

CONCERNING FASHIONS

Monograms on Handbags.

It is the smart thing to have your monogram on your handbag. Not in plain brass or silver or even in gold, but in precious stones. This is truly an age of extravagance in jewelry and jewels and we cannot afford to speak disrespectfully of the ladies of ancient Greece and Rome, who decked themselves with dazzling chains and thought heavy was counted by the variety of jewels they wore. The stones used in the monogram may be either the birthstone or the lucky stone, and the letters are engraved so as to make them as unrecognizable as possible.

Pelisse for the Autumn.

For autumn traveling the old-fashioned pelisse made of rough pomereu is a favorite. Now and then it has a hood, which may be brought into use on occasion. The skirt of the pelisse is gauged on to the waist and is voluminous enough to crush any sort of a gown with which it may be worn. Big-sleeved wraps that are separated from the cape by a narrow margin are the natural outcome of puffed sleeves. They are at their best made of taffeta or rough pomereu. "Sling capes" sleeves that are familiar to some persons and that, by their name, describe themselves to all others, are among the revivals for long capelike wraps.



Gray cloth costume trimmed with gray braided, dotted with black pastilles. Gumpie of tuckered cord red chiffon. Black hat with coral colored tips.

Cameos Again in Vogue.

Cameos are coming back into vogue again, and the possessors of old treasures in these may get them out and consult the jeweler as to their re-mounting. Neck chains with pendants are among one of the most favored forms of utilizing these, and belts of cameos strung together with link chains are worn with thin and sheer lingerie frocks. Some bracelets, too, are shown, and the old-fashioned earrings make up charmingly as buttons for one's favorite tailored blouse.

Velvets.

Velvets have hardly begun to appear on the streets, but it is probable that later in the season they will be used almost as much for walking suits as for reception or evening wear. Both in coloring and in softness, suppleness and luster the new velvets are sensationally improved.

Simple Dancing Gown.

That satin is to assume much importance in the winter frock scheme seems beyond doubt. Satin models are many, both in evening and visiting gowns, and nothing lovelier is shown than some of the gowns in this material. One is made from pale green satin, with perfectly plain skirt, flaring and full at bottom. The décolleté bodice is very pointed, front and back, and in front are crossed pieces of the satin edged with tiny ruffled ruffles of soft-tone chiffon. A straight piece of white Irish crocheted lace runs across front at bust line. One large puff with turned cuff and chiffon ruffle forms the elbow sleeve.

Lingerie Blouses to Stay.

It is decreed that lingerie blouses are to be worn until winter, and more than possibly throughout cold weather. For the latter they are to be furnished with plain India silk underslips that will serve as linings, making them warm enough for the house and for the streets when fur jackets are worn.

Of Velvet and Cloth.

Never has velvet been more popular for trimming than this season and almost every frock, be it evening gown or tailored street costume, is trimmed at least to some slight extent in velvet. A velvet collar is a foregone conclusion upon every coat, whatever be the general nature of the cut. A particularly stunning gown shown at a display of French models was of violet broadcloth, the smart little bolero effectively trimmed with stitched bands of cloth and velvet-covered buttons and velvet collar and revers in design. The velvet was of a harmonizing shade of purple and the deep grade of silk matched the ma-

terial. Sleeves were trimmed at elbow with cuffs and strap of cloth and ruffle of velvet. The skirt was walking length, perfectly plain and rippling wide around the feet. To wear with the frock was a hat of violet beaver, matching the cloth, with low crown and brim rolling sharply at both sides. It tilted forward and is filled in at back by a purple plume, which comes from the left side of the hat and falls over the hair.

Doudoir Confidences

When in doubt—use ribbon. Some of the little new French hats have curls sewed under the brim.

The "lingerie" waist is out in the softest of white albatross, with lace insertions.

Only that which is soft and pliable and tractable dare show its face in dressdom.

The separate waist in black is rather novel. It takes elegant silk and lace forms.

It is to be a most luxurious winter—velvet, satin, gold lace, and that sort of thing.

Serge is a good-looking, well-wearing material, and will be welcomed back with joy.

Nothing is to be quite so much smiled upon as velvet, but none of your stiff, wiry sorts.

Hair Braid for Hats.

The newest braid used in the making of outing hats is the hair braid, says the Milliner. Up to the present time very little of this braid was used for other than dress purposes. A hair braid hat which illustrates the possibilities of this model is made up of two platens draped something after the fashion of the Charlotte Corday bonnet, but more on the turban order. It is caught at each side with black velvet bows, which are fastened with large ear-lobes of white hair. Another style of outing hat which is developed into white hair braid is a Tam O'Shanter; the crown of this is draped in black velvet loops and the ends are caught into a square black velvet buckle at one side.

Pretty Silk Coat.

A pretty coat in dark blue rajah silk was made with the waist line high under the arms and dipping slightly in front. The waist had a little vest of velvet, and was outlined on either side of the vest and around the waist with a flat bias band of the silk sewed on by hand. In front the band was ornamented with four handsome silk passementeries, with long silk fringes. A similar ornament trimmed the short puffed sleeve, which was further embellished with two ruffles of narrow valenciennes. The silk of the coat was shirred and hung below the knees.

TIPS TO HOUSEWIVES

Milk gravy can be made from fat from sausages. Use milk instead of water.

To seed raisins remove the stems and cover the raisins with boiling water. After five minutes or so pour off all the water and the seeds are easily slipped out.

Small pieces of cotton batting, slightly steamed, make good dusters that should be burned after once using. A medium-sized camel's hair

brush is most useful in dusting the carving of furniture.

The bread can needs wiping out daily. Otherwise crumbs will collect and these will mold. The moldy crumbs will communicate their fungus to the fresh loaves put in, and the whole will be contaminated.

Lady's Norfolk Jacket.

The new jackets are out of the beaten track and very smart. Among these the plaited styles seem to be the favorite, and surely there has never been a style that is so easily handled by the home dressmaker. The jacket proper is very plain, made with seams in front and back extending to the shoulder. This is not only a newer cut, but it is a style easier fitted than the dart coats. After the coat is fitted one has only to apply the plait over the seam and the garment is practically finished. The collar may or may not be used, just as one desires. The sleeve is finished with a box plait also, and the whole "make-up" of the coat is generally good. Any woman can make such a coat as this and it will be a good fitting one, too. The shops are full of short lengths now that can be bought very reasonably and are just the thing for separate jackets



This model may be used as the coat to a suit and any skirt will go nicely with it. Covert cloth, silk, or any coat material may be used.

Orange Pie.

Grate the rind of one and use the juice of two large oranges. Stir together a large cupful of sugar and a heaping tablespoonful of flour; add to this the well-beaten yolks of three eggs, two tablespoonfuls of melted butter. Reserve the white for frosting. Turn this into a pie-pan lined with pie paste and bake in a quick oven. When done so as to resemble a finely baked custard, spread on the top of it the beaten whites, which must be sweetened with two table spoonfuls of sugar; spread evenly and return to the oven and brown slightly.

The addition of the juice of half a lemon improves it, if convenient to have it.

Coats of Blanket Serge.

Just now the rage is for coats of blanket serge, but the ordinary pale top shape is too popular to be new, and the latest vogue is the redingote shape in natural gray or biscuit tones with a small collar and cuffs of dark silk or velvet, which, thanks to the chemical cleaner, is easily restored with the coat.

WALKING COSTUMES FROM PARIS.



The first costume is of green cloth. The short skirt is made with groups of plaits and is untrimmed. The bolero is slightly gathered at the bottom and finished with a stitched band. The front is ornamented with passementerie brandenbergs and finished at the bottom with a tab of darker velvet. The revers and girdle are also of this velvet, and the turnover collar is of embroidery. The full sleeves are tucked crosswise just at the top and finished with deep cuffs trimmed with the brandenbergs and bands

of the material. The other costume is of blue cloth. The short skirt is made with box plaits which form pointed straps at the top. It is trimmed at the bottom between these plaits with straps of the material. The double-breasted bolero is ornamented with gold buttons and finished at the bottom with a shaped band. The shawl collar is bordered with a shaped ruffle. The waistcoat and bottoms of the sleeves are of blue and white striped silk. The sleeves are trimmed with bands of the material. The girdle is of velvet to match the costume.

CARE OF THE BODY

How to Acquire and Retain the Priceless Possession of Good Health

How to Ventilate.

With the advent of the cold weather the doors and windows are closed, largely shutting out the purifying influences of the fresh air which has so freely circulated through the house during the warmer season.

The rude habitations of our pioneer ancestors, with their capacious open fireplaces, were superior to our modern palatial dwellings in that there was always possible an abundant supply of fresh air. Houses of the present day in our civilized land are made as nearly air-tight as architectural skill can secure, and unless provided with some systematic mechanical means of ventilating, the indoor air is constantly contaminated with breath poisons and other impurities resulting from the heating and lighting and cooking within the house, so as to be a constant menace to the health of the inmates.

Probably the best means of providing the needed supply of fresh air, is the open fire with a wide-mouth chimney to act as ventilator. The open grate is likewise the most healthful means of heating a house; although so far as fuel alone is concerned, it is not the most economical. Weighed in the balance with the saving in health, however, it may be considered a matter of economy.

If other means of heating be employed, good ventilation can be secured only by some special arrangement for the incoming of fresh air and the outgoing of foul air. How this may be well accomplished is best told in the words of a well known authority on the subject: "The foul air outlet should be constructed on the plan of the fireplace—an opening near the floor connected with the chimney or an upright ventilating shaft, the top of which should extend above the roof like a chimney. The ventilating shaft should always be located in an inside wall, and, if possible, should be placed next to a chimney which is always warm. The chimney heats the duct and increases the draft.

"The opening for the outlet of impure air should be at the bottom of the room when the house is heated by a furnace or by other means which warms the fresh air before it is admitted to the rooms. If the fresh air is admitted cold, the foul-air outlet should be at a higher level. The best point is perhaps at about four feet from the floor. This will secure a thorough admixture of the air. If the outlet is at the floor, the cold fresh air admitted to the room will pass out before it has been warmed and used, while the hot foul air will accumulate in the upper part of the room, and thus the change of air will be imperfect.

"Two openings must be provided to secure proper ventilation, one for the entrance of fresh air, the other for the exit of foul air. It is in every way better that the air should be heated, at least partially, before it enters the room, as this will to a large degree prevent the formation of a cold layer about the floor."

"There are too many Essus who sell their birthright of health for a mess of pottage, and it is difficult to realize how much of the suffering and ill humor of life is due to not having learned to do without in the matter of eating and drinking."

Temper Powders.

Sir Lauder Brunton, a famous English physician and surgeon, is quoted by a special London cable to the New York Herald as recommending a "temper powder," consisting of bromide of potash and other drugs, which should be taken whenever one is subjected to "some irritating occurrence," or "some depressing news," "to take away the sting of either, so that in the place of being much worried and unable to turn attention to other things, a person feels as if he had slept over the bad news or worry, and is able to obtain relief by turning his attention to something else."

According to this dispatch, Sir Lauder Brunton recommends the "temper powder" as a means of preventing "those constant explosions of temper on the part of a member of the family," which "may affect the health of the other members, who have their appetites spoiled, their digestion impaired, their nerves shattered, and their pleasures in life destroyed by the mental suffering induced by the irritable temper of another. For these patients the best treatment is to administer 'temper powder' to the offending person, when the distressing symptoms of the other members of the family will be relieved."

This is, indeed, an easy way out of trouble; but it is a dangerous expedient, and in the end will only make worse trouble, for the effects of bromide of potash and other stupefying drugs are to leave the subject in a state of increased irritation when the effects have worn off. In order to cure bad temper, then, by this plan, the only effective method would be to keep the patient under the constant influence of the bromide of potash, or opium, or some other nerve-depressing drug.

Bad temper, in a great proportion of cases, has for its foundation, indigestion, nervous exhaustion, or some other physical ill, which may be relieved by the removal of causes and the adoption of suitable physiologic measures. In certain cases, moral remedies are necessary, as well as physical.

Occupation for the Aged.

Quain, in his Medical Dictionary, arbitrarily defines advanced life as the period between sixty-two and eighty-two, and the time of old age beyond that period. But the infirmities of age are measured, not so much by length of days as by the integrity of the bodily functions, and the soundness of the organic structures.

The question, How much work is normal and rational for each? must be answered according to the past life and present condition of each individual old man or woman. For most old people, however, there is no employment better than work in a garden in which they have some commercial interest. Money, honestly earned and wisely spent, promotes health. The hoeing, weeding, trimming, gathering and marketing of the fruits and vegetables or flowers; the open air life, exercise in the sunshine among growing things; the healthy stimulus of planning the work, studying and talking to others of the best methods of gardening—what is most profitable to plant in that region, how the land should be fertilized, and where and when to sell the products—all this keeps the mind active.

Poultry raising and bee culture are also employments well adapted for those advanced in life who need to make work remunerative.

The main points for the aged to consider are: To avoid disease and premature failure of strength, not by increase of food and stimulants, as is often advised, but by cutting down and simplifying the diet in proportion to the decreased wear and tear of tissue, so that the intake will not exceed the output; to still maintain an interest in current thought and activities, and to select some occupation suited to their physical strength and their previous training and skill.

The secret of a healthy, useful, active old age is to know how to wear out life's waning energies normally, not to exhaust them prematurely by overwork, or, worse still, waste them by the rusting of needless inactivity.

There would seem to be little need in old age of destitution and dependence on the county, were all the working classes to plan for a home in the country and a few acres of land, by saving money uselessly spent for such disease-producing, health-destroying articles as tea, coffee, tobacco and alcohol, to say nothing of other injurious table luxuries. By a wise economy in the expenditure of money, and rational investment in a home, the old working man and woman would find themselves with a fund of health and strength equal to their day, and when no longer able to compete with a younger generation, they would still have useful, remunerative occupation on their own premises.

Shut Your Mouth.

Shut your mouth. Breathe through your nose. Never allow yourself, says a medical writer, unless positively necessary, to breathe through your mouth. The nose is made to breathe through. It is provided with hairs to sift the dust out of the air. It is provided with warming plates (turbinate bones) to temper the air. It is provided with apparatus for furnishing moisture to the air. All of this is quite essential before the air is drawn into the lungs.

Breathe through the nose. Shut your mouth. Man is a talking animal. He talks so much he forgets how to breathe through his nose. In singing, also, it is impossible not to breathe through the mouth.

A good, brisk walk in the morning, compelling yourself to breathe through the nose, is an excellent hygienic practice. At first it may be difficult, but persist in doing so. Think of it all day, whatever you are doing. Shut your mouth; breathe through your nose. Keep thinking about it until you have formed the habit. It may require quite an effort at first. Lazy people had better not try it. Some people are too lazy to breathe anyhow. They go around with their mouth open, like a fish. Keep your mouth shut. Breathe through your nose.

Bedroom Climate.

A person at the age of 60 years has spent about twenty years of his life in his bedroom. Have you investigated the average sleeping-room climate? If you were sent as a missionary to some distant pestilential spot the climate of which was as unhealthy as that of the average bedroom, would you not feel that you were risking a great deal for the sake of the heathen?

On the tombstone of tens of thousands of those who have died from tuberculosis might appropriately be inscribed, "Disease and death were invited and encouraged by a death-dealing bedroom climate."

To show that this is no exaggeration, it is only necessary to call attention to the fact that fully half of the tubercular patients treated in outdoor consumptive hospitals make a satisfactory recovery. Fresh air will not only cure the disease, but is certainly a wonderful preventive of it. It is not more reasonable deliberately to breathe impure air than it is to drink impure water or eat unhealthy food or wear infected clothing.

The national drink bill in England has fallen during the past five years by no less than £6,940,062. This coincides, it is said, with the rapid growth of the tendency to eschew flesh food.—Physical Education.

Calumet Baking Powder

Health— Economy

How the Coolness Started.

Reggy—I wondah what makes Mrs. Fewcash so kind to me recently. She awks me to walk on the avenoo every day now.

Percy—Is your face that does it, deah boy.

Reggy—Do you weally think so? Percy—No doubt about it, tan jove? It's the fashion to be attended by a bull pup, ye know, and she can't afford the real article, don't you see?

"Poor lad! Did you break your bat trying to knock out o' home run?" "Naw! Tryin' to knock out de empire?"

Work.

"Anyhow, you can't deny that Hewligus is a self-made man. He worked his way through college."

"He certainly did. He worked nearly every student in the institution."

Chicago Tribune.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in ½-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 oz." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

WHEN WOODS TURN BROWN.

How will it be when the roses fade Out of the garden and out of the glade? When the fresh pink bloom of the sweetbriar wild,

That leans from the dell like the cheek of a child, Is changed for dry lips on a thorny bush?

Then scarlet and carmine the groves will flush.

How will it be when the autumn flowers

Wither away from their leafless bowers;

When the sunflower and starflower and goldenrod,

Glimmer no more from the frosted sod,

And the hillside nooks are empty and cold? Then the forest tops will be gay with gold.

How will it be, when the woods turn brown,

Their gold and their crimson all dropped down,

And crumbled to dust? Oh, then, as we lay

Our ear to earth's lips we shall hear her say,

"In the dark I am seeking new gems for my grown"

We will dream of green leaves when the woods turn brown.

—Lucy Larcom.

OLD FASHIONED FARE

Hot Biscuits, Griddle-Cakes, Pies and Puddings.

The food that made the fathers strong is sometimes unfit for the children under the new conditions that our changing civilization is constantly bringing in. One of Mr. Bryan's neighbors in the great state of Nebraska writes:

"I was raised in the South, where hot biscuits, griddle-cakes, pies and puddings are eaten at almost every meal, and by the time I located in Nebraska I found myself a sufferer from indigestion and its attendant ills—distress and pains after meals, an almost constant headache, dull, heavy sleepiness by day and sleeplessness at night, loss of flesh, impaired memory, etc., etc.

"I was rapidly becoming incapacitated for business, when a valued friend suggested a change in my diet, the abandonment of heavy, rich stuff and the use of Grape-Nuts food. I followed the good advice and shall always be thankful that I did so.

"Whatever may be the experience of others, the beneficial effects of the change were apparent in my case almost immediately. My stomach, which had rejected other food for so long, took to Grape-Nuts most kindly; in a day or two my headache was gone, I began to sleep healthfully and before a week was out the scales showed that my lost weight was coming back. My memory was restored with the renewed vigor that I felt in body and mind. For three years now Grape-Nuts food has kept me in prime condition, and I propose it shall for the rest of my days.

"And by the way, my 2½ year old baby is as fond of Grape-Nuts as I am, always insists on having it. It keeps her as healthy and hearty as they make them." Name given by Postum Co., Battle Creek, Mich. There's a reason.

Read the little book "The Road to Wellville" in pkg.