

WHAT TO WEAR AND HOW TO WEAR IT.

Our Special Correspondent Writes Entertainingly to Women.

FROM THE METROPOLIS

Tub Frocks of Charming Design—
Separate Blouse of Blond Lace
For Youths, Frocks of White Lawn
With Flower Sprays and Polka
Dots Are the Correct Thing.

BY JULES THEROW.
Pongee linen and plain polka dotted linen are used to the best possible advantage in the two costumes sketched to-day, and although the fabrics are of the tub variety their tone and pattern is such that they can be worn an entire season without even being cleaned.

The first dress is copper color with a pretty design of delicate pink flowers with plenty of green foliage and long green stems. The circular skirt fits the hips perfectly and is



TUB FROCKS.

trimmed at the bottom with graduated folds of green linen. This trimming is repeated in the decorated scheme of the waist, appearing about the deep narrow vest of lace and the sleeves.

Dotted linen elaborately stitched with narrow linen soutache braid is employed for the second frock. Gowns like these can be bought in patterns and are much cheaper than would be the attempt to braid the linen ones self. There is a deep border about the plaited skirt and the blouse has a skeleton arrangement of the braid trimming hanging over an underblouse of thin cream colored batiste figured with embroidery.

For afternoon wear tub frocks of dainty design are quite as common as the fashionable silks and other more elaborate fabrics.

There is really no limit to the beauty that may be imparted to the separate blouse, both through its own design and by way of countless little accessories of trimming that count for so much in expressing feminine charm and daintiness. Blonde lace is a trimming that has played a prominent part in the design of smart midsummer costumes, and for separate blouses nothing could be more desirable.

Highly commended for its daintiness is this short waist in blonde lace when mounted over the most delicate shade of apple green satin. The satin in turn is veiled with chiffon. A large portion of the waist is



A BLOUSE OF BLONDE LACE.
formed of coarse flannel handsomely embroidered, the yoke vest and back and front and the lower part of the sleeves being formed of this material.

Over this is draped the finer lace, with the wide armholes cut in one with the front and back. The shoulders are inset with medallions of soft silk Spanish lace and these are outlined with a pretty small leaf design of green floss silk embroidery.

The girle is of green silk trimmed with buttons covered with blond satin outlined with black enamel.

Frocks of white mull, lawn and dimitted patterned with delicate flower sprays and polka dots are quite the correct thing for young misses this year. Dresses like the illustration, trimmed principally with Valenciennes insertion are not difficult to make at home, nor are they expensive if bought ready made. Cross colored Valenciennes is used in this

instance, is very rich looking against a background of white.

The skirt is trimmed with narrow panels of tucked white lawn, in addition to the lace and the waist has an ample trimming of the same materials.

The armholes are very wide and loose, showing undersleeves of the dress materials, finished with edge-



YOUTHFUL SIMPLICITY.

ing, insertion and ribbon bows. The neck is cut a little low and finished with a square yoke of insertion finished with edging to match.

Ruffs of Chiffon or maline in delicate shades go well with thin dresses and are as much used by growing girls as by matrons.

THE SCHOOL OF EXPERIENCE.

One Woman's Way of Providing Palatable and Nutritious Food.

When I was married six years ago, I knew very little about housework and absolutely nothing about buying provisions for a family table.

There was a large grocery store and meat market in combination in our town, and there I used to telephone my orders every morning for the meat, bread, fruit, groceries and vegetables. The result was that we usually had stale bread and wilted vegetables and poor cuts of meat, but so we went on for more than a year. One day after receiving an unusually poor array of articles, I resolved to try another procedure and select the daily food products.

My husband had always paid every fortnight the meat and grocery bill. I asked him to allow me to calculate an average amount, hand me the allowance and I would pay cash for everything. In a few weeks I had so arranged my daily routine that the visit for the marketing took very little of my time. Certainly we had better food upon our table, and, best of all, I found at the end of each week some money left over. Here is the sum and substance of my present regime. A farmer brings me eggs and butter each week, thereby assuring fresh supplies of these important necessities. The baker leaves hot bread, or cake or pie, any afternoon when I have not had time to do my own baking. The vegetables I buy from a neighbor who has his garden in sight, and the peas or corn come literally from the earth to the table within twenty-four hours. And I go early in the morning, just after setting the rooms to rights, to select my meats from the butcher. All staple articles from the grocer I order in large quantities, thereby saving almost a third of their expense, and I have a splendid store closet, which is the pride of my heart. The grocer also knows now that I want the very best of everything, and that I will accept no other. Surely the food as now provided is not only more palatable but also more nutritious.

Army's Only Woman Officer.
Mrs. Emily E. Woodhoy was said to be the only woman ever regularly commissioned as an officer in the United States army, died recently in Philadelphia at the age of seventy-three. She was the last of the thirty-five young women from Philadelphia who enlisted as nurses in the Civil War. She was a widow of twenty-six when she offered her services as a nurse in 1861, and for her bravery and good work President Lincoln conferred on her a commission as captain in the army. She was later decorated with a gold medal by Secretary of War Stanton. For a number of years she was president of the National Association of Army Nurses of the Civil War, which she organized and was the only woman member of the Grand Army of the Republic.

Hints to Mothers.
Never let a child sob itself to sleep. Unions in any form are good for children.
A hair mattress is better than a feather bed.
Oil of cloves will often cure an aching tooth.
To insure pure water for drinking purposes boil it.
When a child refuses to eat let him have his own way.
A little borax in baby's bath water is good for its skin.
Mustard plasters made with the white of an egg do not blister.
Cats carry sore throats and diphtheria from house to house.
If a child's clothes catch fire instantly roll him on the floor.
The liar waxes strong in popularity, but the speaker of truth is with-out friends.

THE WAKEFUL CHILD

SUGGESTIONS WHICH IF FOLLOWED WILL EFFECT A CURE.

The Baby at Birth is Plastic Material and Can Be Easily Trained to Correct Habits Unless There is Injudicious Management.

BY CHARLOTTE A. AIKENS.

A nervous wakeful child, is the material out of which a nervous, wakeful adult is made. It is undoubtedly a fact that the foundations for many cases that develop into chronic nervous debility, are laid in infancy or early childhood. Hereditary, of course, plays some part. Many children are born with weakened nerves, but it is also true, that nervous children are the product, largely, of injudicious management. A baby, at birth, is plastic material. It can be trained to habits of sleeping and feeding at proper times, or at improper times.

Wakefulness at night is quite often occasioned by physical discomfort, but conditions of physical discomfort are largely preventable. Indigestion as a result of overfeeding, colic which may arise from improper food, wrinkled, wet or tight clothing, cold feet, a room that is too warm or badly ventilated—all these may help to produce a restless baby. In summer especially, a baby who sleeps with its parents is liable to be too warm. A cool, clean crib of its own, will mean more comfortable nights for all concerned.

With older children the cause of wakefulness may sometimes be found in the excitement of an evening frolic with parents, or too active, exciting plays with children late in the afternoon or evening. There are certain forms of plays common with children, which produce in a child of a nervous temperament, the same train of symptoms that are liable to follow late hours or dissipation where adults are concerned.

After an afternoon of hard playing, which is as exhausting in a child as hard mental or physical exercise in a grown person, a child, under the resulting nervous excitement, is very apt to indulge in a too hearty evening meal. The process of digestion is unfinished at bedtime and that alone may give rise to insomnia.

In the other hand a poorly nourished child is almost certain to be a peevish, wakeful child and a little care in dieting, choosing easily digested, nourishing foods may suffice to effect a complete cure.

The custom of telling stories to children in the evening or after they are in bed is another thing that tends to wakefulness. Instead of quieting the little listeners, the evening story often stimulates their mind to further activity. If the evening is the time chosen for stories, the story should be of the sleepy, uninteresting, drowsy type, with nothing in particular which is likely to stay long in the child's mind.

Keeping a light burning in a room invariably tends to wakefulness. Some hours of complete darkness is as necessary for the growing child as for the growing plant.

A thorough heating of the feet before going to bed is desirable, and a warm brick or hot water bottle well wrapped to the feet often helps the child as well as the adult to drop off to sleep quickly. A drink of hot milk slipped slowly, with a cracker, is another simple remedy that has proven very effective.

The restless baby may develop into a very well behaved child if his bath room is changed from morning to evening and he gets his clothing on straight, smooth and comfortable, before putting him to bed. With a very nervous, wakeful older child, gentle sponging down the spinal column with water as hot as can be borne is a procedure that assists in promoting healthy sleep.

How to Look Pretty in a Photograph.

A curious fact relative to a woman's personality is that the two sides of her face are not in accord with the other. In other words, every woman has two faces, and one shows certain characteristics which the other does not, and each contradicts the other.

The left side is nearly always the prettier, although it would take a very keen eye to discern any difference; but it is worth while to remember this when posing for one's photograph.

The moral of this is obvious. The left side of the face showing to the camera is the better advantage than the right. It is everyone's duty to keep the good side turned toward an observer.

The Secret of a Neat House.

I have a little plan that has saved me so much time and strength that I should like others to know of it, says a contributor to a magazine. It is this: We have two "poulters" in our house for misplaced articles. One is an unused cupboard on the first floor; the other is on the second floor. In these cupboards the members of the family may put anything that they find lying around. There is a child's bank in each cupboard into which one must put a cent before he can claim his property. The money may be used to get some little thing for the house.

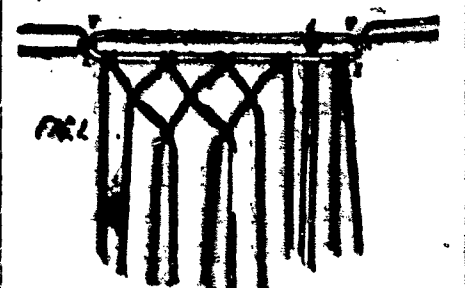
Freshening a Black Frock.

A black frock may be freshened by sponging it with alcohol mixed with water in the proportion of one part alcohol to three of water. The garment should be sponged on the right side but ironed on the wrong.

A SCHOOL BAG

How You Can Make One Out of Strong Cord.

Do you want a strong, serviceable little school bag. Take a piece of heavy cord 20 inches long, lap one end to the distance of an inch over the other and sew the two lapped ends firmly together; then braid them neatly around and around with string. Bring the two edges or sides of the circle together, forming two ends V (Fig. 1). Tie a strong string on each end (Fig. 1.) and fasten each of the strings to the back of a chair; you will then have a circle of heavy cord securely suspended in mid-air. Cut 24 lengths of twice each 25 inches long; double each piece and fasten all the strands on the circle of heavy cord in the same way you make the fringe on the hammock (X X, Fig. 1), except that this time the strands must be quite a distance apart. Let all the spaces



between the strands be equal. Having fastened the lengths of twice on the circle, nest them together exactly as you netted the hammock, but you must depend upon your eye to keep the meshes even and of the same size, as there will be no board with line to guide you (Fig. 1.) The knots in circular rows, going round on both sides of the circle for each row. Continue the meshes until within three and a half inches of the bottom, then tie the two sides together, closing the bottom of the bag and forming the fringe shown in Fig. 2.



Having finished the bag untie the strings attached to the two ends and make two handles of heavy cord or slender rope. Fasten the handles on their respective sides of the bag. Loop the ends of the handles under the cord forming the top of the bag, and bring each end up against its own side of the handle; bend each of the two ends of the two handles securely to the handle proper, then bind the sewed portions neatly together with the cord as in Fig. 2.

Needlework Notes.

A thin silk or one that frays easily, may be cut out better if laid between sheets of thin paper and the pattern cut through paper and material together.

Don't, in order to avoid a tight blouse, cut a large armhole. A far better plan is to ease the side seam. A wide armhole causes the blouse to be pulled out of place at the waist when the arm is lifted.

In sewing a piece of bias material to a straight piece, the former is apt to become stretched. To avoid this the bias should be placed underneath.

It is often difficult to prevent the pile of velvet from being crushed in stitching it, and a good plan is to place a piece of the same material face downward on it. The fingers resting on this will not flatten the pile.

Bend steel or whalebones at the waistline when making a bodice; before putting them into the casings as the bodice will then fit closer to the figure.

Cucumbers and the Complexion.

Whatever the effect of cucumbers if taken internally, they benefit the complexion when used externally. The value of cucumbers, creams and lotions is well known, but not every woman is aware that the fresh vegetable can be used with equally good effect.

If you have cucumbers for a meal, boil the peelings, strain and bottle the juice, and wash the face with it several times a day.

If you have more cucumbers than you wish to eat, cut part of one and put it in the refrigerator. This can be sliced as needed and used on the face instead of soap.

If cucumber is sliced and soaked from two to four hours in milk it is excellent for sunburn. Bathe the face freely with the liquid and dry carefully with a soft towel.

Glove Economy.

The long cotton gloves with "suede palms," to which so many women pin their faith during the hot weather, can have their durability greatly increased if a minute piece of cotton wool is stuffed into the tip of each finger. Only the smallest quantity of wool is required, the object being to prevent the nails from wearing away the fabric of the gloves and causing holes after a short period of wear.

The Color of Paint.

You can remove the color of fresh paint from a room by leaving there a pan of water, into which several pieces of white cloth are placed.

AN AGREEABLE GUEST

THINGS TO REMEMBER IN A GIRL WOULD BE WELCOME.

There is a Wide Difference in the Way Young Ladies Acquit Themselves in the Role of Visitor—Never Enter Kitchen Unasked.

BY MARGARET E. BANGSTER.

The young girl who is going away to make a visit of a few days or a few weeks should bear in mind general rules that would serve to make her an agreeable guest. Last year a lady who is an extremely careful housekeeper, and whose manners gave a flavor of old-world courtesy, gave a house-party that included a number of friends of her daughter, who was a junior at college. The girls who arrived one afternoon by train, were well dressed, well bred and well educated. Each had behind her the traditions of good birth and careful training, but there was a wide difference in the way they acquitted themselves in the role of guests. One girl, for example, was always late for meals. It happened that the man of the house especially disliked a lack of punctuality at the table, and he was correspondingly annoyed when Estelle hosted in morning after morning in a bewitching toilet, when breakfast was nearly finished. Louise, to whom had been given a dainty room furnished in green and white, was so untidy and took so little care of bureau covers, spreads and curtains that her hostess was horrified. She wondered that a daughter of her's should entertain friendship with so heedless a young woman, and she was further disturbed when she found this girl's belongings lying about promiscuously in the drawing-room, the hall and the porch, with not a thought of order or of care.

Another girl who fancied herself a brilliant conversationalist, had an unfortunate habit of seeking the word on all occasions and of monopolizing the talk so that no one else had a chance to be heard. For more than we think we reveal ourselves unconsciously, by looks, speech and deportment, when we are away from home. Whoever would be an agreeable guest must as soon as possible find out and conform to the ordinary ways of the household into whose privacy she is admitted. If there is an opportunity to say her hostess's name, she must not overlook it, yet there are guests whose determination to be useful verges on the officious and intrusive. It is as well to remain in one's room in the morning until breakfast is ready, or if one goes for an early walk or ride, a seat on the porch, let one stay away from the living room and other parts of the house that are not yet in order for the day.

A certain young woman who visited this rule and established herself at once in an upper hallway in a window seat commanding a beautiful view, was intensely mortified when by accident she discovered that she had prevented several members of the family from taking their morning plunge in the bath room in their usual comfort.

Never visit a kitchen unasked and never venture into any part of the house in which you have no concern. Arrive at the time you are expected and take your leave on the day and at the hour when it was understood that your visit would terminate. If there are old people or children in the family where you are a visitor, be at pains to give them some of your attention. Try not to monopolize grandmother's chair and do not show yourself bored by the baby. If you are musical and are asked to play the piano, do not wait to be urged.

Lady Troubridge, tells an excellent anecdote about a guest who was staying at a certain ducal mansion. Economy was the ruling passion of the host and hostess, and it was impossible for any of those who were staying in the house to obtain any coals for their bedrooms. One of the guests, remembering his discomfort on a previous occasion, owing to a lack of warmth in the sleeping room, brought an extra portmanteau filled with coal and wood! Unfortunately the bag burst open as it was being carried upstairs, and the contents came hurtling out, and cluttered down the staircase. Needless to say, the guest did not receive another invitation to the house!

Shirt-Waist Suggestions.
In making yokes, one may use rows of lace insertion, or alternating ribbon and lace, this plan gives a smooth, firm and quickly made piece, writes a Canadian woman. I cut from a fairly firm piece of paper, an exact pattern of the section I want to make, and stitch upon this paper with the machine the ribbon and lace as desired. When finished and trimmed to the pattern, the paper may be easily torn away from the stitching.

To save work in making a shirt-waist I always use a tipped waist which fitted well, for a pattern. It is very easy to lay in any tucks or other differing design before cutting the new material upon the old lining. In this way it is possible to make a new waist without going through the tedious "trying on" process, and yet one is assured of a perfect fit.

The Yellow Peril Overcome.
In putting away white goods from season to season, to keep from yellowing, take a bag made of any old sheet, wash dip in strong bluing and dry.

Ready-Freeze Mince Pie.
In peach season fill a mince pie with delicious mince, select and pare them all, wash in cold water, and dry in a strainer. Then fill the pie with mince, sugar, brown or try to get a light and berry three feet in the ground for six months.

The process will then be ready for use, they will be covered with delicious brown and very far from and better than when preserved in the usual way.

If your child's nose is running, instead of worrying, try to make it as hot as possible.

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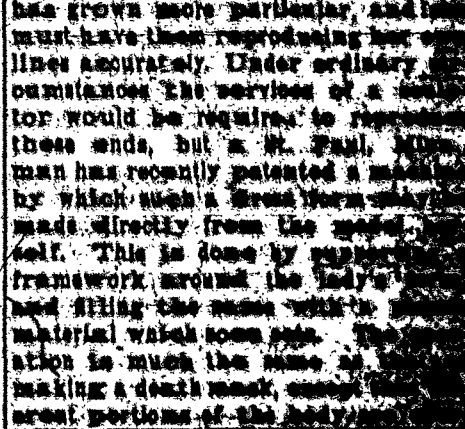
THE OATMEAL JOURNAL

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