LETTERS FROM MOTHER
She Tells the Proper Dress to Wear.

My Dear Daughter:

I am glad you are practicing deep breathing and keeping up your morning walks. I see no reason why you should not do the simple household tasks to which you are accustomed, although I would not do any work that would overtire myself if I were you.

I think a corset somewhat larger than the one you have been wearing is must better for you than to give up any support of the kind.

I approve of your buying a black maternity gown and having it made up in the best possible style. Now when tunics are worn a very good looking gown could be made with a skirt (at least three yards around) and over it a loose tunic cut very much like a Russian peasant blouse; this is made with a half-fitting lining left open at the side under-arm seams and eyelets put in and laced together. Then it can be made larger as necessary.

Be sure your shoes are large and comfortable with low heels —I remember that I suffered intensely from wearing my ordinary shoes after my feet began to swell. I think a union suit of underclothing is much the best to wear during this time with one skirt preferably made of wool jersey cloth. Of course, my dear, this is only a suggestion. You can use your own judgment and taste in the matter.

Above all, do not confine yourself to the house; visit your friends; go to the theaters; do your shopping and keep up all your little pleasures as long as you can.

Do not, I beg of you, have any false modesty in regard to your condition. Go out among your fellows; do your daily marketing and keep up your social duties. There is no virtue in the innocence which will be hurt by a knowledge of woman's great part in the scheme of existence.

I am sure from my teachings that you have not confounded innocence with purity. Innocence to the average woman is a fetich upon which she will not only sacrifice the happiness of her daughter, but the welfare of coming generations as well. Innocence, my dear girl, is not a virtue—it is only lack of knowledge. Indeed, the old English name for a fool was an "innocent," but purity of mind and body is the pearl of great price. This I give to you, dear, and I want you to give it to your child.

Remember always that if you carry yourself during this period with delicacy and decorum, but with no slavish subservances to the foolish conventional ideas with which custom endangers the health