

A TALK ABOUT CORSETS

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husband had been killed by some accident, and she was left stranded in Chicago without means and with two children to support. Too proud to write to her parents for relief, she decided to give lectures about the customs of her country, and she soon became popular and well received in social circles. She was really pretty and decidedly picturesque. Dressed in Chinese clothes, which were of beautiful material and color, with an orchid on each side of her head, like Carmen, she was a very interesting little figure.

In her lecture, which was delivered in faultless English, she spoke of her country women's little feet, and described the torture that was endured to produce them, which in some instances was so great as to cause death. But she added, naively, that the American fashion of wearing corsets was regarded by Chinese women as barbarous. She then dwelt upon the injurious effects of wearing tight corsets, and related instances of serious trouble which had come under her own observation at Vassar

a great success, as far as passing the time was concerned.

Figure 5 shows a corset which resembles a coat of mail, and it should be worn only by a woman with a large figure. It is made very long in front, and as a result the stoutness there disappears. They are arranged for front and side garters.

The wearing of garters both in front and on the side has accomplished a great deal in improving one's carriage. The side garters draw the corset well over the hips and prevent them from riding up or wrinkling, while the front garters draw the corset well down in front and keep it in position.

The modern waist is a great improvement and comfort to every one. Where it was formerly only eighteen inches, it has now been advanced to twenty-two inches, to our greater comfort. The Chinese women can now no longer reproach us by comparing our slim waists with their small feet.

An artist once told me that the true waist line was high up, almost under the arms, an idea that is somewhat exemplified in classic art, both painting and statuary.

Still I believe that all of us women know where our own waist line is, without consulting art or artists about it. One of the famous statues of the

bicycle ride each day in the week is certainly a very interesting subject for consideration. Now, as you desire to gain in flesh, I would suggest that you be less strenuous, for great activity and flesh rarely go together. Do not ride over five miles each pleasant day, for the exertion of a ten mile ride on a bicycle is too great for a person of your age and build. Play either tennis or croquet or similar games, which will keep you out of doors and which will bring all the muscles into play without too great fatigue; or take a leisurely walk of one or two miles daily. As you eat so much and still are thin it is evident that you are overworking your digestive organs to such an extent that they cannot properly assimilate the food consumed, and which, if continued, will surely lead to dyspepsia. Try this plan for a time, and I think you will begin to improve in weight. Masticate all food thoroughly; eat only that which is nourishing, avoiding pickles, lemons, fancy pastry and the like. For breakfast have a bowl of well-cooked oatmeal, which is decidedly fattening, and with it have plenty of sweet cream. In addition eat one or two soft-boiled eggs, some graham bread, well buttered, and a glass of milk, preferably warm. Vary this by having chops, baked apples, berries and different cereals, with cream. For luncheon and dinner eat plenty of broiled and roasted beef, mutton or fish, well-cooked vegetables, such as potatoes, peas, beets and fresh salads with oil dressing, but with little vinegar. The bread should be

drink a cup of cocoa a part of the time. Be sure of ten hours of sleep nightly. You should weigh about 130 pounds.

To Develop the Bust

A healthy body is essential to the development of a perfect bust; next in order is dressing in such a manner as to relieve this part of the body of all pressure. After this, exercise which will develop the inert muscles and skin food rich in pure oil to feed the shrunken tissue through the pores, building up layers of fat. Wear a low cut or girder corset and practice deep breathing for ten minutes three or four times a day until it becomes a fixed habit. To give tone and firmness to the muscles bathe the bust freely with cold water every morning and massage, in a rotary movement, going over the surface several times, using the finger tips or a massage roller, which you can get at any shop keeping toilet articles. Before retiring bathe the breasts with very warm water, dry gently and while glowing warm rub in all the cocoa butter or pure olive oil that the skin will absorb. Anoint again with a generous coating, place the finger tips below the bust and bring upward to the center, then under the arms bringing forward to center, then above, downward, repeating the operation until the entire surface of both breasts have been covered several times. Now massage each breast in a rotary movement, beginning the movement around the breast, bringing slowly to the center with a light firm pressure, using more cocoa butter or oil from time to time as required. Do not hurry the massage, as the exercise thus afforded is most essential in strengthening the muscles and the rapid circulation which it excites will impart an immense amount of vigor. All manipulations must be gentle, as the delicate muscles of the breasts are easily injured. Have the pressure light yet firm. If you will persist in this treatment faithfully for a month you will begin to notice a decided improvement, then keep it up until the bust is nicely developed.

To Remove Bunions

Any one who has been unwise enough to wear tight or ill-fitting shoes usually has a painful appreciation of the fact in the tender feet developed. A bunion is a form of corn on the joint of the great toe. Technically speaking, it is an enlargement and irritation of what is called in anatomy bursa mucoza. The most important thing to do is to remove all the pressure on the bunion and to wear

It is well within bounds to state that there are probably more than twenty million women in the United States, and more than two hundred thousand women and girls in the State of California, who wear corsets every day in the year. It is therefore a matter of interest to a very large number of people to hear something new on this important subject.

The illustration marked figure 1 shows a corset that is most unusual and wonderful. There is probably not a replica of it in America. Of course it is more a curiosity than for "human natures" daily use. It is made of the very best and finest pompadour silk—the five little clasps down the front are of solid gold, and in each are three small but brilliant diamonds. The skirt hook is also of pure gold and also has three diamonds set in it. The garters alone are things of beauty. They are of eighteen karat gold, with three diamonds in each clasp. The top of the corset is trimmed with real lace of the finest quality. This remarkable creation can be bought for the sum of \$350!

As the chief recommendations for a corset are that it should be well constructed, made of good material, and that it should fit the figure well, I had never, in my wildest dreams, imagined a corset with solid gold fastenings, decked with precious stones and adorned with real lace trimmings.

Who will be the happy purchaser of this really magnificent item of raiment cannot, of course, be conjectured, but it is pleasant to fancy that it may form one item of some rich and elaborate trousseau. One can imagine the dismay of a husband at the idea of living up to the standard of such extravagant belongings.

But leaving aside this one especial garment as being "hors concours," the subject of corsets is an important and interesting one, and the different makes and styles are worth reviewing. A personal friend of mine went all over the city trying to find a particular brand of corset, and fortunately found it at last, but not until after she had inquired at a great many places and was tired out from her exhausting search for it. But none other would she have.

The French corset-makers, with poetic longings in their souls, bestow different names upon different styles of corsets, and they have christened the wonderful corset of diamonds and real gold "L'Étoile!"

It is indeed a star! There are really a good many things to be said about corsets—what to wear, and how to wear them. All of which may not be needed by women with good figures, and a graceful carriage; but with a tendency to grow stout, to stoop, or to an ungraceful gait, it is important to exercise great care.

This is certainly a good corset, and can be bought to suit any figure. The newest style this year is the "high bust," but there are a great many people who cannot wear it, and the corset-makers are trying to establish the fashion of the very long-waisted corset, such as was worn a good many years ago. But it is not likely that this style will be popular in America.

It is desirable to exercise a good deal of care in putting on a corset, because the adjustment has a great effect on the fit, and the fit has a great deal to do with keeping the figure in good shape. The corset should be made very

loose, and let away out, in the first place, and the waist line of the corset should correspond exactly with the waist line of the wearer. Then, the lines should be pulled in, and the corset made to fit the body, care being taken not to make it too tight. If the corset is too tight it is apt to make that particularly unattractive figure of a very stout person with a slim waist. And the slimness of the waist serves to emphasize the rotundity of the figure. There is really no need of this appearance, and no excuse for it. The "embonpoint" can be corrected by a regular and systematic course of exercise, where this tendency is known to be likely to happen.

A short exercise every night and morning will improve the figure in a very short time. There are certain muscles which, if not exercised sufficiently to retain their healthy vigor, become weak and flabby, in which condition they are apt to be overlaid with adipose tissue, and the result is a figure of pronounced and prominent stoutness.

It may be of interest to briefly outline some of the most beneficial of these exercises.

Before retiring at night, and immediately after arising in the morning, these muscles may be exercised by drawing them in and out for about five minutes. Then, holding the stomach well in, bend the body until the hands touch the floor, but without bending the knees, from five to ten times. If this should be impossible sit on the edge of a chair and throw the hands from a position raised above the head to the floor. This can easily be done a dozen times or more.

Another exercise, which is of great benefit, is to lie flat on the floor and raise one leg after the other to a perpendicular position for several times, and afterward to raise them both together several times more.

This exercise, and, in fact, all exercises, should be used very gradually, to avoid the fatigue and the lameness and stiffness which, as the exercises are continued, will gradually diminish and finally wear off altogether.

Another exercise, which is also to be practiced very gradually, is to walk, holding the stomach in, consciously, until after a while it will become easy and natural to do so. This habit is no doubt difficult to acquire, and for the first two or three weeks it will be hard work, but it will gradually and surely affect a great change for the better in the figure. It will also prove to be a general benefit to health, as the carriage must be straighter and the breathing better.

In figure 2 is shown a corset model for a large woman. It is made high in the bust, and with side gores that fit the hips to perfection. The whalebones in this corset are of remarkably good quality and are covered with tinfoil, oil silk and kid, so that there is no danger of rusting. It is said that these corsets have the effect of making the figure of the wearer perfectly symmetrical.

Figure 3 shows another corset, being made for a slender woman with a small waist. The bust is only medium in height, and it is a corset that not only gives a pretty figure, but it is accordingly com-

fortable as well. It would not be found difficult to make what is called the ribbon corsets at home, although they can be bought in any color that may be becoming. To make them will require about four and a half yards of two-inch-wide ribbon, together with the best whalebone that can be had, for the little side pieces. These ribbon corsets are not only very comfortable, but they are very pretty.

Another ribbon corset is shown in Figure 4. At one time these ribbon corsets were very much in vogue and were worn by many women in society, and it is pleasant to see that they are coming into fashion again. These short corsets can be bought made of tape instead of ribbon, and they are very cheap, but it is only a slender figure that can wear them.

It seems strange that the efforts of a few "advanced" women to introduce the custom of going without corsets meet with so little encouragement. The reason is, no doubt, that a corset is an extremely comfortable garment, and that to leave them off would involve an entire change in the style of dress, and besides, the bands of the skirts would wound and cut the waist. Corsets have been found to be desirable for too long a period to attempt to do without them. They were probably in use in Homer's time, and were certainly in use in Europe in the Middle Ages.

In individual cases corsets have been discarded, but in those cases there are other changes also. Isidora Duncan, for example, has laid aside her corsets, but she has also laid aside other items of civilized dress and has adopted the Grecian garb altogether. These isolated instances do not form any criterion to follow, and the vast majority of women, not only adhere to corsets, but follow the styles of them as prescribed by Dame Fashion.

Several years ago it was the fashion to make the waist as small as possible, regardless of the discomfort and even of the pain of it. I once asked an educated Chinaman why the women of China cultivated the little feet and were made to undergo such suffering to produce them. He answered, rather aptly, I thought:

"It is for the same reason that American women try to have such small waists." In Chicago I heard, last year, a lecture given by a Chinese woman at the house of a very prominent society leader. The lecturer was a high caste Chinese, and a graduate of Vassar College, but her

Fig 1

Fig 2

Fig 3

Fig 4

Fig 5

Fig 6

Fig 7

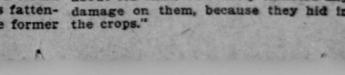
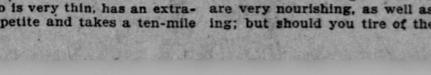
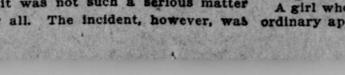
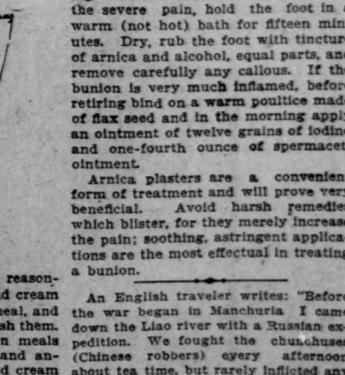
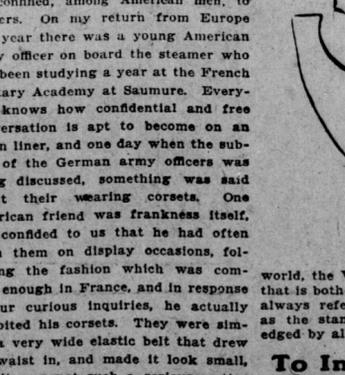
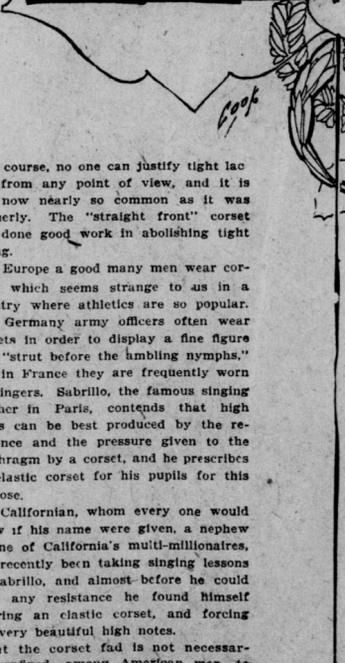
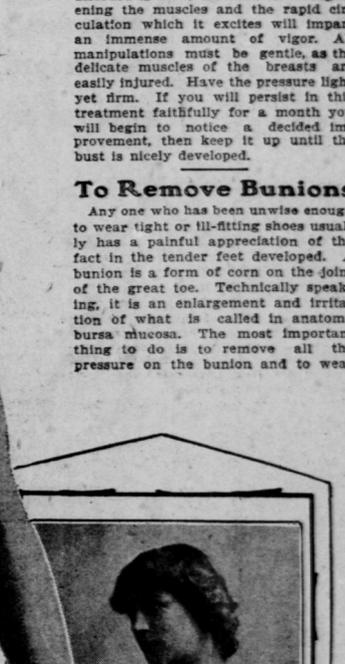
Fig 8

Fig 9

Fig 10

Fig 11

Fig 12



world, the Venus de Milo, has a waist that is both long and large, and we can always refer to that beautiful statue as the standard of beauty, acknowledged by all the world.

To Increase Flesh

A girl who is very thin, has an extraordinary appetite and takes a ten-mile

graham or entire wheat. A reasonable amount of fresh butter and cream may form a part of each meal, and eggs as well, whenever you relish them. If you feel hungry between meals drink a glass of milk slowly and another before retiring. Milk and cream are very nourishing, as well as fattening; but should you tire of the former

only the softest wide shoes which will allow perfect freedom of movement. The stockings should also be much larger than those ordinarily worn, that there may not be the slightest contraction of the muscles. To reduce the swelling and surrounding inflammation, which is the seat of the severe pain, hold the foot in a warm (not hot) bath for fifteen minutes. Dry, rub the foot with tincture of arnica and alcohol, equal parts, and remove carefully any callous. If the bunion is very much inflamed, before retiring bind on a warm poultice made of oat seed and in the morning apply an ointment of twelve grains of iodine and one-fourth ounce of spermaceti ointment.

Arnica plasters are a convenient form of treatment and will prove very beneficial. Avoid harsh remedies which blister, for they merely increase the pain; soothing, astringent applications are the most effectual in treating a bunion.

An English traveler writes: "Before the war began in Manchuria I came down the Liao river with a Russian expedition. We fought the chuchuses (Chinese robbers) every afternoon about tea time, but rarely inflicted any damage on them, because they hid in the crops."