CORRESPONDENCE PAGE OF FASHIONS & BEAUTY

Summer Sewing for First Fall Use

WHILE awaiting the dictum of Fashion concerning absolutely new styles, it is well for the home sewer to see what can be done with the ones on hand. Cuts and materials do not change, as so many persons fancy, in a lightning flash; the transition is really cumulative, a little touch here and there during a season showing the way the wind is blowing and deciding the makers at last as to whether or not the new idea, in its entirety, should live.

A number of the Directoire and princess gowns now seen offer with modifications or additions very pleasing suggestions for Autumn service. Day by day, too, materials are growing cheaper, so that women who have plenty of time may, with taste and patience, turn out something which will seem of an elegance far superior to anything that hurried work and a new season's tremulous indecision could accomplish.

In fact, those who leisurely turn their attention to Autumn sewing now will find many things in their favor—cheapness of materials offered for actual Autumn wear is one of them, as the first of a season's stock always tries to win the buyer by low prices, and in the very middle of the season stuffs for another will appear. Such materials as are eternally fashionable for Fall service—plain cloth, serge flannel and quietly colored silks and veilings—always precede at this time the more startling novelties, and in short lengths may often be picked up for a song.

This week's models have all been chosen with an eye to first Autumn wear and the idle hours that every home sewer finds upon her hands at this period. And as nothing is of extreme style, the various things may be accepted not only as suitable, but as eminently wise choices for future wear. This is a good point to remember with all sewing for a period to come—the sensible models, effects midway in the scale of extremes, are the ones which always outlive the "rages."

Figure A shows a semi-princess dress, which in a proper material, would be very elegant for afternoon reception wear. Shantung in any of the deep cream or rich colors now displayed would realize it handsomely, and this material is one which is likely to be used all Winter for house service. A figured silk or plain cashmere could also be used, with the trimming contrasting, and with a proper hat and feather boa or ribbon or lace neck ruffle, the gown will adapt itself admirably to dressy street use.

The costume as illustrated is made of shot blue silk, with a banding of plain blue and narrow soutache braid, and it closes at the left front, giving the long slender lines now so necessary for correct style. The chemisette is of lace touched with embroidery in the dress color, though it is quite possible to have this detail in a net, lace or silk in the gown tint, for one-color effects are still thought very beautiful.

For the medium size there will be required 12 yards of material 27 inches wide, ⅝ yard of all-over lace, and 1½ yards of plain silk for the banding. The soutache may be put on in a straight row if the method shown in the model is thought too tedious.

Figure B shows a charming dress for a girl in her late teens or early twenties, as it combines a certain womanly grace with its youthfulness. For distinctly Autumn use, a pale brown Directoire cloth would be rich and useful in this design, though any softly falling twilled wool would be as pretty and certainly less expensive. The model with its nine-gored skirt and simple over-blouse is exceedingly smart, in fact for both practical and dressy frocks, and since the bodice is low cut and sleeveless, it takes less than the usual quantity of stuff.

For the over-blouse alone 2⅝ yards of material in 24-inch width are needed. The skirt requires seven yards more, a suitable banding two inches wide for the blouse, and small buttons and silk loops for both pieces.

Figure C displays a get-up of unusual dash for the school girl from 14 up. Made in a plain wool texture, it would be a most useful class dress to wear over stout linen or lawn shirtwaists; while again a smart weave and color would, with the addition of a finer guimpe bodice, create something good enough for any use.

As illustrated, a pretty girlish frock and neat and useful coat are made of deep rose-colored shantung, with a piping of black satin forming the narrow gown trimming and collar and cuffs of the coat. Blue or brown serge, or a checked Scotch wool, are good wearing materials for school service, and the model would lose none of its dash if made up entirely without trimming, for the tailored effect lends itself admirably to simple lines of stitching.

For a 18-year-old girl there will be required for the coat—which would be an excellent model for any odd wrap—four yards of material 27 inches wide. The dress calls for 8½ yards in the same width, 4½ yards 44 inches wide, or 3 yards 52 inches wide.

Figure D is another over-dress adapted to school girls in their teens, and especially to classroom use. A thin checked or plaid wool, with a narrow silk bias outlining the scallops as pictured, would create one pretty effect in this model, the silk bias always in plain color, of course. Blue serge, trimmed with black, would be even more useful and becoming to the majority of wearers, and with this the tan pongee shirtwaist of Summer could be worn to decided advantage.

The quantity of material required for the average 16-year size is 6⅝ yards, 24 or 27 inches wide. The model may also be used for girls as young as 12, and for ages older than 16.

MARY DEAN.

FIGURE B.

Treatment for Prematurely Gray Hair

IN the last few weeks 38 letters have reached me regarding this serious subject of prematurely gray hair, and, naturally, the writers have been much alarmed at this tendency shown by their "crowning glory."

One girl wrote: "I am only 25, and nobody in my family before me ever showed a tendency to prematurely gray hair." Another, even younger, told of a long attack of fever, which left her "as gray as a grandmother;" and more than a round dozen letters declared that they did not see why a woman should turn white even in the "early 30s." All besought remedies, dyes, explanations—escapes from premature grayness.

There are a number of reasons for this early grayness. It may mean an inherited tendency, it may come from a serious disorder of the nervous system, or it may be the result only of temporary shock or a sapping illness. In the last case, it is quite possible for the hair of a young person to return, with restored health, to its natural color, as young heads which have been all but white have been known to resume the colorings of youth, under proper conditions, with time.

But if the grayness is gradual and continues, it points to a likelihood that the nervous system is seriously deranged, and in that event there is nothing to do but carefully build it up—if not primarily to improve one's health, then to arrest the spread of the gray hairs!

In case of nervous derangement, nux vomica and phosphorus, combined with iron or arsenic, are generally needed, and these should be made into the form of a good tonic. But let me earnestly caution my readers to take no medicine whatsoever without consulting a physician, for while admirable tools when handled properly, even fairly simple drugs may prove dangerous when given to the wrong persons. If one's condition does not indicate the need of arsenic it may do great injury. On the other hand, it splendidly restores any one whose system really requires it.

Again, cod liver oil may be needed by many persons who find themselves turning gray at an early age; there are pills made of phosphorus and quinine which are almost universally valuable; and it is impossible to lay too much stress on the need of good food, plenty of rest, and regular and quiet sleep. Ten hours of night sleep is by no means too much for a person nervously exhausted, and an afternoon nap, or rest in a darkened room, should be taken in addition to this.

If the tendency toward premature grayness is inherited, a very young woman would doubtless be pardoned by her friends for coloring her hair with some harmless lotion, for the spectacle of whitening locks about a young face usually attracts too much attention for the situation to be pleasant. An admirable and harmless coloring lotion for hair naturally dark is made of red wine and sulphate of iron. Dissolve seven grammes of the sulphate in an ounce of distilled water, then add a pint of California claret, and steep gently for 10 minutes. Wet the hair thoroughly with this, massage the scalp and let the lotion dry on without wiping the tresses.

FIGURE D.

Another lotion, which, while not effective in all cases, is yet effectively useful in some, is made of green tea and sage in this way: Green tea, two ounces; dried garden sage (last crop), two ounces.

Put these ingredients in an iron pot which can be closely covered; add three quarts of boiling hot rain water, which is preferable to well water; simmer till reduced one-third; then take the pot off the fire and after 24 hours standing, strain and bottle the liquid. Wet the hair with this liquid, and massage night and morning as with the other formula.

This simple wash is declared to have a tonic effect upon the hair, and many cases of falling hair have been much benefited by it when other medicaments have failed entirely.

A form of grayness quite usual and most unbecoming in all cases is the appearance of white hairs in scattered patches, these presenting against the colored hair a streaked and very unnatural appearance. Where there are not too many of those solidly whitening places, it is an easy matter to tint them without touching the rest of the hair. A good darkener for these isolated patches is made as follows: pyrogallic acid, one-quarter ounce; distilled water (hot), one and a half ounces. Dissolve, and when cool add half an ounce of rectified spirits.

This should be applied with a soft brush, and the mixture diluted, when using it, with twice its quantity of soft water. As it is a definite stain, the effect desired may need repeated applications.

A harmless dye for naturally yellow or reddish hair is a solution of pure rouge, or a strong infusion of saffron in a weak solution of crystallized carbonate of soda. This should be followed when the hair is dry by a "mordant" (set) of lemon juice or vinegar diluted with equal part of water.

The hair should always be carefully shampooed and dried before applying any coloring lotion, as the oil and dust or wetness will prevent the dye taking properly. As much depends upon the choice of cleansers, let me advise all those with dry hair to avoid strong soaps, soda, borax and ammonia, as these only hasten gray hair. An excellent shampoo is made of quillai bark, a saponacious plant, to whose use the Chilean women are said to owe their magnificent hair. Only a small piece of the bark is required to lather a large bowl of water, and the use of the bark will in time leave a fine burnish, which one authority on the subject likens to "varnish in its brilliancy."

At all times a stimulating hair lotion may be advised, those containing quinine or iron being especially good, and preparations with the latter being likewise darkening in tendency. An unguent which would do much toward promoting the health of the scalp, may be made of castor oil, beef marrow or vaseline. The marrow is melted and clarified, and like the other oils, is sweetened with cologne or extract.

A daily massage, an occasional sunning and soft water for all dyes and washing purposes are indispensable in the treatment here laid out.

Dinner Menus for the Week

BY LILIAN TINGLE.

Tuesday.

Boiled Salmon Cucumber
New Potatoes
Cauliflower, Mayonnaise
Raspberry Sponge
Coffee

Wednesday.

Veal Loaf. Spinach.
French Fried Potatoes
Stuffed Cucumber Salad
Cherry or Raspberry Fritters
Coffee

Thursday.

Broiled Steak Bernaise Sauce
Potatoes String Beans
Letttuce and Pepper Salad
Berries and Cream Cakes
Coffee

Friday.

Celery Soup
Stewed Perch, German Style.
New Potatoes
Mixed Vegetable Salad, Mayonnaise.
Rhubarb Meringue Pie
Coffee

Saturday.

Kebobbed Mutton Turkish Rice
Stuffed Tomato Salad
Blackberry Pudding, Hard Sauce.
Coffee

Sunday.

Roast Veal, Stuffed, Brown Sauce.
Cauliflower Potatoes
Imitation Guava Jelly (Gooseberry)
Pineapple with Cream, Mayonnaise on Lettuce
Frozen Rice Pudding with Fruit
Coffee

Monday.

Sliced Veal, Reheated, with Chopped Pickles in Piquante, Cream Sauce
Crust Border Peas
Nasturtium and Potato Salad
Jellied Pineapple and Whipped Cream
Coffee

Timely Recipes

GREEN Tomato Soy—Take one peck of green tomatoes and add a pint of salt, after the tomatoes have been sliced thin. Let them stand 24 hours, when drain, and put them in a preserving kettle with one dozen opions sliced thin, one ounce of black pepper, one ounce of allspice, a quarter of a pound of yellow mustard, mixed, and a half pound of whole mustard seed. Then cover with good cider vinegar, and boil until it is as thick as jam.

To Pickle Cucumbers in Slices—Take three dozen cucumbers, fully grown, slice them as for the table, and lay them in a colander sprinkled thickly with salt. Slice among them four small onions, and let them drain over night. In the morning put them in a pan, and mix with them thoroughly half a cup of whole black pepper and one of mustard seed, when put them in a stone jar covered with vinegar. Cover the jar tightly and keep them in a cool place.

Baltimore Cherry Pudding—Stew some sour cherries until about half cooked, when stir into them cinnamon, brown sugar and a little brandy. Add a small quantity of grated bread crumbs. Put in a buttered dish some slices of toast, well buttered, and sprinkled with sugar in alternate layers with the fruit. Bake according to your judgment.

Okra Soup—Take a shin of beef, or three pounds of the neck. Slice a half peck of okras very thin and put in a gallon of water with the beef. Let it boil steadily but not too hard for six or seven hours. Take a quart of Lima beans and boil separately. Just in time to cook, add to the soup a half peck of tomatoes, three onions, corn from six ears, and a carrot, if you like. Then add the beans, and before serving the soup add a piece of butter and a tablespoonful of brown sugar. A spoonful of catsup is an improvement.

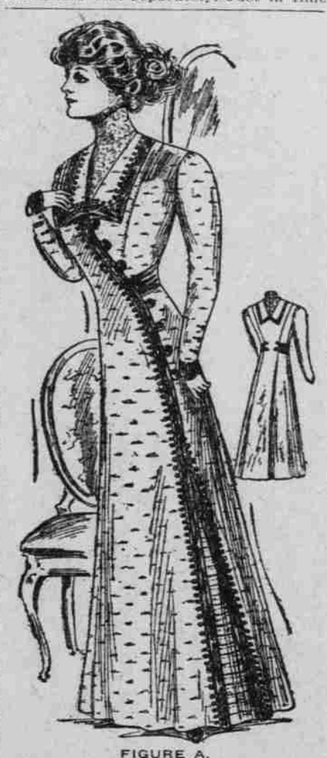

FIGURE A.

The Parisienne is always as keen to follow fashions in jewelry as in frocks, and just now she has given her undivided affection to the turquoise.

The Etiquette of Week Ends

IT is of the greatest importance to preserve such a happy form of hospitality as "the week end." Visiting is a test of character, but during three days we may be all able to conceal our faults and present our virtues and our gowns at their prettiest.

The punctuation of visiting by dates at which one is expected to come and to go is a decided gain over the former go-as-you-please method of giving and receiving invitations.

When Miss Evangeline Jenkins is invited to "Pine Top" or "Ten Elms" from July 16 to July 18 she knows just what is expected of her, and of her wardrobe. Having accepted the invitation, she presents herself by train or motor at the time she is expected, when she finds everything in readiness to receive her. If she has the happy wisdom she puts herself unreservedly at the disposal of her hostess, who has doubtless planned out all the diversions and occupations of her stay, that it may be as agreeable and as full as possible. It is very upsetting and throws everything out of gear to have her guests acting independently of her arrangements.

For example, two young men invited to a house party knew some young women at a neighboring house, and planned to play tennis with them before breakfast. They accordingly asked the servant who attended them to serve them some coffee in their room before leaving. The game was prolonged and their seats were vacant at the breakfast table, where there were other young women whom they had been invited to entertain. The hostess was pardonably indignant at the liberty they had taken, but could only resolve that she would never invite them again.

Another case: Having tea served on the lawn, as hostess was surprised to find various guests absent, and learned that one of these was serving tea in her own room, to which she had invited the others. One cannot reprove people in one's own house, but one can always refrain from asking such people again.

The welcome visitor is one who is always ready to go into the affair of the moment and fill her part, whether at bridge, tennis, charades, music or dancing, in a lively and agreeable manner. The girl who wishes to "come again" will make her attentions impartial and show consideration to the older guests.

One of the prettiest girls of the season found herself the next year not included among the guests at a popular house, and was greatly surprised. She never knew why, but as her hostess explained to others, she could be depended on for nothing except to take one young man or another off into a corner, the most secluded place on the piazza, or in the grounds for a tete-a-tete.

This custom, which many young girls indulge in, is called by the pertinent name of "twosing." There are houses devoted to "twosing"; but when such houses become known, mothers decline the invitations to them for their daughters. Then avoid "twosing," except under special circumstances, if you wish to be a desired visitor.

Now, in the best-managed houses there may be domestic contretemps and cataclysms. For these always accept any explanation your hostess offers without question. Nothing is more embarrassing for a hostess than to be pushed to the wall when she has made a statement why this thing has failed, or that thing has not come off. Speaking of a desirable guest, a hostess said: "Even if my excuses were pretty thin, she always acted as if it were the most likely thing in the world and my slightest tarradiddles were accepted without comment. I have had other guests who always made it plain that they had their own opinion."

Having spent the required time and made one's self as agreeable as possible, there remains the art of taking leave.

In the first place, there is the question of the servants and their tips. There are hostesses who make it plain that their servants are not to be tipped. But these are as rare as snow in May. It is not necessary to remember any except those servants with whom one comes in contact. Most people have a rule which they always follow. For example, they give to the chambermaid and the waitress the same sum, a dollar, or 50 cents, as they choose. Others send the same sum to the cook. If one drives or motors, the chauffeur and the coachman are apt to expect some recognition. Everything, however, depends on the style in which the household is organized, and one must use one's own discretion.

But let no one be tyrannized by the situation, and remember that many servants are more satisfied with pleasant words and an agreeable manner accompanying small tips than with larger and more perfunctory gifts accompanying scant manners. If extraordinary demands are made on the servants, they should be remembered accordingly, of course.

When the time of leaving comes around, have everything in readiness, so that even the most perfunctory "can't you stay longer" of your hostess—and there are such old-fashioned hostesses—will not permit you to make any change either in her plans or yours. When home, do not fail to write what is known as your "bread and butter letter," recalling the pleasure of your visit and thanking her for it.

Now, to say a few general words about your wardrobe.

Take enough clothes, but not too many. It is foolish to be always changing one's clothes. Freshness is the note of the morning—freshness in cotton or linen. If sports are in order, come to breakfast ready for the game. No change is required for luncheon unless it is made formal by invited guests.

In the afternoon, if there is motoring or driving, which include visits by the way, wear a suitable visiting gown. For dinner formality is required, and, if possible, take two dinner gowns, with their accompaniments. Have your clothes in perfect order. Nothing is so boring as guests who must always have something done to their costumes before they can be put on.

In your private room be considerate. For example, don't lie down on the lace spread, or sit on the edge of the bed and crease the covering. Be careful about laying down a match until it is fully out, lest it burn the bureau or table cover. Do you think these are idle admonitions? They are not. Country houses have been closed to attractive guests for just such trivial reasons.

PRUDENCE STANDISH.

FIGURE C.

Household Hints for Bungalows

NO ONE expecting to spend the Summer in a bungalow, camp, or farmhouse without modern conveniences, should be without a fireless stove.

This is not necessarily for cooking, but for the morning bath. Take a wooden box two feet high and four feet long, and have it fitted with hinged cover. Fill the box with excelsior, or sawdust, and make in this two holes so as to snugly hold two tin pails. Cover the contents and line the holes with flannel. In the evening boil the water and fill the pails at that temperature and put them in the fireless stove, and cover. The next morning the water will be so hot that it must be tempered with cold water, and will furnish two baths.

The fireless stove, if necessary, can be used for cooking. For example, if the family desire to all go off for the day picnicking or on an excursion, an Irish stew, to take a familiar illustration, can be brought to a boil on the stove, and then put in the fireless stove. In the evening the stew will be found as well cooked as if it had been simmering on the back of the range, as a stew should be cooked, all day.

An impromptu safe may be made for vegetables by taking wire netting and building an enclosure according to the needs of the family. If there is a cellar, there it should be placed, and made large enough to be entered by a wire door. The shelves, as many as need be, run around the side, and also are made of the wire netting. Here can be placed not only vegetables, but the jellies and preserves, the canned goods, and even the garden tools, for the door should have a spring lock and secure the contents not only from the rats, but from thieves, and, possibly, from the children.

Indeed, there is nothing more useful in impromptu Summer dwellings than plenty of wire netting, so many are the uses to which it can be put. Wire netting, gilded, makes fine transoms, as well as chicken coops, garden fences, and trellis for the vines.

Another thing that is well to have on hand is the folding frame built for the ironed clothes, but which can be put to other and varied uses. If a screen is necessary, the frame can be covered for a screen. If a person is ill, draped with a table cover or a blanket, it can stand between the invalid and a draught.

But one of the most novel uses for a three-fold ironing frame was its transformation into a vapor bath. The frame, draped with a blanket and some rubber cloth to help out, was placed around a chair. The chair was cane-seated, and underneath a pan of water was placed above the chafing dish alcohol lamp. The victim was placed on the chair, the lamp lighted and the screen drawn closely about her, her head being released through the opening of a poncho, which was spread over the top and kept in the steam. The effect of throwing off a sudden and threatening cold was as successful as if the vapor bath had come from one of the cabinets that can be bought for this purpose.

SUMMER BABIES

Demand Warm Baths With

CUTICURA SOAP

And gentle applications of Cuticura Ointment to soothe and dispel summer eczemas, prickly heat, itchings, chafings, sunburn, bites and stings. For everyday use in preserving, purifying and beautifying baby's tender skin Cuticura Soap and Cuticura Ointment have no rivals worthy of mention.

Sold throughout the world. Depots: London, 27, Charterhouse Sq.; Paris, 10, Rue de la Chaussee d'Antin; Australia, R. Towns & Co., Sydney; India, B. K. Paul, Calcutta; China, Hong Kong Drug Co.; Japan, Z. P. Maruya, Ltd., Tokio; So. Africa, Lennon, Ltd., Cape Town, etc.; U. S. A., Potter Drug & Chem. Corp., Sole Props., 135 Columbus Ave., Boston. Post-free, 32-page Cuticura book telling how to preserve, purify and beautify the skin and scalp.