

# HOME, ITS PROBLEMS AND INTERESTS



## FOR MORNING WEAR IN THE MOUNTAINS.

Linen costumes in coat and skirt design are many and varied, the coats ranging from the long fitted tailor garment, in firm, heavy linen to the jaunty little boleros. This one in white is built on severely tailored lines, and needs a wearer of good figure, and demands the work of a very clever tailor; it has no trimming save strapped seams, heavily stitched. The double-breasted vest is particularly catchy, and the tiny pockets on each side give an attractive touch. A white kid belt with gold buckle holds the basque coat in place. The hat accompanying this smart costume is white Panama with a delightful arrangement of green roses for decoration.

## ELBOW SLEEVES RENEW FASHION OF LACE MITTS

This Most Becoming Fad Hides Angles of Homely Arms and Accentuates Pretty Lines.

The all-prevailing elbow sleeve gives opportunity for most delightful arm dressings, and the summer girl will not be slow to take advantage of it. Those quaint mitts that grandmother wore are all the height of the fashion again; but in their most recent resurrection they have taken to themselves a length and elaboration which did not characterize them formerly. Gloves, too, are quite as attractive, the favored styles being either the sheer gauze silk, which is so fine that it is really transparent as chiffon, or else the openwork mesh, this in varying degrees of size and fineness.

The plain one is really the exception rather than the rule. In its best appearance it is embroidered by hand, and a smart mode employs the favorite flower of the wearer for the decoration of the long glove.

Bracelet effects in both open work and embroidery are among the accepted accents; and medallions of various kinds are applied where they will show off to the best advantage. Where these are used the silk is cut away beneath, and a backing of chiffon provided; and sometimes this chiffon is tinted rather than white, to match the color scheme of any costume.

There is but one fault to find with those charming arm dressings, and that is that the silk gauze of which so many are fashioned is likely to cling too closely to a slender arm, and make its lines more apparent. When this is the case, the best choice is some of the meshed mitts, those that follow the tating patterns. These are really flattering to the slender arm; and even the too plump arm will find them just as fetching, since they may be either left loose or drawn up as snugly as desired.

Those tatted affairs follow all of the old-fashioned designs, and the fancy workshops are in-sourcing books which contain directions for their fashioning. Many of the patterns have been handed down from one generation to the other, and the directions for producing these are set forth with clearness and precision.

For wear with shirt-waist suits, linen tub frocks and such, there are closely meshed gloves in rather a coarse white silk, which will wash to perfection. These have the usual glove embroidery on the backs; and though self-color is the more usual, there are some very smart effects in contrast. Thus white is embroidered in coral, pale green, lavender or brown, as well as black; while

## TO BE HEALTHY

A Few Things Not to Do to Look and Be Well.

The professional nurse is often asked the question, "What shall I do to keep healthy and, above all, to look healthy?" It is not so much a question of what to do, but of what not to do; and so few people are willing to forego some of their dearest flesh pots. They want the ideal results without living the ideal life. If you sleep very late hours you will look thin-faced in the morning, and nothing you can do will undo the harm you have done yourself by going without the proper amount of sleep.

If you eat all manner of rich and savory suppers after 12 o'clock you will certainly have a headache in the morning, and also indigestion. But if you do not like the headache and indigestion you will have to forego or touch lightly the tempting suppers.

Of course, a pinch of bicarbonate of soda in a glass half full of warm water may relieve your headache at first, but after a while these simple remedies will lose their effect.

### Sleep Eight Hours.

Every woman requires fully eight hours' sleep at night, with an extra nap of twenty minutes in the day. Some women require more sleep, and should take it.

It is less expensive than medicines and doctors' bills. A woman is a delicate machine, and if she takes good care of herself there may be no break in the smooth running of the works, but if she overworks her power there will be as a result a delicate (or unhealthy) woman, and her friends will say "She has lost her good looks." And it's every woman's business to be as good looking as possible.

An anemic woman requires more than eight hours' sleep, fully nine or more, also plenty of fresh air in her room. If necessary, sleep in a flannel night dress and have warm covering and even a hot water bag at your feet, but have the window open fully one foot in the cold weather, and even in the blizzard weather have your window open two or three inches.

### To Air the Room.

Arrange your bed if you can so the air does not blow directly on you. This would give you a cold in the head, or if you are very susceptible to colds, it might give you bronchitis.

By breathing stale air you are taking in poison with every breath you draw, and this poisons your entire system as you breathe it in, and the air you breathe helps to purify and feed the blood in your veins.

Also from lack of ventilation in your sleeping room you will have a bad breath, and no self-respecting woman would have that if she could help it, and she generally can.

If a woman is prone to catch cold easily (and the same holds good for babies, children, and any one else), it is necessary to sleep in a cool room. Never get overheated by wearing clothing that is too warm, because therein lies much of the trouble.

By getting overheated, perspiring freely, then getting in a draft, the result is more than apt to be a cold, whereas had she not had a hot bath, and when you had not been in a perspiration. Then, too, the judicious use of cold water may help prevent catching cold.

After a warm bath in the day time, sponge off with cold water, especially the throat, chest, back, ankles, and feet. This will certainly help prevent catching cold. This would not be necessary at night if taking the warm bath immediately before getting in bed.—Josephine Hill, in Philadelphia Press.

## MARINE BAND WILL PLAY AT THE CAPITOL

The Marine Band, under direction of Walter F. Smith, will give a concert at the Capitol this afternoon, beginning at 6 o'clock, with the following program: March, "Pride of the Nation"; Droop; overture, "Nabucco"; Verdi; selection, "La Cigale"; Andante; cornet solo, "The Holy City" (by request); Adams, Musical Edward B. Lewellyn; music de ballet, "Astoria"; Abert; Hungarian dance, "No. 8"; Brahms; mosaic, "Prince of Pilsen"; Luder; "The Star-Spangled Banner"; Key.



## INFANT'S PELISSE IN BRODERIE ANGLAISE.

There is just as much smartness and just as much style to the garments for the tiniest babies today as there is to those for their elders. Witness this little pelisse with a big granny bonnet to match, all done in English eyelet work. The whole set is fashioned from a fine handkerchief linen, each portion first cut out, then stamped and worked. The coat is fashioned with a shallow yoke over the shoulders to afford a smooth fit, and to this the double capes are attached, each one with its scalloped edge in lieu of the usual hem. The bonnet has a drawn crown, the shirtings come over tiny featherbone cordings, so that they hold their shape through all the vicissitudes of the laundry; and a broader featherbone is run in as a foundation for the thick upstanding ruche that flows prettily off the face. A big rosette of liberty satin ribbon, and the fancy ribbon strings are attached with fancy pins, so that they may readily be removed for renewal.

## HOW TO DRESS

It Requires Brain Power and Keen Intelligence to Be Always Properly Gowned.

The well-dressed woman is always a woman of keen intelligence and brain power. No senseless doll knows how to dress. She may don gaudy raiment, spend a fortune on a gown so utterly inappropriate to the occasion that one can only feel an intense pity for her; but no one would ever dream of laying the burden of her sin against good form and good taste at the door of the whole of her sex.

The woman who dresses well, in conformity with her age, her work, and her position in society, choosing neither extreme of the prevailing modes, but striking a happy medium, is the woman who has brains, and uses them to make good selection from the fashions of the day. It is the well-groomed, suitably gowned

woman who attains success, whether in business or social life.

The age of the blue stocking has passed, and nowadays the woman who dresses unbecomingly, through choice and not for the sake of economy is regarded as either mentally weak or as seeking some eccentric form of self-advertisement, which is but another phase of unpardonable vanity. In the commercial world the dowdy, insignificant woman, even if she has mental ability, is at a discount when compared with the well-dressed woman, confident and smiling, whose bright capacity written all over her comely person.

The latter has learned an essential fact: that confidence is born of good clothes; and, therefore, with genuine brain power, reasons the necessity of making the most of all her good points. By doing this she engenders the feeling that her dress adds to her appearance, she knows that it is finished in every detail, and thus assured, her business assumes first importance and success is gained by the forgetfulness of self.

The woman, therefore, with genuine brain power, the singer, the musician, all understand "the philosophy of clothes" as a powerful adjunct to their personality. And this personality is to them as paramount importance as their own individual gifts.

## Writing Paper.

KENT LINEN Writing Paper; fabric finish; good writing surface; should be 25c lb.

Special, 16c lb. 90 Sheets.

Envelopes, 8c pkg. of 25.

**LANSBURGH & BRO**  
420-426 7th St. N.W.

## 39c For Ladies' Silk Belts, Some Worth Up to \$2

854 Ladies' Silk and Leather Belts for a mere song—go on sale tomorrow morning, large bargain table. These are all sample belts—every one this season's style; belts that would retail as high as \$2.00 each—none less than 75c. Black and White Silk Taffeta Girdle Belts, White Kid Belts and many others. Remember the price is only 39c.

## The Most Phenomenal Bargain Ever Offered in White Dress Fabric. Batiste de l'Opera.

A beautiful, sheer, crisp, new, imported cotton fabric in white only, for suits and summer waists, 32 inches wide. These goods were imported to sell at 50c, 60c, and 75c a yard. Thursday, our price for choice, yard..... 29c

No Samples Cut, None Sent C. O. D.

## 19c Dotted Swiss Muslin With Printed Figures, Tomorrow, yard. 12 1/2c

5,000 yards of Fine Printed Embroidered Dotted Swiss Muslin, in all the very latest floral designs, of pink, blue, helio, maize and black and white; also full line plain shades; 28 inches wide; these make nice cool dresses for the summer. Come, take a look. Will not last long, and to see them means to buy. Regular 19c kind, 12 1/2c yard. Wash Goods Department, Eighth Street Annex.

## TAPERING WAIST R & G CORSETS

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Prices \$1.00 to \$3.00.

Every R. & G. Corset is guaranteed.

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Everything in Notions and Small Wares needed for your summer work basket is here. It's this thorough way of handling little things which is building up this store—making it, in all ways, as near an ideal buying place as may be.

- Light-weight Dress Shields, 7 1/2c
- Poster Hose Supporters, black and white, pair, 49c
- Angora Skirt Braid, all colors, piece, 7c
- Barbour's Lining Thread, spool, 7c
- Climax Sewing Silk, black and colors; spool, 1c
- Machine Needles, all makes; paper, 2 1/2c
- Capsheaf Safety Pins; all sizes; dozen, 5c
- Tomato Pin Cushions, 5c
- Silk Taffeta Binding, all colors; piece, 7c
- Geneva Silk-finish Thread; spool, 7c
- Parabola Gold-eye Needles, pair, 3c
- Disc, the new waist and skirt supporter, 25c
- Asbestos Iron Holders, 3c
- King's 200-yard Spool Cotton, dozen, 22c
- Kodel Hooks and Eyes, card, 3c
- Pink Books, containing white and black pins, 3c
- Aluminum Hair Pins, assorted styles; dozen, 5c
- Simmons' Girdle Former, 15c
- The Granger Hooks and Eyes, card, 4c
- Adamantine Pins, 12 papers, 10c

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For a short time we will make a set of the Best Teeth, \$2.00.  
25-K. Gold Crowns, \$3.00 and \$5.00.  
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2-gallon size, lined with galvanized iron; neatly painted in colors. Usually sells for \$1.75.

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ELGIN WATCHES, because of their enduring goodness will be faithful companions from childhood to old age. A full line of women's and men's sizes; all makes of cases; inspection invited.

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Guaranteed to wear 25 years.  
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Solid silver articles from \$1.00 up to the most expensive pieces on the market.

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