

# WOMAN OF FASHION

DOES ALL OF HER INDIVIDUALITY INTO THE HOME GOWN.

Simple Morning Robes and Afternoon Tea Gowns--The Fashions for Debutante Teas--Fanciful Gowns--Some Crepe Ones

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The early fashion declared here this season. Here it is only a time after the horse show, and everybody knows what the winter gowns are likely to be. The event which is supposed to usher in the new styles was behindhand, for this year, for some reason, there were no surprises in the way of what was to be found at it. We all prepared for Paquin skirts and bodices and velvet sleeves and trimmings and real laces. We just how they would be displayed in the costume, just where the hand ought to go, just how the gowns should droop, and the extent of the revers. So no one expected the great show quite so much. Truth to tell, all this effluence is telling upon us. We reached the limit of admiration; epithets and exclamations grow rarer. It is tiresome to be constantly in ecstatic state over beauty of a gown or a bonnet.

Perhaps the very prettiest of crepe gowns that has been worn so far this season is of a delicate gray tint, lined throughout with bright cerise silk. If you were bold enough to peep beneath the gown, you would see that the cerise was finished with a deep plaited flouncing, that made the gray stand out. The foot of the gray was trimmed with two rows of cerise velvet ribbon, set between double ruffles of the crepe. The waist trimming is most charming. A square yoke back and front is made of alternate gray and cerise stripes, joined by delicate open work embroidery. At the back the yoke is outlined by a flounce of cream lace, the net of which is caught up into a festooned heading; the lace comes over the shoulders, down the sides a little way, and then crosses the corselet in quaint fashion, falling below the waist line, over each hip, in a long, slender point. Just at the belt is a velvet choux, each side. The lower bodice is gathered to the yoke, and caught in at the belt with a lovely twisted scarf of the crepe, falling in ends to the feet, finished with choux. The sleeves are big, of course, of the striped gray and cerise. The collar is a crush, of the bright velvet and, the whole thing is as bright and graceful and delicate as one could ask.

Another of these light creations is in even thinner cream crepe, touched with pink and blue lines at wide intervals, and with a half-inch stripe

tea the fair debutante will have no less than fifteen young maidens to assist her to receive, all of whom will be clad in simple silk and crepe gowns, trimmed with lace.

All of the fashionables are making more and more of the afternoon tea, particularly because the dinner hour has been set so late. Those families that cling to the notion of home life endeavor at this time, to have all the members of the family gather. Mrs. William K. Vanderbilt takes an opportunity at this hour of chatting with all of her near relatives, who know that they will never be disappointed if they run in upon her at tea herself. Nothing else is hospitable or correct; nor can she ever appear to better advantage than when filling the delicate cups--simple English fashion.

After simplicity and magnificence comes the picturesque afternoon gown that is worn at the literary tea, the afternoon readings, and all those unique affairs, given by the woman who aspires to originality.

One of the most striking of these is a redingote, made of gorgeous rose and green damask, and edged with silver fox. It opens down the front to show the gathers of rose silk that fall from neck to foot, girdled by green velvet. A yoke effect is given by three bands of the fox, which cross the silk. The redingote has a great Valenciennes collar, and long Japanese sleeves, falling over the plain one of rose silk. Sleeves and collars have the fox edging.

## HOW TO KEEP WARM.

An Easy Method Described by a Doctor.

"I should like to call attention to an easy method of warming one's self when other and more common means are not available," writes Dr. E. B. Saigree in the American Therapist. "It is a method that I suppose is well enough known to the profession, but probably not often used. I allude to warming the body by merely taking deep inspirations.

"On one very cold afternoon of last winter, though walking briskly along, I was uncomfortably cold; feet and hands were very cold, and my ears so chilled as frequently to require the application of my heavily gloved hands. In addition, the whole surface of the skin was unpleasantly chilled; 'creeps' ever and anon running up and down my spinal column and radiating thence over the body and extremities; in short, a condition that every reader of this little article has doubtless many a time experienced. I then began taking an exercise often employed before with benefit: deep forced inspirations, holding the air as long as possible before expiration.

After a few inhalations the surface of my body grew warmer, and a general sense of comfort pervaded me. Continuing, the next to feel the effects of the effort were my previously frigid ears. They grew agreeably warm, and within the time required to walk three blocks, at the previous pace, hands and feet partook of the general warmth, and I felt as comfortable as if the same length of time had been passed by a glowing fire.

The happy results obtained from this simple method are probably owing to several causes:

The cold, of course, chills the surface of the body and contracts the superficial blood vessels, usually affecting first hands, feet and ears, and afterward the general body surface. Contraction of the blood vessels results both in less blood to the part and in stagnation of the current, thus rendering the tissues still less able to resist the cold.

Deep forced inspirations not only stimulate the blood current by direct muscular exertion, but also by compressing and expanding the lungs the flow of blood is greatly hastened through this organ, and on account of the increased amount of oxygen inhaled, this abundant supply of blood is thoroughly oxygenated, tissue metabolism is increased and more heat necessarily produced.

Many times unavoidable exposure, as in riding, driving, standing and the like, for a longer or shorter time in the cold, has been the cause of severe and even fatal congestive troubles, such as pleuritis and pneumonias, and a means of quickly stimulating the flagging peripheral circulation which a person has always with him, and which can be employed without moving a step, is one that ought not to be neglected or forgotten.

## Russia's Orthodox Faith.

The Graeco-Russian or orthodox faith is a powerful one in Russia and its dependencies. In Russia alone it numbers, not including the army and navy, nearly 70,000,000 followers. It has nearly 100,000 churches and chapels and nearly 900 monasteries and nunneries, and the Holy Synod or Board of Government of the Church, established with the concurrence of the Russian clergy and the four Eastern Patriarchs of Constantinople, Jerusalem, Antioch and Alexandria, has a capital of \$25,000,000 at its disposal. The Emperor is the head of the church, and each has the appointing power.

## A Long Level Under the Pacific.

Any person interested in the work of the vessels which surveyed the cable route between Hawaii and the California coast who would like to see the survey made by the Thetis can inspect the mart now in the office of this paper. They would be surprised to see how very level the ocean bed is--"so level," as one of the officers remarked, "that, if on dry land, a railroad train could run over a stretch of 300 miles of the bed at a speed of sixty miles an hour without the grade being altered anywhere."--(Pacific Commercial Advertiser. U50)

American coal has possession of the Havana (Cuba) market.

## THE BUSINESS MAN'S LUNCH.

Hard Work and Indigestion go Hand in Hand.

Concentrated thought, continued in, robs the stomach of necessary blood, and this is also true of hard physical labor.

When a five horse-power engine is made to do ten horse-power work something is going to break. Very often the hard worker coming from the field or the office will "bolt" his food in a few minutes which will take hours to digest. Then too, many foods are about as useful in the stomach as a keg of nails would be in a fire under a boiler. The ill-used stomach refuses to do its work without the proper stimulus which it gets from the blood and nerves. The nerves are weak and "ready to break," because they do not get the nourishment they require from the blood, finally the ill-used brain is morbidly wide awake when the overworked man attempts to find rest in bed.

The application of common sense in the treatment of the stomach and the whole system brings to the busy man the full enjoyment of life and healthy digestion when he takes Dr. Pierce's Pleasant Pellets to relieve a bilious stomach or after a too hearty meal, and Dr. Pierce's Golden Medical Discovery to purify, enrich and vitalize the blood. The "Pellets" are tiny sugar-coated pills made of highly concentrated vegetable ingredients which relieve the stomach of all offending matters easily and thoroughly. They need only be taken for a short time to cure the biliousness, constipation and slothfulness, or torpor, of the nerves which the "Medical Discovery" should be taken in teaspoonful doses to increase the blood and enrich it. It has a peculiar effect upon the lining membranes of the stomach and bowels, toning up and strengthening them for all time. The whole system feels the effect of the pure blood coursing through the body and the nerves are quickened and strengthened, not deadened, or put to sleep, as the so-called cedy compounds and nerve mixtures do--but refreshed and fed on the food they need for health. If you suffer from indigestion, dyspepsia, nervousness, and any of the ills which come from impure blood and disordered stomach, you can cure yourself with Dr. Pierce's Golden Medical Discovery which can be obtained at any drug store in the country.

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## Well People

do not need medicine. Certainly not. But sometimes they have a headache or feel bilious---perhaps a little dizzy. This is the

## Warning.

Ripans fables, taken at such times, will keep people well.

## EASTMAN

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SCHOOL affords the best preparation for business life. Practical work. Both sexes. Position furnished. Through instruction in Bookkeeping and Business. Custom Short Hand and Typewriting. Pennsylvania, England and Modern Languages. For Catalogue, address CLEARBANK, C. GAINES, President, 30 Washington St., Poughkeepsie, N. Y.

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PHYTOLACCA-BERRY TREATMENT for Fat and attending ills. One diet on this subject is sent free and is well worth reading; treatment inexpensive and only safe one known. Address: BOSTON & TARA, Philadelphia, 1011 Arch St., Philadelphia, Pa. Business Established in 1886.



THE STATELY TEA GOWN.

When the shop windows are overdoing their displays. It is a constant panorama of magnificence, so constant that one is satiated with it all, and becomes indifferent to all of it. How far off is the reaction? When will the reign of simplicity be ushered in?

No wonder lovely woman heaves a great sigh of relief when she comes from a busy social afternoon, slips that heavy, jetted satin gown, and takes out the simplest and looziest of wrappers. How she revels in that light, warm elder down, or cashmere, or flannel--whatever it may be. Just a few minutes she lies still in the great chair, with every nerve relaxed, and eyes closed. Then comes the hateful task of another elaborate toilet. Thank heaven! some of us have more time for wrappers and gowns than that. It is the gown that the woman loves before anything else. When she gets into it she is no longer the "advanced" woman with "rights," but only an attractive, attractive female, resting in her pretty sitting-room, with graceful folds lying all about her, and with a calm and sweet content in her face. When you see her thus, you wish there were no such things as platform and clubs, where these matters regarding woman's attire require discussion. You would like her to stay right there and simple talk.

You like her in a simple wrapper; you find her even more attractive in a tea gown. The creator of the tea gown was surely inspired. He may touch it with fashion, we may add extravagant trimmings, it may favor of one's individuality, or it may be quite plain. If you have any fancy in the way of drapes or arrangements, you may bring it into your tea-gown. Nothing is more from the domain of fashion, although still conforming to them in a general way. For the modest gown crepe and cotton are still the materials--crepe, both cotton and wool, crepe, and silk, folds and very heavy; so indeed that it is generally made with silk of a corresponding or slightly contrasting shade.

of the blue once in awhile. The rib of the crepe is very large. This is lined with thin, white silk. It is made simply, with the back laid in folds that point in at the belt, and with the point outlined by a ruffle of fine lace, and finished at the belt by short crush loops of blue ribbon. The lace is brought up over the shoulders and down the front each side of a loose surplice effect. The surplice is made of three fine ruffles of the crepe, that are doubled so that the blue stripe forms an edging for each. There, too, blue ribbon is tied and falls in streamers to the feet.

A pink cashmere can be made at home, so easy is it, and yet it is very effective. This one has a Watteau, a modest one, and a round collar in the back of the pink. Its edge is laid with narrow, flat guipure, in a pretty edge, and just inside, separated only by a band of black-moire ribbon, lies insertion to correspond. Both lace and insertion lie partly over the back, bringing out the design more clearly. The stock collar of black velvet has its base covered with the edging. In front, in place of the deep collar, lie two long Vandykes of the cashmere, each formed of two points--a short one inside the long one that reaches to the waist. Each of the four points is trimmed with the insertion and edge, with the black moire laid between. Broad moire ribbon, starting beneath the Watteau, ties in front in a long bow.

After the delicate gown comes the magnificent one, which my lady dons for an elaborate afternoon tea. One of these, a debutante tea, takes place in a few days. The matron who introduces her only daughter is still young, and will wear a gown of delicate mauve brocade, which falls in rich folds straight from the neck and spreads into a train at the back. It is surmounted by a collar of periwinkle--the new purple--velvet covered with rare lace. A small, round yoke of the same lies just below. One of the yoke drop pendants of the lace, being over the brocade. A small, round yoke of the same lies just below. One of the yoke drop pendants of the lace, being over the brocade.