

Of Interest to Every Woman

Edited by Martha Westover

PEEPS AT THE NEW PARIS FASHIONS

(Special Correspondence of The Times-Dispatch.)

Paris, February 28.—It is very bewildering to find the fashions so variable, but it is most interesting. After visiting one or two collections I thought I knew a great deal about what was and what was not going to be worn, when suddenly I find myself wrong at least half the things are quite different from anything I have seen before. To begin with, the tailormades are certainly not all made with boleros, but the coats are dear little short jackets, or of Russian blouse style, or else very long and with some fulness in the waists.

The colors are brilliant in the tailormades, notably orange, red, gold, green and a lovely sapphire blue. The buttons are very precious, and the shoulder straps many others I have seen are cut kimono fashion. But what I like extremely about these clothes is their air of Parisian cachet, and that is quite indefinable. The afternoon frocks in tulle are still ravishing, and there are some very pretty ones in crepon. I can remember one in yellow crepon with touches of vivid-colored embroidery on it, which had a long full-bodiced coat. There was another in tulle crepon and brodered with blue, which had a plisse tunic and a belt, which was wound about the waist in daisy fashion and had to hang in front ends at the side. Many of the tulle dresses had little mantles, loose and rounded, about the hips, which slipped off very easily, to discover a charming corsage of chiffon or tulle, generally with short sleeves, and a very shabby.

In Bronze Tulle. There was a lovely bronze tulle dress, with cream net corsage embroidered in dull gold, there was a shot-down tulle with a long side-way drapery and a cream lace corsage; there was a shot-blue tulle with stripes of red, green and gold, trimmed with gold buttons, and there were several very smart black tulle dresses which had little bouquets of flowers woven into them. In one case the corsage of the gown was in black tulle, upon which had been embroidered some of the little flower bouquets cut out of the tulle for the purpose.

Tunics, panners, plisse bouffees, ruches, Medici collars, net fichus and cross-overs were noticeable in all these dresses, both in tulle and in the shaped bouffee, and I did see narrow skirts, some of which were slit a very little either behind or in front. Shot effects in the tulle were much to the fore, and shot tulle with flower designs woven into them is still very charming. A most original little costume was in shot creck in a shade suggestive of old rose, but with a suspicion of gray in it. With this was worn a bright shot blue tulle tunic forming points at the sides and very bunched out over the hips. The corsage also was blue, but over it was slipped a sleeveless little bolero of the check to main it down. Another uncommon costume was in black and white stripes, rather narrow, with a queer ruche above the waistline, and very fresh white helix is a corsage. A lovely etherealized tulle was draped about the figure gracefully, and about the waist was swathed a curious dull blue and green sash in a material that looked like moxegen tapestry.

Yet another charming gown was in soft pale green liberty with deep plisse tunic and a bouffed corsage with soft, creamy net apronies about the neck and shoulders. Little amber buttons were used on these dresses and tailormades, and many of the embroideries which trim the corsages and boleros have little amber knots worked into the designs. All the skirts were short and practical, easy to walk in, and never overcharged with draperies. I forgot to name a very charming material, brocaded crepe de chine, which in very lovely shades of blue and mauve, is being made up into the most lovely afternoon gowns, with little mantles to wear with them. Plain mousseline corsages, with no trimmings but some small rare buttons are very much to the fore, and quite the smartest dresses of the season will be those which are made of some lovely material, draped with great skill, and which have a plain mousseline corsage in the same shade. A. O.

THE WAY OF THE RUFFLE.



This detail is introduced wherever possible.

AS TO THE LENTIL

An Unappreciated Vegetable That is an Appetizing Food.

Many housekeepers regard lentils as a vegetable which can be made into a soup and little less, while, as a matter of fact, they can be served in a variety of appetizing ways. They are said to possess similar properties to meat or eggs, and cost about one-third of the price of either.

Lentils should always be soaked all night before they are cooked, so that the interior pea is separated from the rather fibrous outer shell.

Lentil Croquettes. Thoroughly soak a cupful of lentils and one-half cup of beans. Drain and add two cupfuls of water, half an onion, a stalk of celery, one small carrot, sliced, and three sprigs of parsley. Cook until a pulp, strain through a sieve and add one cupful of grated bread crumbs, one beaten egg, pepper and salt to taste. Make a sauce by creaming two tablespoonfuls of butter and pouring on gradually two-thirds of cup of cream. Bring to the boiling point and add the lentil mixture. Mix thoroughly. When cool, form into balls, dip in egg and crumbs and fry in deep, hot fat.

Sprinkled Lentils. One cupful of lentils, one onion, two cupfuls of tomatoes, three tablespoonfuls of butter, three canned red peppers. Soak the lentils about eight hours in a casserole. Add the onion and red pepper, cover with fresh water and cook very slowly for half an hour. Bring to the boiling point, drain, cover with hot water and simmer until they become tender. Melt the butter in a casserole. Add the onion and red pepper, chopped fine, stir and cook until the butter is browned. Put in the tomatoes and salt and pepper to taste. Drain the lentils and add them. Cook uncovered for thirty minutes.

Lentil Purée. Wash and soak for about eight hours half a pint of lentils. Put the lentils, together with a small carrot, an onion, three leeks and a little celery, into two quarts of cold water. Bring to a slow fire and bring to the boiling point. Add a piece of butter the size of an egg, stir well and serve very hot, with croûtons.

Mashed Lentils. After the lentils have been soaked thoroughly cook in water until they become a soft mass. Press through a sieve and season with butter and salt. They should be of the consistency of mashed potatoes. Just before serving put over them three tablespoonfuls of minced fried onions. Pork may be used instead of butter in making lentils, if preferred.

A Light Blue. Take, if for instance, that the slip is of pale blue satin cut with a draped front, as in the case with most of this season's gowns, the satin will only require ironing and cleaning, and can then be set into the waist with gathers all the way round. The upper part of the skirt is then looped up in imitation of the lampshade tunic, as far as the elastic bands are concerned, being a by-product of soft silk or satin underneath, on to which the fulness is attached to hold it firmly in place.

THE THIN NECK AND ITS TREATMENT

A scrawny neck and bony shoulders are a great disadvantage to a woman nowadays, with V-shaped openings at the throats of morning and afternoon bodices and the very low corsage at night. But she has the remedy pretty much in her own hands, as it is a much easier manner to gain flesh than to lose it.

Every night the thin neck, or the neck with cordlike veins and muscles showing, and the neck, on which the skin is loose and hanging, should all be thoroughly massaged, as well as the bony shoulders and sharp elbows.

This any woman can easily do herself, using a liberal use of good massage cream or a combination of almond oil and pure fat or olive oil. As there are seldom hair follicles on the neck that can be stimulated into growth, almost any fatty substance can be used without fear of superfluous hair.

Rub the skin nourisher as far over your neck and shoulders as you can reach, then tap into the pores, and finally go all over the skin with your greasy fingers, feeling for the muscles. Then leave a fair amount of fat on your neck to be absorbed during sleep. Cleanse the remaining grease away in the morning with cold water and a very mild soap, using cold water afterward for toning and stimulating.

Diet has its place in the thin woman's regime. She must eat certain fattening things. Plenty of bread and butter, for example, potatoes and other starchy vegetables, sugar and sweets, and, if possible, a pint and a half of rich, creamy milk with a raw egg beaten up in it, twice a day. Whenever she can she should take cream on everything that will stand it, on stewed fruits and desserts—even on custards. Getting fat is expensive.

Exercises have their place. These are recommended for conserving the lines of the throat and for keeping the double chin away. Lower the head to the chest, clasp the hands back of the head, then force back the head, pushing against the hands. This is to be repeated a number of times.

Then lean the head toward the right shoulder and move it slowly over to the left against pressure in the contrary direction with the left hand. Then toward the right shoulder with the right hand contrary pressure.

Now on the upper part of the ribs there is another set of muscles attached to the breastbone, and if these are weak and flabby and ill-covered, the chest, clasp the hands back of the head, and usually the neck, which are most disfiguring.

An exercise that is helpful in filling out hollows caused by the flabbiness of these muscles consists of a wide extending of the palms, then bringing them together, palms of the hands inward, and another is to try to make the elbows meet in the back. These are good for both neck and shoulders.

Immature thinness is rather pleasing than otherwise, and a very young girl does best by not trying to gain flesh. If she keeps her neck soft and white its slenderness is rather pretty, and usually her throat fills out as she grows older.

- SARTORIUM ODDITIES.**
- The ruffled skirt.
 - Lacquered satin ribbon.
 - Horsehair lace à la Clary.
 - Skirt hem measuring a quarter-inch.
 - Wrap made entirely of finest white chiffon.
 - Sash at the knees holding in an extra puff tunic.
 - Wedding veil with orange blossoms at the nape of the neck.
 - Little porcelain posies which figure on a few of the new hats.
 - Deep "fading" as a founce on the tulle of taffeta or other silk.
 - The fore and aft posies or tiny feather clusters on some of the modish chapeaux.

MENU

Fruit	Breakfast	Boiled Rice with Cream
Poached Eggs	Coffee	Toast
Rice Muffins	Luncheon	Preserves
Lamb Chops	Tea	Plain Salad
	Dinner	
Clam Broth	Roasted Wafers	
Mashed Potatoes	Boiled Cod with White Sauce	
Apple Pudding	Spinach	
	Coffee	
	Clam Broth	

Scrub thoroughly and rinse (several times) as many times as necessary. Select medium sized clams and arrange on the floor of a large bowl, put being careful to have the hinge side of the clams up. Pour in as much fresh cold water as will half cover the clams and bring to the boil when the clams will open and discharge their juices. Strain, season to taste and serve hot or cold with fried wafers.

Be Beautiful

Keeping Youthful Lines of the Figure

BY ABIGAIL MOORE.



Posed by Rita Jolivet.

The first essential in keeping a good figure is to avoid habits of sitting, standing and walking incorrectly, and the third is to keep the mind alert and the muscles trained for action. While you allow the chest to cave in and the shoulders to droop, your figure begins to lose its flowing curves and its pulsing life that symbolizes youth. An upright, natural carriage of the body cannot but make you feel the inspiration of life, and a keen alert mind cannot but inspire you to poise the body properly.

But do not exaggerate this position. A tense, strained expression of the body is as unlovely as a strained expression of the face. Avoid slumping. It is the chief cause of protruding abdomen and large hips. When fatigued to the point where you are inclined to slump, lie down and take a real rest. When you walk, walk from the hips as men do, and exercise to keep the muscles elastic.

Don't let a day pass without going through some sort of a stretching and bending exercise that will make you feel as if you were walking on air. Learn to walk and move about lightly; to be dextrous. Clumsiness is unparagonable. Learn to assume naturally graceful poses. Here is an exercise that will tend to keep the figure in condition, and it is rather an interesting one.

I. Raise one foot, pointing the toe in the air (1), touch floor with the toe (2), step forward on that foot (3).

Repeat 2, 3 with the other foot, and so proceed in a straight line across the room. Keep the heels always in line, one with the other—this is important—and keep the body perfectly poised, not swaying from side to side.

Second part of exercise: I. Stand in position.

II. Bring right foot up under the body, doubling the knee and stretching foot downward till it is perpendicular.

III. Kick out and poise the foot knee high, toe pointed.

IV. Touch the floor with the foot in front, the other and poise the body forward.

Proceed with this movement, first with one foot and then with the other, till you have crossed the room. Remember one foot is always in direct line with the other to attain the proper effect.

The Great Trials of History

TRIAL OF ELIZABETH CHUDLEIGH.

Elizabeth Chudleigh was one of the most celebrated beauties of the latter half of the eighteenth century, and was wooed by several of the most prominent of the court dandies, but eventually, on August 4, 1744, she married Honorable Augustus John Horvey.

When she was married, Elizabeth was a maid of honor to the princess at Leicester House, and she continued to hold this position after she had separated from her husband. She was remarkable even then for the freedom and independence of her conduct, appearing on one occasion in 1749 at a masked ball in the character of "Iphigenia," so sparsely "dressed," said Horace Walpole, that you would have taken her for "Andromeda."

George II. pretended to be in love with Elizabeth, and made her a number of valuable presents, as well as appointing her mother as housekeeper at Windsor. On account of the falling health of the earl of Bristol in 1759, which seemed to promise the speedy succession of his brother, Augustus Horvey, Elizabeth thought it well to take means to enable herself to establish her marriage, should she wish to do so.

Early in February Elizabeth went to Winchester, where the minister who had performed the ceremony lay on his death-bed, and in the presence of his wife, caused him to enter her marriage in the register book of Lanston Chapel.

At this time Elizabeth and the second Duke of Kingston were on especially intimate terms, and her parties were among the most fashionable in London. She paid a visit to Germany, where her beauty attracted admiration, and Emperor Frederick II. paid her marked attention.

Upon her return to England her husband notified her that he purposed applying for a divorce. She was anxious that this divorce should be granted, and she could marry the duke of Kingston, and that it could be brought about, she swore that she was not married. On March 8 she was married to the duke.

When Horvey died in September, 1773, he left his property to the duchess, on condition that she remain a widow. Shortly after the duke's death she visited Italy, and during her absence from England, the duke's nephew caused a bill of indictment for bigamy to be drawn up against her.

Upon her return home the duchess ordered herself in taking measures for her defense. On May 24, 1775, she came brought up for trial in the Court of the King's Bench before Lord Mansfield. She was attended by the duke of Newcastle and others and entered ball to appear before the peers in Parliament.

The trial of the duchess began on April 15, 1776, on which day the peers went in procession from their house to Westminster Hall, together with the judges, the Garter king of arms, and other attendants on the lord high steward, Earl Bathurst.

In the course of the proceedings, which extended from April 16 to the 25th of the month, Elizabeth, the birth of a child, and the registration of a marriage in 1655 were clearly proved, and a verdict of guilty of bigamy was unanimously pronounced by the peers.

As bigamy was a clergyable offense, the duchess might have been burned on the hand, but she claimed the privilege of her peerage, which exempted her from corporal punishment, and allowed the attorney-general to argue against her claim. It was allowed by the peers.

The farce then ended in the greatest place of humor of all—the injunction to the duchess not to commit bigamy. The trial of the duchess was a farce. The steward ended his charge to her as follows: "Madame, I must tell you that if you should ever be guilty of a similar offense, of any crime amounting to felony, that no such claim can be again allowed, but that you will thereby incur a capital punishment."

After her trial the duchess, hearing that the duke's nephews were about to proceed against her, left England, and spent the remainder of her life on the Continent, but in possession of the wealth left her by the earl of Bristol. Her story is said to have suggested to Thackeray the character of Beatrice in "Esmond," and the baroness Bernstein in "The Virginians."

Add a Founce. Beneath this latter comes a deep founce of soft white shadow or Mechlin lace, headed with an encircling wreath of small roses, purple or shades of old-rose color, whichever tones best with the foundation satin.

The bodice is of folded tulle mounted on a slip of soft silk, the lower part being covered with lace arranged with points coming up at either side in front. The belt is of the satin, while another wreath of the small roses completes it very prettily along the top.

A pretty idea to hold the pleated skirt in place so as to retain the silhouette is to wear a long loose sash that is draped from the front of the skirt toward the back and knotted near the bottom of the skirt.

GREAT EXHIBITION IN NORWAY IN MAY

Additional Inducements Offered to Visitors From Abroad This Summer.

BY LA MARQUISE DE FONTENAY. NORWAY, which each year attracts so many tourists from this side of the Atlantic, is offering this summer additional inducements to visitors from abroad, in the shape of the great international exhibition on the shores of the beautiful fjord, just outside the city of Christiania, and which is to be opened by King Haakon and Queen Maud, on May 17 next. The purpose of the exhibition is to commemorate the centennial of the national Constitution.

After a union of nearly 45 years between Norway and Denmark, the Danish King, Frederick VI., without consulting the Norwegians, ceded Norway to Sweden, by the treaty of Kiel, in January, 1814. The Norwegians refused to acknowledge the treaty, declaring that, while the Danish King Norwegian crown, it was contrary to international law to dispose of an entire kingdom without the consent of its people. A national assembly was convened at Eidsvoll, where on the 17th of May of that year, a Constitution, framed upon the Constitution of the United States, was adopted though it was decided to have a single chamber. Instead of an upper and lower house while the sovereign was denied the powers of veto, or the right to dissolve the legislature. The assembly of Storting then elected the Danish Governor of Norway, Prince Christian Frederick of Denmark as their King. But he abdicated the throne on the invasion by the Swedes. An armistice was declared, and at a convention held at Moss, the Norwegian assembly consented to elect the Swedish King as their ruler, on the condition that their Constitution of May 17 should remain intact, and that Norway should be a free, independent and indivisible kingdom, united to Sweden under one King.

The exhibition at Christiania is by no means the only form of the celebration of the one-hundredth anniversary of the Constitution, that is contemplated. There will be all sorts of national rejoicings and festivities, commencing on May 17, and lasting throughout the summer.

Although the new kingdom of Albania has only just come into existence, and its ruler has been but a few days in the country, yet questions have already arisen which are bringing him into touch with the United States. Five American citizens are imprisoned at Pogradetz, and threatened with execution, for some trifling affair while in another case several American citizens of Norway should be by brigands in the neighborhood of the town of Elbasan, situated some fifty miles distant from Durazzo.

So far as can be ascertained, the American citizens in question are Albanians who emigrated to America, obtained letters of naturalization as citizens of the United States, and then returned to the land of their birth, in order to fight for it, at the time of the outbreak of the war in the Balkans.

It is stated that a Mr. Spencer is already at Durazzo in behalf of the United States government, and that it is he who will take up the matter of these captive American citizens with the new King of Albania, bringing comparative facility for him to secure the liberation of those who are imprisoned at Pogradetz, it will be much more difficult to secure the release of the United States citizens who have been carried off by the brigands. For the fact of the captives having secured letters of naturalization in America does not relieve them in the eyes of their former Albanian captors of their connection with those family and tribal feuds which are responsible for so much turbulence and bloodshed in Albania, where human life is held so very cheap.

While any representative of the United States government at Durazzo will have his hands full all the time if he undertakes to protect from harm all Americans of Albanian birth from the dangers which they will incur in

Sometimes even imprisonment is inflicted for the libel of the dead, and two years ago a woman in Vienna was condemned to three months' imprisonment for casting aspersions on Empress Maria Theresia, although the latter had been sleeping her last sleep in the vaults of the Capuchin church, at Vienna, for near 150 years.

(Copyright, 1914, by the Brentwood Company.)

Irons will heat more quickly and stay hot longer if a cake tin or other cover is turned upside down over them.

We are to have the spreading coat of moire, taffeta or other possible fabric. These coats are to wear with the one-piece dress.

Spring gowns made of black silks are fashionable.

Dreyfus
Specialists in Apparel
For Women
Broad At Second St.

Rountree-Sutherland-Cherry, Corp.
Furniture and Housefurnishing
Cash or Credit 111 W. Broad

The Nowlan Company
Deal exclusively in Fine Diamonds, Solid Fine Gold and Platinum Jewelry of the latest and most unique designs, and when quality is considered, their prices are the lowest.
LEADING JEWELERS,
921 East Main Street.

This is India-Ceylon tea—more refreshing than green teas and goes further.
Ridgways Tea

Schmidt Quality
For Lent

Knorr's Instantaneous Soups
10c and 15c.

Greenish, B...	10c
Split Peas...	5c
Black Turtle Bean...	5c
Kidney Bean...	10c

Salt Fish
Smoked Fish
Pickled Fish
Nermann Schmidt
504-508 East Broad Street
Telephone Monroe 101-106

HERE IS A NEW TEA TABLE.

The outside tray revolves around the stationary centre, on which is set the teapot. The sides of the lower shelf swing up to make a receptacle

Ask Your Doctor
Stir up your liver a little, just enough to start the bile nicely. One of Ayer's Pills at bedtime is all you need. These pills act directly on the liver. Made for the treatment of constipation, biliousness, dyspepsia, sick-headache. Ask your doctor if he knows a better pill for a sluggish liver.
J. C. Ayer Co., Lowell, Mass.