

Tesserts—Hibe fruits only—acid varieties preferable.

Drinks—ne cup of tea or ceffee, with—
Drinks—cream or sugar, or one glass of content of the content of

FOR HOME WEAR

So, for evening wear in the privacy of your own home, why not rest the foot by wearing the heelless slipper? It may be of satin, cloth, suede, or of softest kid. It fits the foot snugly, is trimmed with ribbons, and is tied round the ankie. It is almost needless to mention the absolute comfort of such a slipper and the benefit it is to tired women. Those with not such small feet should adhere as religiously as possible to black, while those possessing the coveted tiny foot may wear with safety old rose, mauve, brown, turquoise and old rose, mauve, brown, turquoise and all shades of green.

all shades of green.

But all this is in the nature of a fad which is at best variable. The most important thing is to get the feet in so healthy a condition that shoes of any style may be worn. To do this, begin by soaking the feet every night in hot water with a little borax. This has a healing effect and is also very good for the skin. It is said that the belles of the South, who were all so famous for their tiny feet, used to bathe them each night in rosewater lovingly prepared by their nurses. This refreshing bath is prepared by placing the rose leaves in a stone jar with plenty of spices and z few drops of attar of roses. The jars are then filled with alcohol, which is strained off after an interval of a few days, and the liquid an interval of a few days, and the liquid thus formed is kept bottled till needed. At night, after a dance, when the tired debutante returned to her home, her old mammy would rub her feet with this lotion, and all the pain and weariness would be gone by morning.

RULES TO FOLLOW

Women who desire that mark of aris-tocracy, a dainty, well-shaped foot, should learn to take care of the feet. Could you expect to have a good com-

Could you expect to have a good complexion if you paid no attention to it? Could you hope to acquire an education by never going to school? Why does not the same logic apply to one's feet? Dressing them to look well is not wearlsome, and how great the gain in grace and beauty?

Stockings should be carefully purchased and they should have no thick and if you sust also fit they are too hefore they are bought, if they are too short they are very liable to cause bunions, while if they are too long they will make winkles in the shoe. Many attred woman is made nervous by the crease of a stocking over nerve or muscle.

The woman who wishes to make her foot and paper a small must acquire the instead of the whole of it. She her shoe instead of the whole of it. She foot so the heel will not look square and, therefore, ungraceful. Do not sit with your feet flat on the floor. It is awkward, and nothing so desiroys the contour of

This the box

Stockins

Aids to Correspondents

WING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this ofttimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

Pale Lips My lips are very pale. Is there any way make them rosy? SEAMSTRESS.

to make them rosy? SEAMSTRESS.

If your lips are colorless it is a sign that you need fresh air. Try deep breathing for a while and watch the color of your lips. If you are in the habit of bitting your lips, you should overcome it right away, for this makes the lips coarse and pale.

For Brittle Nails

What can I do for brittle nails? Do
you think it is harmful to pollsh them
when they are in this condition? A. B. C.

around the nails. Never use a metal implement to free the skin from the nails. Don't polish the nails if they are brittle.

Cure for Chilblains Kindly give me something for chil-blains. I find your advice very helpful. ANXIOUS.

Here is a recipe for a chilbiain cure. I feel sure you will find it beneficial.

Cure for Chilbiains.

Zine oxide 60 grains
Zine oxide 90 grains
Myrin powder 10 grains
Myrin powder 10

for reducing the bust. Would you kindly publish it again?

2. What would you recommend for bath or 2. What would you recommend and white, especially when the skin soft and white, especially when the skin has a tendency to be dry and harsh all over the body?

4. Will you kindly publish a strict diet for reducing superfluous fesh? GRATEFUL. 1. Massage your face with the skin food made from the recipe here given:

Orange-Flower Cream.

through your lungs. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing obesity. fat by the one healthful metaos. So that by the one starch and sugar you eat, the The more carbon to burn away.

Werer Sit with the Bot Posting on

Not Injurious Will you kindly tell me if the formula which you give for bleaching the skin and superfluous hairs will in any way promote the growth of hairs?

The name of the bleach is liquid whitener.

ANXIOUS. There is nothing in the recipe to which you refer that will promote the growth of hair.

you refer that will produce for hair.

Sleeping Hours—Chapped Hand
How many hours sleep should a girl working at an office have? Also, please give me something for chapped hands.

NANCE. Every one should have at least eight or nine hours sleep out of every twenty-four. If your work is of a kind that tires you out, you may need ten hours sleep. Just before going to bed take a few simple exercises in the fresh air.

Lotion for Chapped Hands.

Tincture benzoln... 30 drops

Tincture benzoln 30 drops
Glycerine 2 cunces
Rosewater 3 cunces
Rub this on the hands night and morning.

Advice on Social Problems Mrs Chester Adams

tobring to her their Social Problems and Perplexities by letter at any timo

INVITATIONS, FORMAL AND INFORMAL

AND INFORMAL

In DISCUSSING invitations it is necessary to consider those written in the first as well as in the third person—invitations both informal and formal. In these, two general groups are included invitations to small and large affairs, invitations for the morning, for the afternoon, for the evening and—in the case of balls—for the middle of the night. All of these varieties will be mentioned, and I hope to cover the subject completely, so you may tell at a glance how to invite people to your house, no matter what the occasion may be.

Let us, therefore, consider the very formal, engraved invitation and indicate when it is to be used.

An invitation of this character is always worded in the third person and is used for certain very formal affairs where a great number of people are to be invited. I think we can say the guests should number at least 100. Invitations for balls and weddings must, however, always be engraved irrespec-

vitations for balls and weddings must, vitations for bails and weedings must, however, always be engraved, irrespec-tive of the number invited. For a lunch-eon, a dinner or other social function, if you are going to send out 100 or more invitations, let them be engraved. The form would then be:

Mr. and Mrs. James Pitcoe request the pleasure of Mr. and Mrs. William White's company at dit and Monday. the Pebruary, at eight o'clerk, at 1101 Main street, Chicago.

Chicago.

This form will serve for either dinner or luncheon, as the only changes to be made would be the name of the feast and the time of day.

The usual form for a wedding invitation reads:

and the time of day.

The usual form for a wedding invitation reads:

No and Mrs. James Pitcos request the honer of your presence at the marriage of their dauchter.

Anne Maria.

Mr. Joseph of Phymary.

Mr. Joseph Johnson.

High Noon on.

Monday, the eighth of Phymary.

Interest hundred and the.

Saint College.

For a ball the host and hostess would request the honor of your presence at the place selected on the date named at 10 or 11 o'clock, depending upon the locality—whether large city or small town. No mention of dancing is made, and this is being the private houses, and people whether large city or small town. No mention cause large balls are seldom give by the place mentioned the entertainment. It is well to have engraved, at the lower left-hand corner of the host and hostess, then it is well to have engraved, at the lower left-hand corner of the invitation, the single word, "Dancing." This latter form will also serve for musicales, in which case the single word, its placed in the lowing. This latter form will also serve for musicales, in which case the single word, its placed in the lowing. "This latter form will also serve for musicales, in which case the single word, its placed in the lowing." This latter form the contract of the invitation, and corner instead corner for the invitation, and corner instead corner for the invitation, and corner the engraved invitations, although there are some special occasions, such as commencements, college receptions and civic banquets, but the forms are different. It who we have the contract of the contract of the engraved invitations are used, but the forms are different. If he are in your locality and obtaining his advice and co-operation. If he is really good, high taste may be relled upon and you may? place confidence in his advice. When the entertainment is to be small fewer than 169 guests—but still of rather a formal nature, then exactly

the same wording is used as given above, but the invitations are written with pen and ink. For these the monogrammed or crested paper of the host-cas is chosen, for the invitations are al-ways considered as coming from her, although she uses her husband's name together with her own, as "Mr. and Mrs. T. Willie Vandyck."

If Mrs. Jones is inviting a few women to luncheon, or even many women, then she writes the usual formal note in the third person, but she says not: "Mr. and Mrs. Jones request." but "Mrs. Jones request." is he is inviting both men and women to luncheon, then she must, of course, use both names—her husband's and-her own.

Tea cards are engraved, though they are merely the ordinary calling card with the names of both host and hostess and the daughter, if there be one. Down in the lower left-hand corner is the time and the date of the tea, and in the right-hand corner is the number of the house. Thus the card appears in the case of a debutante tea:

Mr. and Mrs. Edward Rich

Mr. and Mrs. Edward Rich From four to six Tuesday, January Twelfth Main Street

both tactful and considerate. The hus-band can usually teil by his wife's gown whether he is expected to don the regulation swallowtail, the dinner jack-et or luxuriate in a sack suit. People who entertain a great deal fre-quently have invitation cards engraved, which they fill in as desired. These will read:

Mr. and Mrs. James Johnson request the

The name of the guest, the entertain

The name of the guest, the entertainment and the date may be filled in as the occasion arises.

One more word. Do not confuse those invitations which may be engraved upon a card with those to be sont in note form. Weddings, balls, dances and receptions must be engraved upon note paper only. Dinners, teas, card parties, luncheons, wedding breakfasts are usually engraved upon cards.

Do not have even your best note paper too ornate. If you use your cress or monogram, let it be in one color or in plain white rather than in gold or silver, and do not use any but plain envelopes. In other words, let your notes and invitations show no evidence of vulgarity or display. A man uses only white note paper. Women may use any shade they admire, but it is always well to keep some plain white paper in the house for ordinary correspondence. A lady would never use faintly perfumed

Mr. and Mrs. Edward Rich
From four to Mis Rich
Tuesiay, January Twelth Main Street
For small informal "teas" or "at
homes" it is permissible to use one's
own visiting card, with the time and
date written in their proper places.
Only unmarried women, young girls or
widows should use their individual
cards; a 'married woman should never
neglect to include her husband's name
in the invitation.

If the hossess wants to give an informal little card party, she may writch
her friends a note—that is, in the first
person—treat.

If the hossess wants to give an informal little card party, then she will
have engraved on the lower beft-hand
corner of the card the character of the
entertainment and the day. If the party
is to number fewer than low guests, and
is of a semi-formal tybianation on her
merely card. This is the most
usual way to send out invitations to
women's card parties.

When giving a small dinner the hostess either writes the invitation in the
first person. In the first instance she will
use both her own and her husband's
names. In the personal note she will
will be expected to wear, you will prove

We will be expected to wear, you will prove

ver, and do not use any but of the mother of vulgarity or display. A man uses only
white note paper. Women may use any
shade they admire, but its lowes not you
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and crested paper for a business shelter.
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Such daintiness should be not been to kept of white paper.
Such daintiness should be not very faintly or d

PERPLEXITIES SOLVED

Keeping Company

Accepting Company
Is it proper for a young girl to keep company with two young men at the same
times? One lives in the same town as I do
and the other has been absent for nearly
two yours.

As I have said before, and as I always will say, there is no such thing
as "keeping company." If a girl is
not engaged to a young man she may
have, with perfect propriety, all the
friends she wants. Any one of her
men friends may be attentive to a
girl, may take her out, may call upon
her and, unless a man has abed a
girl to marry him, there should be no
imagined or idealized relationship.

Is it Correct?

At a private dame is it proper to dance with a woman before being introduced to ber? I would also like to know whether at a citch dance a gentleman, who is a new member, should built to be introduced to young ladden before asking them to dance?

It is necessary for a gentleman to wait to be introduced to a lady before he speaks to her. If, in the figures of the cotilion, he finds himself in a position where he must dance with a strange lady, then he must do so, and while he is dancing with her he should be perfectly pleasant, although he must not, under any cir-

cumstances after the dance is over, presume upon an acquaintance.
At a club dance the etiquette is the same. One is no different from the other. Whether a man is a new member or not, he must wait to be introduced to other members before he speaks to them.

When Men Are Introduced When young men are introduced to me should I rise and extend my hand? CURIOUS.

At a casual presentation a smile and how are sufficient, and if you are seated it is not necessary for you to rise. If, however, you are receiving a special introduction, it is more cor-dial for you to rise and offer your hand. Always bear in mind that cir-cumstances alter cases, but it is bet-ter to be too courteous than too cold

Asking Men to Call Is it all right for a girl to ask a young man to call, and should I introduce him to my perents when he does call? HELEN T.

Yes, it is a woman's privilege to in-tite a man to call upon her if she thinks that he would be likely to care to do so. It is only proper that the young man be introduced to your parents.