

## SIMPLE IN LINES. THIS BLOUSE IS THE ACME OF GOOD STYLE



NEW CRAPE BLOUSE

**A** BLOUSE simple in style, yet unusually attractive, is illustrated here. The garment is of yellow crape laid in moderately wide plaits over a vest of accordion plaited white chiffon. A handsome collar of lawn and lace is worn at the neck and is supplemented by long tie ends of ribbon velvet in a shade of yellow.

### FOR THE SEWING ROOM.

One of the newest accessories for the sewing room is a long, slender case of linen with a lengthwise line of machine stitching dividing it in two pockets, in each of which a yardstick rests. The case is, perhaps thirty inches long, so the yardsticks can be easily taken out when they are wanted. The case is hung up by a couple of brass rings sewed securely to the top corners. Down its front are several pockets—one for folding rule, one for a coiled up tape measure, one for pencil, chalk and a stick of soapstone such as tailors use for marking, and a pair of "straps" to hold the shears and buttonhole scissors. Above this on the wall hangs a linen covered book for measurements, and in the book a page is devoted to each member of the family.

This page contains not only all the measurements needed for garment making, but also collar, stocking, shoe and glove sizes and the exact size of hat band.

## THE SMART WOMAN IS NOW GEMMED FROM HEAD TO HEELS



JEWELLED HEELS AND HAIR ORNAMENT.

Her taste runs to gems the fashionable woman may now go about literally bediamonded from head to heel. The fashion in ornaments changes. Just at present diamond or rhinestone hair ornaments, like the one illustrated here, are popular. These jeweled points are mounted on a band of velvet ribbon so that they can be adjusted closely to the head. The points are applied to only one-half of the band. A novelty of the hour is jeweled heels for evening slippers. These are very dashing, and, of course, real stones can only be worn by the plutocrat. Inexpensive substitutes, however, are much affected even by those who can afford the real things. Two attractively designed jeweled slipper heels are illustrated here.

## WHEN GOING ON A JOURNEY

The Wise Woman Lessens Its Inconveniences by the Use of Many Simple and Inexpensive Contrivances.

**T**HE summer vacation season is at hand, and many a woman is considering ways and means as well as expedients for making it more comfortable.

Men, of course, do not mind the discomforts of a journey so much as women, but the latter have the advantage in that they may, without fear of ridicule, adopt for their use the many contrivances invented for making a journey tolerable.

The woman who expects to be on the train overnight should take, besides the usual toilet utilities in the shape of brushes, combs, soap, etc., a few simple remedies that may be of use in case she is taken ill. One of the great menaces to the comfort of the feminine traveler is drafts. Quinine capsules or her favorite remedy for warding off an incipient cold may be needed. Traveling at night, especially if mountains are crossed, is apt to be chilly.

If she has a long coat to slip on over her gown it will serve to protect it from the dust and smoke during the day and to keep her warm at night. It is also convenient for slipping over her negligee when she goes to and from the dressing room. A veil to tie over the head, one of the heavy motorizing veils, will keep the hair from becoming disarranged. If she does not have a sleeper she can be very comfortable if she slips on the long coat, ties the veil around her head to protect it from drafts and makes an improvised bed of the seat. Her bag may be laid at one end of the seat and a cushion or clothing folded over it to make a pillow.

Whether she travels on the coach or in the sleeper, it is wise to wear very plain and comfortable clothing. A



BAGS FOR TRAVELERS.

loose shirt waist that will not wrinkle even if she sleeps in it and a skirt of serviceable material are best.

An alcohol lamp or stove on which a cupful of tea may be made in case of an emergency is often a treasure. These are made so compactly that they take up very little space, and enough alcohol for use may be carried in a small bottle. There are times and places where it is impossible to get a bite to eat, and a package of crackers and a cup of warm tea will often mean the difference between comfort and exhaustion.

For the ocean traveler the alcohol stove is a boon. There are, however, many other things which the summer vacationist will find useful. Two of these are illustrated here. One is a toilet bag. It contains powder and puff and is so neat and compact that it may be carried in the pocket. The bag is made of satin ribbon and is embroidered with a wreath of forget-me-nots. The other bag, which is of canvas worked with a flower pattern in cross stitch, can be opened and laid flat by releasing the ribbons which gather it together at the sides. The handles are covered with ribbon. The bag is fitted with sewing utensils and materials needed in keeping the traveler's wardrobe in order.

For the ocean traveler there are many conveniences sold in the shops. Alcohol stoves are appreciated by women. They have the advantage over electric flats that they can be as easily used in a little village which never heard of electricity as they can be in town. The alcohol is poured into a small tank at the broad end of the iron and supplies a perforated tube which is lighted.

Book or magazine bags which hang from the arm of the steamer chair by two straps which clasp securely shut is a novelty. They are made of heavy suede leather in a variety of colors. They are a great convenience, for they enable the traveler on deck to keep track of her reading matter without trouble. They are also used by motorists, made up to match the fittings of the car, to hang over the robe bar for holding road books and guides.

A convenient folding hat stand may be had for a dollar. It is made of two pieces of wood shaped like inverted T's, which fit together to make a firm based stand. When they are not in use they are taken apart and packed in a thin pasteboard box not much bigger than a handkerchief box. They are effectively decorated with a painted design.

## THE FASTING FAD FOR GOOD LOOKS

Its Magic Lies In the Fact That It Puts the System In Order and Thus Improves the Health and Appearance.

**T**HE old doctrine of plain living and high thinking is being made the basis of the new therapeutics. The newest school in medicine is the fasting school.

The doctor of this class will tell you when you come to see him that you eat too much. He is right too. Most women do eat more than they really need, and they are thin and scrawny and nervous because they do not eat nourishing food or do not eat it correctly. They think they are hungry when their pampered stomachs merely crave the stimulus of the highly seasoned foods to which they have accustomed.

There are few ills that are not accentuated by a stomach out of order. So the new school doctor begins by getting the stomach cleared before he administers medicines. If the illness is not a very startling one he will tell you to fast until the next day or for twenty-four hours. Sometimes he will suggest copious drinks of hot water as part of the fasting process.

One advantage of this system is that in minor illnesses you can be your own physician. If you have not an appetite it will help you. If you are too stout it will reduce your weight. If you are too thin you will put flesh on afterward, when the clogging of your system has been overcome and your digestive organs recover tone after the rest, which is their greatest need. If you wish to cure your indigestion, your gout, your tendency to colds, your general rundown condition, follow up three days' light diet with a course of common sense food regulation.

Then when the cure is complete do not go back to the old diet. Eat simple, nourishing foods. Take a light breakfast—a slice of toast, an egg or fish or bacon with one cup of tea. Follow it with a still lighter luncheon—a plate of soup with toast and fresh fruit.

The third and last meal of the day may include a little fish, a small piece of meat with vegetables and toast and with a piece of cheese in place of sweets or savories.

Every two or three weeks return to the day's starvation. If you have lost your appetite you will very soon find that a few weeks' dieting on these lines will restore an appreciation of flavor and a healthy joy in food, which is the very best indication that the treatment has been a success. You will increase your energy and your interest in life and be a much more cheerful companion as a result.

The woman who suffers from over-stoutness and indigestion, who never has an appetite, sleeps badly and wakens with a headache, and the gouty or rheumatic person who suffers from irritability or "nerves" may both profit by scientific fasting. The people with colds in the head at periodic intervals, whatever the season of the year, should fast to break the colds.

Many women are sick and depressed, martyrs to dyspepsia or semi-invalided with gout, because their systems get clogged with the products of imperfect digestion from overtaxing the tissues that have to do with combustion of food. They need not more food, tonics, overcodding of any sort or description, but a little judicious starvation. They need to go without food altogether for twenty-four hours and then follow up with two or three days of the lightest diet, say a tumblerful of milk three times a day.

If the digestive apparatus were thus kept in tone women would scarcely find it necessary to resort to cosmetics or the beauty doctor and business women would find their brains in better working order.

### SPOTS AND STAINS.

To remove ink stains that are old and dry from woolen or cotton goods cover the spots first with olive oil or butter and then rub them with chloroform.

To remove scorch spots wet the scorched portion with clear water and sprinkle with borax. It will remove the scorch and leave no stain and may be used on the most delicate fabrics.

To remove the yellow in a garment that has been laid aside for a couple of years put a teaspoonful of powdered borax in the last water in which the article is washed, letting it remain for a few minutes.

### Cleaning a Shawl.

To clean a wool shawl make a good lather of soap and warm water, just comfortably hot to the hand, and squeeze the shawl in this with both hands until it is clean. Do not rub soap on the garment. Then rinse the article in several waters of about the same temperature as the suds, squeeze the water out or run it through the wringer, but never wring with the hands. Lay the shawl loosely on a clean cloth to dry moving it about occasionally. When nearly dry spread a clean sheet on the floor and pin the shawl out to its proper size on a line unless you want it stringy.

## BRIGHT COLORS AND GLITTERING EMBROIDERIES FOR EVENING WEAR

**W**OMEN who aim to be ultra chic may affect very gay footwear. The hosiery must still match the costume, and for evening wear so should the shoes. Gold and silver embroideries and laces over satins of the shade of the costume are considered correct in style. Those who do not object to creating a sensation may even appear on the streets in such shoes, for in Paris it is perfectly permissible. Low shoes in gold and silver or of embroideries in jet, steel or diamante are shown. Velvet shoes are allowable in all shades and to match the costume, of course. Even old brocades are utilized in making evening slippers. Seemingly it is a distinctly fabric season.

Slipper ornaments are exceedingly pretty. The woman who has the time and a little taste may make these at home. These ornaments are so small that the cost of material is very slight, while the price asked for them in the shops is really startling.

In order to get the bows just the right size the copyist should experiment with scraps of material. A tiny three looped bow, each loop showing an edge of steel, gold or jet beads, is one of the favorite slipper trimmings, the crosspiece being covered with several rows of the beads sewed on in straight lines up and down.

The loops of the bows may be either curved or square, but in either case the bow should be set up a little on the instep and curve out prettily in contrast to the flatness of a pump bow. An expensive pair of white satin slippers displayed this type of bow, the beading being done in jet and a single line of jet beads outlining the slipper.

These bows are made of double pieces of satin, stitched and turned, and the beads are set on the extreme edge so that they stand out from the satin after the manner of a picot edged ribbon. The effect is best when the beads are in direct contrast to the color of the satin. Steel or gold beads on a black satin slipper are always good, and the revival of jet trimmings is noticeable in the liking for jet buckles and jetted bows on slippers of white and pale colors.

Illustrated here are some types of summer shoes. The shoe at the top of the column is a buttoned model of white suede with strapped front. Below it is a specimen of the modish summer oxford in white suede. Next is a smart pump with a silver buckle. A patent leather pump with rhinestone buckle and an evening slipper of gold lace over pink satin are also shown.

### CLEANING WHITE PLUMES.

A white plume can sometimes be cleaned successfully by dipping it in raw, cold starch slightly blueed. Then let it dry and shake off the powdered starch. If not clean repeat.

If you must clean white plumes at home dip them up and down in gasoline, changing this as often as it becomes soiled and shaking the plume hard between each dipping. When clean and white hang in the fresh air to dry. After this the feather, if an ostrich plume, must be carefully curled. To clean a handsome plume at home is a risk unless one is expert in such work. If you can send it to a trustworthy professional cleaner do so.



SOME SUMMER SHOES.

### SUMMER FANS.

Attractive fans have plain sandalwood mountings and spreads of flexible, soft satin in delicate tones, edged with a fine vine in handwork. Some what more expensive are fans of beautifully carved sandalwood with tops of silk embroidered and hand painted with a cherry blossom design.

Celluloid mounted fans come in every imaginable color, sometimes with spreads of hand painted celluloid and again topped with marabou and decorated with tiny flowers in silk. Nowadays all self respecting fans come in silk bags veiled and edged with white or black lace or with gold or silver net.

## CHARMING SHORT COATS FOR WEAR WITH AFTERNOON GOWNS



ATTRACTIVE AFTERNOON COATS.

**C** HARMING short coats for wear with dressy frocks are very popular. Two of these are pictured here. One is a cutaway effect in dark satin. Especially chic is the wide belt brought well up under the arms. The other coat is of tan moire silk, with a collar in Bulgarian embroidery in a narrow width.