

Correct Corseting

"Costly Thy Corset as Thy Purse Can Buy for the Corset Oft Proclaims the Stylish Woman." Says

Lillian Russell

BY LILLIAN RUSSELL.

A NUMBER of fashion journals are trying to make us think that the modish woman is going to go without her corset, but when she gets to her dressmaker milady probably will find that she need not discard her corset; she must only look as if she were uncorseted. For the first time since that of the ancient Greeks, we are coming to realize that a woman's natural figure is always the beautiful figure.

The day of the wasp waist, large bust, and redundant hips has passed and even the fashion plate today has some resemblance to the human form divine; and most women have found out that their dress may be comfortable, artistic, beautiful, and stylish at the same time.

Half the cry of the doctors and dress reformers against the corset has been because these people have taken their ideas of what the corset is from the wooden figures in the window displaying models for commercial purposes or from the impossible fashion drawings in the magazines. These figures and drawings evidently are always made by some one who has no idea of anatomy, as there is no place for the heart, lungs, or other necessary anatomical arrangements of



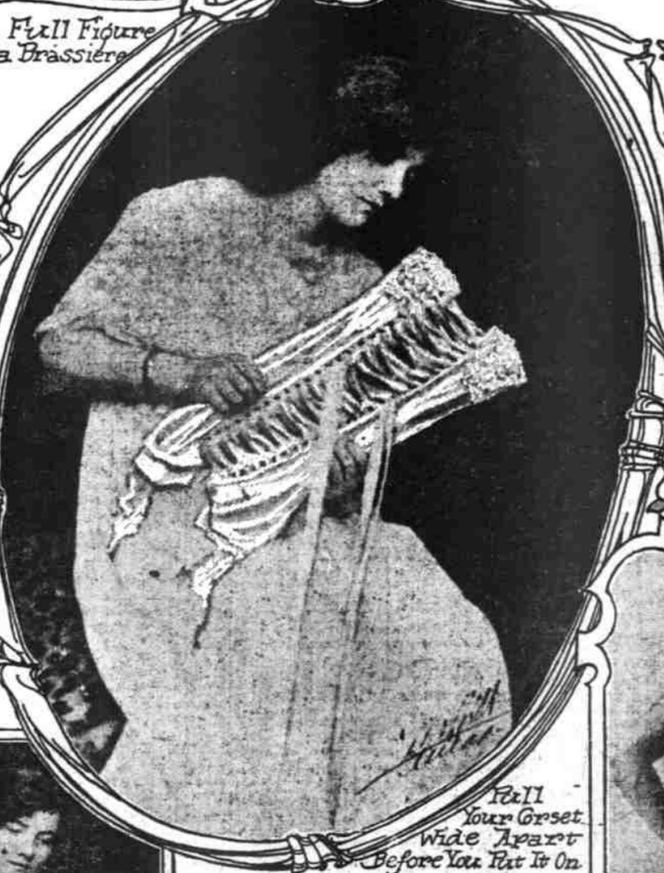
Your Corset Should Not be Tight Enough to Restrict the Movement of Your Arms.



Absolutely Straight Lines Are Necessary.

The Full Figure Needs a Brassiere

PHOTOS BY MOFFETT



Roll Your Corset Wide Apart Before You Put It On.



The Right Kind of a Corset Allows You to Sit Down Comfortably



Tie Your Corset Strings at the Waist-Line

• true if your bust is large, in which case a low bust corset and brassiere should be worn. Your corset should be adjusted until it will clasp easily and allow you to bring it down properly over the hips without pulling your flesh down unduly. Do not try to draw your flesh up in your corset, as was the fad a few years ago.

Next fasten the front and side stocking supporters; now adjust your figure by taking a long breath and rising to the balls of your feet. Then the laces should be tightened up to the waist line and from the top downward to the same place.

In a back laced corset sometimes the laces are tied about half way to the waist line and then again at the waist line, but in the front laced style the adjustment is always made in the waist line.

Do not have your corsets laced too tight at the top, especially if you are a little plump across the shoulder blades, as this will give an ugly bulging effect of flesh at the back. Leave your corsets looser above the waist than below, as just now the most popular figure is the one that suppresses the hips.

It is every woman's ambition to look sylphlike, but most women are too indolent to work for the trim figure they desire. They would rather resort to a corset which binds in their superfluous flesh to a point where it is impossible for them to breathe properly than to harden their flabby flesh by proper diet and vigorous exercise.

However, as long as fashion decrees the narrow skirts and simple lines of today, every woman who cares for that nameless thing we call "mode" must paraphrase Polonius' advice to his son and use as one of her shopping commands: Costly thy corset as thy purse can buy, for the corset oft proclaims the stylish woman. Economize on anything else, but make sure that you buy only the best articles or its kind, as your simple frock will be pronounced perfection if the proper attention to the purpose and adjustment of your corset is given.

ANSWERS TO INQUIRIES.

ANXIOUS: A careful diet is necessary besides local treatment in order to reduce the bust. Gentle massage with spirits of camphor is frequently beneficial. Be sure that the massage is done in a possible way. It is also good to use a corset with a low bust and a long hip line is most becoming. Particularly if

humanity. Even today the fashion magazines will show you drawings of the feminine form in which no live woman could exist.

Critics Have Wrong Conceptions.

With these fashion follies in their minds, it is quite probable that all the good people who rail against the corset think if a woman wears one of these instruments of torture she must positively eliminate all the important internal factors from her physical being. We are getting more sane on the subject of dress every day; we are placing our belt line where it belongs—up under the bust; we are making our hips smaller and our waist proportionate to hips and bust.

It is all nonsense to say that at any other epoch woman's attire was more artistic or comfortable than it is today. The straight lines make for comfort every time, and every possible adjunct has been added to enhance feminine beauty, which means feminine health. Of these perhaps the most important is the corset, and rightly fitted and properly put on, it is the most comfortable garment that woman wears.

There has been more improvement in corsets in the last few years than any other article of women's attire. From a dreadful, torturing armor of heavy iron and cloth, it has become a dainty bit of lingerie of the softest material and pliable wholeness, that not only adds to the comfort, but to the beauty of its wearer.

Wearer Must Stand Correctly.

Stand to relate, in this age of luxurious living, there are few women who have a perfect figure, but even if they have, a corset will make them more at ease in modern costumes, as it will eliminate the feeling of constriction around the waist which a tight band will give and also that dragging from the shoulders if one's gown hangs from there.

The up to date corset is so designed that it dis-

poses the flesh in proper places and helps to disguise the fact that one has too little bust or too much hip, or vice versa. It makes the hips appear both the same size, even if one is a little larger than the other, and, more important than all the rest, if properly fitted, it makes the woman stand correctly.

Always Roll Up Your Corset at Night.

After you have taken off your corset at night notice how apt you are to slump down in a heap. You immediately make the walls of your abdomen do the work that should be put upon the backbone, and this is the reason why so many women complain of a high, protruding abdomen. These women until lately have been the despair of the corset designer, but so nearly has

this article been perfected that if a woman buys a well made, well designed corset today and puts it on properly it is almost impossible to have what is often referred to as a high stomach. So cunningly shaped is the modern corset that one must perforce hold the abdomen in and the chest up. This puts the center of gravity where it should be—straight down to the balls of the feet.

Teachers of physical culture are priding themselves upon the improvement of the human form in the last few years, and they should be congratulated, for their campaign for health and beauty has done much. But unquestionably improvement in the shape of the corset has done more, for it has helped thousands of women who do not go in for physical culture, who are too indolent to work off their flesh, or even stand and breathe properly, to improve their forms.

Fashion Now Becoming Sensible.

All this talk we hear nowadays about long lines, slim hips, and natural busts, is perfectly sensible and sane. The woman of a few years ago who had an eighteen inch waist and forty-two inch hips was not unusual, but today she would be the observed of all observers. An eighteen inch waist must have the hips and bust in proportion; and today the woman with the forty-two inch hips must have at least a thirty-two inch waist.

The modern corset designer wisely gives the hips a proportionate slimness by making the waist larger, thus giving the effect of a straight line from the bust and she keeps the upper part of the figure graceful and soft, eliminating that "trussed up" look so painful in badly corseted women.

not look as small in a tight corset as in one that will fit you properly.

In these days of hundreds of different designs, it is almost as easy to be fitted in a ready to wear corset as in a ready to wear shoe, but unless you are perfectly comfortable and you feel that the lines of the corset tried on are suitable to your figure, insist upon being fitted with another style. Some women pin their faith to the corset which laces in front; and, indeed, this has many points of excellence. Others will only wear one which laces in the back. This is almost purely a matter of taste, as one finds splendid designs in each class.

Proper Adjustment Essential.

After buying your corset and you are sure that it is not only the size, but the style that fits you, only one of the matter is settled. You must put it on properly. For the average woman, a corset with a low bust and long hip line is most becoming. Particularly if