necessary, she gives some final heavy strokes, using the flat of four fingers,

"palmer way," as they call it. These go from the center of the forehead

go from the center of the forenead outward, and back of the ears down-ward on the veins at the side of the neck; she also goes upward at the side of the mouth and nose with the palmer strokes, and from the chin to the ears

THE CORRECT LINES FOR WEARING PRESENT-DAY FASHIONABLE DRESS

O those who understand the history | misses in the prevailing lines are shown | or to a comparatively simple house gar

of dress fashion seems to have reached a stage of more perfection than the world has ever known. Comfort, beauty and common sense are admirably blended. Skirts for walking purposes are



short, as they should be; they are narrow, which might do for a model for velveteen, and it is trimmed with pipings of plain slimming in tendency and immensely corduray, cloth or serge, has the juve-chic. The short, trim coats that go with all lines of the moment, and the fur-such skirts, when well made and in suk-could be omitted without loss of style. able textures, take a good 15 years from the middle-aged woman's life, There is no such thing, indeed, as the hateful "certain age" in present dress. One is either young or else old, for under 60 walking frocks have pretty much the

ame character. Of course there are many freaks alwho prefer the exaggerations of but happily these are now being mubbed into obedience to the general trend. The woman who goes forth got like a comic illustration is not in the bion. See what good sense and tasts have done with the hobble skirt. Once a thing of the utmost foolishness, it is now halled by woman as one of her The absurd quantities of materials employed a few seasons ago now seem the height of sinfulness. Three cards and a half of double-width goods men who know how to do the thing with less. No wonder an able preacher and a judge on the bench have put in a good word for the hobble skirt, and the husbands who once paid for the is or 5 yards of this or that should, in consequence of this much villfied garment slone, offer up votive tributes at the shrine of fashion. We are no longer mere vehicles for the street germ; we are lighter in weight, we are old at a much later date, our waints are comfortably big, and we are happier, friskler and,

way, less expensive. But only in a way, for desirable ma-terials are still dear, looms are turning out more wonderful things every day, and it is the mode to wear good clothes. How much depends upon the corset, upon the eye of the wearer for line! The woman who knows what's what never buys a high busted cornet or one that curves too much into the waist. She takes the one that never hollows the body in at the front, with bust line below that of the figure, with a long bot tom that holds down lower curves. Such a cornet gives the figure a straight line and it teaches the wearer to hold up her chest, how to breathe properly, and so hold the bust firm. If she is over-developed here she huys a corset cover of sjout couil, made with bias fronts, long and narrowing at the end and fitted over the host with a tiny tucking.

the bust with a tiny tucking.

The very materials consider line above all things now-a-days. Street materials are in the plain colors that conduce to silmness, and all trimmings are put on with the same eye. Such evening ma-terials as are flowered are veiled so that the outlines of the patterning are lost and crude colors shine through the out-side in only a rich, soft blur. Everyday shirtwaists are compact little things that ignore the startling plaid and checks of mg ago, and the roughest topcoat for bad weather even is made a garment with a certain elegance through the were choice of tints and weaves that lend look of youthfulness and slimness. In way, we are only big, conspicuous, with ur furs and hats. Both are enormous, and though hats are cheaper than of yore furs are dearer. As a trimming, too, the animal skin is used on everything, street frocks, evening toflets of the thinnest gause, wedding satins, mourning bon-nets. There is a terrible danger with the

The present costume is of black, with bands of gray Australian opessum and a heavy tucked silk in a rich blue on the collar. If of serge, a wide black braid. trimming. would be admirable. Red fox would be effective on brown velveteen and black or brown fox would be handsome on a smoky gray cloth. At the back of the coat, and at the fronts if necessary, there should be leaden weights to hold

the garment down. the garment down.

Any pretty serge or light-weight sulting in an agreeable color or black would do for the smart plaited skirt of the middle figure, and the dainty shirtwaist might be in a matching silk. A sharp contrast between the bodies and skirt is not now greatly admired, though there are many women who still affect the white bodices in lawn, mousseline. net and lace for gowns in any color. But fashion itself calls for a sequence—with a black skirt the waist materials show an inky note, a brown skirt, a brown and white waist and so on. This same-ness of color from neck to heels, even it trasting note, holds the figure together

nakes it slimmer in short. The little draped frock at the left of this picture can be developed in any softly-falling material, and be made as well of a thin cloth. Velvet, or any of its kindred textures, would be unsuitable for it, as these materials could not be plaited effectively and the overdress calls for a texture with a softer drop. In the present instance the costume is of a pale cream cloth, with black braiding and a banding in black and cream striped slik. The stock, yoke and vest piece is of plain white tucked net over a plastron of black satin. Veilings in a pretty gray, violet, dim green, golden brown or any other shade are all pretty for this frock, whose trimmings might be of the simplest silk in a matching color. With silk as the gown texture plain satin would be an agreeable trimming and according to material the model is tion.

MARY DEAN. MARY DEAN.

of white taffets, and the shoes of brown velvet with brass buckles. The whole get-up, as it stands, displays the utmost despite the simplicity of the own, but a wool in a plain color, and more ordinary guimpe, would turn the de sign into a very practical thing. Blue serge would make a smart school dress in this way, and a deep coral cloth, with the bottoms of the sleeves made a little more elaborately, would be a stylish and becoming material for dress up. The pole coat, which is the sort of top

garment a mother would buy for her daughter when she cannot afford a fine coat suit and furs, is of a reversible tweed, the outer side mottled, and the under plaided. This turns over to form the collar and cuffs, which are plainly edged with a cloth in one of the colors. Such coats, while loose, are very becom-ing to young figures, and they may be bought ready made from \$15 up. But they would cost far less if made at home, and as Winter materials are greatly reduced just now it is possible for the home sewer to turn out one of these coats for \$8 o 39. When made in one of the furry white coatings, or in a pale blue or gray, the polo coats make admirable evening wraps for young girls. Huge brass buttons are used on the coats for evening use, and sometimes a smart one is provided with an attached hood, silk lined.

And now pray take a look at the hat this girl wears and also at the muff in the other picture. Such simple he shapes are often made of a plain coating material, this forming the puffed crown, around which goes a band of velvet or satin with any finish at the side that is

satin with any inner.

The muff carried by the velvet-clad lady is also made of her gown materials, and the two hints are about the most valuable fashion has to give at this moment. The two details are easily made at home, and the fact that they match a home, and the fact that they match a listing.

The Proper Use of Cold Creams

A to perfection will cause another misery. The individual woman nust settle the thing herself, and if after trying several creams she finds nothing that agrees with her complexon it is pretty safe to assume that she as not yet found the right unguent

or is using them all wrongly. No species of unguent must be put upon the face until the skin has been leansed of soll and softened by the warm bath. In the daytime the face can be cleansed occasionally with the cream, but it is better to get used to it only at sight, for where the face skin is concerned there is such a thing as using too much grease. In the applicausing too much grease. In the applica-tion of all shguents massage is half the battle, so the trick many women have of dabbing on a blob of cream and smearing it lightly over the face is all wrong. The lubricant must be worked down into the pores for the velvety softness desired to come, and after they have absorbed all that they will the remaining offiness must be removed with a soft cloth. If this superfluous quantity of cream is left on the skin nets. There is a terrible danger with the present lavish use of this gracious and ever becoming cold weather material—wild animals are becoming exterminated so rapidly we may not have a mulf next year. But sufficient unto the day is the loveliness thereof.

Some admirable effects for women and softness desired to come, and after they will the ishes the lines of worry about the remaining oiliness must be removed with a soft cloth. If this superfluous about and nose. Hollow temples whould be clawed up in the same light, brisk way and afterword treated to the rotary movements.

Some admirable effects for women and after they will the she is he lines of worry about the mouth and nose. Hollow temples who the first the same light, brisk way and afterword treated to the rotary movements.

After the expert masseuse has gone all over the face with these upward and

COLD CREAM that suits one skin | only hardens or gets rank under at changes. pimples and hard dry skin may be at-tributed to an everuse of cold cream. I have talked before of the simple methods of massage that may be used at home, so I will say here that the manipulation must be done in a way to hinder or correct the lines that come in the course of time. The beauty people use the three long fingers of each hand, and will be for correct the lines that come in the course of time. and with a firm yet gentle touch rub outward and upward, in a rotary manner, over a place as big as a silver half dollar. Bit by bit all the face is gone over in this way, and the patient can easily tell when the important cheek muscles have been touched by seeing the skin pull taut about the mouth thus effacing the drooping lines at the side of the nose. The muscles that run from the corners of the mouth over the cheek bones are massaged with a clawing movement, which mus be light and quick, but not pinching This fills out hollow cheeks and ban

will need to be more than if the face skin were merely hard and dry, the former condition needing quite a quan-tity of the grease to open the pores and force them to yield their hardened contents, and the latter calling chiefly for the friction and barely as much unguent as will keep the skin from irritation. So from a mustard spoon-ful of cream to a scant tablespoonful may be needed. may be needed.

Concerning the right kind of unguent required for the face that responds badly to most things, I have known excellent results to come from a very weak solution of glycerin and

a very weak solution of glycerin and rosewater.

Pure glycerin is perhaps the most valuable cosmetic existing for skin uses and as it has a solvent power over the coloring matter, when it agrees with a skin the steady use of it is highly bleaching. It must never be used in a concentrated form, as it abstracts too much water from the skin stracts too much water from the skin and the result is stinging and burning. My own proportions are about a tablespoonful of glycer'n to a two-ounce bottle of rosewater. White vaseline and cocoa butter also agree better with many skins than a more complicated unguent, but their effect can only be decided by careful experiment. Then the danger with both of these is that they may increase superfluous hair.

where there is a disposition to have it, as their action on the hair follicies is very stimulating.

As to the cheapest cold cream that can be fashioned at home, it can be made of pure leaf lard, the sort that comes in the tin for rrying potatoes. Fresh lard is frequently employed for some of the emulsions that are on the market, and I have known quite a delicate little cream to be made from it

strokes, and from the chin to the ears to empty the veins and promote better circulation. To conclude there are a few moments of general rotating and soft stroking.

All this sounds very complicated, but it is simple enough when one catches the trick, and two of such face treatments a week are required by all persons who use cold creams.

The quantity of unguent employed at a time depends on the condition of the The quantity of unguent employed at a time depends on the condition of the skin. If there are blackheads there will need to be more than if the face skin were merely hard and dry the fresh waters and allowed to stand over night in more. When at last it is of the delicacy required, it is carefully drained with dry beating, and then scented with some harmless extract or toflet water-rosewater is excellent-put in a little china par and set away in a cool place. With all cold creams freshness is a very important point, so the moment an unguent, purchased or home-made, begins to smell rank it is no longer fit for use. ...

Finally, let me say that soap must be used by all persons who use cold cream, for its effect is tonic and the thorough cleansing is needed for the pores. The quality of the soap, too, must be decided by the individual, but a good old castile or one of the French hygiene soaps is generally considered

suitable to most skins, Where there are blackheads or some species of simple eruptions, green or potash soap is advised, and this may be applied directly to the skin with massage. The rinsing after the use massage. The rinsing after the use of soaps must be thorough, as well as all the drying of the race, and I must impress upon my readers the importance of never allowing face cloths and towels to get too solled. Through the microbes these acquire when in a state unfit for use many a fair skin has been greatly harmed if not ruined.

KATHERINE MORTON.

FORMAL COURTESIES FOR THE YOUNG GIRLS

side of a young girl's manners that I want to write here simply of

One of the most important things a girl should know how to do is to write a graceful social note or letter. The ink used in writing any letters must always be black, the stationery pure white, the paper rather thick and in two sizes, letter and note. When sending off a foreign letter it is wise to use the very thin paper called "onion skin," as it is very annoying to persons in Europe to be presented with a letter with something "due," as is pretty often the case when the heavier paper is used. Besides, it is a social faux pas not to keep oneself informed of postal rates to the extent, at least, of not sending a letter until it has been duly stamped.

Ruled paper is not an evidence of polite knowledge and as for writing with a pencil it is the height of ignorance. Neither fashion nor taste tol-erates a letter covered with blots and erasions and made laughable with bad spelling. As the old copy books used to put it, "never spell aunt a-n-t." These trifles are the first steps and

When writing to friends or acquaintances the polite girl signs her letters and notes "Cordially yours" and "Yours sincerely." Cordially is never used for sincerely. Cordially is never used for warm friends, and neither is the word "My" when beginning the letter, as "My dear Miss So and So." A word to a man is signed "Sincerely yours." "Faithfully yours" or "Cordially yours." The girl must not put Miss before

her signature-Miss Belle Green-un-less she is writing to an absolute stranger, when it is correct to inclose prefix in brackets, thus (Miss) e Green.

Postage must never be inclosed for reply except in notes or letters that are strictly business communications, as society calls for one thing and business another. Socially enclosing post-age for the return letter would be an insuit; not to do it with business would incur the likelihood of getting no an-Mr., Mrs. and Miss are polite handles for every name that goes upon a social envelope, for except with a business firm, where the bill would read George Washington & Co., or something like that, it is a pretty good thing to give a handle to the whole world. The thing is done in Europe-one says madame to the washerwoman, monsieur to the policeman and the ceremonious address is an evidence of one's own self respect.

In the ordinary letters she writes to roung friends a girl is pretty apt to be natural, simple and consequently correct, but when it comes to congratula-tions, condolence and farewells, she is sometimes stumped. A good rule is to be as simple as possible with special communications, the note or letter that calls for some sort of expression suited only to this moment. A letter of con-dolence needs to be short and of the simplest sort. In a few heartfelt words of the familiar sort you are both used to you can let your correspondent know written almost immediately after the funeral, and the instant the news of the death comes the visiting card is left at the house.

Letters of introduction are never sealed by the person giving them; they are left unsealed so the recipient can see just what is said, and when the

girl would write for another would read something like this:

"This is to introduce my friend, Miss Katherine Smith, who will be in Philadelphia for a little while, staying at the Ingleton. She is one of my chums so hope you will be the best of friends

"Affectionately yours,

"Lucy Lee."
The strange young lady must be called Miss in this note, but when the two young ladies meet it is perfectly proper for them to drop into the Lucy and Katherine. In fact, fashion has set the pace for dropping a formal address where young people are conaddress where young people are con-cerned, and even if the new acquaintance is a young man it may be Jack

and Lucy pretty soon.

The news of a friend's engagement is at once followed with a gracious note, in which the writer says the usual platitudes, "I was delighted to hear of the great event and know you will be gloriously happy," and so on. A compliment of some sort to the future bridegroom is also in keeping in the congratulatory letter, and if the writer does not know him she expresses the hope that she may have that pleasure very soon. and Lucy pretty soon.

Except when calling upon compara-tive strangers, a girl under 15 rarely uses visiting cards for calls. But she has them nevertheless-narrow little bits of pasteboard, with Miss before her name, and she puts them with all her little presents to girl friends and boys, and she has them because one cannot

HAVE so often written of the moral | be a person in polite society without cards

In visiting and receiving visits the well-bred girl has two ways of conduct-ing herself. At somebody else's home she is the entertainer; in her own home she lets the guest take the floor. Under her own roof she does everything for the guest's comfort, but under another's she does not presume to make herself even comfortable unless the thing is sug-gested. The trick some girls have of trying every chair in the drawing-room until they come to one that suits their fancy is very bad manners. The child story of the three bears is really a lesson on politeness. You mustn't take libertles with other people's things, and this warning holds good especially liberties with other people's things, and this warning holds good especially where the visitor is invited up into a bedroom of the house. For her to open a drawer there to look for powder or pins, for her to open a closet door, is ruin. These places are sacred to the home and must be left inviolate.

With the formal call on a young lady's at-home days, youthful visitors should strive their utmost to handle formalities in such a way that they will seem more like kindnesses than tricks of breeding, for after all society's fundamental needs are from the heart. We

mental needs are from the heart. We were human beings before we were so-cial lights, and we must be kind-hearted girls before we are gentlewomen. It is nice, more than nice, for the girl visitor to help her hostess over social snags by being as agreeable to the dull people as being as agreeable to the dull people as to the clever ones. She is required by politness to look pleased with the entertalnment. She cannot be too noisy or take any initiative upon herself unless she helps to receive. She mustn't go off in a corner and, just gabble with one girl or boy. She must be on hand to do anything required of her by the hostess—pour tea, sing, recite—but she must -pour tea, sing, recite-but she must not press her services or gifts upon the

In her own home the polite girl may be a proper hostess whether the visitor is young, old or middle-aged. She must be punctillous with her own manners, but as blank as a dead wall with any break the guest may make. She must know enough about housekeeping to see that the dinner, luncheon or tea table is set according to the dictates of elegant hospitality—and the first thing concerned is a clean cloth, clean napkins. To put before a guest napery that is stained with previous use is a distinct social offense, though it matters little how plain the food is if the utmost cleanliness and good will go with it. The girl who is the prettiest hostess literally gives over her house to the guest, but the well-bred guest merely takes what is her duty and no more.

There is one definitely moral side to ecciving and visiting, and though I had vowed myself to formalities it must be mentlaned here

for the girl's mother, when receiving the guest's name must be announced to one's own mother. For family dignity stands behind all social intercourse and were a girl as brilliant as Solomon and as rich as Croesus, if she wishes to be thought an ornament in society she cannot afford to ignore this point. Re-spect, too, for the comfort and dignity of all persons older than oneself is very requisite, so the moment you are a holtyquisite, so the moment you are a holty-tolty miss with old people it does not require spectacles to know that you are badly bred. Getting up when an old person enters the room, whatever the sex of the newcomer, is a courtesy expected of all young girls.
PRUDENCE STANDISH.

SEASONABLE RECIPES.

SWEDISH CUCUMBER SALAD-There is no garnish more suitable than this for a fish course, and since cu-cumbers are with us all the year round it is not impossible for city dwellers. Peel the cucumbers and cut them in round slices, paper thin. Sprinkle a little salt through them and set them between dinner plates with a smooth-ing fron on top. When the water has run out, drain in a colander and dress with a pinch of sugar, black pepper and oil, adding more salt if needed. Sprinkle the top of the dish with

Advertisement.

Dry Shampooing Improves the Hair

(Madge Lyon on "Hair and Scalp.") "Women having an abundance of fine, glossy hair do not employ a wet shampoo. They rely upon a powder, which is sifted on the scalp and brushed through the hair, removing dandruff and excess oil, and leaving the scalp clean, soft and pliant, and the hair light, fluffy and beautifully lustrous

"It is surprising what excellent results can be had if the dry shampoo is used for a short time. Dry and scaly scalps become clean, soft and free from dandruff; coarse, faded and stringy hair grows rich, fine and

glossy. "A dry shampoo of unusual excellence can be made at little cost if you mix 4 ounces of orris root with 4 ounces of therox. Just sprinkle a tablespoonful of this mixture on the scalp, then brush out well. Dry shampooing removes all possibility of oatching cold from washing the head."

Try It These Cold Days

Place your household electric fan on the floor near a steam or hotwater radiator.

Point the fan in the direction of the radiator -straight at it.

Notice the difference in the temperature of the room in a few minutes.

The fan makes the radiator warm more air without · the consumption of additional fuel.

Try the experiment suggested and see if it doesn't help you save on coal bills.

Portland Railway, Light and Power Co.

- ELECTRIC BUILDING

finely minced parsley. Cucumbers so prepared will be wlited, but they are far more digestible and delicate like this than if they still contained the

Accessories for Young Girls

URBANS and side-turned hats of long-haired beaver, simply trimmed with velvet, make excellent millinery for misses' coat suits of rough

With her finer street frocks, the stylish maid is given to wearing velvet hats, high and puffy in the crown, and sometimes decked with an Indian trimming of wings about the crown This decking is made like a band, the high top showing the tops of the wings, the whole look of the headpiece suggesting the headdress of the savage

A shirtwaist in Persian silk, touched with plain piping and tiny matching buttons is the favored bodice for the substantial coat suit. The prevailing color in the silk must match that of the gown for a good effect.

A cozy-vest or "pull-on," is neces sary for the coldest days, as the jacket and skirt frocks are not warm enough in themselves for the brisker weather. The little sleeveless things are of wadded Japanese silk, in colors or in black and white.

Where a fur neckpiece is not to be worn, mothers sometimes look for boys' mufflers of heavy knitted allk for their young daughters. These are doubled, about eight inches wide, and sometimes fringed at the bottom. A button and loop fasten them snugly under the chin. and the ends are worn straight or crossed under the coat.

The smartest neck-fixing of the hour for girls is a little bow with rounded ends and a widish center. These may be of baby Irish, in which event they

the middle with several tiny buttons in two rows. With shirtwaists of striped challie they are very smart.

It is thought stylish to match the leather belt to the color of the suit and waist. All of the new colors are beautifully represented in the leather belts, and a number of them are trimmed with some other shade. For a really fine coat suit a wide belt in suede, which may be exactly matched by a little handbag, strikes a more elegant many coat suits have narrow bias belts of the same material. These are alvays smart and convenient.

For wear with the snug street suit, skirt with a jersey top and kilted flounce of gay plaid silk solves the problem for a warm, compact and stylish petticoat. The upper part is wool and in the dominant shade of the plaid bottom. The petticoat colors must also match the suit or else harmonize with it. Red and bright green, barred with black, will accord with almost all colors. Boots for young girls are unusually.

natty. Buttoned footgear is seen in velvet, moire silk and satin! Cuban heels are de rigeur for these smart young persons, and sometimes black, velvet boots will have white buttons. We shall come to tassels by and by—so it promises. Of course, for her trampschool, church and so on, the girl with a sensible mother has leather boots, and these of a fairly sensible

Gloves for the trim street suit are heavy tallored affairs of gray castor kid or white dogskin. The seams of the former are raw edged, but both sorts fasten with only one button. The castor gloves are \$1.50, and the dog-

Some excellent school veils for girls are of Shetland wool woven with the utmost delicacy and with very pretty borders. Whether in gray or white these wash like rags, which is a sani-tary quality to be desired for young persons. MARY DEAN.



Little Home Helps on How to Be Beautiful

BY MADAME MAREE.

FOR A BEAUTIFUL FORM. Nature did not intend woman to be in or scrawny, and where underdevelopment exists it can be easily corrected. The Vaucaire method rarely falls, and while simple, is correct in principle. By this treatment starved and stunted tisthis treatment starved and stunted tissues receive proper nourishment and assume their correct proportions. Any woman can prepare her own treatment by making a syrup with a cup and a half of sugar and water to make a pint. In this is stirred one ounce of gallol (be sure to get the pure). Take two teaspoonfuls before meals, and before long you will notice marked results. This recipe is inexpensive, and results are certain if you follow these simple directions.

ANSWERS TO QUERIES.

ANSWERS TO QUERIES.

Dolores: My dear girl! Don't think of doing that. All you require is a good massage cream. This cleanses the pores and skin of impurities and bestows an exquisitely retined bloom to the complexion. You will find a cerol massage cream easiest to prepare and unfailing in results, and as you can make it at small cost, you should never be without it. Get three ounces cerol at the drug store and dissolve in a pint jar of bolling water, stirring until smooth and creamy. A nightly massage with this and the skin is soon cleared of its pimply, sallow condition.

the hair grows in soft, rich and fluffy. The best tonic I know is made at small cost. Here it is: Mix a haif-pint each alcohol and water, and pour in one ounce beta-canthol. A little massaged in the scalp nightly for a time produces an abundance of fine, glossy hair. You get beta-canthol at the druggist's.

You get beta-canthol at the druggists.

Hope: Don't use soaps on the hair and scalp. What is needed to correct the oily condition is a good shampoo twice a month for a time, and excess oil and dandruff then will not bother you. A spiendid shampoo can be had with plain eggol which you can buy at any drug store. This makes a searching yet soothing lather and thoroughly cleanses the scalp, leaving it healthy and pliant and giving to the hair a rich lustre.

and pliant and giving to the hair a rich lustre.

Gretchen: I am deeply sorry because of the fuzzy growth on your chin, However, get an ounce of deloi at the drug store and mix a little with water to make a paste, then spread thickly on the offending hairs and after two or three minutes scrape off and wash the surface and the hairs are gone. You will find deloi a little expensive, but it does the work quickly and well.

store and dissoive in a pint jar of boiling water, stirring until smooth and creamy. A nightly massage with this and the skin is soon cleared of its pimply, sallow condition.

M. W.: Until the hair follicles are stimulated to healthy action, you will always be troubled with britite, thin, sirringy hair. A good tonic gives new life to hair roots, and when this is done