees Fahrenheit.

KATHERINE MORTON

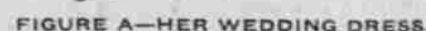


FIGURE A—HER WEDDING DRESS

be refreshed all night by a current of air passing from one window to another, and these last be darkened by blue shades against the morning's waking. To waken up with the light streaming in the eyes is always bad for looks. If difficult to get up, let the room be darkened, and even more than for night and try on, or all of these subterfuges for the trapping of Nature's restorer:

Lie flat upon the bed with every muscle relaxed, the arms crossed over the chest and the eyeballs turned up under the closed lids as in prayer; try holding the hands and feet wide apart with the thumbs and forefinger left the right. This may

J. C. AYER CO., Manufacturing Chemists, Lowell, Mass.