

# CORRESPONDENCE PAGE OF FASHIONS & BEAUTY

## Dainty Attire for Dainty Girls

**S**limness of effect, and daintiness of material, rule Spring and Summer styles for young girls. The correct figure for Sweet Sixteen is one of rounded shoulders, and if nature has lavished more beauty than fashion cares for, careful corset, bodice and laced stays, loose lines and high belts must conceal the objectionable proportions.

The smart school girl has no right to hips or prominent bust lines any more than her elders. Like them, she must be in silhouette a well-bred knife blade, widely extending from the neck to the feet, and only at the head. In fact, with all the rest of the modish lines falling so straightly and slimly, the heavily trimmed mushroom hats now worn give a good many of us the look of having heads quite out of proportion to the rest of the body.

With the fine wash materials which compose the simpler of the girl frocks, this slimness is especially graceful, giving that look of divine innocence which is so delightful to girl garments. But it is the fashion everywhere to look daintily, ingenue, forever, younger than one's years, rather than older.

In figures A, B, C and D are some smart new girlish effects suitable for various materials.

Fig. A, which represents one of the many new princess models, is pre-eminently the most useful frock in the gathering, being suitable for both school and smarter use. While simple, the lines of this gown are most elegant, so though it may be realized in the stouterst of materials, it is also available for a pale handmaid's dress, which might also show handsome braids and rich buttons. In fact, it can be made from any material stout enough to allow so severe a style, and for this reason, perhaps, the most solid textures that the coming seasons offers had better be chosen for it.

The model employed for the illustration was in pale buff linen trimmed at the edges, where the buttons show, with a tiny piping of white linen. The buttons were of white pearl and the little chemisette employed with the gown of machine-embroidered lawn. The model shows either a back or side fastening, but since the straight blouse back is so pretty I would advise the side-front for fastening.

For the chilly weather we are still likely to have, as well for mountain or watering place use later, such a dress, in a practical, smooth-finished wool, would be invaluable. A flower or ribbon-trimmed hat would go with cloth linen or duck materials, but for outing uses a plain felt hat, such as is supplied for camping and European traveling, would be entirely suitable.

A very feminine indoor dress is shown in Fig. B. The model is embroidered with valencienne insertions, well-fitting, a thin silk, and the simplest muslin—indeed any variety of delicate lingerie texture would suit the model equally well. This charming little toilette is one of the season's novelties. If one may use the word for a mere dress, the tight sleeves, tucked waist-line and narrow skirt emphasize it to the very highest degree. It would be especially graceful in the richest materials, such as Swiss, organza, point d'esprit, French muslin, etc., and in such cases, since the model outlines a low effect for the neck and displays short sleeves, the guimpe could be left off for little girls evening occasions. But even in dressy materials, with the addition of the long shirred gimpes and an alky flower or ribbon-trimmed hat, it is quite correct for outdoor summer use.

Let me suggest a dainty costume for morning hotel wear in this sweetly youthful design.

To begin with, choose a French dainty, and if the girl is fair and pale, one with pink or rose-colored figures. Have the patterning of the dainty as delicate as possible—the bigger figures are not so elegant in this lovely wash texture—and select Italian instead of French valencienne. A still more delicate medium for the trimming could be point d'esprit footing, which, while more durable than the plain, is yet more fragile than the usual lace. For a dark girl, pale blue, yellow and violet are good colors, and the dainty may show these either in stripes or tiny figures.

The remaining two dresses, in the materials in which they are presented, are for afternoon use. But with trimming simplified or left off either model would do for practicable wash frocks or simple wool ones.

A princess guimpe-design is displayed in Fig. C with the fitting of the waist accomplished with the popular tucking and the shoulder with the low, shirred bodice portion slashed to show the tucked or embroidered chemisette which must accompany it. For smart effects the model can be made in any fabric, cloth, a fine silk, wool or cotton voile, or any of the exquisite tissues and needle-worked muslins so profusely displayed by the shops. Where a fragile material is used ribbon would naturally take the place of velvet, though it is quite the French trick to combine a touch of velvet with the most web-like tissues. A young girl's gown of flowered muslin, shaded roses with deep bluish shadows on a subdued background, displayed a short esch and bodice knots of scarlet and blue velvet.

A fashionable effect in broadcloth may be suggested by the last figure, D. The low blouse, with its shirred skirt and revers, give a number of suggestions for rich lace and embroideries, in place of the plain trimming shown. Again, plain or figured silk, the color of the gown, could be used for these bodice decorations and for the skirt band, while the gown material, plainly stitched, would prove not only an inexpensive garniture, but one eminently stylish.

So replete with suggestion, in fact, have styles become that there is rarely a smart one which may not be copied in any everyday material, all cuts leaning toward smartness of line rather than elaborate trimmings and permitting many changes. The actual reality of the dressmaker of the Empire modes, and to copy these in poor or coarse material is to forfeit taste entirely. A look of poverty—almost vulgarity—is the only result, and since Empire costumes suggest the carriages besides the poorer of fashion's daughters should not attempt to dress for street wear. With a gown the fitting is different, for there a fairly inexpensive texture, if suitably delicate, can, with taste and labor, be turned into the loveliest short-waisted costume.

To conclude the subject of the gowns shown upon this page, with B and C all fragile textures would require silk or lawn underslips fitting the figure as carefully as do the costumes. The guimpes required with them may be bought ready-made if the sewer does not care to attempt them, for every shop of any importance is alive to the demand for these dainty accessories, and shows them in all degrees of elegance and simplicity. Some of the prettiest of the guimpes and esch bodices are in plain tucked net or silk. The entire bodice is more ex-

penative than the pieces which come no further than the bust or a little lower, and are considered by many as more comfortable to wear. The short, knitted run from \$1.50 up; but the cheapest of

the bodices likely to last any time will be \$3.50 or more. All the designs shown are for girls from 15 to 20.

MARY DEAN.



FIG. A—A FASHIONABLE EFFECT IN PLAIN OR FIGURED SILK.

## Wisdom of Good Reading

"O H," sobbed a girl to whom I had lent a book sublime in subject and exquisitely treated. "Oh, I have read such bad books all my life—such silly books. I didn't know there were such grand thoughts in the world."

such beautiful thoughts! Why didn't somebody tell me? I have wasted my life!"

The one which had so torn this young heart with its loveliness was a classic life of Joan of Arc, or Jeanne d'Arc, as



Fig. B—A Charming Indoor Toilette. Fig. C—Most Useful Frock of the Four.

the French themselves call the Great Maid.

This is what the noble book does for us. It is the touch of angel fingers upon locked doors. The portal flies open, and lo! in a lightning flash, mind, heart and soul read the divine revelation. We know what truth is at last, real courage, genuine beauty.

Of course, the world is not called upon to shed tears over the time wasted upon bad books. But, as all of us are not as sensitive to the heavenly touch as was this seventeen-year-old reader—since we may have trained our taste so long to indifferent style and falsehood instead of truth—there is danger at last of never being able to tell a good book when we see it. The time spent on these silly novels might reap valuable reward if lavished with the same ardor on standard works, such as the politely educated know; if they do not read them every day of the year.

As one excellent educator says, it is only the well-rounded to correct English—those who have laid the foundations of a character—who can afford to read a trashy book. But the good work once done, even "The Bible Daily" or "The Pirate Fleet" may be collected in without danger.

Young people, however, who have not learned the holier messages of the printed page must begin with accessible good things. They must even think with every volume they pick up for an afternoon's reading, that they are building up character or pulling it down, drinking in health or the Summer rash. The must think, lastly, that they are making themselves fit or unfit for polite society.

The education of a well-bred girl nowadays pays considerable attention to proper reading, and so important is this thought that there are persons who make a business of suggesting authors and titles to the unsophisticated in matters of literature.

Certain books dubbed by the average boy or girl as old-fashioned or merely religious, should form the nucleus of every young person's library. Indeed, no library would be complete without them, for they and others, too numerous to mention, are the foundation of English literature. With their admirable style, great good sense and spiritual uplift, they are the actual eye-openers to all good and true reading. What is most important among these are the Holy Bible, "The Pilgrim's Progress" and the plays of Shakespeare.

Considered only educationally, the Bible can give more "pointers" on behavior, beauty of deed and word than all the other books of the world put together.

Take the first chapter of Genesis alone for ravishing suggestion, and halt with the last lines:

"And God saw everything that He had made and, behold, it was very good."

Who can read these beautiful and simple words without seeing in the story of the creation food for eternal and lovely thought? The heavens and the earth have been made and finished for us—for you and for me—and all the host of

This greatest of great books and all the others which deal nobly with real or supposed life, teach us how to live, emphasize for reading, the most important points of conduct, instruct us in the very language of the stars.

Many "lives" by well-known authors are as interesting as fiction. If I must put the thing that way, what ambitious boy can read a good life of Abraham Lincoln without being thrilled with the hope of being as big and wonderful himself some day? What girl can go with Florence Nightingale through the Crimean war without realizing the splendor of a life spent for others?

And both Lincoln and Florence Nightingale were great Bible readers, and the fact of being a Bible reader does not preclude a little other reading. The greatest of all boy books, "Robinson Crusoe," and I have no doubt but that if he were living today he would be reading "Huckleberry Finn" and "Treasure Island," standing "In Darkest Africa," Nansen's "Farthest North" and a score of other books the right kind of a boy easily "hulls."

To buy all the books necessary for education and pleasure is, of course, impossible for any but those with ample means.

But a ticket to a public library will open the way to the right reading and reveal many a rare volume. What every boy and girl who is fond of books should do—assuming that they are not doing it already—is to join a library and get themselves accustomed, at least, to knowing good literature. The persons employed in these places give excellent advice where taste is unformed, and any confession of ignorance will be met with sympathy and help.

Say "I don't know what I want," if your mind is at sea, and water many good books the young librarian will haul down for you to dip into before you make the choice.

A little reading is necessary for library membership. First, personal application is made for the ticket, on which the applicant writes his or her name, age, and whether or not a school member. The ticket is then ready for any person who will stand for reference. Any name in the directory will do for this, though it must not be forgotten that the reference is responsible for torn or defaced books. With an ordinary ticket allowed persons of sixteen and over, three books can be taken out, one of fiction, one non-fiction and a magazine. The books may be kept out two weeks—except in case of something very new—but a magazine of the current month must be returned in three days.

PRUDENCE STANDISH.

## Menus for Week

- By Lillian Tingle.
- Tuesday.**  
Cream of spinach soup.  
New Zealand beef with mint sauce.  
Celery au gratin.  
Egg and potato with chives.  
Orange jelly.  
Coffee.
- Wednesday.**  
Vegetarian brown broth.  
Baked smelt or sea trout. Potatoes Hollandaise.  
Spring sauce (green).  
Cheese soufflé.  
Raspberry tordola with cream.  
Coffee.
- Thursday.**  
Cream of asparagus soup.  
Your mind is at sea. What many good books the young librarian will haul down for you to dip into before you make the choice.  
Brown beef with chives and peas (canned) in biscuit crust.  
Watercress salad.  
Cheese wafers.  
Little baked raisin pudding. Lemon sauce.  
Coffee.
- Friday.**  
Multigrain soup maize.  
Fish pudding with savory rice.  
Asparagus salad.  
Fruite d'été.  
Coffee.
- Saturday.**  
Brown soup.  
Steak and kidney pie, or Mashed potatoes.  
Kidney soufflé.  
Baked potatoes.  
Apple custard.  
Coffee.
- Sunday.**  
Italian tomato soup.  
Roast loin of mutton. Currant jelly.  
Mashed potatoes. Scalloped onions.  
Celery and cream cheese salad.  
Cream sherbet. Coffee. Orange cake.
- Monday.**  
Lentil soup.  
Meat loaf. Tomato sauce.  
Baked potatoes.  
Celery and cream cheese salad.  
Baked sage cream pudding.  
Coffee.

## Necessaries for the Complexion

**W**HY have you "pimples," my dear maiden? Why is your skin "thick and dull"? Why is it "sallow as a lion" or "with a blue tinge"? I will tell you. Because, first, you

ery girl—sallow or pimply, too, perhaps from the same cause—who creeps into your college bedchamber, with a plaint of starvation. Licorice is wonderfully filling, and you have always



FIG. C—A PLEASING PRINCESS GUIMPE MODEL.

have never taken proper care of your health, and next, because you have never learned to wash your face properly.

"Wash my face properly!" cries some girl who is famed for her neatness, and deservedly so, up to a point. "Why, I wash my face every day. Three times—six!"

Maybe so, but since your complexion is marred by some one of the defects which assail neglectful youth, it is plain you have left something undone. You do not use good soap, perhaps, and very hot water, both of which are necessary to clean pores properly, for all local trouble begins with dirty pores. You neglect the useful steam bath, whose occasional use is absolutely necessary to invigorate and cleanse. You eat piles of candy instead of wholesome food, and drink doctored sodas instead of the right quantities of pure water. You study too hard, neglect exercise, are unacquainted with the life-giving properties of fresh air.

The skin is like the stomach; it must be fed, washed, aired and put to bed, as it were, under restful conditions. Anything that disturbs the stomach will mar the complexion; anything good for the stomach is good for the skin of the face, for every inch of skin on the human body. So begin with a wholesome diet, regular exercise, baths and the rest necessary. It is far easier to pass mental examinations with a body poised by the right regimen than it is to strain the mind every moment and stand up a bewildered and disfigured girl on the important day.

The most important day is affected by a disordered skin, and a disordered skin is only another phrase for disordered habits.

As to nourishing foods, one girl may need one thing and one another, but chicken and rice, salads, fruit and milk are accepted beautifiers the world over. A daily diet of sweet, juicy oranges is superb, these acting directly upon the liver and often doing away with the need of laxatives. For the bowels must be kept free, even if it is necessary sometimes to take a course of calomel, or castor oil. Gentler laxatives, and ones that may be relied upon if used when necessary, are sarsaparilla, rhubarb, licorice and water, senna tea, or figs and senna stewed together.

A pleasant and girlish way to take the licorice is to buy it in stick form, crack it up and eat a good big chunk upon going to bed. For those who like the toothsome root, this precaution for regular habits will assume the aspect of a genuine spree. Then there will always be a licorice bite for the hun-

derfully filling, and you have always

without the lotion, using a soothing cold cream instead.

A good invigorant for inactive skins, especially those which are merely thick and dull, may be made from the following:

White-wine vinegar ..... 1 pint  
Honey ..... 1 ounce  
Isinglass ..... 1/2 ounce  
Nutmeg ..... 1/2 ounce  
Red sandalwood ..... 1/2 dram  
Put all together in porcelain-lined saucpan and let the mixture simmer for a half hour over a slow fire without boiling. Strain and apply after giving the skin a bath with warm water and almond meal or soap. For skins easily irritated, almond meal is often a safer cleanser than soap.

Pimples mean so often a bad physical condition that I am inclined to tell a girl afflicted with them to consult her physician. Still, they are often the result of dust-filled pores, when after the cleansing processes described, a little special local treatment may be applied. For the ordinary sort of pimples, which usually troubles young girls, here is a simple cure:

Bicarbonate of soda ..... 36 grains  
Glycerine ..... 1 dram  
Spermaceti ointment ..... 1 ounce  
Rub on the affected part, letting it remain 15 minutes; then rub off all but a slight film.

"Scaly eruptions" call for iodine of potassium internally, and sulphur lotions and baths. For a "dry-skinned, thin girl," a tablespoonful of olive oil taken internally three times a day will do wonders. Cod liver oil is also good.

KATHARINE MORTON.

**The Dutch Rarebit.**

A simple but delicious luncheon dish appropriate for Lent is the Dutch Rarebit. Take a number of eggs, depending on the number of persons you desire to serve. See that they are thoroughly boiled, but not left in the water long enough to turn dark. Remove the shells and cut the meat into small dice. Use your chafing dish or a pan over a slow fire. Into this place a lump of butter and a little flour and allow to melt, not brown, then add a teaspoon of milk, salt, pepper and a little tabasco. When the dressing comes to a boil pour in the chopped eggs and allow to cook for a few minutes. Serve very hot on slices of buttered toast.

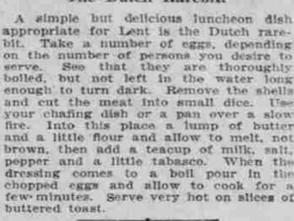
**Hopeless Case.**

Chicago News.

Energetic and zealous.  
Say, she's nearly dead!  
Exercises when she rises,  
When she goes to bed.  
Fretting, pining, never ending.  
Must be sick of that.  
All this labor for our neighbor.  
Just because she's fat.

Icy tubbings, Indian clubbings,  
Dumbbells, too, she swings.  
Swedish movement, no improvement  
She can swear to bring.  
Must be trying, this perspiring,  
Woesker than a cat.  
She is getting, still she fretting  
Just because she's fat.

Never quiet, hard to die,  
Starts herself to death,  
With her panting, Always pining,  
On her cat, her neighbor.  
She will shortly be more portly  
Nothing to it, I do not die,  
Even were I fat.



**Mme. Yale's Hair Tonic FOR CHILDREN AND ADULTS**

Antiseptic and Hygienic

A Hair Invigorant—Just what its name implies. It supplies nourishment, the elements of growth which when absorbed by the hair, strengthens and beautifies it in the same way that sap nourishes the tree. One application where the follicles are seemingly dead, the scalp is massaged daily with Mme. Yale's Hair Tonic a vigorous growth will be produced. It has honestly earned its title of "the great hair grower." It stimulates the most stunted growth and makes the hair magnificently healthy and beautiful. By its use women can provide themselves with a trailing mantle of hair—women's natural raiment—hair.

Mme. Yale's Hair Tonic is prized equally by men and women, particularly when the hair begins to weaken or fade. Cures baldness, greyness, splitting of the hair, dandruff and all diseases of the hair, scalp and beard. One application usually stops hair falling. A nursery requisite for mothers should insist to use it for her boys and girls; when the hair is made strong in childhood it remains proof against disease and retains its vigor and youthfulness throughout life.

Mme. Yale's Hair Tonic is a colorless, fragrant, sticky hair dressing, neither sticky, gritty, nor greasy; makes the hair soft, shiny and glossy. Contains no artificial coloring; would not soil the white of the hand or the face. The invigorating of the scalp and re-establishing the normal circulation and proper distribution of the life-giving matter. Beautiful hair, redeems the plainest countenance, and anyone can secure it by using Mme. Yale's Hair Tonic. Now in three sizes. Our special price:

\$1.00 size 79c.  
.50 size 39c.  
.25 size 21c.

We will give you free a copy of Mme. Yale's 66-page book on Beauty and Physical Culture. If you fill out a coupon, write us and we will mail you a copy.



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