

GLIDING ON WHEELS;

No Reason Why the Gentler Sex Should Not Enjoy the Equisite Joys of the Bicycle.

IT IS FASHIONABLE IN PARIS.

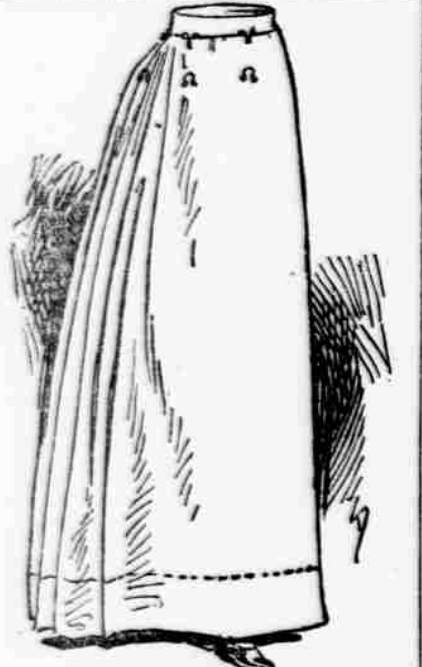
Ignorance in the Pulpit and Press and Injudicious Editors Responsible for Its Ill Repute.

THE CORRECT THING IN COSTUMES.

Mounting and Dismounting Can Be Accomplished With Grace and Ease.

Consumptive heroines long since went out of fashion. Freshies are more in favor than delicate pallors.

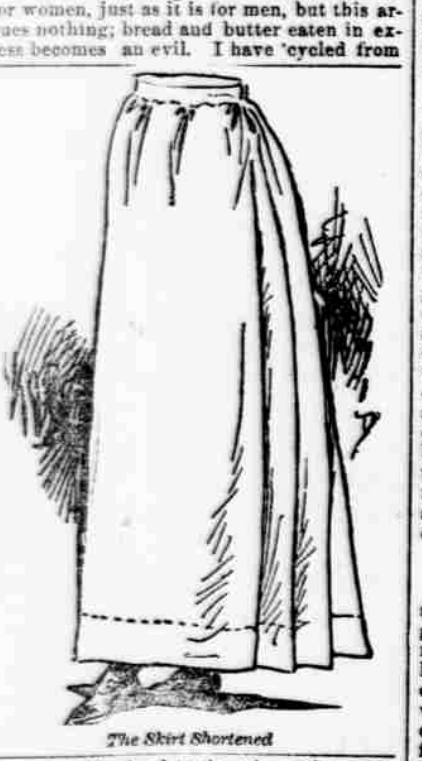
But of all their outdoor sports none is healthier, more delightful than cycling. French women know this and have had the courage to make it fashionable.



The Adjustable Skirt.

Why Women Are Backward. But unfortunately many women cyclists have gained a notoriety which has prejudiced the majority of women against the wheel.

Some have questioned honestly whether cycling is healthy for women. The doubts are based on ignorance. The work is not so hard as it looks.



The Skirt Shortened.

Such medical authorities as Dr. Benjamin Ward, Dr. Richardson and Dr. Jennings warmly recommended the sport for women.

stretch of country road, you will miss the best part of it. The cycle was invented for the benefit of the independent traveler who wants to see the country that he does not care to have his goings and comings regulated by time table.

I will be honest and confess that on every long cycle tour there are moments, or indeed hours, and sometimes days of complete misery.



The Proper Way to Mount.

windings of a little stream over a good road; and you feel that for another such interval of delight you would again gladly put up with rain, wind, mud.

Mounting a safety has been thought an impossibility by some women. It is really very simple, though not to be mastered at once.

Dismounting is as easy. You must slow up a little, then, with the left pedal in down, step off on the left side with your right foot first.

Insist on a Dress Guard. Above all, insist on having a dress guard that will protect the front half of the back or driving wheel, and not the rear.

The Costume for Bicycling. But mine is the simplest of all. My skirt was of blue serge—this was a mistake.

For the rest, a linen blouse, a jacket to put on when the weather is chilly, a pair of complete my costume. Next to the skin wool should be worn.

Elizabeth Robins Pennell. A FIFTH AVENUE property, near Market Street, is for sale. See also advertisement on this page.

THE TABLE, THE BOBBY, HOME DECORATIONS AND HYGIENE.

THE GOSSIP OF THE HOUR.

Round Tables A Flood by Christmas Eve. Next Dinner Decoration—A Club of Women Over Fifty Years—New Ideas for Entertainments—The Hungry Fool.

Round tables have almost entirely superseded long ones in the fashionable dining room. At very large dinners the company is broken up at small tables.

At a dinner given by Mrs. Van Rensselaer Cruger a artistic and gorgeous effect was produced by a cloth of gold sent which lay through the center of the table.

A club recently admitted into the Federation of Women's Clubs, of which Mrs. Charlotte Emerson Brown is President, is the Watergreen Club, of Boston.

Glass screens with one and two panels shaped like harps set into wooden frames are novel. They are intended for hanging on the wall.

Cards, vases and prayer books show delicate tints and exquisite designs. Many have silver and gold binding on corners and clasps.

WOMEN IN THE SADDLE.

Colonel Dodge Gives a Recipe for a Firm and Graceful Seat. ALF the accidents to women horse riders originate in their own inexperience.

A variation of the Circulating Library party, in which the men and women represent books and are drawn out each by one of the opposite sex, and promenaded with for five minutes to guess one another's identity before being exchanged.

PREVENTING A DRAFT.

Very often ventilation and quietness would both be promoted by leaving a door ajar. Yet this occasional danger draft, in such a case, do this: Make a frame of light steel two feet wide and something higher than your door.

NEW FRENCH MILLINERY.

The Styles are Decided Innovations—What a Paris Fashioner Can Accomplish—The Tiny Straw Fanny—How Few Women Can Get Good Results.

The French bonnet composers who determine the styles for elegant chapeaux have embodied their ideas for the spring and summer, and several of these creations are illustrated herewith.

Every window and door was bordered with cards of a most delicate design; long narrow cards had been selected and the little doors themselves were artistic card-patterned with small cards.

The picture galleries often furnish bright women with good ideas for dress. The other day a young woman, who is noted for the striking costume she wears, told me that in London a few weeks ago she had seen a young woman in a dress that she had seen in a picture gallery.

A notion suggested in Paris among fashionables is the payment by guests at dinners of a small coin to the hostess, who turns it into the bank for the purpose of endowment.

What will prevent the hair from coming out? Keeping the scalp clean and well brushed daily, with application of dark yellow vaseline at night. This will promote the growth of the hair.

Of Black Neapolitan Bread.

Erst, and others—To remove excessive dandruff, wash the hair thoroughly with borax and hot water, then as soon as the natural oiliness returns, rub the scalp nightly with this lotion: A tablespoonful each of borax, glycerine, camphor spirit and chlorate of potash in a pint of boiled water.

Accomplices of the Breakfast. If you can obtain grape fruit, get them of medium or small sizes. Cut in half them as you would an orange, and serve with a spoonful of orange marmalade and powdered sugar on the plate.

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Done His Best.

Dr. Price has done his best to make his Delicious Flavoring Extracts superior in strength, freshness and fineness of flavor to any flavoring extracts made in the world.

Shirley Dore's Pointers on Hair, Eyelashes and Cosmetics. Shirley Dore has found time to answer the following queries from readers of THE DISPATCH.

Breaking the Lenten Fast. A Novel Breakfast for Easter Monday—Appropriate Table Decorations—What Can Be Done With Eggs—Delicacies Suitable for the Time.

How to Mount a Machine. Once you can really ride, you mount almost automatically—the only thing to remember is to have the pedals in the necessary position.

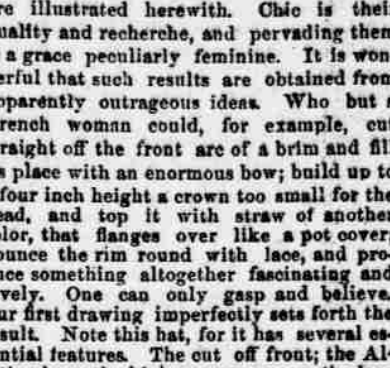
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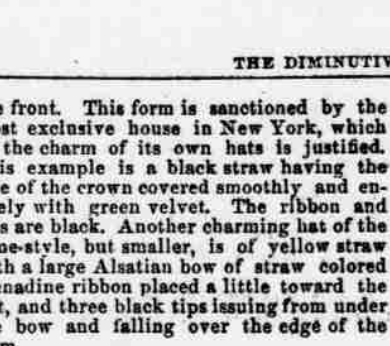
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Two New Styles.



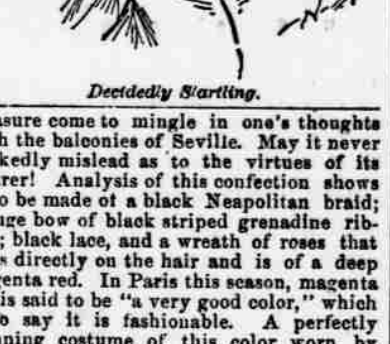
The Diminutive Straw Fanny.



Decidedly Starting.



Of Black Neapolitan Bread.



The Center Decoration.



The Bed Hammock.

