

# FREAK CLOTHING RESPONSIBLE FOR WOMEN'S 'NERVES'

Dr. Jennie Baker Declares the Name of the Abuses is Legion.

**Marguerite Mooers Marshall.** Are the clothes of the modern woman responsible for her nerves? A Park avenue physician has so decided. He asserts that he has completely cured a very nervous woman simply by making her entirely comfortable. He compelled his patient to do style and have her shoes, her gloves, her sleeves, her belts and every other accessory of dress perfectly easy and adjustable. He had many a struggle before he convinced her that her tight shoes were more the cause of her nervousness than her daily duties or her impaired digestion, also that her head, loaded with pounds of false hair, held in place by at least a pound of the other pink, would induce constant pains in spite of medicine. Nevertheless, this patient's recovery has already served to make several of her friends mend the error of their sartorial ways.

"Is there a relation between clothes and nervousness?" I asked Dr. Jennie Baker of No. 85 Bedford avenue, Brooklyn, last evening. Dr. Baker is one of the regular lecturers at the School of Hygiene which Mrs. Oliver H. P. Belmont has held this winter in her Political Equality Association headquarters. "Unquestionably the nervous diseases and many of the other physical troubles of the modern woman are due to her foolish manner of dressing," replied Dr. Baker. "The kind of clothes she wears and the way she wears them would strain the strongest natural constitution."

"What are the most objectionable phases of twentieth century clothing?" I asked.

"I don't know where to begin," sighed Dr. Baker. "The name of the abuses is legion. But to confine ourselves to the sort of clothes that are most apt to have a bad effect on the nerves, I should mention large hats first of all. MONSTROSITY HATS ARE A CONSTANT STRAIN ON THE NERVES."

"The so-called 'umbrella hats' complete the disastrous work begun by the overloaded coiffures. Manifold puffs and transformations, while unduly heating, are not necessarily heavy. But a large hat is a weight, no matter how light the straw, for are there not also the framework and the trimmings to consider? And what with the weight and the unstable equilibrium of the monstrosity, there is a continual strain on the nerves of the wearer."

"Spotted veils, particularly those drawn tightly over the face, are also irritating to the nerves, and when worn constantly the vision is apt to suffer from them. Hair worn low over the forehead, in bangs or straying locks, is a nerve-irritant. The fingers are constantly twitching with the impulse to brush it back out of the eyes. Of course such an impulse is decorously controlled, and there again the element of self-consciousness enters. That is nothing but a form of nerves."

"Proceeding to the other extremity of the body, of course tight, high-heeled shoes mean nerve-strain. Why? Because the heel of the foot is a regular nerve center, and any restriction or unnatural forced position of that part of the anatomy sends couriers of uneasiness all over the body. Incidentally,

besides buying shoes that are large enough and that have low, broad heels, a woman should take care that the arch gives sufficient support to the instep of her foot. Otherwise she may develop an ugly case of broken arches or flat-foot.

"Constriction or tightness of any part of the clothing reacts on the nerves through the pain and discomfort caused. After recovering from some painful accident a person's nerves are unsettled for weeks or months to come. Why should there be a different result when the physical organ is caused by a binding corset or collar, instead of by a cut or bruise? Indeed, the suffering from too tight clothing is more continuous than that following a sudden accident."

"I am glad to say that there is less tight lacing than formerly. Our grandmothers tightened their stays with the aid of a bed-post, you remember. A snugly fitting corset does no harm; it is only when there is actual cramping of the body that trouble comes."

**HOLD THE HOBBLE SKIRT QUIETLY AS PRIME OFFENDER.** Tight gloves and armholes that are cut too small take their toll in nervousness. So does that ridiculously narrow skirt which interferes with a step over three inches long and forces a woman literally to hop into a carriage or a street car.

"Anything which is so elaborate and so fustily put together that its wearer cannot forget it but must be continually preening and settling herself, like a vain bird, makes toward nervous strain and a generally overwrought condition."

"Finally, though, it isn't primarily a matter of nerves, I must protest against the sort of clothing many New York women wear in the winter. Why, I went into a lawyer's office the other day, and I positively do not think that the stenographer had on more than a single garment under her outside clothes. She certainly had no room for a petticoat, and only an extremely decollete slip was visible under her Dutch neck, short-sleeved shirtwaist."

"Any doctor in town will tell you that women enter his office daily to ask him to prescribe for coughs and colds, and they mention while wearing stockings so thin that the flesh is plainly visible, and hosiery with only the thinnest lace covering throat and bosom. They wear their coats open, too, and their hair pushed stylishly back on their shoulders. And then they wonder why they are ill!"

"How would you have women dress?" I asked Dr. Baker. "Finally, I would have them wear women's

## How Old is Your Hair and Complexion?

"(Esther" in Household Helps.) "Your hair need not be gray to look old. It adds years to your appearance if it is dull, lifeless and lusterless. Washing the head gives that effect. It is better to use a dry shampoo, like an original package of Therox mixed with a cupful of cornmeal. Therox makes hair grow everything else falls. Sprinkle a teaspoonful of the mixture on your head once a week and brush out well. It makes the hair light, fluffy and clean—full of life and luster."

"What woman would not look young if she had a clear, soft complexion? Throw away powders and cosmetics if you would look young and fair. Make a simple lotion by dissolving an original package of unyaxone in a half-pint of witch hazel, and rub gently over the face, neck and arms every morning. Your complexion soon will be smooth, clear and satiny-like, with the dainty natural color of a girl in her teens."

"I think Mother's Salve better than any liniment or oil to reduce swelling, allay inflammation or relieve pain in any part of the body. But it is well—and these beauty killers disappear. Mother's Salve is also a wonderful healer of sores, cuts, burns and scalds."

—Advt.

clothes, but wear them sensibly," she replied. "I have no sympathy with the proposal that we adopt trousers or other mannish clothes. But for business, particularly in cold weather, a woman should wear a practical tailor-made suit, with a skirt three inches from the ground and wide enough to walk in with perfect comfort. Her shirtwaist should be long-sleeved and not transparent. Her dresses should hang from the shoulder, empire style, whenever possible, and soft, graceful, comfortable lines should take the place of the hour-glass curve."

## ICE SINKS LIGHTER; SUGAR SWEETENS NORTH RIVER.

Two Hundred and Fifty Barrels Go Into Water—Crew of Four Are Rescued With Dog.

The steam lighter *Border City*, south-bound in the North River, with a cargo of 250 barrels of sugar from a Yonkers refinery, was stove in by ice and sunk One Hundred and Ninety-fifth street today. Her crew of four men and the ship's dog were rescued by the steam lighter *Admiral*.

The *Border City* was entirely surrounded by ice from the time she left Yonkers until she got down below Spuyten Duyvil. The pounding and grinding of the ice froze the hull and a particularly large piece of ice stove a hole forward. The boat began to make water and the skipper headed her for shore, whistling for help.

The *Admiral* was bound up, light, and backed through the ice to a position alongside the *Border City*. The crew and the dog of the *Border City* had no sooner boarded the *Admiral* than the *Border City* went down in shallow water, with her deck cargo showing above the ice.

Both the *Admiral* and the *Border City* belong to Shortland Brothers, No. 110 Wall street. The *Border City* will be raised by wreckers, but her cargo is a loss.



## Complete eye-glass comfort

You are assured absolute eye-glass comfort when you purchase **Harris Glasses**. Every detail, from the examination of your eyes by an experienced Oculist to the final adjusting of the mountings by an expert Optician, receives the closest attention. The magnitude of our business, combined with the fact that we make complete eye-glasses in our own four factories, enables us to furnish you with perfect fitting glasses at the very lowest cost possible. **Harris Glasses, whether they cost \$2.00 or more, are guaranteed to give absolute, lasting satisfaction—or we refund your money.**

## M. St. John's Oculists and Opticians

64 East 23rd St., near Fourth Ave. 27 West 34th St., bet. 5th and 6th Ave. 54 West 125th St., near Lenox Ave. 442 Columbus Ave., 51st and 52nd Sts. 76 Nassau St., near John St. 1009 Broadway, near Wilby, Bklyn. 489 Fulton St., opp. A. & S., Bklyn. 297 Broad St., near Habes's, Newark.

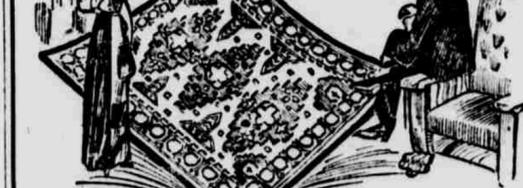
## YOUR CREDIT IS GOOD AT SPEAR'S 6TH AVE & 16TH ST.

A Dollar planted now at SPEAR'S SEMI-ANNUAL DOLLAR SALE will at once produce a beautifully furnished home. SPEAR'S DOLLAR SALE is like some stalwart giant of the forest which for years has withstood the violent storms of rivalry. This event is soon to complete the 18th period of its vigorous life. Weeks of competitive sales have perished, yet SPEAR'S DOLLAR SALE grows ever greater and stronger. Such a series of successes must be imbedded in the rich soil of right service, which makes "every deal a square deal." SPEAR'S CLEAN CREDIT stands like the mighty tree, unblemished by broken promise; a protection to all who seek its shelter. It is sound in principle to the very core; its help to you is strengthening in times of financial despair, and if business spirits when worry besets you. Determine to furnish your home—NOW. Secure the best, the cost is simply ONE DOLLAR—it will deliver any article to your home.



Complete Library Set, Chair, Rocker, Table and Book Rack \$14.95 50c Weekly

Delivers this Library or Den Set to your home. The Chair and Rocker are upholstered with Boston leather or comfortably upholstered in plush. The Table has a top and the Book Rack four good sized shelves. The set is selected Oak in fumed finish.



This Sam as Wilton All Velvet Rug, 9x12, in a Carpets variety of Oriental and Modern designs Laid and Fined Free \$23



\$1 Weekly Brings This 8-Piece Dining Room Set Complete in Your Home \$49.50



Delivers This All-Brass Bed; 2-inch post, six slats in head and foot board \$4.75

Free Motor Truck Delivery within 30 miles of New York 50c Weekly All Sizes, Bright or Satin Finish

## OLD FASHIONED MACY'S on our Sixth Floor. Unusual values in inexpensive goods.

## JUST RECEIVED MISSES' SUITS AND COATS ANNIVERSARY SALE VALUES SUITABLE ALSO FOR SMALL WOMEN

TAILORL'D WHIPCORD SUITS \$26.74 Black or navy. The straight coat is smartened with white serge buttons, large pearl buttons, and white serge collar, cuffs and strips at back, stitched with black. Carset skirt, in overskirt effect.

CUTAWAY WORSTED SUITS \$32.74 The newest white-and-brown or white-and-blue striped basket-weave material. Two button coat, cross-stripes forming belted effect at the back, and odd button. Collar and cuffs are of white toweling fabric. The carset tunic skirt has cross-striped lower portion, to correspond to the coat-beresque.

SERGE TOPCOATS \$18.74 Two models, in navy blue and black. One is lined throughout with beau de cygne, fastens with smoked pearl buttons, and has pique cord inside revers. The other is unlined, and has novelty shawl collar and cuffs, trimmed with black Bengaline silk, white serge and pearl discs.

Second Floor, 6th Ave.

# Macy's

All the merchandise in this advertisement on sale Friday and Saturday.

## ANNIVERSARY SALE VALUES

Special Activities in practically every Department People familiar with the Regular Macy Saving will best appreciate what these extra special values mean.

**MOURNING APPAREL** The distinguishing feature of Macy's Service is the elimination of all trouble and irritation such as is often experienced in this difficult shopping. We place at the disposal of those unable to come in person the services of experienced guides, who may be relied upon to select a complete or partial mourning outfit within any amount the purchaser may wish to spend.

Newest Mourning Suits and Dresses At Moderate Prices Tailored Suits of Diagonal Serge, with cutaway carset skirt, \$34.74. French Serge Tailored Suits, trimmed with tulle, \$43.74. Crepe de Chine Dresses, in tulle style, in mod with tulle, at \$37.74. China and India Silk Mourning Dresses, in numerous styles, from \$13.74 to \$33.74.



## NEW "GABY" MALINE HATS, \$2.49

Exceptionally smart. Made of black satin, or maline, or combinations of satin, velvet and maline. Our copies include the exact Elysian hat, and several variations that will prove becoming to those types of women who cannot wear a small hat.

Added to this sale some other new effects at \$2.97

## MALINE-TRIMMED SAILORS Faced with Straw Braid \$3.96

Another smart hat in present fashion. It is of black satin, faced with rame straw with huge loopings, wing or rosette, in black or black over white maline. Similar models of the same quality are \$5.00 to \$7.00 elsewhere.

## BOYS' SPRING SUITS WITH TROUSERS, \$6.49

All made up to the Macy standard, which demands silk sewing throughout. The Norfolk Suits are made up in three different new spring models of new spring material. Sizes 6 to 15 years.

The Double-Breasted Suits are in the same materials and colors and are made in two models, either two or three button coat. Sizes 10 to 18.

The trousers of all of these suits are lined throughout and secured-taped in the parts most subjected to strain. This is what prevents Macy's suits from ripping.

## English Corduroy Suits, With Extra Trousers, \$6.49

Two styles: Norfolk or Double-Breasted. English Corduroy is probably the most desirable material that can be employed for a suit destined for rough wear. This particular corduroy is a dark gray, a good serviceable shade. Sizes are from 6 to 17 years. All these suits have two pairs of full-lined trousers, which means practically two suits.

Other suits in regular stock for boys, up to \$14.74

## Boys' Overcoats Reduced

Formerly \$6.94, \$9.74, \$16.74 Now, \$3.96 \$7.49 \$10.74

Still a good assortment left—still a fine opportunity for a child's mother who look ahead from one winter to another.

## Boys' Laundered Madras Blouses, 68c

An excellent quality in either plain or pleated style. With or without collar attached. It has a medium light or dark striped effect. Sizes 6 to 16 years.

## Boys' New Spring Golf Caps, 68c

Blue serge. Also new spring shades of tan, gray and brown mixed chevrons. Your choice of lined or unlined.

## Boys' New Spring Hats, 98c

This is a special lot, including Shepherd's check in the Tyrolean and Pah Rah shapes, also the new Jack Tar shapes in felt. Colors are blue, brown, tan and gray. Other hats in stock up to \$2.69.

## Boys' Shirts of Percalé or Madras, 68c

In all the new medium light and dark striped effects with neck band. Sizes 12 to 14 years.

## WEEK-END CANDY SPECIALS

From Our Own Factory. Purity Guaranteed with Economy

19c (1) Chocolate covered Whipped Creams. (2) Chocolate covered Caramels. (3) Chocolate covered Marshmallows. (4) Chocolate covered Caramels and Marshmallows (Bro. dways).

## YOUNG GIRLS' SPRING COATS, SUITS, SKIRTS & DRESSES ANNIVERSARY SALE VALUES

SPRING COATS \$6.74 Sizes 8 to 14 years.

The always-popular shepherd's-check or fancy serge fabrics, made slightly fitting, in three-quarter length, almost all lined with taffeta. Notch collar and cuffs with inlay of plain satin or black-and-white check, or ornamented with soutache braid and tiny gilt buttons.

Many other styles, in better materials and with finer trimmings, up to \$22.74.

WHITE PIQUE DRESSES \$5.60 Extra quality pique, the collar-less blouse trimmed with yoke and inserts of baby Irish crochet. Sleeves finished with the lace. Kilted skirt.

"TUB" DRESSES \$1.96 Sizes 8 to 14 years.

"Grown-up" dresses, fastening in front. Made of check gingham in white with black, pink or blue, trimmed with plain chambray. Revers a cross front. Flat-pointed collar. Inset sleeves. Deep cuffs.

Then there are still prettier styles showing many novel touches that are not usually to be had in children's dresses. Present prices go to \$9.74.

GALATEA MIDDY SUITS \$2.49 Two-piece kilted model. Collar and cuffs of solid-color fabrics, finished with white silk braid. Patch pocket. Satin ribbon tie to match collar. Sizes 8 to 14 years.

Every day since this fad took hold a group of interested women has gathered around our instructor to learn the new stitch. It is exceedingly simple and rapid of execution. A triangular sail needle is punched through the design in a series of holes, each of which is securely fastened in the process.

In addition to this punching, which makes the background only as a rule, a regular outline or satin stitch is used for contrast in the chief design. Some of the designs resemble filet work when finished.

Punchwork embroidery suggests a new, simple way to elaborate blouses, gowns and children's dresses.

Pure Linen Patterns, stamped ready for the new embroidery, are priced as follows:

Pin Cushion Slips, 29c. Sailor Collar and Cuffs, 49c. Pillow Tops, 49c. Shirtwaist Patterns, 89c. to \$1.89. Centrepieces, 49c to \$1.39.

Many other novel embroideries on display, in which we instruct without charge. One of the most admired is the "Rambling Rose," which is best developed in colored silks.

## INSTRUCTION IN "PUNCHWORK" EMBROIDERY WITHOUT CHARGE

Third Year, \$48.00

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## MEN'S BLUE SERGE SUITS, \$14.75

The Weight for Immediate Wear. A particularly strong value in view of the rising price of serge.

These suits are not summer weight serge, though many men wear such suits in the summer. They are heavy enough for early spring days. The model is the improved English shape which our customers so greatly appreciate. The cloth is full weight, smooth and pliable, and, of course, will neither fade nor shrink.

We never handle any serge about which there is any question. All Macy's serge suits are tested and warranted.

All sizes from 34 to 46. Moreover, special models for men of unusual build. Extra long skirts for tall men. Short skirts for stout men. Special models also for short men who are not stout.

## SALE OF MANILA CIGARS

Made in the La Yebana Factories. Nothing but fine Manila tobacco is used in making these cigars, hence that soothing mellow flavor that is so distinctive.

"HIGH LIFE" SIZE In boxes of 50, originally sold at \$2.49. \$1.74

All fine grades of cigars in regular stock including the celebrated Luis Marx, exclusive with R. H. Macy & Co., \$26.00 per 100.

A fresh shipment of Pera Turkish Cigarettes, the finest cigarette imported—exclusive with R. H. Macy & Co., prices from \$1.69 to \$4.99 per 100.

PEOPLE with lowered vitality get little pleasure from the keen, bracing cold of Winter. Tired-out, run-down systems don't have heat enough to get stimulus from cold. They just feel the creeping, numbing chill and are miserable. Good food will build up the system if it is digested and assimilated, but something is needed to help the system to get the nourishment out of food. **Duffy's Pure Malt Whiskey** taken in moderation, helps the system to help itself. If you are not perfectly well, use it. As druggists, grocers and liquor dealers, or direct, \$1.00 large bottle. The Duffy Malt Whiskey Co. Rochester, N. Y.

SUNDAY WORLD WANTS WORK MONDAY MORNING WONDERS.