

WHAT WOMEN TALK AND THINK ABOUT

HOW WOMEN SHOULD REST

Stop Work in Time—The Afternoon Nap—Regular Outdoor Exercise—Change of Occupation a Form of Rest—Necessary Recreation and Relaxation.

By CHRISTINE TERHUNE HERRICK, Author of "Cradle and Nursery," "First Aid to the Young Housekeeper," "Housekeeping Made Easy," "What to Eat," "In City Tents," Etc.

The time seems to have come when American women have to be taught how to rest. They have learned nearly everything else, but resting is something a good many of them have never had time to acquire.

There is a saying that Providence looks after the lame and the lazy. The implication is, apparently, that the healthy and the industrious know how to take care of themselves. The fact remains, however, that they seldom do. They go until they drop and never seem to have the least idea that they are overdoing until they give out entirely.

One of the first things to be learned about resting is that it is like some other remedies for the ills of this life. It is worth twice as much if taken at an early stage as it is if delayed until the disease has had time to gain ground. The true philosophy of resting is to rest before one is really tired. To know when to stop is as important a part of life's schooling as to learn where to be-

the would do well to have some book of mild interest at hand in which she can read for ten of the thirty minutes she has allotted herself. This will calm her and fit her for the sleep or rest she is trying to take.

But this is not all she requires. A woman cannot rest simply by stopping work and staying in the house. She needs a great deal more than that. She needs to get out of the house, and when she goes out she must do something that is good for her. Active exercise is as much a desideratum of rest as absolute repose.

The woman who rides a wheel ought never to get really tired. For I do not call it getting tired to have a sensation of healthy weariness in limb and muscle. That is the sort of thing that brings sleep and rest. It is not in the least like the tiredness that comes over the woman who has toiled at her household duties all day or who has sat at her sewing until her back and eyes and fingers ache. Anyone who has once known the joy of a ride on a bicycle will not tarry in answering when asked if there is any difference between the two kinds of fatigue.

So the woman who wishes to learn how to rest must exercise in the open air.

I have spoken of riding a wheel, because that seems to combine a maximum of exercise and interest with a minimum of bother. The woman who rides a good chainless wheel with the proper sort of appointments in the way of skirt guard and the like, has no tedious business of wheel and frock cleansing awaiting her when she gets home. She goes out with an easy mind, instead of being bothered before she starts by the thought of the unpleasant task that awaits her when she comes home and whose anticipation takes the edge off her enjoyment. But if a woman cannot ride a wheel, for any reason—and the good reasons against almost any woman doing it seem to be growing small by degrees and beautifully less in the revival of the wheel goes on—she must not on that account stay at home. Let her do something else—walk, tennis, golf. Only let her do something and do it out of doors, and do it every day, weather permitting.

Here then are two essentials of rest, repose and outdoor exercise. There are others. One among them is a pet recreation.

Women used to find this sort of thing in embroidery and worsted work. There are some women who do that even now. Others seek it in basketry and while the untalented may not be able to comprehend the joys of this particular form of employment, it is a fact that there are many who revel in it. There are others who do bead work and others still who have some one of the many crafts that have drifted into women's lives of late years. It makes no difference what a woman does—whether she embroiders or knits or weaves baskets or bead chains or hammers brass or burns wood—so long as it diverts her. If she doesn't do this she would better play cards or tiddly-winks. The object is of no importance—the play's the thing.

The woman should play in other ways, too. She should go to see things that amuse her—if it be only the circus. She



gin. Indeed, the beginning often presents itself, while the stopping place requires searching for it. The average busy woman who wants to rest, feels, just because it would be an agreeable sensation, that it must somehow be wrong. She will make sure that she is tired as she can be before she lays down her work and takes the few moments' repose she may need. But by the time she comes to that state she is at a period of fatigue when a few moments' rest will do little for her. Her first fancied economy was a mistake—and she is paying for it, as one does for all mistakes.

I have spoken before in these columns of the harm done by the Puritan conscience. Its effect in making the earnest woman scourge herself into overwork is perhaps one of its worst effects. There are many women who need to struggle to attain a state of saving unconscientiousness. Had they this, perhaps they might know how to rest without making a special study of it.

Said a young man the other day, in my hearing: "I wouldn't have my mother's conscience for any money in the world." "Running around here and there and picking it so often that it is in a dreadful condition. Mine is just a comfortable callosity."

How many women could establish a "comfortable callosity" in their consciences if it were better for them—and one may be for those about them. All parties err who would have better rest. Or, what might be better still, if the women were to learn to apply conscientiousness to the rest problem.

many busy women make a point of taking a little nap every afternoon? It seems to indicate the advisability of this by making most persons spy immediately after the midday meal. While the process of digestion is going on there should be a temporary cessation of work. A rest of fifteen minutes or half an hour pays for itself before the day is out. The woman should go off by herself, loosen any tight clothing she may be wearing, stretch out on a couch, in a darkened room, shut her eyes and lie still for a fixed time. Even if she does not go to sleep she is sure to be rested, if she is nervous and excited

When you see a pretty girl in a pretty hat you can often tell two birds with one stone with a well-turned compliment. For it frequently happens that the pretty hat was made by the clever milliner of the pretty girl. It is a fact with eastern women to make their own hats, and their Minneapolis sisters have been quick to follow the lead. All spring the millinery class at the Young Women's Christian association was well attended by middle-aged and young women, society girls and working girls, all eager to be initiated into the mystery of making a fetching bow. So much interest was aroused in the pretty work, and it was so much the proper thing to do, that another class has been formed this summer, and a group of school girls are the most enthusiastic workers.



should see a good play when she can, hear good music when it comes her way, indulge in such social joys as present themselves, and have their part in teaching her to rest—which in its best meaning is a change of occupation. When women have once mastered the science of resting they will do better work, and better husbands and children and bring the nation and the race to a higher level of health and happiness than they occupy at the present.

HAT-MAKING IS THE PRESENT FAD

Minneapolis Women Adopt an Eastern Craze Followed by Miss Alice Roosevelt, Who Is a Clever Amateur Milliner—Dress Designing Is Another Fad Among New York Society Women.

When you see a pretty girl in a pretty hat you can often tell two birds with one stone with a well-turned compliment. For it frequently happens that the pretty hat was made by the clever milliner of the pretty girl. It is a fact with eastern women to make their own hats, and their Minneapolis sisters have been quick to follow the lead. All spring the millinery class at the Young Women's Christian association was well attended by middle-aged and young women, society girls and working girls, all eager to be initiated into the mystery of making a fetching bow. So much interest was aroused in the pretty work, and it was so much the proper thing to do, that another class has been formed this summer, and a group of school girls are the most enthusiastic workers.

The New York women—Mrs. William K. Vanderbilt, Mrs. Harry Payne Whitney and the Mills twins—have persuaded their Parisian milliners to teach them how to make a hat and how to trim it. They paid fabulous sums for their lessons, but they started a new fad, and now there is as much rivalry among the New York women of fashion as to who can trim the prettiest hat as there is for the honor of being able to design the most stunning gown.

WHAT WOMEN WANT TO KNOW

By Marlon Alcott Prentice, Nuts Versus Meat—Do you believe that nuts are a better food than meat?—Health.

The controversy as to whether nuts are a more perfect food than meat goes on merrily. Many persons have substituted nuts for meat and been greatly benefited. On the other hand, while the nuts, the change has brought about aggravated forms of dyspepsia. This may have been partly due to the fact that the nuts were hastily masticated, but the fact still remained that the more concentrated food could not be digested. I do not think it wise for anyone to make a radical change in the diet, for it is a shock to most systems. If you are inclined to try the nut diet, begin by eating a half-dozen English walnuts with a bit of salt on each, masticating slowly and thoroughly. At the same time reduce the quantity of meat which you are in the habit of consuming. If, after several days of the nut diet no ill effects are noticed, increase the quantity of nuts and decrease that of the meat until the latter has been eliminated from the menu entirely. The exact quantity of nuts to be consumed at each meal must be determined by the individual, as much depends upon physical condition, occupation, etc. Athletic women can, of course, consume more concentrated foods than those of sedentary habits, for they should never exceed a reasonable quantity in the hope of increasing bodily vigor proportionately, for the very object sought would be defeated by the resulting disturbances. It is generally considered that two ounces of nut meat is about the limit for luncheon or dinner. Nuts should be purchased in small quantities, for they become rancid and are apt to become stale and are also affected by damp weather. Buy only the plain nut meats; salted ones are palatable only when fresh.

QUESTION FOR MONDAY

To Darken Blonde Eyebrows—I am a blonde and my eyebrows are scarcely noticeable, they are so thin and light. How can I make them heavier?—Helen.

MENUS FOR A WEEK

From Table Talk. By Special Permission.

MONDAY. BREAKFAST. Fruit. Cereal. Sugar and Cream. Broiled Bacon. Potato au Gratin. Graham Muffins. Coffee. LUNCH. Chicken Salad. Baby Plum Olives. Raspberry Shortcake. Cocoa. DINNER. Creamed Chicken. Red Fruit Soup. Roast Crown of Lamb. Pars. Currant Jelly. Canned Corn. New Potatoes. Water. Cheese. Fricassee. Fancy Cakes. Coffee.

TUESDAY. BREAKFAST. Fruit. Cereal. Sugar and Cream. Broiled Bacon. Potato au Gratin. Graham Muffins. Coffee. LUNCH. Chicken Salad. Baby Plum Olives. Raspberry Shortcake. Cocoa. DINNER. Creamed Chicken. Red Fruit Soup. Roast Crown of Lamb. Pars. Currant Jelly. Canned Corn. New Potatoes. Water. Cheese. Fricassee. Fancy Cakes. Coffee.

WEDNESDAY. BREAKFAST. Fruit. Cereal. Sugar and Cream. Broiled Bacon. Potato au Gratin. Graham Muffins. Coffee. LUNCH. Chicken Salad. Baby Plum Olives. Raspberry Shortcake. Cocoa. DINNER. Creamed Chicken. Red Fruit Soup. Roast Crown of Lamb. Pars. Currant Jelly. Canned Corn. New Potatoes. Water. Cheese. Fricassee. Fancy Cakes. Coffee.

THURSDAY. BREAKFAST. Fruit. Cereal. Sugar and Cream. Broiled Bacon. Potato au Gratin. Graham Muffins. Coffee. LUNCH. Chicken Salad. Baby Plum Olives. Raspberry Shortcake. Cocoa. DINNER. Creamed Chicken. Red Fruit Soup. Roast Crown of Lamb. Pars. Currant Jelly. Canned Corn. New Potatoes. Water. Cheese. Fricassee. Fancy Cakes. Coffee.

FRIDAY. BREAKFAST. Fruit. Cereal. Sugar and Cream. Broiled Bacon. Potato au Gratin. Graham Muffins. Coffee. LUNCH. Chicken Salad. Baby Plum Olives. Raspberry Shortcake. Cocoa. DINNER. Creamed Chicken. Red Fruit Soup. Roast Crown of Lamb. Pars. Currant Jelly. Canned Corn. New Potatoes. Water. Cheese. Fricassee. Fancy Cakes. Coffee.

SATURDAY. BREAKFAST. Fruit. Cereal. Sugar and Cream. Broiled Bacon. Potato au Gratin. Graham Muffins. Coffee. LUNCH. Chicken Salad. Baby Plum Olives. Raspberry Shortcake. Cocoa. DINNER. Creamed Chicken. Red Fruit Soup. Roast Crown of Lamb. Pars. Currant Jelly. Canned Corn. New Potatoes. Water. Cheese. Fricassee. Fancy Cakes. Coffee.

SUNDAY. BREAKFAST. Fruit. Cereal. Sugar and Cream. Broiled Bacon. Potato au Gratin. Graham Muffins. Coffee. LUNCH. Chicken Salad. Baby Plum Olives. Raspberry Shortcake. Cocoa. DINNER. Creamed Chicken. Red Fruit Soup. Roast Crown of Lamb. Pars. Currant Jelly. Canned Corn. New Potatoes. Water. Cheese. Fricassee. Fancy Cakes. Coffee.

STRIKES NOT AMBITION

True Story of a Massachusetts Factory Closing. Several weeks ago The Journal republished a story from an eastern paper to the effect that the factory of North Brookfield, Mass., had been closed and 1,500 employees thrown out of work, that the owner, Francis Batcheller, might accompany his wife to Europe, where she could continue her vocal studies, with the expectation of appearing in grand opera. It was an interesting story of a woman's ambitions and a man's devotion, but it turns out to have been untrue. The Brookfield factory, it is now asserted, was closed on account of the continued strikes of the employees. Mr. Batcheller was not even a controlling member of the firm and his desire to keep the factory in operation was voted down by his partners. Mrs. Batcheller, it is added, has no intention of going into opera and it is doubtful if she ever sings in public, except for charity, and so short of romance and ambition, the story comes to rather a commonplace ending.



OF THE TAILOR-MADE MODE.

Black chiffon cloth—which is the adjective implies—is daintily dotted with irregular flecks of a pearly white. The little collar has the full complement of seams, and bouffant little basques are applied just below the waistline. The plain waistcoat is of white pique, the coat folding over at the waistline. The skirt is gored, and just below the curve of the hip, groups of side plaits are inserted. The finish at the hem is quite plain.



A FRENCH YACHTING COSTUME.

This little gown is appropriately developed in navy blue serge with linen duck collar, cuffs and belt, and an abundance of brass buttons with the usual anchor on each short neck. The dress has straps which hold the belt in place on both fronts and back. The sleeve is of the regulation sailor pattern with a white linen duck cuff. The skirt has plaited gores stitched down as far as the knee and little groups of the brass buttons marking the end of the stitching.

SIX LINEN GOWNS ALL A WOMAN NEEDS IN SUMMER FROCKS

Linens Makes the Most Popular Warm Weather Gowns, and a Great Variety May be Obtained by Changing Belts and Stocks—The Newest Turnovers.

GIVE me six linen gowns and I can dress all summer," declared a blonde before she smoothed the skirt of her new linen etamine. "This looks like an etamine, hangs like taffeta in its prettiness, and is so comfortable to wear. Just a wide collar of ecru lace and the color is the new seashell brown, and the shade for traveling. "The trimming, as you will observe, is white and blue for day wear. That comes to more than half a dozen, does it not? But they are all used in the summer's wardrobe, and one does not need much else. "The combining of two kinds of linen is one of the prettiest ideas of the summer, and so beautifully it is carried out that there are waists which are fine enough for full dress occasions, yet which have nothing to recommend them but the material except that they are of an exquisite quality of linen, put together with great neatness and all by hand.

With colored linen gowns considerable white is added to the collar, yoke and sleeves, but little if any lace is worn on the skirt, even on the handsomest and most elaborate models. The favorite shades in linen this year are blues of all colors, pink, yellow, apple green and the new raspberry shade introduced this spring. This last is really a new color, although it has been worn for some time in linen. Yellow and pink are the colors are becoming, make up charmingly for summer, but if blue and pink are more suited to the coloring of the wearer by all means procure gowns of these shades and do not attempt to wear a costume simply because it is pretty and effective. "Square or rounded yokes of white Irish Valenciennes or guipure lace are seen on most of the linen model gowns, and the lace not only softens the color, but is apt to render the gown more becoming. Large, three-puff sleeves to the elbow, with any number of lace ruffles graduated in width to the wrist, are most effective on these linen gowns.

Collaring and shirting must be most carefully and skilfully done or else not attempted, as linen is by nature rather heavy and is apt to get bulky unless handled by an expert. Inverted and box plaits are to be much worn, and the skirt with inverted plaits opens from a little below the hips, the skirt carefully pressed so as to keep in the plaits, besides having a good flare, is very smart. If medallions of lace are used on the waist, a few may also be employed on the skirt, either just above the hem or laid on the skirt just below the plaits. Fine tucks arranged on a skirt as well as waist, in scalloped shapes, are in evidence on gowns of linen and pique.

Many women out of touch with the great styles do not understand the constant reference to blouses that drop over the belt. It is only natural for them to suppose that this means the old-fashioned pouch in front, which sagged over the belt for two or three inches. They cut the blouses on that line, thinking they read the fashions aright, and the result is primitive. "The smart blouse, the correct blouse, does not sag over the belt. Its fulness holds it out above the belt, but it should not fall over it, and there should be no difference between the front and back. If you will not wear any back to a blouse except the one that is pulled down two inches above the top of belt, if the front of the blouse is full the garters must be evenly adjusted from the straight, single underarm seam to the front. It is a mistake to suppose that this ad-

MRS. FAIRBANKS A POPULAR WOMAN

The Wife of the Vice Presidential Nominee Has Many Friends in Minneapolis Who Will Rejoice in the Honors Which Will Come to Her—President General of the D. A. R.

Minneapolis people are delighted at the nomination of Senator Fairbanks as vice president, and they are sure that no woman has graced the position of second lady in the land as Mrs. Fairbanks will. Mrs. Fairbanks was in the twin cities last fall, when her husband made the opening speech at the pretty idea of the summer, and she was the guest of Mrs. W. M. Liggett, at St. Anthony Park, a childhood friend. The year before Mrs. Fairbanks came to attend the conference of the Daughters of the American Revolution. She is the president general of the society, and, as one of the members said when speaking of her: "never knew a woman so loved and revered by the D. A. R. as their president."

Mrs. Fairbanks was born and brought up on a farm near Marysville, Ohio. She graduated from Ohio Wesleyan university the same year as her husband, and their marriage rounded out a pretty college romance. Until six years ago she was a leader in Indianapolis, Ind., and when Senator Fairbanks went to Washington she found herself one of the prominent women of the country. Her fact and graciousness have made friends of everyone she has met, and her influence has aided her husband more than either of them know. They have a beautiful home in Washington, near that of the late Levi Z. Letter, and it is a rallying place for the two married children, the son in college and the two big school boys.

If Senator Fairbanks is elected vice president, it will bring into greater notice his wife, who ever since he began his political career, has had far more interest in it than many persons have supposed, for she never obtrudes herself. For the

few women are better known socially all over the country than is this very tactful woman, she has still managed to subordinate herself in all things of which her husband was a part. Therefore, although she is a trained politician, and keeps easily abreast of all the tortuous windings, both in Washington and in the senator's state of Indiana, it is not as an aggressive personality that she impresses one, but rather as sweet and gracious, and one more likely to be interested in the newest modes than in political matters.

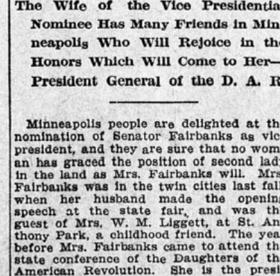
AMERICAN GIRL PAINTS EMPRESS

The Empress of China Sat to Miss Carl for Her Portrait at Five O'clock in the Morning, and the Picture Has Been Presented to the United States Government.

The empress of China sent the first real portrait that was ever painted of her to the United States. It was unveiled at the St. Louis exposition by her nephew last week. The empress sent the picture to America that the people might see that she was not of low origin, that her features were only correct, not coarse, for many of the stories of her life and character have drifted from American newspapers back to the imperial palace.

It was an American woman, Miss Kate Augusta Carl, who had the honor of painting this portrait. Miss Carl is a southern woman, whose father has been collector of customs in China for seventeen years. She has been living in China for some time and was received by the empress at several of the receptions for the women of the diplomatic circle. The Chinese have always believed that he who had his portrait painted tempted Providence, but the empress lacks many of the superstitions of her people, and when Miss Carl timidly asked permission to paint the imperial portrait it pleased the empress to announce that instead of one portrait she would have three—one for her private room, one for the hall of audiences and one for the United States—and she said that the sittings would commence at 5 o'clock in the morning.

"You mean, of course, in the afternoon?" ventured the artist. "Indeed, I do not," was the tart reply. "The Chinese love the night. We rise at 2 in the morning; our cabinet sits at 3; at 4 it reports to us, and by 5 I will be weary enough to sit still and have my portrait painted." The empress designed her own costume and chose her pose. She wore a splendid robe of yellow silk heavy with gold and blue embroidery, and she desired to be painted as she appeared at royal functions. For the purpose of studying her, Miss Carl was hidden behind a screen at the imperial entertainments and made many sketches of her royal model when she was on her throne. While she was painting the picture Miss Carl lived in a Japanese house in the palace garden, and she sometimes had three sittings a day. The portrait at St. Louis was the first that was painted, and it was sent from China with all the pomp and ceremony imaginable. At the close of the exposition it will be taken to Washington, to the National Museum of Fine Arts, and formally presented to the United States by the Chinese minister. Miss Carl received \$20,000 in gold and the decoration of the flying eagle for painting the picture which will become America's



MRS. CHARLES W. FAIRBANKS.



MISS AUGUSTA CARL.