FANCIES FOR THE FAIR.

Designs That Will Adorn Beauty at the Watering Places-Some New Outing Costumes-A Dust Cloak-Suitings for Boys -Novelties for Women.

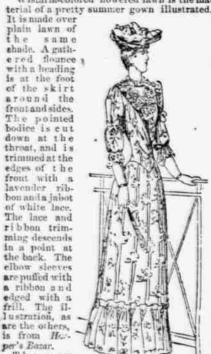
The costume for the surf is as important in these latter days as that for the most



silk, as is the one here shown. The back of the cap is pinked at the edge, and a pleated ruche made of a graduated strip pinked at the edges trims the front as illus-

But the bathing costume is not all one needs for the summer recreation. The outing gown is equally important A light wool costume for summer is in gray and white stripes, the latter figured. The skirt slants open on the left side, the open space being faced with white wool, and trimy with loops of white and silver buttons. The incket bodice has a short added basque. A white vest is in the front, notched at the edge, and trimmed with cord and buttons, the same trimming reappearing on the deep white collar and cuffs.

A Pretty Outing Costume Wistaria-colored flowered lawn is the ma-



per's Bazar. season are Flowered Lawn. very elaborately trimmed. They are made in many light shades and are treated to rows of tucks, feather stitching and many gay kinds of galloon mixed with gold. In the shops a blouse waist of the most approved sort— India silk with tucks and feather stitching and a Stanley belt—may be obtained for S9. This is really quite reasonable when one considers the amount of goods that is required for one of these waists, and the cost of making, says the New York World. The newest kind of blousewhist fastens diagonally and is trimmed with galloon, in which there is a liberal sprinkling of gold. The galloon often takes some fancy form upon the waist outlineperhaps a rose or some other set figure. Ingenious women are doing this galloon embroidering for themselves, and are achiev-ing very pretty results from this industry of their hands.

A Suit for Cycling.

Since cycling has become so much the rage for women who find it more convenient to ride a bicycle than to indulge in other forms of exercise, many efforts have been made to secure a skirt that should be comfortable and pretty, and at the same time answer the purposes which are required for rer the purposes which are required yelling suit. It must be of material able for rain or shine, it must fit closely, able for rain or shine, it must fit closely. and yet not be too tight, it must be well sewed, and yet, like a riding habit, be able give" in case of accident to the rider, with all, it must be becoming to her when sented upon the cycle ready for

A new cycling dress has received the stamp of English approval and is adopted already, to some extent in this country. is a divided skirt made full enough to look like an ordinary walking skirt when the wearer is standing or simply seated upon the cycle. It is of light wool, kilted around the lower edge of the skirt, or more properly speaking, with kilt plaiting around the lower edge of each skirt and over this kilt plaiting are vandyck tabs of the same material. This is really a pretty dress, and when once seen upon a few courageous wearers will commend itself to all women lovers of the cycle.

Boating dresses are made of serge. In-deed, skirts for such purposes are becoming so very narrow that one wonders how the wearer can manage to walk in them. They are called "umbrella-case" skirts, and most correctly are they named. The jackets worn with these dresses are cut very long, indeed, almost to the knees, having large, flat pockets and deep guantlet cuffs.

Millinery for Midsummer.

Here are some hints for the headgear to be adopted in midsummer, says the St. Louis Post-Dispatch: For a garden party is a hat of the Delly Varden type made entirely of pale pink and deep rose petals in silk, which are marvelously real looking. Equally pretty on the top is a great soft bow of deep rose silk-the lining must be formed of the palest rose crepe. Another dainty hat is a large Gainesborough of Tuscan straw lined with cream-white gauze; the crown a mass of lillies of the valley, which fall in happy confusion and in artistic grace over the hat-just as though they had fallen

large rings or circles, with a cluster of yellow roses at the top. The capote galette is a very flat shape, and when the term "galette" is thus employed it is equivalent to our elegant simile of as "flat as a paneake"—the galette being a flat kind of delicacy of the cake tribe. The seaside flight has brought out the cutest bonnet creation in the world. The "sea bonnet" is a combina tion of ses greens in velvet and white chiffon: the latter represents the foam, while the velvet represents the waves, the lowest stratum being the sea sand color. The tini-est of shells rest on this light material, as

well as on a lot of seaweed, which is scattered about over the bonnet. The strings are made of white chiffon and seem to emanate from the waves, while pieces of coral serve

as an agraffe at the back of the bonnet, A Cloak for Dusty Truvels. To the charming ladies bound for summer campaigus these hints for traveling gowns will be found of in-

terest: One would be pretty if made of terra cotta and cloth, the velvet hat while the traveling cloak should be of pale fawn cloth. Another is a costume of gray cloth slighttrimmed with

a darker shade of velvet. With this the mantle should match, and should be trimmed with chilla and lined with yellow. The bonnet should be a toque, whose ornaments are gray feathers with a The dust or driving cloak here illustrated is made of blue and gray changeable taffeta silk. The standing collar is trimmed

with a box-pleated frill of silk; forthis frill of silk; forthis a double strip two yards and a quarter long is required, pleated in three double box pleats at the middle of the back, and in narrower single pleats at the front. The frill is headed by a folded ribbon, which is tied in a bow at the front. Fashionable driving cloaks are also made of thin covert coating with a powel fashion with a cape trimmed in a novel fashion with a fraise of picked out cloth wide at the shoulders and narrow at the waist. This has tight sleeves. Others are of long fancy woolens, with slits through which the arms

appear. The Reform Dress Is Here.

Much has been said abroad about the "Fin de Siecle" dresses. There has even been a "Coming Dress Bazar" held at Kensington Town Hall, in which the dresses worn by nembers of the Reform Dress Association were remarkable for their picturesqueness and grace, though all were alike in being were remarkable for their picturesqueness and grace, though all were alike in being several inches from the floor. Soft, graceful materials were universally advocated and used. The Syrian skirt, which was ex-tremely full, caught up underneath so that it fell in a full puff around the edge, and the Turkish teagown are picturesque examples The trouble in this matter is that we do

not want any reform in picturesque dress, says the New York Tribune. There are styles enough for silk and velvet which are styles enough for silk and velvet which are neither burdensome nor out of place. There is a demand for a lighter, less burdensome dress for general street wear, an outfit that shall give a woman all the freedom of a riding habit, and yet be in no way conspicuous or unfeminine in effect. While men have been sneering over the prospect of feminine trousers and a general a loption of the Bloomer style of dress, all the change which women of this country have desired has already taken place. Women of sense who are good pedestrians and experts in athletics, and others who refuse to be unnecessarily burdened have ordered their tailor dresses to be made as light as possible and so as to clear the sidewalk; and underneath these they have now discarded petticents and adopted riding-habit tights without further show or talk about the mat-ter. Fashionable dressmakers are furnish-ing such outfits generally for their customers who are going to the mountains. Where extra warmth is required an arwhere extra warmth is required in arrangement not unlike stage tranks is made up by the dressmaker. In rainy or muddy weather "spats" or gaiters to match the dress are worn, and, if the wearer fancies, these may be worn above the calf or over the knee. There is no comparison in neatness or grace between a woman neatly at-

tired in a tailor gown of this kind and one arrayed in a trailing dress and petticonts le-

flounced with lace, swish-swashing through the mire and filth of our city streets. Suitings for the Boys. The mother always has as quick an eye for

proper suitings for her boy as she has for nerself and fashion writers are beginning to recognize the fact. The suit here shown is for a lad of from 8 to 11 years. It is made of dark blue serge, and consists of knickerbockers which waist and a belted Itus-

It is a great pity that all preparations for dres sing tanned shoes have The reason for this probof the shoe is worn off into the soft under surface of the leather, which becomes so thor-oughly soiled by wear that no dressing can

remedy it. If some proby which the shoes could be cleaned first and a suitable dressing applied afterward it would probably be suc-cessful. As it stands, the matter is an un-solved problem. There is a decided change in the art of hair dressing. Everything leans to air:

pietely. The present fashion in hair dress-ing allows the parting to be seen. Fringes are to give way to a certain extent. The hair is not to be worn plain, but curied on either side of the parting, being carried back to the far crown of the head, as we see it worn by Her Majesty on the coins of the realm. These waved bandeaux assimilate well with the favorite Grecian style, but the back of the hair is still dressed high, and is likely to be so as long as the high collars from Flora's kingdom right down on the crown, which is also partly covered with soft knots of white gauze.

Have you seen the charming capote galette? It is made of large black beads, threaded on wire and twisted about to form large rings or circles, with a cluster of yellow recent at the top. The capote galette is equally well with Grecian knots and twists replaced by a bunch of curls, and both are

frequently surrounded by a silver-jeweled, gold or silver bandeau. -It has been estimated that the total amount of coal annually wasted by imper-fect combustion in England is 45,000,000 tons, corresponding to £12,000,000.

FURNITURE upholstered and repaired. HAUGH & KEENAN, 33 Water street.

IDEAS IN DECORATIONS.

One Central Idea Must Govern if a Room Is to Look Well-Designs for Windows -New Things in Furniture-Novelties in Improving Complexions.

It is gratifying to observe that day by day a greater public interest is manifest in the subject of house decoration. It's a pity, however, that this interest is not more logical and does not consider more the motive and less the temporary beauty. Many a woman to-day is sighing for whitewashed walls, pine tables and a few rugs only for the floors, simply because in her aimless groupings for the artistic she has made a junkshop of her rooms, and accumulated labor that seems endless for tired hands. It is a nity that some value cannot hands. It is a pity that some voice cannot go forth like a thunderbolt and warn folks to have a definite object in view when

house furnishing."

Oscar Wilde made himself the butt and Oscar Wilde made himself the butt and ridicule of the entire press of this country when he said, about 11 years ago, that his highest ambition in life was to 'live up to the sunflower;' but the idea was full of sense. If, in furnishing, one would take only a simple flower and build up the surroundings from its color combination one would make no mistake, for nature is infallible in her colorings. The great trouble, though, is that a woman's head is filled up with a lot of details, and by the time sho has adopted a few dozen "suggestions" and picked up some pretty cushions and "lovely scrap baskets" and "delightful easels" and "bric-a-brac" she has got a room that is a hodge-podge and a terror to the average servant. In every apartment one motive should rule—repose, recreation, beauty or cheerful-ness. These are prime integral qualities which should govern a room, and with the definite object of an apartment once in view the furnisher should unequivocally "live up

Rich Design for a Window

The accompanying sketch is made from a highly dignified, rich example of window drapery. The main drapery is cut to catch up beneath the back side of the cornice, up beneath the back side of the cornice, which is of gold, and to carry over and down as shown. The whole main drapery is of one piece; the over drapery



also of one piece. The same kind of fringe is used upon both, the fabrics being in colors to softly harmonize and show little

A European novelty in lace curtains is a blue applique design on a black net. The center is cleverly ornamented by tropical scenes. Another novelty in lace curtains is scenes. Another novelty in line curtains is a black net appliqued with bronze designs with the center piece, poetically depicting the four seasons. In cheap Nottingham curtains much better designs are being brought out, being done in small, nice ef-fects and in close imitation of Brussels patterns. What is termed Canevas is a French canvas center, a new feature in medium grade Irish points. They are made medium grade Irish points. They are made exactly like the original, very expensive goods, that are entirely of one piece. Novelties in Irish points show a working of the pattern in close loop-stitching, instead of in the usual way of applying the design in plain material. An attractive feature in plain Brussels curtains is the introduction of little fine dots running over the face. A new tint in lace curtains is called "the Panama," being the

same shade as that of the Panama hat, be tween a cream and ivory.

Another Way to Beautify a Window. The accompanying illustration of a popu lar window trimining is open to reconstruc-tion; the drapery from which it is sketched is Oriental in coloring, the end drapery being in a dull cerise or cherry brocade, lines with a soft tint of orange, a little Italian scroll figure being shown upon the cerise face of the fabric, also in orange tones. The over drapery is



plush and hung very full, and of a quaker's gray, which, in the massive folds and shades of the curtain, lights up and deepens effectively. This also is lined with the pale orange hue, and the lining is kept liberally

In view.

The leading upholstery houses and fine decorators are beginning already to purchase novelties for fall. A new idea is being shown in chenille curtains. Instead of its being of one solid piece of goods, it is broken by fretwork or lace-like designs. There is another craze which is hovering over us—and that's furniture painting. It has made its way into the art stores, where romen buy their china outfits and that sort of thing, where enamel paints appeared fully two years before they struck the furniture and upholstery trade proper. The craze for some time prevailed in England, and we will undoubtedly be but a short time free of it. The wood is selected in the plain, and is in screens, over-mantels, cabinets, clock cases, tables, cupboards, corner brackets, hat rails and articles of light ware, and the idea is to paint them in frivolous styles or apply to them poker work, gesso work or other decorations.

The use of the old time curtain pole has

become so tiresome that manufacturers are now offering a combination of fretwork grille, which fits into the top of the door-way or window casement; at the bottom of it is a shelf, beneath which comes the pole. The fretwork is of itself a handsome decoration and beneath it the shelf gives oppor-tunity tor a pleasing arrangement of bric-a-

Furniture novelties being shown to the trade buyers, seem to come from the seventrade buyers, seem to come from the seventeenth century—gems of cabinet work done in mahogany, picked out in gold and in harmonies of dead gold with burnished gold bronzes and hand paintings. At Egyptian booth with elaborately designed fretwork top, is a striking oddity for a hall stand, and a full-length mirror in the rear reflects the fret to good effect. A knight clad in complete armor is utilized on a hall stand. The burnished breast-plate is represented by a mirror in the correct shape, while gauntleted hands hold a guard for the umbrella rack.

An attractively arranged hall settle is one with high back containing a large mirror, having umbrella racks at each arm with a heavy lamp swinging from a point overhead. A massively carved bull's head forms the back of a curious hall chair. The

Shirley Dare's Hints to Women for

OLD ENGLISH COSMETICS.

Simple Decoctions That Anyone Who Desires Beauty Can Make.

THE VIRTUE OF A LEAF OF PARSLEY

[WRITTEN FOR THE DISPATCH.]



H, don't tell me about them!" says Pierre, as I say some thing about the in compatibility of hot weather and women's demands in the cosmetic line. "Those women will be the death of me unless a

ool wave comes soon. If you can bear any addition to earthly burdens, look over this bundle of letters and amuse yourself."

I know a man who once varied a checkered existence by acting clerk in the drug store of a country town, which he declared had given him more insight into the secrets and peculiarities of the population than he could have gained any other way. Especially he gained a knowledge of women's foibles which made him wiser for the rest of his life. Pierre is undergoing a similar course in the study of women—Pierre, that precious stone, who has been christened thus because he is so sharp, hard, brilliant and invaluable. A cynicism in drug clerks and the compounders and sellers of cosmet-ics is inevitable. Perhaps you may be able to determine why.

Confessions of the Fair.

The unreserve with which a distant roman pours her desires and details of com-n into her letter to the drug clerk has prominto her letter to the drug clerk has a parallel either with physician or priest. One peculiarity of these confessions is that most of the writers sketch themselves as possessed of every charm but the one point of complexion, where they fail to suit themselves. Or they had a very nice complexion up to the date of a recent illness, or had used some vaunted cosmetic which has dispersioned them and must counteract it af appointed them and must counteract its ef-

For instance-'T am a blonde with an exeedingly thick head of hair, 40 inches long, of a rich hue between brown and gold; very fine, delicate coloring, or so considere by my friends. Eyes large, dark and blue; brows and lashes quite dark; features fair and regular." Now, what in heaven's name has this to do with the need of a freckle lotion, which the young lady wishes to order? Does she wish to enchant the sugartified correspondence sleek by letter, or ceptible correspondence clerk by letter, or, which is more likely, is she so enamored of herself she cannot avoid lingering over the picture? The contrast to the self-admiring beauty is the overfrank woman who com-plains she has a yellow, blotched or greasy nplexion she thinks comes from a stomac trouble, in which she is unmistakably right, and there are blackheads at the tip of her nose. What is the use of drawing such a horrid picture when five words would tell a dealer all that is needed?

To Look Nice at Her Wedding. A woman of 29 who wants a face wash, as she is going to be married in 16 days and wants a clear complexion," should be-gin sooner by six months to make sure work of her renaissance. The woman of 35 who writes for a developer, because she is in a show room, and if she had a better figure to show dresses and cloaks on she figure to show dresses and cloaks on she would get a higher salary, has more to recommend her plea than any of the silly women who wish to improve on nature unnecessarily. I feel like telling her at once all the development she needs is two yards of washing net, stiffened with gelatine in the starch, and crumpled up lightly to fill out her gown. It is cooler, fresher, and looks better than the coarse, blowsy figures made by suction with an air pump, in the hideous, injurious patent processes. hideous, injurious patent proce

One girl wants to know if there is any apparatus for tying the ears back, for hers stand out like handles of a jar, and she doesn't know that one of the surest ways of recting this habit is to wear the hair over the ear, the steady, constant pressure train-ing the cartilage gently and safely to its proper set. I have known girls who have tted over such defects when they were 16, and despaired, yet their unconscious efforts had their effect years after. Habit will mold the very bones better than a plaster bodice, and there is nothing it will not do

The Really Sweet Woman It is a relief to turn from these specimens of nature to the really sweet and charming women, who are not so scarce as they might be, after all. Do realize what the phrase conveys—"a sweet woman?" Above all that physical sweetness, which is not merely the cleanliness of washing one's self twice or thrice a week, or more, but a wholesome state of the secretions from absence of in-

In dyspepsia and consumptives, the per-piration is acid a few hours after bathing, and the body linen wears out sooner than common, the fiber being attacked by the acid secreted. The remedy is alkaline baths of warm water—one dessertspoonful of borax or ammonia in three quarts of water. Night sweats in consumption and extreme sweating in any case may be conextreme sweating in any case may be con-trolled by an ammonia bath daily, and the use of a dusting powder, made of 3 parts of salicylic acid, 10 of starch and 87 of Venice tale. The skin is first sponged with weak alcohol, having a little tannin dis-solved in it, which astringes the skin and allows the powder to adhere. In the morning it is washed off in a bath and may be renewed at once in those trying cases which ruin dresses and make one's face a fountain

Face Powder as a Protection. Remember the recipegiven is a body powder, not a dress powder for the face, worn for looks' sake alone. The stiffest church member could hardly object to face powder in warm weather if he knew its protection against road dust and cinders on the rail way. As one must have the face covered with dust, at least let it be clean dust. The use of powder in such cases is no more vanity than the deacon's use of bay rum on

his face after shaving.

I say this, for there are circles where to appear with powder on one's face is to write one's self a Jezebel at once. Draw the line at paint, which is a deceit for show

Sweet women have the instinct of taking care of themselves, for talk as you please of natural beauty, little of it survives 16 without conscientious painstaking, which is a virtue, as it all tends to health and peace of mind. Can you imagine Solomon's model woman with other than a good complexion and clear, open eyes? The great beauties usually come of a race of women who have taken care of themselves for three or four generations, refining and improving with

Sleep as a Beautifier. Sound sleep is a great beautifier. Sleep in pure air, with windows wide open two-thirds of the year, and the bed not too far out of the fresh current. I find sleep rest as much again taken in perfectly pure air, and weakened hearts are strengthened by such

weakened hearts are strengthened by such rest better than by any other tonic in the world.
Instead of seeing how little air you can bear, train yourself by degrees to all you can endure without chilliness. Then comes the midday rest, which all are not careful to take who can. Alas! that so many who crave and need it cannot have it at all. My decrease are really account. doctor says all women ought to lie down at least half an hour after lunch. It aids di-gestion, rests the muscles and eyes, and re-laxes the tension of nerves in which most

careful to insist on having the right food as they are about their gowns, there would be immediate improvement to good looks. So much for the foundation habits, without which no cosmetics are of any lasting use.

Nature's Complexion Beautifiers. It is the season for testing the virtues of strawberry juice for the complexion, the best use to make of the wretched crop this year. No French preparation of cream of straw-berries compares with the juice of the fresh fruit, of wpich a big berry yields enough for the face at one time. Crush the berry and rub over forehead, checks and chin, letting

rub over forehead, checks and chin, letting it dry in, and sleep over it.

Next morning wash in the softest water to be had—distilled water if possible. Follow this up, and the old English recipe book says the face will soon become fair and smooth. Now is the time for trying all sorts of herb recipes for the face—from poeny root, which we read "taketh away black spots of the body." to the juice of purslane, mixed with white of egg, and allowed to dry on the face over night. It is a blessing to learn of so much use for that heart-breaking graceless weed. heart-breaking graceless weed.

For pimples, says a manual which is old enough to have been in Montespan's Cabinet, drink the juice of decoction of planet,

grow on foul heaps, acrid and injurious, but choose large, healthy looking plants grown on sweet soil. If you feel bloated and dull Eat a Leaf of Parsley, and you will be surprised to find the relief and lightness it gives. And this is very well worth trying for the profuse sweats which trouble middle aged women. It is altogether too good to tell, but after making a night of it, parsley clears the head and system in a way altogether too merciful for the sinner. The Romans were not imagin-

aries when they wore paraley crowns to avoid the effects of wine, and it is probable avoid the effects of wine, and it is probable they knew enough to eat a leaf or two.

A beautifying wash which dates from the time of Mme. de Maintenon takes equal parts of white tansy and rhubarb water, to every half pint of which is added two drachms of sal ammoniac. This fluid is applied with feather or hair pencil three or four times a day to pimples or tetters on any part of the person. How sweet would be such an "Odoriferous Water" as follows, and how few can cut enough fragrant herbs and how few can cut enough fragrant herbs and gilliflowers to make a pint of it. How much finer, too, than the recspes current for potpourri, one of which called for two quarts of rose petals and two ounces—i. e., four tablespoonfuls of ground cinnamon, and as much cloves as would kill the flower scent. Most of the potpourri made smells like spiced fruit cake or minee meat more than anything else.

Our genuine old English recipe says: "Take equal parts of sweet marjoram thyme (and these culinary herbs blend very

richly with the flower scents), lavender, rosemary, pennyroyal buds, red roses, violets, clove-julyflowers, savory and orange peels, infuse in white wine till they sink entirely to the bottom of the wine, then distil in an alembic two or three times. Keep the water in bottles, well corked, and prepare For Pimply and Inflamed Faces.

The Italian rose ointment is feasible and has repute for pimply and imflamed faces. Take 12 ounces of fine lard, four ounces white rose petals, and as much of red, with an ounce of wax. Melt the lard and pour on the petals in a queensware jar, covered and kept in the sun three days, placing in warm sand at night. Strain the lard through linen cheesecloth add the wax melted, beating the mass till it cools. It is finer to be melted again with low heat and beaten two

fresh elder flowers, steeped in warm olive oil of the finest quality, for two days in a covered china pot, and an ounce of white wax, melted and beaten into the oil when strained. It is very emollient and soothing. The Italian tutty pomade is odd, but very much esteemed for whitening the skin and rendering it velvety. Tutty is a whitish oxide of zinc, with a trace perhaps of lead.

Equal parts of the rose ointment given before and of butter washed in rose water are worked together without melting, other than by sun heat, and half as much tutty in

The remedy acne and comedones Spanish ladies use a salve of 30 drams rose cintment with 4 drams carbonate of ammonia worked into it, and scented with tuberose or jasmine. The Spanish cucumber pomade is said to be very effective as a healing and softening agent to the skin. Equal weights of sliced cucumber, purslane, violet leaves and leaves of black nightshade are bruised and steeped 48 hours in warm olive oil, then heated and strained, and white wax

added to give it consistence.

The violet foliage is cooling and the night-shade soothing to the nerves of the skin. A softening application in favor with clever gouvernantes is olive oil 10 parts, yolk of egg 20 parts, turpentine 40 parts, the yolk and turpentine rubbed together and the olive oil worked in, as salad dressing is made. It is said to be very nice for the skin, and when a great fester is anticipated this pomade is applied to the face nights be-forenand that it may present unrivaled softness. Greek women of a certain province were famed for their pure and velvety com-plexions, owing to the use of

An Unctuous White Earth on the skin. It is possible we have some such cosmetic in the soapy earth or mineral soap of Montana, but our far West provinces seem inclined to keep all their good thing to themselves, or are too modest to let their be known. Pharmacy and the cosmetic arts should revel in the riches of our mount-

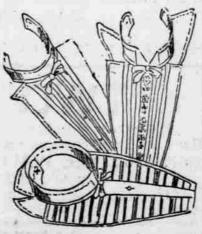
ain slopes.

I have to repeat that no further reco mendation can be given sponge silk. It is now eight months since it was mentioned, and in that time prices of ordinary silk have come down the sponge silk has risen, so that the advantage to buyers is in the regular goods. The benefit to rheumatic regular goods. The benefit to Ineducate cases lies in wearing silk of any kind, and the advantage of sponge silk was its cheapness, which no longer exists. Much could be said for the benefit of wearing paper next the skin for warmth and defense against rheumatism as a substitute for higher class materials, but if paper shirts immediately went up to a higher price than silk it would not be advisable to buy them. I feel very shy of mentioning new things, since the penalty is having a few thousand letters to answer for the next year or two in addition

Some New Chemisetter

SHIRLEY DARE.

These shirt fronts are to be worn with tailor dress which is cut down at the throat. The one at the left of the cut is of light blue Chambery, with the hem down the middle of the front, and the narrow tie at the throat of white lawn. A second is of pink Chambery, with a band of insertion down the middle, and a narrow tie of white



one with high back containing a large mirror, having umbrella racks at each arm with a heavy lamp swinging from a point overhead. A massively carved bull's head forms the back of a curious hall chair. The polished seat and carved legs closely resemble the legs and cloven hoofs of the bovine.

I m not sure that it isn't group is of repped white pique, with a band of pink Chambery let into the front, and with a pink collar bound with white, and finished with a narrow white tie.

HOW TO GROW PLUMP

Girl Who Is All Bones.

DIMPLED CHEEKS AND ROUND ARMS

Come With the Use of the Sweet and Starchy Foods and Drinks.

DIET OF CHAMPAGNE AND CHESTNUTS

(WRITTEN FOR THE DISPATCH.) In youth-"the season made for joy," a

Sheridan phrases it-a girl should be plump

enough to be pleasing to the eye. Her jaw

and cheek bones should have sufficient flesh upon them to give a soft, rounded contour to her face. Her neck, like a column should have every chink covered and res upon firm shoulders, well filled in to hide the clavicles. The chest should rise into a tain, which is a very cooling remedy. Do not take the tough, stunted herbs which gently swelling bust and thence slope evenly downwards to the round, supple waist. From the shapely arm no sharp elbow joint should protrude, but should taper down to a bone-hidden wrist, supporting a small, dimpled hand, with fingers prettily curved. When art fails them our women, enlightened and progressive, call upon science to aid them, and I, an humble exponent of one small, but not unimportant branch of it, have been asked by readers of THE DIS-PATCH if, knowing how to teach the fat girl to become slender, I cannot instruct the too slim girl how she can coax adipose tissue enough upon her bones to meet the requirements of beauty. Unhesitatingly I reply that it can be done, always provided reply that it can be done, always provided that the person is healthy, that the thinness arises from no disease such as atrophy of the tissues of the body, a malady which mainly supplies museums with their "living skeletons." This wasting disease is caused by want of healthy digestion and assimilation, which gradually deranges the blood glands on that they cause to forthe blood in guantity.

> sufficient to nourish the body. Chestnuts and Champagne

so that they cease to form blood in quantity

Corpulence and fattening always originate in the way people live and eat. This was proved by a Dr. Chambers, surgeon to the Queen of England. He delivered a series Queen of Engiand. He delivered a series of lectures upon corpulence in 1850, and until 1863, when Banting's "Letter" appeared, Chambers was the highest British authority upon this subject. He cited the case of a thin young girl who was fed upon chestnuts and allowed to drink a good deal of champagne. In a short time she became enormously fat, but returned to her natural shape when permitted to resume a rational shape when permitted to resume a rational diet. Liebig was of the opinion, based upon his experiments, that fat is formed directly from the starches and sugar eaten, and upon his authority it is stated that one's weight the residuum as a perfume." Fancy a delicately kept house smelling through its can be increased at the rate of a pound a week rooms with the subtle spirit of gardens. This does not mean by using it as a sweet ening to coffee or tea, but by eating i

More recent investigations than Liebeg's More recent investigations than Liebeg's show clearly that the albumen (the floury part in corn, wheat and like grains, the fleshy part of the cocoanut, and so on) is the principal source of the fat stored in the body. This albumen, after it has reached the cells of the tissues, undergoes certain chemical changes by which part of it is converted into fat, and part goes to the nutriment of the tissue cells. The cells are elaborate fat from any kind of food but nutriment of the tissue cells. The cells can elaborate fat from any kind of food, but far more readily from some kinds than from others. I offer herewith some suggestions and give a list of articles of food chiefly farinaceous which a person desirous of increasing his weight should confine himself to at the table.

Some Foods That Will Fatter Sweet and Irish potatoes, sweet peas, beans, green corn, bread, tapioca, butter, liver, apples, arrowroot, barley, beets— these are very fattening. Crackers (espec-ially sweet), cakes carrots, grapes, gravies thickened with flour, the dressing of poulthan by sun heat, and half as much tutty in fine powder is worked in by long and thorough rubbing with a bone spatula on a porcelain slab.

The Remedies.

In Remedies.

In Remedies.

In Remedies.

In Remedies.

In Remedies.

In Remedies. mush fried and battered, mince pies, pud-dings of every kind, all fresh fruits, sweetened with cream, ice cream and sauces, broths and melted butter, a lump of which should be put into all vegetables and

used freely upon bread.

A person dieting for corpulence who eats only lean meats may be allowed a little butter, as some fat is needful to the system; but if eaten immoderately butter is exceed ingly fattening. Rice, though popularly supposed to be flesh forming, is not really so if we may judge of its qualities by those thin races of rice eaters, the Hindoos and Chinese. Five articles of food may be said to be the foreordained means of building up fat. They are bread and butter, milk, sugar and potatoes. If you would wax fat, eat candy, as much as the purse can buy. Fanny Davenport blames the bonbon box for her obesity. Nothing of flesh, fish, fowl or fruit obesity. Nothing of flesh, fish, fowl or fruit is forbidden to those in the pursuit of adiposity, but the oilier kinds of all entables are to be preferred. Veal and pork rather than beef and mutton, goose and duck rather than turkey or chicken, and the oilier sorts of fish, such as eels and salmon. Eat only the yolks of eggs and all vegetables which contain sugar. Pumpkin, when made into pies, is very fattening.

What Thin People Should Avoid.

Do not eat cramberries, lemons, lettuce, spinach, cabbage (except the red, but not pickled; no pickles or pickled viands are allowed). Asparagus and tomatoes are for the consumption of the fat, not the lean, but to these are permitted cheese, lentils, all kinds of sweet and made dishes, rich gravies, thick sauces, cornmeal in all its gravies, thick sauces, comment in all its numerous forms, salep, sago, succotash, sucking pigs, bananas and nuts of every kind that grow.

Pleasant indeed are the ways that lead to corpulence. Its broad avenues may be named Eat street, Drink street, Sleep and

Take your Ease street. You may feast on boiled chestnuts, doughnuts, griddle and bouckwheat cakes, moiasses, pincapples and cocoanuts. Eat only sweet oranges and all preparations of chocolate. Coffee is allowed. It has no effect either to fatten or reduce in itself, but can be rendered fattening by adding an excess of milk and sugar. A cup of hot chocolate, with milk and sweetenes taken nightly at bedtime, ought to put flesh on a skeleton. At meals drink milk, the thicker with cream the better. Use the thicker with cream the better. Use no vinegar, acids or cider. Take no lemonade or tea. Milk punch is excellent, but should be drunk sparingly. Shakespeare says that "use doth breed a habit in a man." He always knew what he was writing about, did Shakespeare. The daily recurrence of anything is what fixes it into a habit. Medicine taken one day and left off the next does no good, effects nothing. So it follows that the fatening process, once be-gun—to be effective—must be persisted in. Malt Liquors and Port Wines.

A friend of mine who was lean to emaciaation had vainly tried to "flesh up" when she was recommended to drink a schooner of lager beer every day with her luncheon. She followed this pleasant prescription, and by the end of a year she was so bulky that she was obliged to foreswear the beverage on account of obesity. To the lean are per-mitted as drinks, champagne and other mitted as drinks, champagne and other sparkling and sweet wines, especially port, which by the way is to blame as a rule for the obesity of English dames in high life. Sarah, Duchess of Marlborough, drank three glasses of port daily until her weight increased out of all proportion to beauty.

It will be seen by the above list that a mixed diet, containing plenty of fats and starches, a little more albumen than is needed to maintain the equilibrium of fat and flesh should be eaten by the thin, and the surplus of albumen fat ought soon to make itself apparent in the form of the eater. At the same time, gorging one's self should not be indulged in. It is unnecessary, and, indeed, detrimental to the desired end. It should be fully understood that in the kind of food, rather than in the quantity, is the cause of the formation of

fat to be sought. Weigh before beginning the fattening process and every week there-after, being careful to wear the same amount of clothing on the scales. Deter-mine just how much fat you require for your size and age and be careful not to ex-ceed it, for while a moderate reserve of fat is good to draw upon in time of sickness, a large amount of it endangers the life in Celia Logan Holds Out Hope for the

Don't Overdo the Thing

Obesity once started in the system is apt to increase of itself and steadily progress until checked. Therefore, upon the appearance of the first few pounds in excess of what you should veigh to be perfectly proportioned, abandon the exclusively fattening diet. To grow stout gradually, which is the better way, you should lead a calm, quiet, inactive, sedentary existence. Physical exertion works off superfluous flesh. In consequence of the deprivation of exercise convicts usually grow fat in prisen.

Corpulence is almost unknown among professional dancers and gymnasts and among the Arabs and other nomadic tribes. Real mountaineers are never unduly fat, and wild mimals are always lean, because they live

in a state of constant movement. Do not imitate them, but rather the lazy lapdog which sleeps much and eats more of dainty, sugared tidbits.

Exercise should be gentle and passive, riding rather than walking. If you would increase your adiposity, let the street car, which is a few paces off, go past without you. Quietly and contentedly wait for the next one. Patronies the elevator, when you ext one. Patronize the elevator; when you must go up stairs take your time. Never bathe in water hot enough to cause perspir-ation. Keep cool, for the mind has much to do with getting fat, as well as in other mat-ters. All the old-time proverbs upon this subject refer to the mind more than to the body, such as "Laugh and grow fat." "Eat. body, such as "Laugh and grow fat," "Eat, body, such as "Laugh and grow fat," "Eat, drink and be merry," not walk, jump, run and row and grow fat, but laugh and sleep. Sleep all you can, and cultivate the practice of taking forty winks anywhere and everywhere. Above all, do not lie awake or pace the floor o' nights worrying about things. "Let the other man walk."

Water Isn't Good for the Lean. Finally, drink no ice water. Drink as little water as possible. You will be sur-prised to find how small a quantity is really required to satisfy the thirst. Water in-creases the size by bloating the body. Lager acts measurably in the same way. The increase caused by it is not owing to

healthy flesh. It is hardly possible to give any idea of just how long it will take to fatten a person while following out the rules here laid down, as temperament and heredity differ so in individuals. One may have an inherited tendency to corpulence and fatten speedily, while all efforts will seem to fail with those to whom leanness is a birthright. Only two things can be positively stated

about the fattening process. The first is that women are more disposed to corpulence than men because men lead, as a rule, more active outdoor lives than women. The second is that after 40-when everyone is said to be either a fool or a doctor-both sexes "take on" flesh more easily than before that age.

A little attention to dress, with a view

either to increase or decrease the appearance of the real bulk, should be given by those afflicted with adjposity or the reverse. In costuming the thin have the advantage over the fat. A lean man can hide his emaciation under loose pantaloons and large, easy fitting coats. The "skeleton dude," whose face is not gaunt, wears in the streets his corrected and the streets. big garments, large coats, padded about the chest and shoulders so that he appears only a little thinner than the rest of mankind, and not the living skeleton he is really. Bernhardt's Awful Responsibility.

Bernhardt is as great a genius in devising costumes as she is in acting, but her ingenuity is entirely expended in trying to deceive the eyes as to her thinness. To hide her flail like arms she introduced the wrinkled glove reaching to the shoulder. To her narrow shoulders we owe the hideous leg o'
mutton sleeve, and to her long, gaunt limbs
and skeleton frame generally are due the
thousand and one variations in draped skirts
that have been rushed in and out of fashion
for the last dozen or more years. for the last dozen or more years. We have to thank her for the bustle and hip draper-ies. One monstrosity alone she has spared

us—the hoop skirt.
With all her strivings after the appearance of plumpness Sarah has novel ideas and an eye to the graceful and beautiful, but her creations are ludicrous when worn without modification by women whose too solid flesh will not melt nor be squeezed out of sight by tight lacing. What a picture a squat, podgy woman looks attired in the fashions of this year of our Lord, 1891! The short, full Medici cloak, which, falling just below the waist line, cuts the form in two, as it were, giving the effect of an Irish peasant's "short gown," breaking and shortening the

short gwn, oreasing and salortening the line of the form, when the sought for effect should be long, sweeping and unbroken. Stout ladies, let me entreat you to shake out a reef in the skirt so as to give the lower limbs room to move about without tugging at and straining the tether of tape in the rear of the dress. Let the waist be at least loose enough to be fastened without the aid of a button hook. I fear me much that the ranks of the female dress reformers will be mainly recruited from those whose lankiness alone would make trousers appropriate wear—and then—may I not be there to see the army of the "lean and slippered panta-loon." Celia Logan.

PREPARATION OF SAUCES.

No Branch of Cookery Requires More Skill and Patience-What High Authorities Have to Say-Recipes for Some Good Ones-Helps for Young Housekeepers.

(WRITTEN FOR THE DISPATCH.) In the domain of cookery there is no branch more important than that pertaining to the making of sauces. Commonly saucemaking is regarded as something easy to learn, and requiring little skill or judgment. But the best cooks do not think so, and in the works of the masters of the art one is impressed with the care and consci-entiousness with which they treat the subject, and above all with the skillful manipulations which they regard as necessary to produce the most simple sauces.

Mr. Theodore Child, an American writer with whom many readers have become familiar from his "Summer Holidays," has lately given the public a small but exquisite volume on gastronomy. In this he gives ous topics (tersely discussed and commented upon) apt quotations from well-known writers on the same topic in the

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orm of aphorisms, proverbs or epigrams These extracts are short and pointed, and he favored the method from an ardent desire that the sentiments thus conveyed would be in this manner more readily recognized and better retained both by those who cook and by those who cat. From his chapter on sances we have taken the extract which follows. It will be observed that he differs very much from those who imagine that the making of sauces implies but little m than the mixing together and the cooking of certain ingredients:

The Delicacy of Sauce Making.

Fine Hollandnise sauce and fine sauce blanche are both exceedingly simple in their composition and both great tests of a cook's skill. Then, why do we so rurely find them well made? This problem is as mysterious as the rarity of good dinners on this earth. Cookery, especially when we enter the domain of sauces, is a very delicate art, requiring the exercise of many qualities of delicate perception. The cook who makes a perfect sauce blanche must take pleasure in his art and perform every detail of the operation with extreme attention, vibrating over his saucepan as a painter vibrates over his picture, delicately sensitive to the changes of consistency which take place as the flour and butter become transmitted into a velvety liquid that has to the eye an aspect as of the surface of fine porcelain, close in texture, exquisite in glaze.

To the testimony of Theodore Child I

To the testimony of Theodore Child I add that of Dubois-Bernard, another great authority, who, among other things, says:

A man is never a great cook if he does not possess a perfect knowledge of sauces, and if he has not made a special study of the methodical principles on which their perfection depends. Two causes contribute to the imperfection of sauces—defective knowledge or defective materials.

Roqueplan, one of the highest in the pro-fession, is not satisfied with giving directions as to how sauces should be made, but he gives points as to serving them. "Nothing," said he, "is more ugly than a sauce seen in the sunlight." And this is one among the reasons given why the true gourmet eats by candle light—avoiding breakfast parties, lunches, high teas, picnics and analogous

Juliet Carson—the friend of the young and inexperienced housekeeper—who has made the world better for the knowledge she has imparted by her useful lectures on economical cooking, gives minute directions in the following receipe for making good, plain sauces—such as are used every day in

nost families: For a quart of sauce put over the fire in a thick saucepan two heaping tablespoonfuls of dry flourand two tablespoonfuls of butter, and stir them constantly until the butter meltsand is smoothly blended with the flour, then begin to use a quart of boiling water, adding it to the butter and flour by the half cupful, and stirring each portion smoothly with the sauce before adding any more; if this direction is followed the sauce will be free from lumps; when all the water has been smoothly stirred with the butter and flour smoothly stirred with the butter and flour, season the sauce palatably with salt, white pepper and very little grated nutmeg, and let boil for a moment. The sauce should be thick enough to coat a spoon dipped into it, but by no means pasty. The cooking of the butter and flour obvintes any taste of raw flour. With half water and half milk the sauce is richer; all milk makes cream sauce.

Melted Butter. Many young housekeepers in making melted, or drawn butter, often find it so lumpy that straining is necessary before it can be sent to the table. To prevent this melt the butter first, then add the flour, which will readily blend with it. Add boiling water, with salt to taste, and stir over the fire until it thickens.

Tomato Sance. Tomato sauce may be readily made by adding to a hair pint of ketchup a gill of soup stock, well reduced, and a teaspoonful of flour dissolved in water. Simmer until

Plain Curry Sauce.

Plain Curry Sauce.

Put two ounces of fresh butter into a stewpan, with a little more than an ounce of
flour and a good tablespoonful of curry
paste or powder: knead well together, then
add a little shred carrot, celery and onions;
moisten with a pint of well reduced consomme; stir the sauce over the fire until it
boils, and keep it boiling for 20 minutes;
pass through a sieve and keep in the bainmarie or water bath until needed.

How to Prepare Peas. How to Prepare Peas.

In the time of Queen Elizabeth peas were brought from Holland. It was observed by Thomas Fuller, the English divine and author, that they were "fit dainties for ladies they came so far and cost so dear." Peas when young and fresh maintain their flavor, sweetness and crispness if simply boiledin saltand water. After draining them, stir in a pat of the sweetest and freshest but-ter, salt to taste and add a little black pep-per, rich in fragrance, just from the mill.

To avoid coming upon hard pieces of po-tatoes, pass them through a fine sieve after they are boiled.

Choose nutmegs by weight. The hear are the best.

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