

CHILDREN WELL DRESSED

GOOD TASTE SHOWN EVEN WHEN THERE IS EXTRAVAGANCE.

Baby's Childish Frocks Taken by Elaboration on Child Frocks—Russian Models Popular—Many Tunic and Veiled Scarf Arrangements of the Season.

Children's clothes are extraordinarily pretty this summer, and luckily the general taste in the matter of dressing the children improves from year to year.

Never was there a time when you could dress a child prettily and smartly with less expenditure and labor and yet never was there a time when you could spend more upon a child's clothes without offending the laws of good taste.

Exquisitely fine materials of a sort suitable to the age of the child, fine and delicate hand embroideries or bold simple embroidery effects of a quaint kind, nar-

She must choose her model with reference to fat chubbiness or slim legginess, must broaden narrow shoulders and cover thin elbows. In a word, she must never buy or make a frock because it is pretty, but must buy or plan



what suits the child that is to wear the frock.

For play frocks one piece models of the kind known as Russian, though they retain little of the Russian character, are enormously popular and the designers contrive to achieve much variety within the limits of this type.

Uncommonly good looking band trims are offered at the trimming counters and the designers make use of these very freely for the trimming of the one piece models in linen, pique, galatea, rep, gingham, &c.

Checked, dotted or striped materials have trimming details of plain color and white is often brightened by bold dashes of color, though many mothers prefer to dress their children in all white, and nothing is cooler, fresher and more practical for the laundress.

There are some delightful little Russian frocks of white linen embroidered in bright red and adorned by wide belts of red patent leather, and one little frock of cream batiste had wide bands of red embroidery passing over the shoulders and running to the bottom of the frock in front and back.

The young samurai ladies were the first to follow the popular styles in this respect and the higher classes began to follow suit, until now these fashions prevail everywhere.

LITTLE GIRLS' FROCKS OF NAJNSOOK AND LACE, OF BRAIDED PIQUE AND OF PLAID GINGHAMS.

the place where the top, front and back of an armhole would have been, but as a matter of fact there would have been no armhole seam in evidence even without the trimming, for the frock was cut, as are many of the new models, with short sleeve in one with the body of the frock.

Curious little models in two pieces are shown with this sleeve arrangement. One in very fine sheer white linen had what might be described as a finely plaited smock reaching to a point half way between the waistline and the bottom of the short skirt.

This was finished at the bottom, around the round neck and on the sleeves, by lace. The skirt also was lace trimmed under the outer smock, just at a slightly lowered waistline a pink sash was drawn around the waist and knotted flatly in the back.

This is of course an echo of the mania for tunic and veiled scarf arrangements which rages in the province of dress for grown-ups, and the many childish models with short sleeve or sleeve cap cut in one with the body of the frock are another

reflection of adult modes. Then, too, you find the belts upon many childish frocks playing hide and seek as do the belts upon the models for grown-ups—disappearing in front, to appear in sides and back, showing in both back and front but not on the sides, slipped under wide full length plaits on each side of back and front, &c.

Middy blouses with plaited skirts to match or in contrasting color are very popular again and are extremely comfortable and practical for summer everyday wear. The white blouse with red and blue or merely blue trimming is really the most childish and effective coloring for these blouses and the regulation sailor collar is well liked; but there are round and square neck finishes and some of the blouses have the short sleeve cut in one with the blouse and at right angles to it.

One house that specializes in smart novelties for children is showing odd little short smocks of this same cut. These are in one tone or striped linen with narrow lines of bright colored embroidery finishing neck and sleeves and are intended for wear with bloomers. Who says that the small girl is not emancipated?

Denmark's Ancient Flag. From the Housekeeper. The flag of Denmark, a plain red banner bearing on it a white cross, is the oldest flag now in existence. For 300 years both Norway and Sweden were united with Denmark under this flag.

In the year 1219 King Waldemar of Denmark, when leading his troops to battle against the Livonians, saw or thought he saw a bright light in the form of a cross in the sky. He held this appearance to be a promise of divine aid and pressed forward to victory.

From this time he had the cross placed on the flag of his country and called it the Dannebrog, that is the strength of Denmark. Aside from legend there is no doubt that this flag with the cross was adopted by Denmark in the thirteenth century and that at about the same date an order known as the order of Dannebrog was instituted, to which only soldiers and sailors who were distinguished for courage were allowed to belong.

EASY WAYS TO BE SYMPHILIKE

JUNE AND JULY BAD MONTHS FOR THE FIGURE.

Diet and Exercise Needed to Remedy Their Effects—Walking and Other Reduction Agents—Menus From Italy and Berlin for Reducing the Stout.

"June and July are the worst months for general deterioration of the figure," said a physical culture director. "The causes are many and reasonable."

"Why have I added five pounds," demanded one of my pupils of me, "when I've been working steadily all the time?"

"Because you've been drinking," said I severely; and she admitted that she had.

"In full confession she owned up to me that she had taken at least one soda a day and had sipped a phosphate or two. She had nibbled ice cream cones and imbibed ice sweets when thirsty. She had really craved the drinks, but they were none the less fattening on that account. I taught her how to quench her thirst in other ways, and now her weight is again declining."

"The weather is changeable and that causes thirst. Again the change in the seasons stimulates the appetite. So I am kept busy reducing the weight of my patients in the spring."

"I wish it were in my power to remove flesh by a miracle. I would lift a wand and wave it away. Of all the heard and unheard of transformations I know of none that would work greater blessing to womankind."

"I met one of my former pupils on the avenue the other day. She tried to dodge me and to the very last she avoided my eye, but I strode right up to her and addressed her. She had put on fifteen pounds and in place of looking like a pretty statuette she was rollypoly."

"I've been eating candy," said she. "You've been eating candy," said I. "Candy eating will not make a young woman fat. It is variety that fattens her."

"Can you reduce me?" she asked. "Surely," said I; "but the trouble will be in getting off the first pound."

"She came to my gymnasium and I put her on some pretty vigorous perspiration exercises. I set her walking rapidly around the indoor track. She was to walk two hours without stopping. When she got dizzy she could reverse. She has been doing it now for two weeks and the first pound of reduction has just been gained. The rest will be easy."

"It is strange how fat mars a woman's good looks. I think if women realized it more they would try harder not to get stout. The Queen Mother is admired by the English because of her looks. If she were to add fifty pounds to her weight would she still be the ideal? I think not."

"My pupils often ask me if I believe in total fasting. To this I always say no. The trouble is that it fattens you in the long run."

"You fast and lose fourteen pounds. Then you begin to eat and you put it all on again and a little more. It is far better to diet to lose it so it will stay off."

"Will slow chewing reduce the weight is another question that is often put to me. Yes, I reply, 'provided you do not chew too much food.'"

"I am often asked to recommend dietaries, for no amount of physical exercise will reduce the person who is not dieting well as fasting."

"In getting up diets I am governed largely by the person and the temperament, also by the occupation. There is no use telling everybody to live on skim milk, nor will the whole world thrive and grow thin on buttermilk. The majority would collapse."

"If the patient is a walker or a golfer and is willing to stay in the open air five hours each day I say 'Let your luncheon and dinner consist of chopped meat and lettuce. Don't drink anything except between meals and then let your drink be hot water exclusively.'"

"If a patient cannot get out in the air more than an hour or so each day I alter the diet. I have a librarian who had grown fat. For him I wrote out the Italian dietary, which has been followed by some of the great dignitaries of the Church when adipose tissue got burdensome. It is as follows: For breakfast a handful of pecans and a cup of black coffee without cream. For luncheon, anything that is palatable, but no pudding for dessert. For dinner at night another handful of pecans and a glass of very light wine."

don't take a street car. Walk all the way on your own feet; and this means exercise.

"Arrived at my studio the patient gets a cup of hot water, then ten minutes of swift exercise and then a breakfast of boiled egg and toast and coffee. This is followed by an hour's hard running on the gymnasium track. Then come some cooked fruit and dismissal. I tell my pupils to walk home."

"Walking is by far the best known exercise, but there are other things to be done. Personally I don't think that the banding exercises will do much to reduce the weight."

"I believe in stair climbing, provided the air is pure and in motion. Air in motion is the best known reducer. Dancing is a great reducing agency."

"Will bread and butter fatten me?" asked a pupil. "No, eat a slice each meal," I said. "Only one slice?" asked she. "Certainly, only one," replied I, "unless you are going to take the bread and butter diet as prescribed for a famous English beauty of a few years ago."

"This lady loved bread and butter, so her reduction specialist told her to eat her fill of it three times a day. Between meals she had tea. She had a fancy for walking and she tramped seven miles after breakfast, taking three slices of bread and butter with her for luncheon. At night she ate another slice, and so she reduced her weight without losing her complexion. A little oil is essential to a fine skin, especially the oil of butter."

THE SORBONNE.

A Condensed History and Description of the Famous University in Paris.

The recent lecture of Mr. Roosevelt, as well as the lectures of American educators in the Sorbonne, in Paris, has brought the name of that famous institution prominently before the American people.

The Sorbonne is often considered identical with the University of Paris. It is the most important part of the university, but the latter institution is several centuries older and has law, theological, medical and pharmacy schools outside the Sorbonne.

The Sorbonne, however, has approximately 10,000 of the 12,000 students in the university, and to a very large extent it is the university. American students never have flocked to it as they have to German universities, but in the half-century years their number has increased.

The Sorbonne was founded in 1257 by Robert de Sorbon, from whom it derived its name. He was born October 8, 1201, near Reims, and became a famous priest and the chaplain and confessor of Louis IX. He established the school in the district which has long been known as the Latin Quarter.

It was a place of residence and study for a long time, rather than a school where systematic instruction or lectures could be had by students. Shortly before his death in 1271 Sorbon added a college for philosophy and the humanities.

As the growing body of the seat of theological learning throughout the Middle Ages the Sorbonne faculty took an active part in the great questions that because of the times concerned both the Church and the State.

It demanded and supported the condemnation of Joan of Arc, says the American Educational Review; it showed great hostility to unbelievers, censured many noteworthy books and writers and opposed the Cartesian philosophy.

But among the glories of the Sorbonne is its record of having encouraged printing in France and trained many illustrious men.

Cardinal Richelieu early in the seventeenth century reconstructed the buildings of the Sorbonne, and was so liberal a patron that he became virtually a second founder. From being the theological school almost wholly, the Sorbonne passed into a seat of the broader field of learning that included science and literature.

In the revolution it went down with other French institutions of learning and in 1806 it became part of the University of France.

The scheme of enlarging the Sorbonne originated early in the nineteenth century; the new buildings have been constructed under the republic, being substantially completed in 1860. A vestibule, 300 feet long and 13 feet wide leads to the principal entrance of the amphitheatre, the entrance being closed by a gate of bronze and forged iron. Three thousand persons can be seated comfortably in the amphitheatre, and the acoustics are so good that the lecturer can be heard clearly in every part of the hall, which is 137.5 feet long by 137.5 feet wide.

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