

ALL NEW STYLE TOUCHES EVIDENT IN FROCK OF BLUE AND WHITE LINEN

Box-Pleating Is Set on Crosswise Skirt-Yoke and Coat Bodice Has Low Corded Armholes—Sash Ribbon in Front in Impressive Bow Is One Conceit of Year—Play Costume Preferred for Little Girl.



Necktie and Frill Has Modish Little Frock.

ESSENTIALLY of the present season, is the frock of blue and white linen because all the new-style touches are evident. The crosswise skirt-yoke on which is set a box pleating, the coat bodice with its low, corded armholes, the neck-frill and smart tie fastened by buckle—all of these are unmistakable features of 1915.

The cool blue and white-striped linen is smartened by a sash of deep blue velvet ribbon. Necktie and short ribbon straps on the cuffs match this blue of the sash. The gumples with its tucked and frilled front suggests a waistcoat under the coat bodice. Buttoned boots and white stockings add to the correct style of the costume.

A conceit of this year in the sash ribbon tied into an impressive bow at the front, the back of the frock having quite a straight line from neck to knee. This sash, of white, pale pink and taffeta ribbon is tied at the normal waistline between gathered skirt and bodice of a little balustrade and Val frock. The bodice has quaint, old-fashioned lines, fitting rather closely to the shoulder and arm. The little maid wears a huge hairbow of ribbon to match her sash, and pale pink silk stockings and smart boots of patent leather with buttoned tops of white kid.

Though many mothers keep girls of 5 and over in rompers, these habiliments are really intended only for chubby youngsters just out of the crawling age. In better taste and far more attractive is the play costume on the little girl of 6 years. Most English children are dressed in this sensible way of a morning.

Pleated skirt and bloomers beneath are of sturdy chambray and the middy blouse with its trimming of dark blue which has first been boiled and cooled. A red chevron is embroidered on the left sleeve of this middy, and over the sashline swings a corded lanyard. Tan buttoned boots and white cotton stockings complete the costume for a good time out of doors.

English child's sensible frock for playhouse.

Sash Ties at Foot Now

plenty of sleep at night, and should learn to relax and rest whenever the baby nurses. As far as possible she should be relieved of the heaviest part of the household work, because if she is tired and worn the baby will not thrive as he should.

The nursing mother should have a full movement of the bowels every day, but should not use medicine to induce an action unless absolutely necessary. Ripe, raw fruits, stewed rhubarb and prunes and well-cooked oatmeal and other cereals are laxative. Graham and bran breads are most useful in constipation. Bran bread is made as follows:

- 1 cup of cooking molasses. 1 small teaspoonful of salt, 1 pint of sour milk or buttermilk, 1 quart of bran, 1 pint of flour. Stir well and bake for one hour in a moderate oven. It may be baked as a

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The nursing mother should have plenty of simple, nutritious food. She should eat what she likes, provided her food causes her no indigestion, for if the mother is well the baby will usually be well. But if the mother has headaches or gas on the stomach or bowels, or has a coated tongue, she is not properly digesting her food, and she should try to find out what is causing the trouble.

Fat, greasy and fried foods, such as doughnuts, pancakes, baked beans, pies, heavy puddings and dumplings and insufficiently-cooked cereals are among the foods that may cause indigestion.

leaf or in gem pan, as preferred. The bread should be moist and tender, and may be eaten freely, and it will usually have a good effect if used every day for weeks.

Making of Mayonnaise Not Difficult Now.

Three-Minute Mixture Saves Tedious Drop-by-Drop Process as Under Other Ways of Preparing Dressing.

THE making of mayonnaise dressing was formerly regarded as a troublesome affair. Exceptional cooks or housewives, it is true, would assert that it was no trouble, once the knack was acquired; but as a rule it was not a popular dressing with busy cooks.

The three-minute mixture that saves the tedious drop-by-drop process is made as follows: Measure out the salt and mustard into a bowl and add a whole egg, both yolk and white. Beat this mixture thoroughly and then add one-third of a cup of oil, all at once. Beat this until it begins to thicken, then add another third of a cup of oil. Beat this mixture until it is as thick as mayonnaise. If a thicker one is desired more oil must be added, making a cup of oil in all; beat until very stiff, then set the bowl on ice until the dressing is wanted.

Mayonnaise made by this process is less likely to curdle than that made in the old way, and the mixture is quite as good.

A bowl or jar of mayonnaise will keep for some time if put in the refrigerator, and it is very useful to have on hand. It is well to remember, too, that a mayonnaise can be transferred into a tartare sauce by the addition of chopped gherkins and capers. Therefore it is economy in time so to plan your menus that a fish dish served with tartare sauce is followed the next day by a salad requiring a mayonnaise dressing, or vice versa.

Organized Mothers Active.

Twelve thousand mothers from the California Congress of Mothers.

Alabama mothers met in annual convention recently. Middletown, Ind., has a new Mother's Circle formed by Mrs. George Marshall, state president.

Worcester (Mass.) 27 home and school associations are asking that the Mayor grant a special appropriation of \$2000 to open the schools for civic purposes.

St. Paul (Minn.) mothers are co-operating with the Citizens' Free Employment Bureau by providing suitable clothing for worthy, poor school children, and thus easing the burden of unemployment.

Distinguished service.

Kansas City Star.

If the Kaiser cannot think of anyone else to decorate, let him hang an Iron Cross on G. Bernard Shaw.

SPORT WARDROBE FAR FROM INEXPENSIVE ONE

Raiment Delightfully Informal, but Must Be up to Last Moment in Snap-piness of Style and Well Tailored.



THE SPORT HAT.

LET not the woman who is planning a simple summer wardrobe be misled by the casual statement of a friend: "Oh, you'll need nothing but sport clothes at —."

Sport raiment is delightfully informal and suggestively inexpensive—in imagination; but no summer wardrobe costs more than the wardrobe of smart sport clothes. Such garb may not be built at home. It must be well tailored and up to the last moment in snap-piness of style, else it looks painfully dowdy. Sport clothes do cost money, no getting around that! The constant laundering of crisp white

linens and plaques costs money, too. On the other hand, no girl looks so well in summer as the girl in correct sport togethery and such raiment is worn morning, noon and night at the exclusive colonies where cottage and club life prevails.

One sport hat is of white corduroy, trimmed with white grosgrain ribbon made into a flat cockade. Such a hat may accompany a tennis or boating dress of white duck, on most informal lines; or a colored white linen suit worn with white gloves, white buttoned boots and white parasol. The lines of the hat are smart and correct and its style is unassailable.

EARLY-DAY CUSTOMS OF WEST ARE RECALLED BY MRS. NINA LAROWE

Panorama Described as Predecessor of Moving Picture—Travel Not Particularly Comfortable, but Ship and Stage Used Without Murmur and Considered Quite Luxurious.



"When I Talked the Captain to Death"

"When I was 25 Years Old and Did not Talk so Much"



Size of Hoop Skirt When it Was in its Glory.

BY MRS. NINA CHURCHMAN LAROWE. THE HAD the panorama which was evidently the forerunner of the moving picture. The painted canvas used to unroll and pass over the stage while a man pointed with a long wand and explained meanwhile. Economic prompted the selection of the applicants and they were usually "murderers of the king's English and ignorant of history. The explainer learned his description by rote. Sometimes the canvas traveled too fast or he was too slow of utterance and while describing Paris perhaps some other city in front of him. Consequently he would become confused and would have to stop short and plunge into the horses in the city which encroached on the time of the one he had been describing. They used to tell a tale of a public panorama where the interpreter in the scene of Daniel in the lions' den used to say:

"Now we go to the other extreme in the lions by the green cotton umbrella which he carries under his arm." Well, anyhow, we children thought the picture was good and were entirely satisfied. We had high-post bedsteads with a canopy and curtains to shut out the air. Now we go to the other extreme and have sleeping porches that we may take in all the pure air possible. If the children or grown people were out at night they were warned against the night air. No windows were allowed to admit it and sometimes rooms were kept all night long with the windows had a miniature ladder of three steps to enable one to get into them. The mattresses were supported by ladders of rope which were drawn through holes in the woodwork of the bedstead, and every now and then had to be tightened up to prevent sagging. Afterwards wooden slats took the place of ropes. The bedsteads were very high to admit beneath the trundle bed, low and on wheels.

The bedsteads had a curtain or valance all around. The trundle bed was pushed under by day and drawn out at night. In it small children slept under the watchful eye of mothers.

Theater Plan Reversed. In the theater what we now call the orchestra was the pit where only men and boys sat. The choice seats were in the first balcony or family circle. Sometimes ladies sat in the circle around the orchestra chairs, which is now termed the parquet circle. A curious custom of the time was the throwing of money to stare favorites. At the end of the act would come a tremendous hand-clapping, up would go the curtains and then from all parts of the house would come a shower of silver quarters, half dollars and dollars which would keep the favorite picking up coin for many minutes. The custom obtained for some years until money was more scarce.

Ladies' shoes had no heels, were made of cloth and were laced on the sides. They were made in drab, black, blue, green and other colors. The ridiculously high heels of today are an injury to the foot and induce a very graceful walk and carriage. The heel-less ones, however, made a flat-foot appearance.

The transition of a girl from short skirts to long dresses though ardently wished for, was a somewhat painful and embarrassing change. Women's dresses trailed on the ground or floor at all times and when a girl put on a long dress she was an object of universal comment.

I suppose you think yourself a young lady now and sneered at Sunday school. My self-consciousness and embarrassment were so uppermost as to make me a miserable creature indeed.

Finally we sold the old home in Nevada City and disposed of things in San Francisco. I went the rounds of my pets, watering each and every one over, and dear young ladyhood an assured fact.

My first long dress was worn to church, and afterwards to Sunday school. My self-consciousness and embarrassment were so uppermost as to make me a miserable creature indeed.

the seat. The parrot would come down and get morsel and then go up and eat it and turning its head on one side watch the cat catch the stray crumbs. Harmony flourished between them ever. My father loved animals and between us the house was pretty well filled. Mother would occasionally rebel and clear out the livestock.

We had to go to Sacramento by stage, which was a long ride. We started on a cold, dreary Autumn morning. (Stages and steamers and cars have a disagreeable habit of starting and making arrivals before daylight). The roads in this case were always very muddy and the horses would frequently mire and then all the men passengers were ordered out to help. The ladies were privileged or on ship on which I have been seemed to me to be a star of some kind, shooting and rising. I do not know what ships have in common with stars. They say: "Hitch your wagon to a star." Possibly we are advised to hitch the ship to a star also.

ship Vagaries, Mysteries. Mother hesitated, was reluctant. These 60 days way out on the Pacific appalled her, although she had been on the ocean before. Not so myself. I was young and exuberant and any proposition to go anywhere was rose-colored to me. If not the steamer, why, sails by all means. Every steamer or ship on which I have been seemed to me to be a star of some kind, shooting and rising. I do not know what ships have in common with stars. They say: "Hitch your wagon to a star." Possibly we are advised to hitch the ship to a star also.

One day our small procession of three, mother, general adviser and myself, left the hotel and made for the ship Shooting Star. The skipper's name was Captain Drinkwater, curious name for the master of a ship. Being landlubbers ourselves (at least mother and myself, general adviser made some pretensions to sea lore), we did not understand the vagaries of No. 1 clipper ships. They do not always hug the wharf, but prefer to be out in the stream. Another peculiarity is they never seem to know when they are going up into space and finally they are expected to go aboard and stay there until she elects to shove out. We found we had to go out to her in a small boat. The bay was pretty rough and we were somewhat afraid and timidly stepped in. When we got to the ship we were met by a mate beside a great bulk that seemed to me miles high. She was in ballast, had not yet her cargo and seemingly was not decked whether to have one or not. She stood so high her ladder was clear out of water. Mother said, "Convent! How are we to get aboard?" Black and tackle with a chair at the end was the answer. Mother shut her eyes tight and sailed way up into space and finally came to the ship's side. When my turn came I also went up and over. When we were aboard we found we had an elevator sent home. The old dark mahogany and mirrors. We had fine staterooms and everything seemed to promise great comfort and happiness.

TODAY'S BEAUTY SUGGESTIONS

Face powder simply covers up an unattractive complexion and leaves no lasting benefits. Those who have tried a simple sprumax face lotion find it much better, as it removes skin discolorations, such as freckles and tan, and makes the skin smooth, white and velvety. This lotion is made by dissolving four ounces of sprumax in one-half pint hot water, then adding two teaspoonfuls glycerin. This complexion beautifier does not rub off or show like powder and gives a more refined appearance. It removes both shininess and sallowness, rapidly giving the skin a permanent, healthy, youthful appearance.

An especially fine shampoo for this weather can be had at trifling expense by dissolving a teaspoonful of canthrox in a cup of hot water. Pour slowly on scalp and massage briskly. This creates a soothing, cooling lather that dissolves and removes all dandruff, excess oil and dirt. Rinsing leaves the scalp spotlessly clean, soft and pliant, while the hair takes on a glossy richness of natural color, also a fluffiness which makes it seem very much heavier than it is. After a canthrox shampoo arranging the hair is a pleasure.—Adv.

passage secured. The sailing ships did not care much for passengers, but could be induced to take a few. They did not welcome women passengers, because in many cases captains were not permitted to have their wives aboard, consequently it did not seem quite the thing to take other women. It would take 60 days to make the trip from San Francisco to Callao, the port of Lima, in Peru (we could not then find a ship going direct to Valparaiso), and from there we could go down on the coast steamer from Callao to Valparaiso.

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