

<text><text><text><text><text><text><text><text><text><text><text> eral days after, that the muscles cover-ing the front of her legs, between the hips and knees, are sore and lame, while

Other creations for the feminine world have been good this season. Ruchings and braids have been well thought out, and parasols and dainty footwoar have and parasols and dainty footwoar have contented the hearts of the fashion slaves. Yet it is in the creation of marvelous hats from simple straws, braided straws and dyed straws, with no need of "trimming to picture hats with a marvelous piling on of trimming that the spring and summer season of 1004 heap heap truly memory

1904 has been truly unusual. Take, for instance, a marvelous pale pink color in chip straw worn recently by the Duchess de Montpensier at the lawn rete of the municipality of Paris. This straw creation had cream lacepiled above and caught underneath the pink chip straw, and bunched beneath the up-rolling broad brim were cherries with masses of green stems attached. Taffeta ruches over the low broad crown finished the hat. Sunshades should always match hat. Sunshades should always match the gown, rather than any special fea-ture of the whole costume. It should not be chosen especially to match the hat, glove or footwear, as is frequently seen on well intentioned but badly in-formed wealthy women. The sunshade must follow the color design and trim-ming effect of the gown worn, and no other effect can be applied without the wearer announcing a dire ignorance of things that ought to be.

## Lingerie Frills.

brings physical courage. Both may be acquired in a small part of the summers season if one sets about it in the right way, and persists in the effort regularly and conscientiously.
What the beack exercises shall be depends entirely on the physical constitution of each woman; so only a few that will suit nearly all classes can be fully desoribed, and these suggestions should be supplemented by a careful study of novements that are adapted to the in there are a few exercises that women an anther's, but, at the same time, there are a few exercises that women an another's, but, at the same time, there are a few exercises that women an other's, but, at the same time, there are a few exercises that women and timpart and the chest and shoulders in a remarkably short time, and this alone, respead readily after leaving off the water will not be without good results the water will not be without good results the water will not be every fact that certain ones do not the water will not be without good results at the end of a few weeks.
Standing perfectly straight, with the heels together and the chest thrown out, the arms should be raised above The day of the lingerie sleeve frill is by no means over. Coats, blouses and dresses are now finished with this pretty and becoming ruffling. The only change is noticed in the fabrics that, are used from time to time in order to ring some change in the style. The latest frills are made of gayly printed mousseline de sole or Brussels net. The ground may be any one of the white or cream shades or even pale colors, while upon this is a dainty flower design in realistic tints. The coloring gives a little variety to the all white or cream frill, and very often it is possible to achieve wonderfully pretty effects that are novel besides. This net is not ex-pensive, but in choosing it for lingerie wills be sure to get the very finest that POSITION FOR THE LENGTHENING THE TORSO LENSTHENER FRONT OF THE TORSO

NOT MANY GIRES ON THE BEACH CANDO THIS

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THE WAIST SUPPLE

# TATENTY DEEP BREATHS CHEST EXPANSION

### y MISS MANHATTAN. New York, July -

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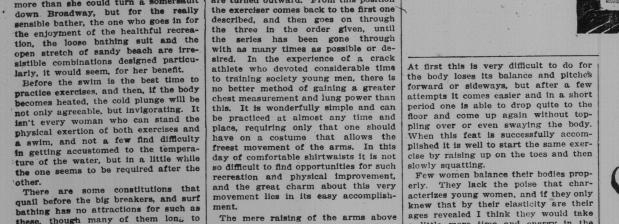
bathing has no attractions for such as

Bianding perfectly straight, with the beis together and the chest thrown out, the arms should be raised above the head to their full leggth, the fist doubled up and the screates the thrown has been excreases which can be doubled up and the throws how eall others that the feminine por-tion of the world seeks to screate. When the arms have been raised at the should be projection, they should be projection, they should be projection, the sides against the body. When the lungs are

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bathing has no attractions for such as these, though many of them long to possess the physical strength that brings physical courage. Both may be acquired in a small part of the summer muscles of the back and chest, two muscles of the the relation to the summer that the muscles of the back and chest, two muscles of the summer that the muscles of the back and chest, two muscles of the back and chest the muscles of the ba FOR THE BRCK AND ADDOMEN