

The Ladies' Journal.

DEVOTED TO LITERATURE, FASHION, ETC.

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OUR PATTERNS.

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REVIEW OF FASHION.

This season you may cull ideas from the Empire and Directoire periods, dress in Grecian or mediæval fashion, and still remain in possession of the happy fact that you are adopting the latest and most becoming caprice. If it is unbecoming, you will be called eccentric; if it is becoming, you will be stylish.

The adjustable gowns doing double duty as dressy and plain toilettes "take" in Paris; whether they will here, remains to be proven. One has a light pink silk skirt worked all over with gold braiding and embroidery in black and gold. It has an overdress of reseda cashmere lined with pink silk, the front of the linings embroidered to match the skirt, and with this is a jacket of the cashmere, which is supplied with revers and is double-breasted. The reseda can be made to completely hide the embroidered pink silk skirt, and, when the jacket is buttoned, simply presents the appearance of an ordinary though rather elegant morning dress, but with a touch of the hand a most elegant toilette is disclosed. The sides of the reseda cashmere turn back, showing pink embroidered linings, which form addenda to the embroidered skirt. When the jacket also is opened it discloses the vest and revers in pink silk, embroidered to match the skirt.

Empire evening dresses are demi-trained and gathered all around, with the low bodice crossed, back and front, at the waist, short puffed sleeves, and a ruche of tulle at the foot of the skirt; the front breadth of the skirt and the space between the bodice folds are nearly covered with an embroidery of tinsel, in a faint green, pink, and white silk. The wide sash is of ribbon or silk, knotted twice towards the left of the front, with gold fringe on the ends.

Pretty home and dinner dresses of crepon or China crepe are made with pleated skirt fronts, gathered back, and blouse waists like a Grecque waist. The full sleeves are of crepe, and the jacket of velvet a shade darker. The skirt may have a border of velvet across the front, or three narrow panels between the pleats.

Bright red silk gowns are very select, with stripings of black lace. One of armure silk has a slightly draped front trimmed with five stripes of lace insertion set over the silk and edged with the narrowest of black gimp; the sides consist of one large double box-pleat, and the back is gathered. The short basque has a rounding point back and front, diagonal stripes of lace from the shoulders, arm-seams, and down the sleeves, with long revers of silk, a V neck surrounded by a turned-over ace frill, and similar frills on the sleeves.

Coat basques, having jacket, pointed, or full fronts, with folds from the shoulders, will prevail rather than the longer worn Directoire redingotes. The basques have slender, pleated coat-tails to the edge of the skirt. The Medicis style of corsage is promised for elegant toilettes; these have long corsages, rather pointed, back and front, with the famous wired collar standing erect in the back, high puffed sleeves buttoned from the elbow down, to get as close a fit as possible, and a girdle or fitted belt of gilt embroidery, velvet, or even precious stones, fitted loosely around the edge of the corsage. The skirt for such a corsage must either fall in unbroken folds of rich materials, or be carelessly caught up on one side by an end from the girdle, ending in a clasp, ornament, or Marguerite bag.

Striped gowns with handkerchief borders will have full skirts, the border up the sides, short pointed aprons almost entirely of the border, and round or pointed basques trimmed with the border. Unless one can afford many changes, such a costume becomes wearisome, as, in fact, all "robe" dresses do. The scarf costume for plain and brocaded woollens, or cashmere and silk is shown in Pattern No. 4373 of this issue, and is thought highly of for young ladies.

Gray and yellow are considered a charming combination, as a gray surah embroidered with silver, and a yellow crepe vest, shows. One of cashmere for more ordinary wear has a basket, pleated skirt, full vest of yellow surah, with a collar, cuffs, and a shaped belt of steel and silver passementerie.

Odd jackets—or theatre waists, as they are often called—are prettily made of silk or velvet, to wear with almost any skirt. One in Directoire style has a yoke at the back, from which spring small flat pleats, clustering at the waist into a rather deep band, fitting to the figure. In front there are the short, straight, open Directoire coat fronts, showing crosse folds of white crepe or surah, finished off with a deep, folded, pointed band. The front of the collar and a pointed piece attached to it are made to unhook, and so leave the front of the throat bare if a string of pearls or an ornament is worn. The sleeves are gathered at the top of the shoulder.

An elegant tea-gown of old-rose and gold brocade has the skirt bordered with gold, pale green, and pink embroidery. It is cut in princesse fashion, with jacket fronts of green velvet opening over a full vest of old-rose crepe. The high wired Medicis collar is of the velvet overlaid with the embroidery. Puffed sleeves of crepe are overshadowed by angel sleeves of the brocade lined with velvet. The soft lace belt is either of crepe or velvet; in the latter case it is fitted like a girdle.

Short velvet jackets, cut round like a zouave's, or square like a Greek's, will be worn over basques and round bodices. They have sleeve-caps, a collar or not as desired, and are finished with a silk cord or narrow tinsel gimp. For dressy house or theatre wear they are becoming additions to an otherwise plain toilette. The round, low Empire corsage will be retained for full dress toilettes.

Brocaded and plain black mohairs form neat street dresses with the addition of a little cord passementerie, making them up in coat basques or a short bodice. Plain and figured Henriettas are stylish, or brocaded Henrietta and armure may rival a costume of the plain silk-warp woolen material and silk brocade. In either case black is fashionable for the house or street. China crepe, trimmed with insertions of lace on the rather straight skirt, and a bodice garniture of belt, cuffs, saigt or Medicis collar of jet and gold, is an elegant dinner toilette for those able to wear black becomingly.

A remarkably pretty basque front appears on an imported costume of brocaded woolen goods. The back is simply pointed, while the fronts are cut away like an Eton jacket, though sewed down firmly to the vest, which is of surah, to the bust, laid in three box-pleats opening under the centre one; then a bodice vest, reaching from the end of this to the waist line, is of velvet and laced up, with a pointed belt at the bottom passing under the jacket fronts, which are finished with short revers, and a high collar of velvet. The full sleeves have cuffs to correspond. Sleeves are almost numberless in style, and must be at least slightly full at the top, as will be seen by our various illustrations.

The Art of Prolonging Life.

Somewhat different advice must be given with regard to bodily exercises in their reference to longevity. Exercise is essential to the preservation of health; inactivity is a potent cause of wasting and degeneration. The vigor and equality of the circulation, the functions of the skin, and the aeration of the blood, are all promoted by muscular activity, which thus keeps up a proper balance and relation between the important organs of the body. In youth, the vigor of the system is often so great that if one organ be sluggish another part will make amends for the deficiency by acting vicariously, and without any consequent damage to itself. In old age the tasks can not be thus shifted from one organ to another; the work allotted to each sufficiently taxes its strength, and vicarious action can not be performed without mischief. Hence the importance of maintaining, as far as possible, the equable action of all the bodily organs, so that the share of the vital processes assigned to each shall be properly accomplished. For this reason exercise is an important part of the conduct of life in old age; but discretion is absolutely necessary. An old man should discover by experience how much exercise he can take without exhausting his powers, and should be careful never to exceed the limit. Old persons are apt to forget that their staying powers are much less than they once were, and that, while a walk of two or three miles may prove easy and pleasurable, the addition of a return journey of similar length will seriously overtax the strength.—Dr. ROBINSON ROOSE, in the *Popular Science Monthly* for October.

A Woman's Hands.

Perhaps nothing more positively shows the gentle woman, than her hand.

"I'm willing to wager a thousand dollars, that there is common blood in her veins," said one club man to another, as they were discussing the reigning belle of the season, over their cigars one August evening.

"Why are you so positive, Tom?"

"Just look at her hands, they will tell the story. I tell you what, Fred, a girl cannot fool me on the blue blood question. She may be as beautiful as the Goddess Venus, her manners and gowns may partially intoxicate and bewilder, but I wait for a good view of her hand to know the real woman."

"Then you would rather see a beautiful hand, than a beautiful face?"

"Every time. Though I must say I like a pretty face too. What's the harm of having both?"

"Oh Tom, I suppose when I see your wife, I will see a paragon."

"Well, you will see a refined woman, or you will never see my wife."

With this little hint on what men think, the conversation changed, and I was left to meditation free. I know they are right.

The truly refined woman looks as carefully after the smallest detail connected with her hand, as she does after what some would denominate the more important matters of the toilette. It is astonishing how few women keep their hands perfectly clean.

A manicure once said to me, "I have to resort to all sorts of polite contrivances, in order to reduce the grime and dirt from the skin, before I attack the nails. It is absolutely repulsive to treat nine-tenths of the hands presented, until they are thoroughly soaked in warm-soapy water."

Those whose pocket books and inclinations lead them to frequent visits to manicures, can with but little personal care, always keep their nails in proper condition. But almost every woman can afford the expenditure of a few dimes and invest in a nail brush, a cake of castile soap, a small pair of curved scissors, a small piece of chamoise skin, and a little pink nail powder. With these helps and the daily giving of twenty minutes of her time, there is no reason why her finger nails should not be correctly cleaned, polished and cut. For those who do their own manicure work, it will be found best to soak the tip ends of the fingers as far down as beneath the nails, in warm water for a few minutes. Then press down, and cut off all the skin that has grown over the base of the finger nails. After this, carefully clean all dirt from under, or at the sides of the nails. Use your small scissors for the removal of rag nails, loose bits of skin and for the shaping of the finger nails, which should be allowed to grow a trifle long, but cut fairly close at the sides, so coming to a point in the centre. This process being satisfactorily complete, next use your file, and thus remove all roughness. Then dampen a little of the pink powder, and place a small quantity on the lower part of each finger nail. After which, polish the entire nail, with your chamoise skin. Some people use the inside of an old kid glove, which will be found an admirable substitute.

If you are troubled with rough or chapped hands, make a wash of equal parts of glycerine and bay rum. Put a few drops in the palm, rub both hands together as if wringing them, until the entire skin is thoroughly moistened. If a few drops will not produce the desired effect, try a little more. This is a very simple and inexpensive remedy, and can be applied as well during the day as at night, for it dries so rapidly, that in a few moments, your hands may be employed without injury to the daintiest of fabrics.

Even when a lady has not by nature been endowed with a shapely hand, she can render it much more beautiful, by following the hints we have suggested.—*Ladies' Home Journal*.

Considerate.

Mr. and Mrs. Mettler went up to Chicago from their prairie farm home in Indiana for the purpose of adopting an orphan boy, as they had no children of their own. They returned without the boy they had gone to find, and one of their neighbors questioned them.

"Didn't seem to find no orphans in Chicago, wanting to be adopted, eh?"

"Plenty," replied Mrs. Mettler, eagerly. "There was three I liked at the Foundlings' Home, and six splendid boys at the Home for the Friendless, and two others at—"

"That's just it to a T," interrupted her husband. "We went to town to adopt one boy, but my wife couldn't take her pick out of eleven of 'em that she took a liking to."

"Why didn't you take 'em all?" said the visitor, with a smile.

"Oh, I wouldn't have objected 'pertickler to bringing the whole lot of 'em home, but it would have been thirteen at table, and you know what that's a sign of. And I, for one," with a smile, "didn't want to be the means of depriving any orphan of me as a parent, if onct I'd been to the bother of adopting 'em. It stands to reason, now don't it?"

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