COPYING FASHIONS FROM NATURE



Catherine Calvert Describes Her "Seasonable Gowns"

a street suit from the freshly spaded at the girdle there was another smaller ing colors, and there is yet to be written garden, and trimming it with new let- rose and orange nosegay. Since then I a mistake in her judgment."

Catherine Calvert, who does it, says "My newest street suit is of moire, the good appearance, and only a limited sum spring sun.

raiment; she must work somewhat inde- mistake.

pendently of the style makers out, I mean-when I was delighted to find me the right note of brightness for a a wonderful reception gown spread out in gray charmeuse frock.

drapery repeated the pale yellow. I the springtime.

silk hose. I have had many to ad-

mire and congratulate me on having

Many girls are ashamed of their

the same and in most cases is more

delicate. If they were intended al-

much care as to shape and appear-

ance. Is it proper for me to appear before company in my bare feet?

queer letter?

others to enjoy you.

* Advice to Girls

+ By Annie Laurie

I am a pretty girl of 18 years, and there's no use trying to get around it.

supper I take off my shoes and receive company in your bare feet-any

much. There are times when some | Go on out and wade in the snow-

one will come in for a few minutes | drifts barefooted if you want to. If you

or a guest will come to spend the can stand it, the rest of the world can.

evening. I always remain in the But don't be cross when the rest of

the hand, as it is formed very much lished, I'd do it-if I wanted to.

room, as I feel as much at ease as the world stops coming to see you, or

"queer."

barefcoted, as I enjoy this very. street of your town in a night gown.

By MADGE MARVEL INDING an evening gown in a patch | draping at the side of the skirt, and on unfold the samples of your wardrobe. of moonshine, choosing a blouse one side of the bodice, which was of "Nature is the greatest of all artists, serving of a place in every boudoir. from the crocus bed, harmonizing the blue veiled in the yellow, was the Why not let her set the palette for us? touch of gray done in silver lace, and Since the world began she has been mix- A Whitening Letion.

It is the most satisfactory and becom- exact rich leamy shade the garden with which to accomplish it. see that the goods matched and that the peeped through that same brown earth. Then she should build her wardrobe through a cloth and add a sliced

"A tulip bed furnished the red and according to her particular requirements cucumber and let boil till the cucum-"Long, long ago," explained Miss Cal- yellow and pink splendor for a house more than according to the vagaries of ber is a pulp. Strain again and let vert, in quite the tone one would use gown of lovely Oriental stuffs. One of fashion. when spinning a yarn about fays and the most alluring blouses I ever owned . pixies and the fairy princess and the was in palest yellow crepe and white Keep your clothes clean and hang them ment. Add a tablespoonful of alcoogre, "I made up my mind that if one lace with a knot of pink. It was a direct up carefully to keep the lines. Don't get hol and 15 drops of benzoin and apply would be dressed with individuality and inspiration from the crocus bed into be able to express personality through which one pink hyacinth had strayed by your gayety."

"A single red geranium standing on "It all came to me at sunset-the way the porch of a little gray cottage gave."

the western sky, in the twilight afterglow. Purple and white lilacs hanging over "It was at the close of a fitful April a weather-beaten shed with a long arm day, when there had been rain one min- of a pink peach tree reaching in among ute and sunshine the next, that the twi- the other posies made a stunning hat. light brought clear weather, and there It is of pale gray straw, the exact shade followed a marvellous sunset. There was of the weather-beaten shed. A twist of a clear, blue sky with a band of palest ribbon repeats the green of the lilac yellow along the horizon, and a deeper leaves. Millinery copies of the lilac band of rose and orange, and then an blooms are heaped on the hat, and exquisite soft gray almost like a mist, under the brim peeks some tiny rink And from that I evolved my gown roses. And a famous maker of hats "The foundation was the soft clear asked to copy the bonnet, the combinablue of the sky in satin. The chiffen tion was so wonderful. Like a breath of

caught the rose and orange in two vel- "It is the most fascinating thing to vet flowers which were used to hold the watch the moods of nature and let her

those feet may be-is "queer," and

As to the bathing beach-that all de

Flat Backs to Replace Slouch Pose

By Maggie Teyte

ATAND in the orner and hold up your head, s the advice th gance of carriage. She had a certain exercise which car-

debutante slouch and the lackadaisical pose of the moment seem mere ab-

Stand against a door in such a posi- notions and at once energetically to test tilence are evidently as eternal as the tion that the back of the head, the shoulders, the elbows, the back, the heels and the palms of the hands will Winged Demons Everywhere. all touch it. And it must not be just an almost-closeness, but a real pressure, so firm there can be no doubt as to one's erectness of bearing.

Secret of Grace.

Easy? Not a bit of it. If you can hold the position a full minute after a month of daily practice, you are doing well. Doing well in more ways than one-not only succeeding in the exercise, but gaining strength and poise and muscle control. The secret of grace is complete con-

trol of the body, and all the queer poses in the world won't make that statement any less true. Not long ago, a noted physician was talking about the modern woman. He said: "Unless she learns how to hold up her head and keep the poise of her body. I fear for her mental future. It is a great pity that at a time when women are so capable and so prominent they should throw their entire beings out of harmony by adopting anch outlandish poses as one sees on the street, in the ballroom, on the

Go to the nearest art gallery and ook at the "Golden Stairway," the ceautiful picture of Burne-Jones, o love'v women coming down a stairway. There you will find the ideal pose in each figure. It is well worth studying-especially at this crucial moment in the pose of womankind, It is de-

"Take the proverbial stitch in time. fluid without disturbing the seditiring colors. Depend upon frills for every night and when you come in

The Noted Prima Donna.

once, to scientists and physicians, an a frigid winter that lacks at least one tain all of the filth as well as the bacentirely new vista for investigation. It female fly.

principle passes at once from person to at sundown.

impelled them to recast their near-new

anaemia; the stegomya mosquito as the The female fly, now rousing itself from and possible death. Flies will crowd

Secrets of Health and Happiness

What Flies Mean to the Home; Insect Carriers of a Plague of Ills

By Dr. LEONARD KEENE HIRSHBERG

A. B., M. A., M. D. (Johns Hopkins)

HERE are still some medical men who ridicule the "germ theory of disease." Few and know more about microbes than did the doctors of 25 years ago.

How these malicious micro-organisms pounced upon the human body and felled their v tims was also thought to be a closed story, when the verdict of guilty was brought in against water, milk, bad air, soil and direct contagion. Suddenly, however, the higher court of new knowledge forced a reconsideration of the case. There was forced upon the pathological jury such new evidence that the whole matter had to be judged anew. For Dr. Theobald and which the girls in her charge were Smith, the eminent Harvard savant, who had investigated Texas cattle fever, discovered that

required to practise three times a day. the terribly destructive epidemic was spread, not by filthy soil, bad air, contaminated food, or colluted water, but It is so simple that any one with a by a tiny insect known as the cattle tick. The story of his painstaking researches and microscopic study of flat wall against which to set her back the blood of these ticks, how he finally is to be seen lolling comfortably amid 10 times in every hour, besides placing may try it. I can promise with a clear and forever convicted them of harboring the furnace pipes, the kitchen rafters, them in everything upon which they conscience that if faithfully persisted in the malaria-like parasites of Texas fever nook of your house. If I may make so often be seen blowing fluid bubbles from it will give such superbly flat backs is thrilling, but ere now history. Suffice bold as to say so, there is no spot or its trunk and sucking them in again. it here to say that it opened up at cranny that remains warm throughout These bubbles, as well as their feet, con-

every suspect in the insect world.

instances of this type. Quarantine and accessible even to an anti-vivisectionist. to be due to flies that the Japanese sansolation usually serve to stamp such In the early April days, or, in the itarians in the Russo-Japanese war were South, in the beginning of March, the able to maintain their immense field But Dr. Theobald Smith's finding, female flies of vesteryear begin to forces free of these troubles by directwith that of his assistant, Kilbourne arouse themselves. Like the shaggy ing efforts specifically against the fly. con led to the conviction of the bear after his long winter's nap, the A courier of the plague, indeed. Yet nopheles mosquito as the source of musea begins to shake herself, flap her many people say, "merely a harmless inmalaria; the culex mosquito as the wings and fare forth to multiply over sect." fource of elephantiasis as well as bird the face of your home and back yard. Every fly is the harbinger of disease

teria they have previously visited.

These winged demons of filth and pes- "Swat" Only Salvation.

tides. Like your chickens and doves, Many instances have now been perthey will surely be home to rocst manently proved in which the bacteria Though your personal household flies of tuberculosis, typhoid, dysentery, Undoubtedly in not a few human as may hie themselves forth upon a mild plague, anthrax and cholera have been well as animal ailments the disease winter noon, they will again find you out found in the dejecta, in the saliva, and on the feet of the common house fly. person. Measles, diphtheria, scarletina, Let us all go to the trouble of an- Epidemics of typhoid, dysentery and smallpox, loathsome diseases, ringworm, nihilating them in the winter of their those other pests in military encampthe itch, and similar troubles are notable discontent, at a time when they are ments have been so conclusively shown



Every Fly in the Home Is a Harbinger of Evil.

I have had several requests for some source of yellow fever, and the tsetse fly the lethargy of your clinker-clogged each other for food and for breeding tuce has the fantastic sound of a foolish have chosen all the color schemes of my | I asked Miss Calvert for practical ideas whitening lotion for the skin which is as the reservoir for magana and the furnace, will soon lay from 120 to 200 places. The garbage cans, open gutters, for women with the need of making a beginning to show the effects of the death-dealing sleeping illness. Here is one that was given me by an microscopic parasites of the animal type | eggs on garbage, refuse, meat, or other decaying leaves upon the eaves of your ing scheme of costuming a woman can showed when the first spadeful of earth; "First," said she, "the woman who English woman who at 60 had the com- How then are the ailments that are exposed organic material. summer wardrobe that way, going over little vestee matched in silk to the shade purse once should study her style and the ground literally, with a modiste, to of the young lettice leaves when the

mer, you will be amazed, if you are so nearly one-half a ton

till it is thick. Then boil and strain | well? How are the bacilli of typhoid, | Furthermore, in 10 days, every female will be quickly seized upon by the dysentery, the plague, cholera and other in this new fly generation will set her- plague of flies that will have already nicroscopic plants of the disease-produc- self-if the weather is mild or warm- been born before April has wared. ng variety traced to their lairs? Natural at once to lay as many eggs as her proby the offender at once to fall under life mother. And with what an appal- the danger and preventing the appearuspicion is the housefly. Can the ling result! The fly that produced her ance of these multitudes of microbeamiliar housefly be found guilty? ... progeny in April will have by the first bearing demons. The sole means left While the hoary-headed, frosty winter of September descendants of 10 raised to to avoid this prospective danger is to seems at first sight to have rid the the 13th power. In one month, one fly start now at once to combat the threat-

litiest neighborhoods in a metropolis will have a progeny of 12,000,000 of other ened avalanche. Let every boy and girl, of all the lazy, buzzing flies of midsum- flies. If weighed, these would measure man and woman, resolve instanter to in lustrious as to investigate, to find Flies allowed to feed on milk or that is now encountered. Annihilate that the supposedly annihilated kisea sugar-water in which germs are placed them the moment they are seen. Do it domestica has lived up to its name, and will be found to deposit those microbes now. Begin at once

All of these maladies are caused by at her service she will then lay her market edibles, the mosses, ferns and groceries, butcher shops, thatched shingles, and all exposed liquids and foods

destrey once for all each and every fly

W. M. A. Pittsburgh - Constipation

can be cured by oatmeal, bran bread,

run a house has a perfect right to de-

The wife who throws it out in waste

brought up poor. She was the most

If you have suspicion of the age or

Mongolia, the Land of Magic By TEMPLE MANNING.



if I had on the finest pumps with laughs at you, or says that you are swimming without shoes and stockings. My idea is that the foot has just as | And if I were a middle-aged woman with | good a right to appear in public as | my position in the world fully estab- | bleak, wind-swept steppes of Mongolia, ways to appear in shoes, they surely myself the prettiest pair of bathing no signs of human life. Only the obo,

Did you ever see a rude boy tie a red by natives to the different gods, indi-Also is it right for me to appear at rag around a chicken's neck and set cates that there is human life somea public bathing beach in short skirts | that chicken out into the barn yard where in the wastes which stretch 2000 and barefooted? Miss P. B. F. with the rest of the hens and observe miles from his feet, A RE you real. Miss P. B. F., or What happened to the chicken?

Don't tie the red rag of being "pe- his mind, there appears a galloping Then, while this impression is fresh in A are you just a joke? Can it be culiar" and "different" around your band of herdsmen from behind some! possible that you really mean any neck, little girl, unless you want to run promontory of rock. They examine the pert perkins, patient- WARY Willie wouldn't wed of the queer things you say in your the risk of being torn to pieces. traveller's passports from Pekin, and

There's nothing disgraceful about a pretty foot and ankle-but who wants how word of his coming has preceded to be reminded of them every minute? If you want to go barefooted in the Miss Lauric will welcome letters of of his new guides wonderingly. house or on the street, go barefootedand enjoy yourself. But don't expect inquiry on subjects of feminine interothers to enjoy yourself. But don't expect would be stored and enjoy yourself. But don't expect inquiry on subjects of feminine interothers to enjoy your stored and enjoy yourself. But don't expect inquiry on subjects of feminine interothers to enjoy yourself. But don't expect inquiry on subjects of feminine interothers to enjoy yourself. But don't expect inquiry on subjects of feminine interothers to enjoy yourself. But don't expect inquiry on subjects of feminine interothers to enjoy yourself. But don't expect inquiry on subjects of feminine interothers to enjoy yourself. But don't expect inquiry on subjects of feminine interothers to enjoy yourself. But don't expect inquiry on subjects of feminine interothers to enjoy yourself. But don't expect inquiry on subjects of feminine interothers to enjoy yourself. But don't expect inquiry on subjects of the magic of live interothers to enjoy yourself. But don't expect inquiry on subjects of the magic of live interothers to enjoy yourself. But don't expect inquiry on subjects of feminine interothers to enjoy yourself. But don't expect inquiry on subjects of feminine interothers to enjoy yourself. But don't expect inquiry on subjects of the magic of live interothers to enjoy yourself. But don't expect inquiry on subjects of the magic of live interothers to enjoy yourself. But don't expect inquiry on subjects of the magic of live interothers to enjoy yourself. But don't expect inquiry on subjects of the magic of live inquiry on subjects of live inquiry on sub est from young women readers of this During my trip across the plateaux of protesting, produced precious presents, Wayward widower, wealthy, wild, People do not like "queer" folks; and paper and will reply to them in these this strange land each day saw some promising, pathetically, perpetual protect Wedded Win while Willie whiled. pair of bare feet-no matter how pretty her. care this office.

, would travel quickly so as to be rid of tween encampments. During the night has been broken and affected by pimples. the pain will remain. fresh men and horses and presents of sheep would mysteriously arrive from somewhere, and the following morning we trekked on without hindrance. Every- physical culture, and night study of en- Your husband must be examined at peaches, grapes, oils, water and vigorthing appeared as if by magic, for we gineering and chemistry will take your once. If he has no tuberculosis, simple ous rubbing. saw no yurts, or herds of sheep, en

The people, and especially their chiefs, Mrs. J. S. B., Brampton, Ont.-Your or more. You may have a strain of the W. H. H.-Loose and flabby skin unare most interesting. They were de- headaches and dizziness are due to an lighted to sit on our camp stools and sip indoor life, lack of exercise in the open our Russian tea, and besides their pres- air, sunlight and possibly constipation. ents of blue silk handkerchiefs, they al- Do not take any headache remedies, but ways gave us a few sheep. The Mongols eat lots of bran bread and bran crackers, have rough exteriors, their faces tough- and drink 15 glasses of water daily, use ened by exposure and the bitter winds, plenty of clive oil, and go out doors but their hearts are warm. On the whole three hours every day, even though you they are finely made men.

We found here the originals of our domesticated camels, horses and sheep. In | Oatmeal paste will whiten your hands. other countries their ancestors have en- Make a paste of the meal and water tirely disappeared. But in this forgotten and apply it after the hands have been land wild camels still tenant the depths washed. Allow it to dry on the hands of the Gobi, wild horses still pace the and then remove. Lemon juice applied plains and within sight of them the to the hands will whiten them. great Ovis Ammon, wild mountain sheep, graze in seclusion on the upland

only its deserts could speak and its while the other is placed upon the hip. The modern woman who has domestic I never could see any harm in going in TV7HEN the traveller finally climbs mountains bear witness! Here rode While holding this position raise the gumption is a good business woman. the Tannu-ola mountains and Genghis, the Mongol Alexander, the body gradually from the floor until the most ruthless and inhuman destroyer whole weight is supported by the hand Kitchen book-keeping is as necessary money. the world has known. On these wild and feet. It is comparatively easy to as some accounting system in any other he is impressed first with the utter lone- plateaux wandered those Mongol herds- get the body from the floor as far as business. If I were a young girl and nobody else liness of the landscape. There is no went bathing barefooted, I would buy vegetation to be seen; his glasses show splendid isolation until at last the be tried first on one side, then on the It is quite as negligent in the housewife should be beneath her to accept the men who fed their flocks and moved the knees, but to bring it up to the full Haphazard housekeeping is passing. splendid isolation, until at last the be tried first on one side, then on the It is quite as negligent in the housewife should be beneath her to accept the wouldn't have been created with as shoes and stockings that money could a wooden monument marking the well burst out from their former might be the money could be stockings that money could be stockings to the stockings that money could be stockings that money could be stockings to the stockin get and I would wear them and be at the pass, about which are scattered happy.

In discussing a former mistress, one happy.

In discussing a former mistress, one unity.

An exercise which, if persisted in, will What a story this land could tell if floor supporting yourself by one hand truth.

Try These Tongue Twisters

then present theirs from the nearest ly plucking pretty primroses, perceiv- Winsome, wistful Winifred. khan, or chief, and take charge of the ing Percival Patmore, pretended preoc- Winnie whispered, "Why, when will he?" expedition. The traveller cannot imagine cupation. Percy perspired profusely, Willie waited willy nilly." him, and he puts himself in the hands penning pensive poetry. Presently, prop- Winnie, wasting, witching, wile, erly primed, Percival promptly proposed. Wondered whether 'twas worth while. ly-procrastinated. Percival, passionately While wilful wooers went who would. any one who receives company in a columns. They should be addressed to new touch of mystery. One khan would tion. Purse-proud, pompous papa, prov- Willy's wisdom went awry, pass us on to the next, and his men ing pliant, Penelope placidly paired. | Weepingly woefully, wondering, why? are on moderate salaries will let the on top of the stove.

ANSWERS TO HEALTH QUESTIONS

Warm water is a better solvent than, Miss L. McK., Woodstock, Can.-It, Mrs. J. W., Markdale, Ont.-Your pains co'd. With the water you should use a will be wise to have an X-ray taken of are due to internal trouble. It sounds good tooth paste to produce friction. your hip joint. It may be that there is as if, at your age, you needed an opera-. \scm. pressure of your internal organs tion, particularly if you wish to buy a The application of a solution of bor- upon the nerves which go to the hip farm as you say. us. Relays of horses awaited us be- acic acid will help to heal the skin which joint. Until this pressure is removed

> M. J., Eveleth, Minn.-An outdoor life, Mrs. P. L. T., West Collingwood-(1) oranges, figs. prunes, apples, dates, attention from your erroneous idea.

By Ann Marie Lloyd

muscles of your right arm from exces- der the eyes can be tightened up by vi-

sive work. Do not rub it, but bathe it in | bration, electricity, massage and fresh

CHOVELLING a man's wages out of kitchen run itself without any auditing The kitchen with a tablespoon" is of accounts until there is a hue and cry A man who furnishes the money to

(2) Use your other arm for a month

ignorance of the market prices, After several weeks of experiment, wastefullest woman I ever saw. Only under various conditions, the efficient folks that never had nothing throws housekeeper will know what it costs away when they gets something." each week to run her table. She will Here are some kitchen hints that will keep within this sum. If there is com- save time and worry: pany and extra entertaining she will To make corks impervious to water strive to minimize expenditures for two and air, soak them in olive oil for five or three weeks until the mean average minutes. becomes the same.

With some study of food values it is color of a chicken when you are cooking simple to plan meals that will have the it and fear it will be yellow and tough,

requisite amount of nourishment, the add the juice of half a lemon to the delight of palatableness and a mini- water in which it is cooked. The same mum of expense. "Watch the mar- recipe will whiten the flesh of fish. ket" is excellent advice for all house- A crust of dry bread thrown into the keepers to follow. It is no less ad- pot where cabbage is cooking will about mirable to be accused of being careless the odor and keep it from permenting in expenditure than it is to be called the house.

The odor of grease after frying cen a-Many housekeepers whose husbands driven out by the odor of coffee burner