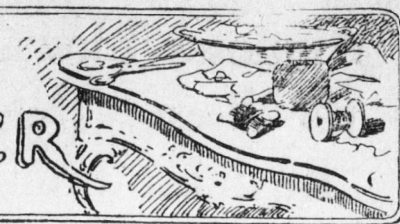




FOR THE HOME DRESSMAKER



HOW TO DRESS THE EASTER BRIDE

The Easter bride will be gowned à l'Empire, but she will not have her waist line at the knees. The reason is that the marriage ceremony necessitates kneeling. Bridal costumes have never been

so simple or charming as being used without any decoration, or, again, they give a splendid field for the use of family lace or embroidery.

The bride veil no longer falls over the face, but is arranged in a sort of coil like a cap around the head, which is far more becoming than the old way of wearing half of the veil over the face. This last always necessitated the ceremony, and that process leaves the bride dishevelled, and is seldom effective.

At all, wore a wedding veil which was fastened in front with loops of orange flowers standing out like bows. The effect was picturesque, though the flowers looked distinctly artificial arranged in this manner.

ROUND NECK BECOMING.

The bride, furthermore, wore a semi-low-necked guimpe. The absence of collars on the wedding dresses is frequently remarked. Dutch or round necks are far more becoming both at noon and evening weddings.



A simple but smart effect suitable to go with tailored costume, trimmed with ruffling and large bow of ribbon.

GIRLS TOO PLUMP SHOULD TAKE EXERCISE

Golden Rules That Should Be Followed in Daily Practice

Many young girls are apt to be either too fat or too thin and to brood about what they consider is an incurable defect, whereas some systematic exercises and deep breathing taken every day, with a quiet, healthy life and the right sort of food, will give the figure just the right symmetry, make the flesh firm and reduce it where it is really superfluous. But girls must be faithful and keep the idea uppermost in their mind that they will not give up this tendency to excessive flesh. Five feet is too short for a girl of sixteen, and exercise should be taken with a view to increasing height. At sixteen this is perfectly possible. If it can be arranged, she ought to go to a gymnasium and take lessons in physical culture, but if this be out of the question, exercises given below should be practised, always in a loose-fitting robe, in a room where fresh air is in circulation.

Give up from twenty minutes to a half hour every day to these exercises unless feeling ill. Between each exercise take three or four deep inhalations, breathing through the nose, and filling the lungs as full as possible. Hold the breath while counting seven and exhale from the nose, slowly expelling every bit of air from the lungs before taking a new inhalation.

FOLLOW THIS LIST.

Here is a list of exercises for reducing flesh:

1. Draw in the muscles of the abdomen, inhale a deep breath and raise your arms above your head, until the thumbs meet, bending the body backward as far as possible. Recover pose and as you exhale bring the arms down in a sweeping curve forward until the

finger tips touch the floor. Repeat six times.

2. Raise the arms straight above the head, palms together, take in a deep breath and rise at the same moment upon your toes; take five or six steps across the room, then expel the breath as you lower the arms and come down upon the heels.

3. With arms hanging limply from the shoulders, bend the body sideways as far as possible, first to the left, then to the right; repeat ten times.

4. With arms in the same position, feet planted firmly on the floor, twist the body as far as you can turn it from right to left and vice versa. This is especially good for reducing the hips. Repeat twenty times.

5. Lie flat on your back, either on the floor or on a couch, and without bending the knees, lift the legs until the feet are straight up, raising your arms at the same time. Do this with the breath exhaled, and inhale deeply as you lower them. Repeat six times.

6. In a sitting position, the body held erect but not stiffly, abdomen drawn in, chest inflated and fingers placed upon the shoulders, twist the body from the waist as far as possible to right and left without moving the hips. Repeat the same movement with elbows high, fingers lipping at the neck. Repeat each movement ten times.

7. Hold firmly to a chair and, standing on one foot, stretch the other foot and leg as far as possible until a tension is felt on all the muscles around the hips. At the same time swing forward with each leg from twenty to thirty times.

8. Jump with the hands on the hips, head and body erect, from fifty to one hundred times.

Never sleep in a room with the window closed.

THE CHILDREN'S TRAINING

Many women prefer to take care of their children in lieu of hiring a nurse, and it is not by any means always for economy's sake that they come to this decision. There are young mothers who would not for worlds miss that exquisite period of babyhood, notwithstanding its engrossing care. For the first time to watch the gradual growth of a little child, as it learns to nod and then to speak and walk, is a pleasure which some mothers would not leave out of their lives for the most accomplished nurse in christendom.

But whether a woman intends to be her own nurse, or to engage a nurse to look after the baby, there is one precaution she should take which it is of the greatest importance. She should be careful to select a cheerful woman, or, if she is in the nursery, she should be just as careful not to indulge in moods herself.

DANGEROUS HUMORS.

Little children so reflect the humors of the people who have them in charge that their natures may be easily changed from a good to a bad trend by an ill-tempered nurse or a gloomy mother. There should be to know only the beauty and the joy of the world, and if darker chapters await them let them turn the page themselves.

A nurse who is the victim of unaccountable black humors is as dangerous as a mad dog.

CUTTING THE SHOULDER SEAM.

In making a shirtwaist, do not think that you can give a wide effect to the shoulders by cutting your shoulder-seam extra long—that is to say, so long that it overlaps the top of the arm. The proper width of the shoulders must be given by the correct line for the shoulder-seam, as this will allow you to put the sleeves in properly. The shorter-length shoulder-seam will hold the sleeve up to the top line of the arm-seve, thus throwing the fullness of the sleeve to the top and giving a nice square line across the shoulders. If you make the shoulder-seam too long it misplaces the arm-seve, and that makes the top of the sleeve droop down over the arm, giving an unflattering effect and a very untidy and unbecoming appearance to your shirtwaist.

Be sure to keep a long line from the under part of the arm-seve to the waist line; make this as long as you possibly can and have a good, generous width to arm-seve. Be sure to have a good "swing" to each front at the base. By "swing" is meant a good width, so that when material and pattern are laid out on the cutting table, there is a good, generous swing to each front.

VISITS OF CONDOLENCE.

The occasion of paying a visit of condolence is one calling for considerable tact. Do not be the first to introduce the subject of the bereavement, but by your sympathetic manner, your warm hand-clasp, carrying the assurance that you are remembering that your friend has suffered and is in trouble. Some persons cannot bear to reopen the wounds of their grief to any but their nearest and dearest. Others are comforted by talking of the loved one mourned. Make a tone hopeful, perhaps, rather than cheerful, but little by little try to lead her thoughts into pleasant channels. Before leaving, if possible tell her some bit of news, bringing some whiff of outdoor interest to leave with her. Above all, do not stay long.

LOST LOVE.

How much longer a woman grieves for the love she has lost untimely than for the love she has won and worn out like a thread-bare wool reveals the coarseness of the heart—Miss Beadon.



A handsome Directoire gown, for spring wear, with yoke and sleeves of lace and insertion.

more beautiful and becoming than they are this year. The long, straight lines of the Directoire gown permit of a fine

At a recent wedding, a very beautiful bride, in a white charmeuse gown, made short-skirted without trimming

The bridesmaid who followed this attractive bride was gowned in blue and wore a peasant's cap of white satin



A chic Panama hat trimmed with ribbon and roses, the coming mode for summer wear.

on her brown locks. The blue frock was cut exactly like the bride's, also with a semi-low guimpe of white net. In this bride's trousseau is a dress of white silk mullin with a double skirt. Double skirts are to be a feature of the summer wardrobe, and on this frock each skirt was bordered with a broad band of white satin ribbon; the bodice gathered in at the waist, formed one piece with the underskirt, and was also embroidered, having a lovely insertion of Alençon lace across the front. The sleeves were double, like the skirt, and embroidered, ending in narrow mittens of lace. The short Persian mantle train was held to the bodice by white satin braces which crossed in front.

Needless to say this bride was very tall and slight. The double skirts are not becoming to short women, who should beware of anything that cuts them off at the knees, the momentary fad of the new waist-line. We may be mediaeval, but we are not altogether foolish, and nothing that hinders a woman from walking, no matter how much it is heralded, will rally a popular.

A PRETTILY DRESSED BRIDE.

A beautiful bride costume which has just come from Paris to be worn by an Easter bride is a really beautiful picture gown on fourteenth century lines. There is first of all an underskirt of lace and over this is thrown a robe of soft white satin, cut low in the neck, defining and yet not tightly holding the figure, and opening on the left side a little below the hips. Through the opening the lace underskirt shows. The entire overdress and train is edged with silver fringe. In front of the décolletage, under which is a lace guimpe, there is a quaint fringed plaque of closely worked silver bugles. The sleeves are long and tight-fitting and edged with silver. The train is spare and long, and in one piece with the

ROSES IN GOLD RIBBON.

For the trousseau there is a striking costume designed for restaurant wear, where, by the way, many low-necked costumes are now worn with hate. This gown is of pale shell-pink satin and over it hangs five stoles of net, embroidered with opalescent palmettes and roses done in gold ribbon. The five panels are laced together with cords of gold, making a tunic which hangs straight from the shoulder all around the figure. The bodice is ornamented with tiny festoons of pink and pastel blue and yellow roses.

On another beautiful wedding gown the only trimming consists of embroidered bands upon the bodice and the lines of small crocheted buttons upon the skirt. A drop of trimming of crocheted bands matching the bodice forms a pretty edge on the embroidered bands. The yoke and sleeves are of a very fine all-over lace. A handsome point of Alençon lace veil is set upon the hair in the shape of a little mob cap, with a cluster of orange blossoms at one side.

SOME COOKING PROBLEMS

THE SUNDAY NIGHT SUPPER.

Probably the most sociable meal in the whole week is the Sunday night supper. It is an informal occasion for the dropping in of intimate friends, and the informality adds to its charm. In many households the servants are allowed to take a holiday on Sunday afternoons, and the members of the family bestir themselves for supper with the chafing dish, and perhaps the delicatessen shop, as assistants. It is an opportunity for experimental cooking with an indulgent company and the delicious dishes that may be concocted on these occasions are manifold. Of course, a gas stove is even better than a chafing dish for cooking things, but the shining metal dish over the alcohol flame is a very cheerful looking ornament on the supper table.

Body mixes the salad and somebody else slices the bread, the confident culinary queen, who is generally the eldest sister, takes the chafing dish to hand. Here are a few simple recipes which she might add to her repertoire.

CHAFING DISH RECIPES.

Venetian Eggs.

Chop a medium-sized onion into bits and fry it in butter in the chafing dish. Add a can of tomatoes and season to taste with paprika and salt. Cook for fifteen minutes. Break six eggs into a dish and drop into the tomatoes, being very careful not to break the yolks. Cook for two minutes longer and sprinkle with Parmesan cheese. Serve on hot toast.

Crab Meat With Peppers.

Have ready a sufficient quantity of peeled crab meat. Melt a tablespoonful of butter in the chafing dish, add the crab meat, season with salt, pepper and paprika and a green pepper sliced in very thin rings and let simmer for about five minutes. Then add a cupful of cream. Cook for ten minutes and serve on hot toast.

Oyster Fritters.

Remove the hard muscle parts from about half a pint of oysters. Put a tablespoonful of butter and a half a pound of oysters into the chafing dish. Mix together a tablespoonful of salt and mustard, add a dash of red pepper and paprika. While these are melting beat two eggs and add to one-half of the oyster liquor. Mix with the melted butter and butter, beating in, then add the oysters, and serve on hot toast.

Finnan Haddie.

Get a firm, fresh-looking finnan haddie. Cut the steak off the bones about five inches square. This is enough for four people. Have water boiling in the chafing dish. Let the fish boil for ten minutes. Then drain and lay in a hot, covered dish. Scald the chafing dish out, and make the sauce as follows: Into two tablespoonfuls of melted butter put half a teaspoonful of pepper, a dash of paprika, the juice of half a lemon. Let simmer until perfectly hot, and serve in a gravy boat on the side.

ABOUT THE KITCHEN RANGE.

If twice a year you have your coal range professionally cleaned and set in perfect order you will save yourself no end of bother and expense. Most people who live in town use gas ranges nowadays, but in country the coal range is generally found. If the housekeeper acquiesces herself thoroughly with the workings of the stove, learns the intricacies of draughts, etc., she can explain it all satisfactorily to the cook, who, especially she has been using a gas cooking stove all winter, is very apt to make mistakes. The greatest difficulty is with the ovens, which seem to bake too fast. This may be obviated by placing some thin sheets of tin on the bottom of the oven. A careless cook is apt to let the stove get choked up with cinders and ashes. This is fatal to the working of the stove, and it is a very simple matter to keep the range clean. A good brushing with a broom or brush every morning, especially the ashes around the ovens where the draughts draw them in, is all that is necessary.

INKSTAINS ON MAHOGANY.

Rosewood or black walnut furniture may be removed with nitre. Put six drops of nitre in a teaspoonful of water, and apply it to the stains with a feather. It will remove them quickly, and should then be wiped off at once and the place washed with cold water, for the nitre, if left, will leave a white spot that will not easily be got rid of. More than one application of nitre may be needed, but as it often acts instantly, it should each time be wiped off quickly.

ANNOUNCING THE ENGAGEMENT.

In announcing an engagement the manner that finds favor among persons of the best breeding is for those most interested to write personal notes to their intimate friends. The parents of the affianced couple, also write to their friends and relatives authorizing them to pass on the pleasant news. The announcement is sometimes made by the father of the bride-elect at a dinner, at which the fiancée is present, or at a luncheon where the young woman and her friends are gathered. The happy secret which the guests are at liberty to publish.