

SPRING NOVELTY.

Tan Checked Wanted Used For Useful Garment.



SPORTS COAT.

The up to date girl is quite as much interested in seasonal sports as is her brother, and the clothing she selects to wear upon the occasions when she participates in a game of tennis is quite as smart as is his. The coat shown in the illustration is designed to be worn to and from the tennis court in the motor and is to this end built of heavy tan checked worsted. It is smartly short in front, sloping downward to three-quarter length in the back. The collar is high, and huge patch pockets snugly envelop the hands. The buttons are large and are covered with the material.

THE DETACHABLE LINING.

This is For Wear Under Handsome Blouses of Silk or Craps

The careful woman will find it advisable to instruct her seamstress to make a detachable lining of fine net or habutai silk for wear beneath the blouse of georgette craps of medium or of some one of the new striped silks. Such a foundation should have sleeves rather loosely shaped and terminating just above the elbow. In warm weather the perspiration across the back and on the arms is apt to stain or fade the fine material of the outer garment.

The lining should be made separately and then loosely tacked to the inside of the blouse at the neck and shoulders. It will then be easily removed for a visit to the laundry or for other renovation. Two linings for a fine waist are better than one because this insures a greater preservation of the outer fabric through cleanliness of the inner, and while one lining is being laundered the other may be readily adjusted to the blouse. This same idea applies to the frack of silk or of linen. Of course it is not advisable where the outer fabric is of sheer material like organdie, thin voile or kindred materials.

Allowance should be made for shrinkage when making up a new blouse or dress. A couple of extra blouse inches should be extended beneath the belt, and at the top of the skirt the material may be turned back so that after it comes from its first tubbing it may be let down without serious inconvenience.

Filling For Pillbox.

Coffee grounds rinsed in cold water and spread out to dry thoroughly on a sheet of paper make filling for a cushion which is warranted not to rust, needles or pins thrust into it.

FADS AND FANCIES.

Shirring marks many fracks of soft fabrics. The skirts are shirred at cords about the hips, thus disposing of fullness that might otherwise be awkward in a skirt not cut on circular lines.

The fash has many advocates this spring. There are some pretty fracks of taffeta, with hem-stitched flous of the sheerest muslin. Many lingerie fracks have ruffled hems draped about the shoulders. And even some evening fracks show this quaint adjunct.

If one may judge by the shops, women are again going to buy separate leather belts, for many and good ones are shown. They are to wear with one piece fracks and with coats of linen and of wool.

There is some difficulty about getting imported laces owing to the war, but there is no difficulty in getting fancy color to it, and, if the air and sun shine are taken early and regularly before the former has lost its morning fragrance and while the latter has not yet gained its power to tan, a beautiful bloom may be expected.

Milady's Mirror

Dew as a Beautifier.
The heavy dews of early spring mornings are a cosmetic that is so easily found and used it escapes notice. The face and neck, arms and hands bathed in fresh dew to be found on grass and plants at sunrise grow white and soft and pure in texture. At night the careful cleansing of the dust of the day, with plenty of good cold cream to fill the pores with cleanly substance to be absorbed, should never be neglected; then in the morning, with rubbers and warm wrappings, to bathe face and hands and neck and arms with cool dews will prove beautifying.

After this is done bed may be sought again for a short, restful nap before breakfast, and women who long for beautiful complexions will eat a hearty morning meal. Nature is a great teacher, and only to watch the feathered and furred and hairy creatures is to note that they are always hungry in the morning. Better a couple of meals a day, leaving off the midday lunch, than no breakfast and a hearty meal at noon.

Sour Milk For Facial Blemishes.
The French method of applying sour milk directly to the face to relieve it of blemishes is splendid—so it is said. A mask is made of Turkish toweling, the face coated with skin food, after which the mask is wet with hot sour milk and applied to the face as hot as can be borne. When it cools it is again dipped in the hot milk and again applied. One must use judgment as to how long the applications should be continued, for some skins are more tender than others. After the treatment the skin should be gently wiped with a soft towel and a soothing astringent lotion applied. This steaming treatment is ideal, for it clears the skin, opens the pores and gives a becoming and healthful bloom.

The cure may be hastened, provided the skin will stand it, by holding the head over a heated stove or radiator when the mask is on the face.

Exercises For the Lips.
An exercise for beautifying the lips and making them facile and flexible is the pronunciation of the vowel sounds—"ah-oh," "ah-oh-ee," "ah-oh-oo." This is to be repeated ten times each at ten different times a day. A sentence which is approved by many elocution teachers for the exercise of the lips is: "Most men want peace and more royal margin."

Actresses and actors are given many exercises not only for the cultivation of pleasing voices, but to beautify their lips, mouths and other features. It is through perfect exercise that the actor's face is kept so youthful and by which all the muscles of the face are perfectly developed without lining.

To Develop the Arms.
Extend the arms horizontally, then imagine a heavy weight in each hand. Slowly force this weight up until the palms meet over the head, at the same time resisting the effort to raise the weight. Lower the arms and the imaginary weight in the same manner. Massaging the arms with olive oil or cocoa butter will help to make them plump. Anoint the palm of the hand with the cocoa butter and gently but thoroughly knead the flesh from the wrist to the elbow, working in the cocoa butter at the same time.

Arranging the Coiffure.
In order not to be plain one does not need to dress elaborately. First study the mode of arranging your hair and select that which is not only smart but the one most becoming to you. Do not in the bustle and bustle to be in the day's work think that the simplest arranged coiffure will suffice. Neither be misled by the thought that a tight, closely arranged coiffure is suitable to all faces. In fact, there are but few faces that will not lose their beauty by such a coiffure.

Simple Tooth Powder.
A safe and simple tooth powder is precipitated chalk and orris root, which any druggist will mix for you in small quantities. Another equally safe but less pleasing powder is finely shaved castile soap, one part, and precipitated chalk, two parts. If this powder is used every morning and then if after each meal and before retiring the teeth are brushed with tepid water containing an antiseptic decay can be ward off.

Benefits of Olive Oil.
Olive oil taken every morning half an hour before breakfast is good for removing liver spots and otherwise clearing the complexion. Take a teaspoonful of the best olive oil before breakfast and the same quantity half an hour after the latest meal. In a few months this will clear the skin and otherwise improve your health. Drink plenty of water between meals. Avoid hot bread, rich pastries and sauces.

Value of Sunshine.
Sunshine, in spite of tanning and freckles, is good for the skin. So is fresh air. Both united give bloom and color to it, and, if the air and sun shine are taken early and regularly before the former has lost its morning fragrance and while the latter has not yet gained its power to tan, a beautiful bloom may be expected.

For the Children

A Little Boy and His Prize Winning Dog.



Photo by American Press Association.

This is the picture of a small lad who won a prize with his beautiful hunting dog at the recent dog show held at Madison Square Garden, New York city. The dog is named Mallwyd Edward, and he is a pure bred English setter of high degree, otherwise he wouldn't have won a prize in so great an exhibition. The proud boy's name is Bradley West, and he is the son of Mr. West, one of the owners of a well known kennel. Little Bradley was probably the most interested individual at the show. He felt sure that his dog was deserving of a prize and that he should capture the blue ribbon, but he was wise enough to understand that perhaps the judges might not think so highly of Mallwyd Edward as he did. But in this case it turned out that he was right, and the show officials decided that his pet was the best dog in his class. You can be sure Bradley thought the judges were wise men, for didn't they know a fine dog? When the award was announced Bradley was right there, and he hugged his prize winner delightedly. That was the moment when the camera man snapped their pictures.

The Bow and the Gun.
"The modern hunting gun," says Ernest Thompson Seton, "is an irresistible weapon for wholesale murder, and it is just as deadly no matter who pulls the trigger. It spreads terror as well as death by its loud discharge, and it leaves little else as to who is responsible for the shot. Its deadly range is so fearfully great as to put all game at the mercy of the clumsiest tyro. Woodcraft, the oldest of all defenses and one of the best has steadily declined since the coming of the gun, and it is entirely due to this same unbridled power that America has lost so many of her fine game animals."

"The bow is a far less destructive weapon, and to succeed at all in the chase the Bowman must be a double read forester. The bow is silent, and it sends the arrow with exactly the same power that the Bowman's arm puts into it—no more, no less—so it is really his own power that speeds the arrow."

"There is no question as to which hunter has the right to the game or is responsible for the shot when the arrow is there to tell. The gun stands for little skill, irresistible force supplied from an outside force, overwhelmingly unfair odds and sure death to the victim. The bow, on the other hand, stands for all that is clever and fine in woodcraft, so no guns or firearms of any kind are allowed in our boy scout camp."

Striking a Match in Wind.
Kephart in his book on "Camping and Woodcraft" says: "When there is nothing to strike it on jerk the head of the match forward through the teeth, or face the wind. Cup your hands back toward the wind remove the right hand just long enough to strike the match on something very close by, then instantly resume former position. The flame of the match will run up the stick instead of blowing away from it."

"Change Seats."
As many seats as players save one. He who has no seat stands in the center, repeating the words "Change seats," "change seats." All are on the alert to observe when he adds, "The king's come," when all change seats, and he must try to get one. If he should say "The king has not come," the seats must be kept.

To Lullaby Town.
Ready for bed in her long white night-gown. Betty is starting for Lullaby Town a sweet in the dust, she bears on the way. Ready for lullabyes, ready for play. Soft is her carriage, on rocks it goes. As grandmother counts all the pink little toes.

Each little toe in a cushion shall see. Safe on her journey on grandmother's knee. "This is a robin asleep in a tree. This is a butterfly, this is a bee. This is a pig with a lovely pink nose. And this last little one is a tiny white rose."

Ready for bed in her long white night-gown. Safely goes Betty to Lullaby Town. Soft is her carriage, on rocks it goes. As grandmother counts all the dear little toes. Each one as soft and as pink as a rose. —St. Nicholas.

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