

## The Toilet and the Baby

**W**ITH the coming of summer the "little frock" is more in evidence than any other kind of dress. It is called a "little frock" because of its simplicity and suggestion of ease and informality, but it is not always as inexpensive as it looks. It may be fashioned of any summer material, from gingham to fine linen elaborated with hand embroidery. But whether inexpensive or costly, the "little frock" must be trim, fresh-looking, and made on good lines, or it is nothing.

Pongee and linen of a light weave may be developed into smart frocks for morning wear, with very little in the way of trimming. A plain, well-hung linen one-piece dress, that is, with skirt and blouse joined under a belt, can be made quite smart in effect by the addition of hand-embroidered collar and cuffs, in which a note of color can be introduced if one prefers. The touch of color is one of the fashionable little fads of the season. Colored linens and mercerized suitings, etc., are more fashionable than all white, but as the hot weather continues, more and more white frocks will be seen. The colors of the muslins, cotton voiles, and other sheer weaves, out of which simple afternoon frocks are made, are really lovely, in pinks, pale blues, and mauves. Floral designs are inwoven in some, the flower toning in with the background. Mull and Valenciennes lace are combined in many dainty summer frocks, not intended for street wear. The mull requires careful laundering so that it will keep its soft, silky look. Linen lawn and batiste are more practical, as they emerge from the laundering process looking delightfully fresh. Almost every model for the tub frock, simple or elaborate, has a belt of some kind, usually matching the dress or its garniture. Skirts are invariably

short, but the sheer lingerie dresses are not quite so short as those of linen and the heavier weaves. A soft mull or lace-trimmed muslin loses some of the grace which should characterize it, if it is too short, but it must clear the ground always.

The feature of the bodice portion of these "little frocks" is the neck finish, which is either collarless or has a turn-down collar, of the material or separate. The turn-down collar is more generally becoming than the "Dutch neck," which seldom looks well on any woman past youth. For the matter of that, the flat collar arrangements are youthful looking, too much so for some women, but they are so comfortable that one can hardly blame women for wearing them if within the limits of possibility at all. It is a case for just and impartial dealing with oneself and one's fellow beings.

Just here, it may be said that the "beauty doctors" can do a good deal to make the neck presentable enough that a turn-down collar may be worn. Most women are their own beauty doctor, so it is advisable for them to find out all they can on the subject. The beginning is to emancipate the neck from high, close stocks and stiff linen collars. If you are one of the women who look their best only in the linen collar that is the complement of the tailored style, at least you can wear the soft embroidered collar that comes on a slightly-stiffened band, instead of the impervious, stiff affair that is trim indeed but ruinous to any beauty of the neck. The two imperfections that most women have to overcome are darkened spots and a thin or flaccid condition. The treatment for both can go on at the same time, bleaching for the one, exercise and massage for the other.

Of the various bleaches, the natural juices, of lemon or cucumber, are safe and as good as any. First cleanse the neck with warm water, your favorite soap, and either a complexion brush or a

face cloth of Turkish towelling (kept hygienically clean). Rinse in tepid water, dry on a soft towel, then dab the dark spots with lemon juice, clear if you can stand it, diluted with rose water if it is irritant. Let it dry in and remain for half an hour or longer. Some find that peroxide of hydrogen works more quickly than the lemon juice. It may be used clear, or diluted with soft water, and care should be taken that it does not get on the hair, else the user might find herself with a line of bleached hair along the back of her neck. The individual must select whatever bleach suits her skin best—she can tell what does not suit by its roughening and irritating the skin.

To tighten the muscles and fill in hollows, the exercise of drooping the head backward, forward, and to each side, is one of the best. One beauty doctor has invented the "comet exercise," during which you turn your face to look straight up, then you look down at your feet, several times in succession, till the neck muscles become supple. Deep breathing is very beneficial in this regard.

For plumping out a thin neck, massage with a good cold cream or skin food, with gentle rotary movements, not forgetting behind the lobe of the ear where hollows are apt to come early. Apply just as much of the cream as the skin will absorb. This treatment can be given after the bleach is rinsed off, and any superfluous cream wiped off afterwards with a piece of soft old linen, the rest remaining over night. If the neck is too fat, massage with even strokes downwards.

If you want to wear the collarless "little frock" this summer, by all means devote some time first to making the neck "fit and presentable."

### The Baby's Milk in Summer

Physicians who have made a study of infantile mortality find that the danger of serious illness for babies is greatest in the hot season. The chief source of trouble is the food, notably the milk in the case of infants. Milk is a good "culture broth" for microbes, and for none more than for the germs of diarrhoea. Therefore, when the baby is fed from the bottle the greatest care should be exercised in keeping the bottle scrupulously clean and in having the milk perfectly sweet. All milk contains certain bacteria, which at ordinary temperature multiply rapidly and cause the change known as turning the milk sour. The greater the care in sterilizing the milking utensils and in having the milking done in clean surroundings, the fewer the bacteria to begin with, but even at the best the milk must be cared for properly, or it will not be healthful for the baby who is dependent on it for his whole sustenance. One way of preserving milk is by pasteurization—heating it to a temperature of 140 degrees to kill the bacteria. This is difficult to accomplish at home, and is not necessary with ordinarily good milk. If the milk is taken as soon as it comes from the cow, strained into a sterilized sealer, covered close from the air, and set in a cold place, it will keep quite fresh and sweet. When there is no ice, wrap a wet cloth round the sealer and set it in a dish of water in a draught. The evaporation will cool the contents. In cities, unless the housekeeper has had favorable experience of the source of supply, it is advisable to scald the milk to the boiling point, and afterwards keep it in the ice chest till wanted. The sterilizing of the pitcher or sealer in which milk is kept is important.

Still more important is the absolute cleanliness of the bottle from which the infant who is a "bottle baby" is fed. The bottle should not be left with milk in it even for a few minutes, much less from one feeding to another. Don't put too much in it at a time, and as soon as the baby has finished, rinse out the bottle with cold water. If it is not convenient to wash it just then, let it stand filled with cold water in which is a pinch of bicarbonate of soda. It is advisable to have at least two bottles, so that one will always be ready for use and there will be time for proper cleaning. To wash the bottles, make a suds of hot water and soap or soap powder, and use a bottle brush or a swab of cotton on the end of a hooked wire (scalding it afterwards). Rinse the bottle with several waters, the last one scalding hot. Let the rubber nipple soak for a minute in cold water and bicarbonate of soda, cleanse it in cold water, then put it through the scalding water. It is a good idea to further sterilize the bottles by putting them in cold water and heating to the boiling point, once a day during the very hot weather. It seems a lot of trouble, but will go a long way towards warding off infantile disorders, which would be much more trouble in every way.

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**Mother and Daughter** The Duchess of Norfolk and her eldest child, Lady Mary Rachel Fitzalan-Howard. The little girl is five years old. The portrait (by Ellis Roberts) was shown at the New Gallery, London.