

SCANDINAVIAN WOMEN RENEW FIGHT ON CORSETS AND ALL TIGHT LACING

Madame Naisi-Bache, Leader of War, Calls Them Fashion's Instrument of Torture and Describes What She Considers Healthy and Artistic Garb.—Beauty Depends on Health, She Says.



COPENHAGEN, Jan. 7.—(Special).—The three Scandinavian countries are in for a fresh phase of the war against the corset. For long enough there have been societies formed to fight tight lacing among women, and Danish women of note have given spasmodic international importance to the movement.

Of late there has been some flagging in the energy of the ample waisted ones, but now Madame Naisi-Bache, the foremost champion of comfort and rational methods, has come back to northern latitudes from the sunny climes of Spain, Portugal and Madeira, determined to win Scandinavians over to the abolition of the corset. As she is a highly intellectual, forceful woman, an artist and an enthusiast, she will surely attract hosts to her side, even if she fails to win over Queen Maud of Norway—who laces herself to the limit. For Madame Naisi-Bache not only calls for the abandonment of the corset; she offers designs of her own to doubtful women, whereby they may adapt Grecian or Japanese garb to their own figures and still remain attractive.

It is among the upper ten in society that the defenders of the corset are mainly found, and Madame Naisi-Bache has been unable, up to now, to induce the courts of Denmark, Norway or Sweden to join what she considers the cause of health and beauty.

A chat with her in her studio in Copenhagen, where she and her husband are now installed, is a pleasant experience, for her eyes are fired with the light of her favorite subject.

Corsets "Engines of Ugliness."

"Yes," she said, "I am about to renew my warfare against the corset. As you know, many Scandinavian women have discarded it as an abomination and an offense against their health and their good looks. And hundreds more, who have not joined us in total disavowal of these engines of ugliness and harm, have modified their reliance on them to the widest and most comfortable limits. They, one and all, testify that they have gained ease and freedom of movement without losing any of their style and gracefulness."

"What are the guiding principles of your movement?" she was asked. "Beauty and health—and freedom for the individual woman to dress according to her own tastes, without the hampering dictates of Dame Fashion, who is too often both foolish and injurious. Art ought not to be the luxury of the few. Every woman ought to develop her artistic faculty; utilizing it to her own benefit, instead of stultifying it by a slavish imitation of fashion framers. Art should be set free, to put its mark upon our homes and our dresses."

"Note the periods of history in which the sense of beauty was most general and most intense. The greatest masterpieces were produced in such times, because the artists had but to look about them to become inspired. When we women, therefore, make our dress an expression of art we bring our share of material to the upbuilding of civilization—more so, probably, than most of us imagine. And, as art must have health as well as beauty, we must seek conditions equally conducive to both qualities."

Health Is Menaced.
"The absolute hindrance to health and therefore the biggest obstacle to perfect beauty is the corset. No woman habituated to the corset, of course, will admit any drawbacks from it. Still less will she admit that she is a tight lacer. So it takes a long time to persuade her the instrument of torture she squeezes herself into is wholly unnecessary—that her dress should be supported from the shoulders, not from the waist, or the hips."

"Think of the scope that such an abandonment of habit gives. When freedom is accomplished every woman is set at liberty to dress in accordance with her own individuality—physical and mental. Besides unnecessary expense, incidental to the tyranny of fashion, there is the constant violation of the true governing principles of women's healthful dressing."

"And what is your plan for an ideal rational garb?" was the next query. "For underclothing, combinations or chemises of wool or silk; for winter wear a pair of silk breeches, a warmly lined petticoat of silk or other suitable material, sewn onto a short bodice so that the weight rests on the shoulders. The bodice can be lined, if desired, and furnished with sleeves. It should be skillfully cut, especially for stout women. Such a garb is warm, light and smart and can be worn perfectly well under even the thinnest Greek costumes."

Style Possible Minus Corset.

To give proof to her words Madame Naisi-Bache has produced, in exquisite taste, her own gowns on the eas indicated. Sometimes she adopts

the Grecian style; occasionally there is a touch reminiscent of the Northern nations, or the Japanese, or the Arabian woman. Her tastes are liberal, but perhaps the Grecian style is nearest her heart, modified according to the requirements of these later times and more Northern climes. An outfit she recommends for everyday wear consists of an undergown of wool, made not too long, with the material not too heavy, and a Greek dress, consisting of a bodice and a skirt, with that of the under-garment. It should be fastened on the shoulders with handsome buckles and allowed to

fall in simple yet stylish folds. Such a dress has the advantage of suiting both slim women and their more corpulent sisters.

"For social functions," says Madame Naisi-Bache, "I find the Grecian dress bewitching, and it has a great advantage in not being affected by fickle fashion's moods. My advice to women is, don't buy commonplace gowns, but manage to obtain, by saving up if you must, one really first-class Greek gown a year. For as these dresses do not become old-fashioned, they are not really costly, and in this way a careful woman will acquire an exquisite wardrobe in a few years. Moreover, such rational and artistic gowns as I advocate give opportunities for wearing



FIGURE B.

handsome shoulder buckles, which, when of sufficiently artistic merit, greatly enhance the beauty of the gown."

"And how soon do you expect to evolve the perfect woman?" Madame Naisi-Bache was asked.

Tendency Toward Elimination.

"It will take time, but it will come. Generation after generation of women have distorted the female form divine with corsets. Evolution has been forced into unnatural channels. The eternal fitness of things has been deplorably disarranged for once. Therefore it is the bounden duty of the rational as to set about divesting itself of a barbarous and harmful custom so that time may restore woman's natural balance."

Robert Louis Stevenson has said some of the South Sea Islanders are the most beautiful people in the world, and he lays particular stress on their figures and graceful carriage. Poets have sung of the ravishing walk of the Andalusian women, and the gliding movements of the Moorish damsels—both strange-

ers to corsets and high heels. And look at the Indian women who now and again come to Europe. I have seen Indian Princesses move among the mightiest of the earth with a natural grace and dignity of bearing which the deadly corset would have made impossible.

"So the progress of the war does not discourage you?" she was asked finally. "Not at all," said Madame Naisi-Bache, as she said farewell. "The topmost circle of society may be slow to discard the corsets beloved of their ancestors, but we have a long roll of eminent women on our side as actual corset haters. Doctors, painters, sculptors, and many poets and writers are also with us. This winter we will carry the warfare further by running competitive exhibitions, pitting the gowns for corseted women against those for the corsetless. We are confident of the ultimate result of the struggle. Health, art and beauty are on our side. On the other are folly, torture, sickness, ugliness. So, even if we move slowly, we progress steadily. Depend upon it, the corset is doomed among the women of the future."

Answers to Correspondents

BY LILIAN TINGLE.

PORTLAND, Or., Jan. 3.—I enjoyed your candy lessons and have profited by your instructions; but, if not too much trouble, I should like to ask you for the following additional recipes: (1) The kind of nougat that is made with honey and almonds; (2) how to make "spun sugar," such as is used in decorating ice cream; (3) how to make the "marrons glaces" you buy; (4) a kind of soft white pulled candy sometimes called baby cream. If this is asking too much at once, I will be content with whatever you can give me. Thanking you for much help received from your column.

MRS. B. C. M.

I hope the following is something like the nougat you mean:
Marrons nougat—1-1/2 cups strained honey, 1-1/2 cups confectioner's sugar, 1 pound blanched and dried almonds, 1 cup white-whipped stiff, a few drops oil of orange or orange flower water. Melt the honey in a double boiler, stir in the sifted sugar, then, when white hot, add the egg white and beat over the hot water until a drop of the mixture is firm enough to keep its shape and can be removed from a plate or from the back of the hand, without sticking. Then add the almonds and flavoring, beat well, pour into pans, to be about one inch deep. This nougat is generally poured upon sheets of "wax"—a papirlike rice preparation used by confectioners. The top is also covered with "wax" and pressed smooth with a board. When cool, cut the nougat—which is usually rather soft, into suitable pieces, and, if the wax is not used, wrap each piece in paraffin paper and keep in a tin box.

Spun sugar calls for a certain knack in making and is, to my mind, hardly worth the trouble involved. However, here are the directions, if you care to make a pretty decoration for cakes, ice creams and other desserts, but must be used while quite fresh:
Spun sugar—Cook together 1 cup sugar and 1 cup glucose with a little water to dissolve the sugar. Cook to 235 degrees F., if you use the sugar thermometer, or to "the crack" if you go by guessing tests. In the meantime, if you have no wire "sugar spinner" you can tie together a bunch of forks. Some kinds of wire egg-whips will serve the purpose of a "spinner." Confectioners sometimes spin sugar across a barrel. They also spin elaborate shapes over oiled molds. I know a girl who spins it over a clean dishpan. The cook book way is to place two pieces of clean broom handle at the table edge, so that they project and are supported by weights books laid on the ends. Clean paper should be laid on the floor. Another Easter egg, of ice cream in nests of X-shaped stands, on the table and clean paper laid beneath. What ever plan you adopt, have everything ready when the sugar reaches the crack stage. Set the kettle in cold water for a moment, then remove it. Dip your "spinner" real or improvised, into the sugar and quickly trail threads from one rod or dishpan side to the other, moving the spinner quickly to and fro. Reheat the sugar if it becomes too cold to work. When you have spun enough, dip the "spinner" for ice cream or use in any other way your fancy dictates. Color paste can be added to the sugar as desired. Make "marrons glaces" equal to "those pale green or yellow spun sugar" are rather effective.

(3) I am afraid you will not be able make "marrons glaces" equal to "those you buy," though there is no harm in trying. For one thing, the very fine French chestnuts, of peculiar sweetness, used in these confections, are practically unobtainable here. The following, however, makes a pleasing confection:
Select the largest chestnuts you can find, boil them with a little salt and sugar in the water until they are nearly tender. Drop into cold water, remove the skin, without breaking the nut, and let the nuts stand about half an hour in the cold water; then drain and dry them. Have ready a syrup made of equal parts sugar and water, boiled ten minutes. Add a few drops vanilla and pour over the chestnuts. Let stand overnight. Next morning drain the nuts, and pour the syrup over them again. Repeat this daily for four days, or until the nuts appear semi-transparent. A few drops of vanilla may be added from time to time if liked. Finally, drain the nuts from the now very heavy syrup, place on heavy waxed paper on a tin or platter, and let dry in the warm oven.

Thick slices or fancy shapes of sweet potato, similarly treated, make a good confection, especially if brown sugar is used. The finished product may be rolled in sugar or not as preferred. Marrons are usually served in little paper cases. These may be bought, but are also made at home by the proverbial "neat-handed" English girl.

4—Baby cream. I hope this is the kind you mean. Boil 4 cups sugar with 1 cup water to the "small crack." Pour it out upon a oiled slab or platter. When cool enough scatter over it one teaspoon vanilla; double the edges to the center, knead well, then pull until very light; twist and cut into suitable pieces. If lighted with powdered sugar and leave exposed to the air until it changes from a "chewing" to a creamy consistency.

Portland, Or., Jan. 3.—Kindly give recipes for grapefruit punch or sherbet. Would also like directions for French bread. Thanking you in advance, Mrs. E. P. C.

Grapefruit sherbet No. 1.—Boil 1 quart water with 3 cups sugar 20 minutes. Let cool, then add 1 pint strained grapefruit juice; 1 teaspoon soaked and dissolved gelatine, and the juice of 1 medium-sized lemon. Freeze and serve in tall glasses. A little sherry or maraschino may be added, if liked. Such glasses may be decorated with a maraschino cherry, either whole or chopped. Two grapefruit of good size should provide a pint of juice.

Grapefruit sherbet No. 2.—Make an "Italian meringue" by boiling to a thread 1/2 cup granulated sugar and 1-3/4 cup water, and pouring it, while hot, upon stiff-beaten eggwhites. Beat out for a boiled frosting. When cool add to the mixture given above, previously frozen to a mush. The gelatine may be omitted. Finish freezing and serve in tall glasses or in small grapefruit shells with paper cases for lining to avoid the bitter flavor of the peel. Garnish with maraschino cherries, or grape grapes or candied mint leaves, according to taste. The suggestion as to flavoring with sherry or maraschino applies also to this mixture.

French bread—Soften 1 cake very fresh compressed yeast in 1/4 cup lukewarm water. Stir in 1/2 cup flour to make a dough that can be kneaded. Knead until smooth

and elastic. Cut a cross in the top and drop the ball of dough into 1 pint lukewarm water, previously boiled. In about 15 minutes, if kept in a warm place, the ball of dough will float as a light sponge. Stir in 1 teaspoon salt and five to six cups flour to make a dough stiff enough to knead. Knead 15 to 20 minutes, or until the dough is very smooth, elastic and without trace of stickiness. Cover and let rise at 70 degrees Fahrenheit, until double in bulk. Divide the dough into two equal pieces, roll and stretch until long and narrow to fit the long French pans. Press a stick lengthwise through the center, rolling it back and forth a little to make the conventional furrow, then cover. Let stand until double in bulk. Just before baking cut a few slantwise cuts on the surface. Bake 40 minutes. When nearly baked glaze by brushing with eggwhite, beaten with 1 teaspoon cold water. French bread contains no sugar or shortening and should be crusty, crisp, coarse-grained and shiny. Some people find it more digestible than ordinary bread, but it does not stay moist and fresh as long as the latter.

Way to Avoid Heavy Diet

One Woman's Experiments to Satisfy Her Hungry Husband.

OSWEGO, Jan. 7.—(Editor Household Department).—Thinking to help some puzzled mother or wife, I offer some suggestions. Two months ago my husband was ordered by his physician not to eat much meat, and to avoid all heavy foods. Now he has always been a heavy eater, and still had his appetite with him. I was much perplexed, for a time, as to how to fix things that would satisfy his cravings, and still not do him injury. Some of the regular vegetarian dishes are all right, of course, but he was prejudiced against most of these, and pronounced them flat and unpalatable. I think this is so with a great many people, unless they are trained on a vegetarian diet. Well, I kept on experimenting and worked out several different things which were fine. I tried to vary the meals so that I did not repeat any of the dishes often enough to cause him to tire of them, and have been very successful.

One of the things he likes best, and eats most frequently, is fried bread, which I try to make very appealing, and to arrange temptingly on a big platter. The way I make it is to beat up one or two eggs, according to how much bread I wish to fry, and mix with the egg about as much milk as I use of the beaten egg. Then I salt the mixture a little, sweeten it quite a bit, then wet the slices of bread in it, by turning them over and wetting and sides. I have ready a skillet in which I have melted a generous lump of butter, and in this I fry the bread, just letting it brown on both sides. Sometimes I put jelly on the fried bread, a spoonful to each slice, or serve the jelly separately. Other times I poach eggs and set them up on top of each slice.

Fried mush is another favorite. I use cracked wheat or any other breakfast porridge I have at hand, and make it in the morning, and set it into glasses or other molding receptacles, to cool. (Wet the glasses in cold water first, so the mush will not take hold of the sides.) When ready to fry the mush that evening, I run a small knife around the inside of the glass, loosening the mush, and it can then be shaken out and stood upon a plate, perfectly molded. I turn it on the side, slice it off in pieces about an eighth of an inch thick and fry it in hot butter. Poached eggs go nicely with this, too, or the slices of mush can be dipped in the sweetened egg-and-milk mixture before frying, and varied appetizingly. Plain and jelly omelettes are another story, and the heavy soups, served with dice of toasted bread, make almost a square meal in themselves, served with boiled rice and vegetables, and are quite satisfying.

Fried or baked halibut, and fried smelts, are not forbidden, as they are light and easily digested. I use these and also a hash which I make of only the boiled and minced beef, using bread crumbs, onion and an egg to fill it out, and using the soup that came from the meat to mix the hash with. I butter a porcelain pan and bake the hash in this; when it is done I poach two or three eggs and set in a row along the top of the hash, and serve it right in the porcelain pan. If there is a soup stock left over, I thicken it and make a gravy. Gravies can be made very nutritious, and if made rich and tasty, will help to take the place of meat to a great extent, poured over squares of bread or eaten with vegetables. These are just some suggestions for some other reader of The Oregonian that may find in them a chance to vary a restricted diet.

MRS. J. K. L.

Why So Many Women Worry

Loss of Sense of Values in Looking After Details of Their Work.

Women, to their shame be it said, worry over little things. This is one reason why there are more cases of insanity among women than among men. Somehow women lose their sense of values. Perhaps pattering around a stove and searching in tiny corners for dust blunts their remembrance of the bigness of the universe. Some evening, after a hard day, when the clothes wouldn't sprinkle right, and the cake fell, and you tore the ruffle on your newest gown, and you noticed a half dozen gray hairs in your head and a fly that you couldn't catch no matter how hard you might try, buzzed about your ears till you were frantic—some evening, after some hard day, when all these momentary annoyances crowd thick and fast upon you, go out in the street and look up. You will see in the sky those

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shiny things called stars. Let your mind saunter among them for a bit, down the spangled Milky Way, into the brilliant Dipper, across the sparkling Orion, ponder for a moment on the giddy vastness of that speck of the universe which we see on the rolling, rushing universes beyond our vision, on the rushing of that march of suns and moons and worlds so swift and so serene, on the unthinkable distances that separate us from the stars and the

stars from each other, on the unutterable majesty of the power which holds all this in its grasp.

Then go back to the house and worry about your fallen cake if you dare.

Only in your zeal to avoid worrying, don't begin to worry for fear you'll begin to worry—Boston Herald.

The Cuban heel is higher than ever. Everything is to be furred on this season.

Little Home Helps On How to Be Beautiful

BY MADAME MAREE

FOR A ROSE-TONED COMPLEXION. Beautiful complexions are ruined through excessive use of powder, whose minute particles clog pores, causing blackheads and pimples. Rubbing the delicate tissues are aggravated and a rough, blotchy, unhealthy condition is the result. A reliable massage cream is essential to free the pores and skin's surface from impurities and to promote the circulation of blood. This is the only fine beauty cream at small cost, by using three ounces of cream in a pint of hot water, stirring until smooth and creamy. This gently massaged into the skin makes it soft and satiny, and gives cheeks a rosy glow.

ANSWERS TO QUERIES.
Lulu: It is entirely wrong for you to lose your hair so rapidly, and you should attend to it without delay. Mix a half pint each of alcohol and water, and into this put one ounce beta-canthol. This simple recipe makes an inexpensive and excellent tonic, and massaging the hair roots frequently with it stops falling hair, and its continued use will promote a thick growth of long, glossy hair. Any druggist can supply beta-canthol.

Pixie: It is a rare pleasure to read a letter like yours, and I am glad my rational recipe has given you a "symp-like" form, as you say. You can make an excellent hair cream at small cost, if you will get from your druggist two ounces of amaretto and dissolve in a pint of hot water. After washing the skin thoroughly and drying well, apply this

retiring cream and you will find in a short time you have a complexion no powder or rouge can imitate.
Dlax D.: If you are interested and really want a good recipe for shampooing, get some eggol at the drug store. Try it. Using it twice a month for a while soon corrects the itchy, scaly condition of the scalp, making it vigorous and pliant and stops falling hair. An eggol shampoo is delightful to use, and is especially good for dandruff. With this use the beta-canthol tonic mentioned elsewhere in these columns.
Nancy: I know it is annoying to have fuzz on your cheek, and if you will get an ounce of delol at the drug store and mix some with water to make a thick paste and apply to the offending hairs, then after two or three minutes rub off with a cloth. Using this twice a month the hairs are gone. While delol is a trifle expensive, it is seldom necessary to use the second application to permanently remove hairs.
Fay: Underdevelopment is due to a starved condition of the delicate tissues, and until corrected, you cannot round out the figure. The only successful method known is the Yucca treatment. This feeds the underlying tissues, and as a natural result, the form becomes plump and symmetrical. You can easily prepare your own treatment if you dissolve one and a half cups sugar in water to make a pint and steep in an ounce of true yucca, which any druggist can supply. Take two spoonfuls before meals for a while and you will be truly delighted at results.