# Smart Frills of Fashion

New York City.—One-piece dresses are much in demand just now. They are exceedingly charming for the tiny folk; they mean so little labor for the making that the busiest mother does not hesitate to undertake them; they are simple and childish and are altogether to be desired. This one is made with a prettily shaped yoke and is adapted to all seasonable materials.

White lawn makes the one illustrated, however, and the trimming is narrow frills. If something more elaborate were wanted, the yoke could be embroidered by hand or cut from all-over material, or the edges of the yoke and the edges of the sleeves could be scalloped. Indeed, there are various ways in which the dress can be treated, but the simple one illustrated is admirable for everyday wear, and is pretty and attractive.

The dress is cut in one piece and is seamed under the arms only. The yoke, however, is made in three pieces and with shoulder seams. The opening is cut under the box pleat at the centre-back and the dress is closed invisibly, while the yoke is buttoned over into place.

The quantity of material required for the medium size (four years) is three and one-half yards twenty-four, two and three-fourth yards twenty-seven, one and seven-eighth yards thirty-two or one and three-fourth yards forty-four inches wide, with three yards of ruffling.

### Styles of Early Thirties.

Old-fashioned sashes in bright colored ribbons will be worn again on the simpler lingerie dresses. Tied in a large butterfly bow at the centre back, they recall the styles of the early thirties, when bob curls and shoulder tippets were worn, too. This is another indication that the present fashions cater primarily to the younger set.

### Hints on Color.

Blue suits the golden-haired girl, and makes her hair look more beautiful, but it seems to destroy all the beauty of some gray-eyed maids, and it is most unbecoming to those of at all sallow complexion. Now, gold in some form will conceal any little yellowness of the skin, and white coming in contact with the face subdues the ill effects of blue and preserves its good ones. Only to the youngest and fairest do pink and white seem suitable, and yet white is much used by the old, and soft white laces are becoming even to grandmothers.

### Straight Pleated Skirt.

The simple skirt that is so devised as to give the effect of a tunic is one greatly liked this season, and this model obtains the result with the least possible labor. In reality the skirt is a straight one, and consequently it suits washable materials particularly well, yet the wide tuck at knee depth gives a suggestion of the favorite tunic and is essentially smart. Embroidered muslin is the material illustrated, but the skirt will be found available for the foulards and pongees and for all the thin materials of the season. It would be lovely made from marquisette or from cotton voile; it makes an excellent model for foulard and all the muslins are just as well adapted to it as the one illustrated.

The skirt is made in one piece. It can be finished at the lower edge either with a hem or an under-facing and the tuck is laid on indicated lines.

The quantity of material required

for the medium size is eight and one-half yards twenty-four or twenty-seven, seven yards thirty-two, or five and five-eighth yards forty-four inches wide. Width of skirt at lower edge is four and one-eighth yards, or two yards when pleats are pressed flat.

Work Apron—The work apron that includes generous pockets is the practical one, and this model, in addition to that advantage, is shapely and becoming at the same time that it is eminently useful. In the illustration, it is made from an inexpensive printed wash fabric and the edges are piped, but linen and gingham, chambray, and, indeed, almost any simple washable material is quite appropriate. The straps are crossed at the back and buttoned into place at the shoulders.

Semi-Princesse Dress—To be made with three-quarter or long sleeves. Semi-princesse gowns are much in demand and are always pretty and attractive. This one includes a novel flat bertha and sleeves that are among the newest and prettiest. Flowered organdie is the material illustrated, and it is trimmed with lace banding and made with yoke of net, but every seasonable material that can be made full is appropriate, and the list includes silks and light weight wools as well as cottons.

### The Popular Sash.

Sashes are seen on almost every costume, whether to add the universal touch of black or to complete the color scheme. On the cuirass frocks they are worn between hips and knees, where the pleated skirt is joined to the fitted bodice. Again on frocks with a slightly high waist at the back the sash is knotted quite a few inches above the normal waist line, and the long ends hang to the hem of the skirt.

### New Model Sleeves.

Sleeves of the new models of blouses and dresses show fulness at the elbow. Ruffles of pleated net, batiste, plain or lace edges, and attached to a heading of insertion, may be bought by the yard and made up into side frills for the shirtwaist or coat suit.

### Marquise Parasols.

We are to use the little Chantilly lace marquise parasols, the doll-like affairs with which our pretty ancestresses used to screen their faces.

### Tricot Cloth Corsets.

The desire of women for comfortable corsets, even though they are long, has brought about the use of tricot cloth in their making. This is a little stronger than the elastic webbing, which was not firm enough to maintain the figure in its proper lines. This new cloth is easy over the body, not pressing it down as coutil does. If one's hips cannot stand the pressure of bones, gusset of the webbing is inserted.

### Frock Adornment.

Ornaments, tassels, balls and fringe, echoing crystal and bead effects, play a part in evening frock adornment, and draperies on the wing sleeve order, the points often finished with tassels, often mitigate the severity of the line in close-fitting sleeves.

### Coarse Net Cloth.

Heavy linen is used with coarse net, cloth and silk, while linen crash often serves as a foundation for embroidered yokes, guimpes and vests.

# The Fast Cure

*By Dr. Forbes Ross*

ONLY in cases of people between the ages of thirty and fifty-five should starvation for one moment be thought of, and even then the patient should be one of those beet-root-faced persons known in the medical world as "gastronomical hogs," whose overindulgence makes such treatment necessary. Up to the age of thirty the fast cure would be suicide, for up to the age of twenty-five the bones are still growing, and the brain power of an individual is being strengthened up to the age of thirty, its capacity being greater then than at twenty.

In the young the inevitable result of frequent resources to this cure will be consumption, for the patient is only starving in a literal sense. The feeling of the pangs of hunger which are experienced for the first two or three days means that the digestive organs are working fruitlessly. After that they find work in consuming one another. This is proof that the patient is living on himself. After the age of thirty the danger of consumption is very small, and the body requires less nourishment. Those who think that the "fast cure" will do any good may attempt it at this age with little fear of any serious consequence.

After the age of fifty-five such a course is equally suicidal. This is one of the most critical periods in a person's life. Between this and the age of sixty-five the heart always makes an attempt to fail. And the only means of preventing this is to partake of a rich diet. When this later period is safely past the patient can look forward to attaining the age of 100.

# Robbing Thunder of Its Terrors

*By Donald Cameron Shafer*

A GREAT many people actually believe that lightning can be blown into a house with a strong draught, and so always close windows and doors during a thunder-storm. With the terrific speed of lightning—186,000 miles a second—there is no danger of its being blown aside from its course, only that the wind might, and probably does, change the direction of the air currents, but not to such a degree as greaty to affect the direction of the discharge and carry it into a building. There is absolutely no record that I know of where a discharge of lightning from the sky struck the side of the house and came into an open window or an open door. Houses are struck, but they are always struck on the roof first, and nearly always on the very highest point of the roof at that, unless the current leaps off a telephone or electric-light wire. This is because, with the enormous voltage or pressure of lightning, dry wood is almost as good a conductor as copper wire is to a weaker current, and lightning, travelling always in the easiest paths, quickly leaves the air, which is a non-conductor, to run down the wooden timbers of a building.—Country Life in America.

# Clam Conservation

*By Dallas Lore Sharp*

OUR children's children may run short of coal and kerosene, but they need never want for clams. We are going to try to save them some coal, for there are mighty bins of it still in the earth, while here, besides, are the peat bogs—bunkers of fuel beyond the fires of our imaginations to burn up. We may, who knows? save them a little kerosene. No one has measured the capacity of the tank; it has only been tapped here and there; the plant that manufactured it, moreover, is still in operation, and is doubtless making more. But whether so or not, we still may trust in future oil, for the saving spirit of our new movement watches the pipes that carry it to our cans.

But should the coal and kerosene give out, the clam, I say, need not. The making of Franklin coal and Standard oil, like the making of perfect human character, may be a process requiring all eternity,—longer than we can wait—so that the present deposits may some time fail; whereas the clam comes to perfection within a summer or two. The coal is a dead deposit; the clam is like the herb, yielding seed, and the fruit-tree yielding fruit after his kind, whose seed is in itself upon the earth. All that the clam requires for an endless and an abundant existence is planting and protection, is—conservation.—The Atlantic.

# Farm Help

*By C Miller*

IS there not some way to find deserving men who, having formerly lived on a farm, have tired of the city and wish to return to the soil?

I am the owner of a farm, and adopted the usual method of advertising for help, but those who applied were unsatisfactory. I had a number of applicants, but those with references asked from $40 to $60 a month and "found." Others who put a reasonable price upon their services melted away from before my eyes when I asked for references. It would appear that in a city like New York, where we read of so much suffering among the poor and unfortunate, there would be many who would welcome an opportunity to find a home on a farm, with good food to eat, a good bed to sleep in and a reasonable wage to put by for a rainy day.

I find the inability to get help at a reasonable price a great stumbling-block in the way of running a farm for profit. It seems as though there might be an association formed for the purpose of bringing unfortunate men and the soil into juxtaposition.

# "Foolproof"

*By W. L. Watkinson*

CERTAIN mechanism is sometimes described as being "foolproof," that is, the machine is so constructed that even the most stupid cannot easily disarrange it, neither can they very well injure themselves.

There are persons who seem to think that this world should have been "foolproof;" that it ought not to have been easy to hurt ourselves; we ought to have water that would not drown, fire that would not burn, gases that would poison.

We do not know, none know, what are the possibilities of creation; but if a "foolproof" world were called into existence we can see at a glance what must necessarily be the intellectual caliber of its tenants. We owe much to the fact that imminency of danger. It is thus that our faculties are disciplined, that we have reached such strength and acuteness of mind and body.

This is equally true of our higher life and its development. Suppose that this world were morally "foolproof," that is, that it were impossible for us to go wrong, what manner of men should we be? Not men at all.

### Unexpected Truth.

The minister was spending the afternoon at the home of one of his members. The father told his little son to bring some apples from the cellar. The child obeyed, and in the kitchen found an especially large red one which had been brought up the day before, so placed it on the dish with the others.

When they were passed this was the apple the minister took, and feeling it so warm, remarked to his host that the cellar must be very warm.

"Did you not bring these apples from the cellar, Ned?"

"Yes, father, all but that one pastor has; it was in the kitchen."

"Why did you not tell me?" asked the pastor.

"Well," with childish frankness. "I didn't think you would take the biggest one on the dish!"—Delineator.

Of all places of importance Sydney, New South Wales is farthest from London as the crew flies—10,120 miles.

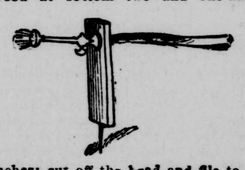
## AN UNUSUAL PHOTOGRAPH.

Mr. John D. Rockefeller and his son, John D. Rockefeller, Jr., who have recently come before the American people as the principals in the proposed devotion of Mr. Rockefeller's wealth to the welfare of humanity. The detailed plans of Mr. Rockefeller in relation to this gift have not been published. Mr. Rockefeller, Jr., it is understood, is purposing to devote himself to administering this Foundation.—From The World To-Day.

### Support For Lawn Sprinkler.

Take a piece of wood one and one-half feet long, three and one-half feet wide. In top of wood bore a hole size of hose used and one and one-half inch from top.

Take a large wire nail or spike about seven inches long, drive into wood at bottom two and one-half



inches; cut off the head and file to a point. First take off nozzle of hose—put it through the hole and screw on nozzle to secure it. This makes one of the finest sprinklers, because one can move it anywhere you want to without shutting off the water.—Boston Post.

### Georgia Humor.

The humorous editor of the Upson County (Ga.) Parrot grinds out the following: "His horse went dead and his mule went lame, and he lost six cows in a poker game; then a hurricane came on a summer's day and blew the house where he lived away, and the earthquake came when that was gone and swallowed the land that the house was on; then the tax collector came 'round and charged him up with the hole in the ground."

### Balaam's Hebrayist.

Congressman McCall, of Massachusetts, tells a story of a Sunday-school superintendent in Boston, who was questioning the pupils concerning Balaam's ass; and he asked them what language was used, whether or not it was necessarily Hebrew, in order that Balaam might understand it; and a bright boy gave answer:

"Of course it was Hebrew; for the ass must have been a Hebrayist."—Washington Herald.

### A New Umbrella.

A French inventor, with a tender heart for bicyclists, chauffeurs, fishermen and wandering artists, has contrived a form of umbrella for protec-

tion against sun or rain which can be easily and solidly attached to the shoulders so as to leave the arms and hands absolutely free. When not in use it folds up in a conveniently portable form.—Youth's Companion.

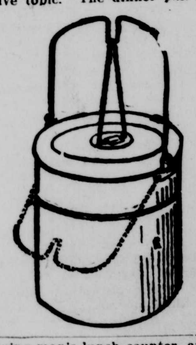
## GOOD EXAMPLES.

Parson—"The pigs do you credit, Michael; I never saw any in better condition."

Mike—"Sure, sir, if we was all of us only as fit to die as they be we'd do."—The Tatler.

### Can't Lose the Lid.

The importance of the dinner pail is not appreciated by most people. To hundreds of thousands, however, it is a live topic. The dinner pail is the



laboring man's lunch counter, and its contents are usually more wholesome than the food at the regulation lunch counter, too. It was a wise New York man, therefore, who devised a means by which the lid of the dinner pail cannot be lost. In this device the handle of the pail is bent into a deep and narrow V at the top of the arch. In this V there hangs a long triangular piece of wire attached to the lid, which is hinged at one side. The whole top of the pail may thus be opened freely to permit of the filling or emptying of the receptacle, but it will always be at hand when wanted. It is no uncommon thing for a workingman to lose the lid to his pail, and as this means the expense of a new dinner carrier, it is no joke.

The gun carriage that has been used for carrying the coffins of both Victoria and Edward VII. will now be more than ever an object of popular interest in the courtyard of the Tower of London.

Grasshoppers have their organs of hearing at the base of the abdomen, that is, at the same place where the corresponding organ of the Noctuidae has been discovered.


# WANTS HER LETTER PUBLISHED

## For Benefit of Women who Suffer from Female Ills

Minneapolis, Minn.—"I was a great sufferer from female troubles which caused a weakness and broken down condition of the system. I read so much of what Lydia E. Pinkham's Vegetable Compound had done for other suffering women I felt sure it would help me, and I must say it did help me wonderfully. My pains all left me, I grew stronger, and within three months I was a perfectly well woman.

"I want this letter made public to show the benefit women may derive from Lydia E. Pinkham's Vegetable Compound."—Mrs. JOHN G. MOLDAN, 2115 Second St., North, Minneapolis, Minn.

Thousands of unsolicited and genuine testimonials like the above prove the efficiency of Lydia E. Pinkham's Vegetable Compound, which is made exclusively from roots and herbs.

Women who suffer from those distressing ills peculiar to their sex should not lose sight of these facts or doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

**If you want special advice write to Mrs. Pinkham, at Lynn, Mass. She will treat your letter as strictly confidential. For 20 years she has been helping sick women in this way, free of charge. Don't hesitate—write at once.**


Sometimes a girl pretends to whistle for the purpose of calling a young man's attention to the lovely pucker she can get on her lips.


**For COLDS and GRIP.**

Hick's CAPUDINE is the best remedy—relieves the aching and feverishness—cures the Cold and restores normal conditions. It's liquid—effects immediately. 10c., 25c. and 50c., at drug stores.


### Literary Note.

"Do you think that poets should never marry?"

"I don't know about that. But they should be very careful about composing love letters unless they intend to."

### Yes, Indeed.

Hostess (at party)—Why, so silent, Miss De Muir? You've scarcely said a word since you came.

Youthful guest—Really, Mrs. Leader, I am having a very enjoyable time, but my father has told me 100 times never to say anything unless I have something to say, and I suppose—

Hostess—But, my dear child, think what a stupid and tiresome thing society would be if everybody followed that advice!

### The Dentist's Joke.

At a recent dinner of the Author's club in London to Mr. Owen Seaman, the editor of Punch, Mr. Walter Emanuel, another member of the staff of Punch, referred to the fact that the man with the largest sense of humor he had ever struck was an Englishman—a dentist. He went to him, after suffering long with the toothache. He refused to have gas, and the dentist pulled out a tooth, leaving him writhing in pain, and took the tooth to the window, where he laughed quite heartily. He groaned, "What's the joke?" "Wrong tooth," said the dentist.

### There Should.

Fritz the gardener was a stolid German who was rarely moved to extraordinary language. Even the most provocative occasions only caused him to remark mildly on his ill-luck. Not long ago he came back from the city in the late evening after a hard day in the market place. He was sleepy, and the train being crowded, the baggageman gave him a chair in his roomy car.

Finally the train reached Bloomfield. Fritz still slept as it pulled in and his friend had to shake him and tell him where he was.

"I tanks you," said Fritz, as he rose slowly to his feet. The open door of the car was directly in front of him. He walked straight out of it.

The baggageman sprang to look after him. Fritz slowly picked himself up from the sand by the side of the track, looked up at the door, and said with no wrath in his voice:

"There should here be some steps."—St. Paul Dispatch.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When the children want lunch, this wholesome nourishing food is always ready to serve right from the package without cooking, and saves many steps for mother.

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