

LEARNING TO SWIM.

The Hot Weather Has Sent Women to the Swimming Schools.

Methods of Teaching, What to Wear and Who Are the Swimmers.

Since the beginning of April the various fashionable swimming schools in this city have been crowded with women and children, either seeking instruction in the graceful art, or, as is frequently the case, enjoying a half hour's vigorous swimming for the benefit to be derived from the physical exertion.



A LA SURF BATHING.

The swimming tank is the largest in the city, holding over 80,000 gallons of water, which is kept at an even temperature of 70 degrees and in perpetual motion by the turning of a huge water wheel at the rear of the room.

On entering this room the visitor is greeted with a perfect babel of confused sound. The 80,000 gallons are being splashed in every direction. Shriek shrieks of dismay are interspersed with shouts of victory as the novice completes her first tour around the tank.

Dr. Bode and his assistants are bustling about, giving instructions to first one and then another in broken English. "Swim not so fast." "The arms down more deeply and out more broadly." "Bring up the legs more early and so increase the speed."

The call for the "pole" is incessant even from ladies bound up in double rows of corsets. "Oh, madame, the pole quick. I'm going under." "Doctor, how deep is the tank? I'm afraid without the belt."

While the pupil is being taught the first motions of the arms and legs, the waist is full, short skirt and blouse. A broad sailor collar and short puffed sleeves are the finish of the latter.

A pupil, however, is never permitted to learn to swim in a fancy costume. The only suit allowed for a beginning is a sort of union garment, without skirt. It ends loose at the knees, to permit the water to escape, is without sleeves, low in the neck and fastened with a single button on each shoulder.

It is the ideal swimming costume and is pretty, or not, according to the beauty and grace of the wearer. It has no aesthetic value of its own.

Women or children who display an unusual fear of the water are recommended by the Doctor to take their first lessons in the dry "instruction room," where the pupil is taught all the various arm and leg strokes suspended from the ceiling on a square piece of push-lined matting, out of sight and sound of the greswome tank.

While teaching swimming in Berlin and Rome, Dr. Bode numbered among his pupils the young ladies of the Vanderbilt families and Mrs. George Gould.

resources than when dangling on the belt, and a feeling of confidence is engendered. The corsets are in turn discarded and the pupil learns not only to keep her head above water without assistance, but is taught in rapid succession the art of floating, diving, the overhand, English stroke, and how to practise gymnastics in water.

A complete apparatus of a well-equipped gymnasium is suspended over the tank, and it is a theory of Dr. Bode's that the proper way to practice gymnastics is in the water. A judicious combination of swimming and gymnastic work in the tanks he believes to be the best exercise in the world for developing the lungs and muscles, hence at certain hours in the day even delicate looking women are seen using the rings and ropes, "walking the water" and jumping the "horse."

This system of water gymnastics is also recommended for the complexion, and the athletic belle is as proud of her pink and white complexion as she is of her muscles, she prances about in the great tank with the abandon of a nineteenth century mermaid.

Mohair is the preferred material for swimming suits this season, either in white or black, or a combination of the two. The suit is composed of short bloomers.

Miss Helen Gould has said that her "pets" were the homelike wife and gamins of New York. She certainly evinces a strong and lasting affection for a small black donkey, which she has raised from a tiny beast of few months to its present haughty position of favored pet at the Irvington home.

A white bull is the classically unique pet of Miss Edith Morton, daughter of the Governor. The huge fellow is as gentle as a kitten, and he has been trained to do some very clever tricks. He can be led around by a ribbon, and is never obstreperous or guilty of conduct unbecoming a "sweet pet."

Among her various pets, Miss Frances Cleveland Lamont prefers an Alderney cow given her by Mr. George W. Childs, which she has named Little Ruth Cleveland.

Mrs. C. Oliver Iselin, who has a fine collection of horses and hounds at her country place at New Rochelle, has selected for her favorite an imported saddle horse, Lady Derwent. This beautiful pet is not only an excellent saddle horse, but a prize winner to the extent of a frame full of blue ribbons.

Mrs. Cleveland's collection is of birds, of which two fine mockingbirds receive the most of her time and favor. Mrs. Romero, the wife of the Mexican Minister, made a collection of tropical birds. Mrs. Romero is a Philadelphia by birth, and her love of parrots is an acquired taste.

Mrs. S. S. Howland, another Washington woman, has almost as varied an assortment of pets as the Duchess of Marlborough. There are dogs and cats, monkeys, canaries, and parrots—an assemblage of vocal talent that would not make Mrs. Howland a desirable acquisition to an apartment house.

One of the most famous dogs in Washington is owned by Mrs. Truxton Washburn, who has Miss Hattie Blaine. The dog is a huge English mastiff, whose family tree is fairly loaded with names renowned in the canine world. The daughters of the British Ambassador are very proud of their dog, and he is often met on a pleasant morning out for a brisk stroll in the suburbs of the capital.

Miss Aubrey Phyllis, who made her debut the winter of '95, is an accomplished horsewoman and her favorite pet is a trim, little pony named "Daisy." It is a Virginia horse, as are most of the horses in the Pauncefote stud.

Miss Lydia Bidle, of Brooklyn, permits her collecting fancy to run to dogs. The pet of her collection is a large Newfoundland, from the Philadelphia kennels, a splendid, great fellow and one of the most valuable Newfoundlands in this country.

OF INTEREST TO WOMEN

Women of Familiar Name and Their Especial Pets—Wise Suggestions Concerning "the Crowning Glory"—Lore for the Housewife.

LIVE STOCK THEIR PAD.

Fashionable Women Who Make Collections of Remarkable Birds and Beasts.

Everything from Donkeys to Ibises Contained in Their Menageries.

The collecting fever is still raging among fashionable women, whose ever-changing fancies are nicely balanced by an inexhaustible bank account.

Formerly the characteristics of a collector were taste, gray hair and patience. Today wealth and golden locks rate this particular exchange.

But the girl who considers herself as one of the elect because she possesses a few dozen badly assorted plates or several small tables of cups and saucers, representing the varied tastes of as many friends, is sadly mistaken. Inanimate objects do not appeal to the young feminine collector of 1896. Her hoard is of live stock—horses, dogs, cows and even the donkey of stubborn will and active heels.

Though not the originator of this new caprice, the young Duchess of Marlborough has certainly proved herself thoroughly in sympathy with it by establishing a fairly good-sized menagerie at Blenheim as the outcome of her recent interest in the strange animals of tropical countries.

It has been recently stated that this collection embraces ostriches, eagles, vultures, an ibis and an assortment of snakes. This is rather an unusual list of pets, but therein lies the actual charm of the assortment.

Of course, each pretty collector has her favorite pet, whether her collection be large or small. Miss Gertrude Vanderbilt and Miss Nelson, of Newport, both lavish any amount of disinterested affection on creamy white, beautifully groomed bulldogs. Miss Vanderbilt's pet closely resembles, and, indeed, is a family connection of the \$1,000 bulldog owned by Mr. C. Havameyer. No wonder that it is allowed to travel in state every Summer in the Vanderbilt private car, resting on carved chairs and made cozy with silk-covered cushions, and that a gold collar and lace parasol are provided for it.

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MAILLIARD'S CHOCOLATE AND COCOA RECIPE.

To prepare perfect chocolate allow one pound to twelve cups of ordinary size. Into a porcelain or granite kettle pour the desired quantity of cold milk. Break the chocolate into bits (neither scrape nor break it) and add it to the milk. Then place the kettle over a moderate fire and stir the contents briskly with a wooden paddle until the chocolate is dissolved and the mixture boils up nice. Remove immediately from the fire and serve.

To make cocoa allow one teaspoonful to each cup. In an enamelled kettle put three-quarters of a cup of milk. Dissolve the cocoa in one-quarter of a cup of boiling water. Place the milk over the fire. When it is on the point of boiling, pour in the dissolved cocoa and stir until it boils. Sweeten to taste. Serve either with plain or with whipped cream heaped lightly on each cup.

HOUSECLEANING TACTICS

Hints for Rendering the Annual Trial Comparatively Easy.

When the housekeeper who has cleaned her dwelling from the garret down reaches the first floor she has almost arrived at the end of her trials. She has only to remove a few carpets and rugs, attend to the renovating of a few floors, superintend the cleaning of bric-a-brac and silver, and her Spring cleaning work is practically over.

If the rugs need more than a thorough beating and airing, it is wise to send them to the cleaner's. They may be cleaned at home, though the process is a rather tiresome one. If they are disfigured by grease spots, powdered magnesia piled on the stains may prove efficacious. After it has been allowed to remain while it should be brushed off. Other stains may be removed by vigorous rubbing with a cloth wet in ammonia and water, but care must be taken not to soak the fabric itself. If the floor is of hardwood it may be polished brilliantly with a mixture of four ounces of beeswax, a quart of turpentine and a piece of rosin the size of a hickory nut.

The best way to clean a carpet is to have the floor of it of hardwood it may be polished brilliantly with a mixture of four ounces of beeswax, a quart of turpentine and a piece of rosin the size of a hickory nut. The best way to clean a carpet is to have the floor of it of hardwood it may be polished brilliantly with a mixture of four ounces of beeswax, a quart of turpentine and a piece of rosin the size of a hickory nut.

If the wall paper is slightly dingy it can best be restored to freshness by rubbing it with slices of dry bread. If it is quite dirty, chloroform will remove the stains. Chloroform will perform the same kindly service for sofa pillows, which are not washable. These, however, should be packed away during the Summer, and only those which are amenable to soap and water treatment should be used during the hot weather. Linen and washable silks are the best fabrics for Summer pillows.

Scars on furniture may be obliterated or almost so by the use of kerosene, flannel cloths and vigorous rubbing. Upholstered furniture should be brushed with fine brown, covered with loose cotton cloths, made the repository of napkin and put away in the garret. Only wicker, cane, wood or matting furniture should be allowed in well-regulated houses during dog days.

China bric-a-brac should be washed in tepid water with castile soap and then rinsed with clear water. Ammonia should not be used because of its paint-removing qualities. In the dining room the china closet and the sideboard should be cleared of their loads, shelf by shelf. The china and glass should be washed in hot water in which there is ammonia. Cut glass should be scoured with a coarse brush. Before the contents of the closets are returned to them the shelves should be scrubbed, dried and covered with thin white paper. In the corners borax should be sprinkled as a preventative of water bugs. The inside shelves of the sideboard should be similarly treated.

In the kitchen the Summer season should be inaugurated not only by a scouring of pots and pans and a polishing of ranges and facets, but by the examination and renovation of the plumbing, if it needs it. The ice chest must be cleaned thoroughly by scrubbing with soap and water, rinsing with hot water, which common soda has been added, final rinsing in clear water, thorough drying and as complete an exposure of all the compartments to the sun as possible.

SOME SPRING SALADS.

Put a pint of boiled potatoes into slices; add one-third as many cold boiled beets, cut very fine; the same amount of green peas. Sprinkle with salt and pepper. Then make a French dressing of a tablespoon of oil, one of black pepper, a teaspoon of onion juice, three tablespoons of olive oil and one of vinegar. Mix the dressing thoroughly and set aside. When ready to serve spread over it a thick mayonnaise and garnish with slices of beet, hard-boiled eggs and parsley.

To make an excellent string bean salad, string and boil the beans until tender. When they are cold, slice them lengthwise, cutting each bean into four long slices; season them an hour or two before serving with a mayonnaise of pepper, salt, vinegar and oil. Just before serving drain any drops of superfluous liquid from them and serve with French dressing.

A tomato salad may be made of small tomatoes, crisp heads of lettuce and mayonnaise dressing. Scald the tomatoes, remove the skins and put them on ice until they are very cold. Make a mayonnaise dressing and place on the ice. Wash the lettuce leaves. When ready to serve make nests of the lettuce leaves, arrange on the plates, cut the tomatoes in two and place them in the hearts of the lettuce leaves, adding a spoonful of mayonnaise to each.

FOR SHABBY BOOTS.

It does not take long for a pair of boots that are worn constantly to get shabby that frequent blacking seems a dress to restore their freshness. There is no time to cut off all the old boot put on a set of bright, new boots. They are not an expensive article, and they are a pet economy of women.

HANDWRITING.

ALEXIS.—Good literary ability. Neatness and order; constancy, great love of the beautiful.

LAND.—This writing is not formed; is elementary. It denotes love of approbation and ambition.

HENRIETTA G.—Self-respect, tenacity, dignity, love of the fine arts, loyalty, fidelity.

LOUISE LEE.—Domestic tastes. Slight lack of order. Love of dress. Loyalty.

ALICE.—Directness; your head will rule your heart. Ambition; desire to be some one. Dissatisfaction with present surroundings.

ELEANOR M.—Extravagance; romance; unlimited ambition; oratory. You believe in yourself; fickleness in love affairs; dramatic ability.

R. A. B.—Artistic taste. Love of everything refined and beautiful. Charity, philanthropy; absolute loyalty in friendship and love.

JEAN MOORE.—Lack of stability. You learn by experience, not by study. Love of music and the fine arts. An artistic nature refusing self-restraint.

F. C. S.—Courtesy, gentleness, dislike to give pain. Love of books; honor; fidelity.

NORAH.—Dramatic ability; love of romance; will have but one great love affair. Tendency to extravagance.

L. J. G.—Business ability, honesty, neatness, economy; fidelity in love affairs.

ANXIOUS.—You should be a good talker. Direct and capable in business matters. Energy, ambition, loyalty.

CERIOUS.—Economy; love of conventionalities. Domestic tastes; steadfastness; constancy.

A. O. D.—Lack of application; ambition; love of romance; fickleness.

ALICE BEN BOLT.—Love of dress; ambition; dissatisfaction with present surroundings; tendency to flirt.

GRACE JAMES.—Integrity; a little inclination to extravagance in money affairs. Loyalty in love.

HERE AND THERE.

Signs of Spring do not often penetrate into lower Broadway except when the newsboys shed coats and shoes for the Summer. But the other day, about noon, there was a whole idyl enacted on the teeming, sweltering thoroughfare. A Phyllis from Arcadian New Jersey and a red-rumped Corydon found their way up from the ferry and proclaimed that the season of budding lilacs and blossoming crocuses was at hand. Phyllis wore a pink shirt waist that outdid her country-colored cheeks in brilliancy and a hat trimmed with a wealth of roses that would have made a horticulturist green with envy. Her skirts hung limply and were stained with axle grease, but her expression of pride was not marred by any knowledge of that fact.

The shambling figure at her side turned to her broadly every now and then and occasionally the youth's rough hand sought hers and they swung along the street in childish fashion together. Finally, when her rapture, born of the sight of the crowd, her happiness and the Spring day had to make itself known, she exclaimed in a voice that made itself heard above the roar of Broadway: "Oh, label that a weddin' trip lovely!" "And so the rumor that Spring had come received official sanction from the first of the crop of rural Spring brides to whom City Hall serves as a church and an altar—namely "now-you're-man-and-wife-that's-all" and answers the purpose of a ritual and wedding march combined.

"I have given up the practice of having my housegirl buy me odds and ends of wearing apparel," remarked a woman whose business keeps her from visiting the shopping regions with feminine frequency. "She has developed a feignish ingenuity about it. At first she bought things with admirable taste. Handkerchiefs, underwaists, stockings or even shirt waists were quite as well selected as I myself could have chosen. Then she began to bring home at least one thing out of every parcel which could by no possibility suit any one but herself, and I, of course, gave it to her. But now that she has increased the proportion to half, I think it will be too expensive for me to keep it up."

TOO MUCH ZEAL.

Zealous Salesman.—Of course, Madame, this material is only cotton, but you must admit its resemblance to wool is very remarkable. Why, one of our customers who bought some of it was in again the other day and said that even the motes had been deceived and had eaten two holes in her piece before they discovered their mistake.

TO CATCH THIEVES.

A woman who was formerly a professional shoplifter is now employed in one of the large New York dry goods stores as a detective. She has an extensive acquaintance among the men and women of her former profession, who, in consequence, generally favor the store where she is on duty. Her employers say that she saves them large sums of money annually.

BOWLING ON THE GREEN.

The Ancient Game is Revived This Spring, and the Simple Rules Are Given Herewith.

With the return of Spring, that old-fashioned game, bowling on the green, is being revived at many country places. Down on Staten Island, for instance, where every game, both old and new, is sure of a welcome, many a smooth, level lawn is given over to bowls. It comes in before cricket, tennis or golf have fairly gotten under way.

It is a game that deserves to be better known. In many an old-fashioned Scotch town the bowling green—made perhaps a hundred years ago or more—is the very prettiest spot.

A JAUNTY REEFER



For the Maid of Eight Summers.

Just bit of the pleasure grounds, with its turf like velvet, and its border, old beaches or limes, all mossy with age. Bowls is a most popular game at Sandringham, where it is often played by the Princess of Wales and her daughters in the Spring.

It is much the same game as curling, only, as the bowls are weighted on one side, less strength and more care to look out for the "bias" are required. The bowls are made of lignum vitae, and instead of being perfect spheres, are more or less oval with a bias; formerly bias was given them by loading one side with lead, but now the more simple method of turning one-half of the oval smaller than the other half is adopted. The chief difficulty of the game consists in each player mastering the bias of his own particular bowl.

The "jack," or mark to be bowled at, consists of a white ball of smaller size, which has superseded the old-fashioned cones. "Pegs" are a length of cord, with one end firmly attached to a bone or wooden peg and the other passing through a hole in a similar peg. They are used for measuring which of two bowls is nearest the "jack." A rule or set is when a bowl comes in contact with any object on the green. The footer is the small bit of matting whereon each player stands in delivering his ball. Cast or point is the term for each unit in scoring the game, which is up or won when the number of casts secured has been obtained by the winning side. A dead bowl is one knocked off the green or against one lying in the ditch, or an illegally played bowl, and must at once be removed from the green. Should the boundary of the green consist of a fence, touching it constitutes a dead bowl. Mark or set a mark means the delivery of the jack at the commencement of the game. The jack must be bowled at least sixty-three feet from the footer and not over three feet from the edge of the green. The bowling generally takes place from the two ends of the green.

A void end is when neither side can score a cast. Turning the jack is when a player claims the game to be finished as the bowls then lie, and can only occur when one side has but a single bowl to deliver, all the opposite side's bowls having been cast. Any even number from two to six or eight can play, which is of itself an advantage, and many who are not very clever at running after a ball at lawn tennis, and do not know what to do with it when they have got it, can very well enjoy a game of bowls.

PICTURESQUE SLEEVES.



Chiffon Corsage With Frills and Furbelows Galore.

An exhibition of portrait paintings in oil by Miss Marie Brooks will open May 1st at the Fisher, Adler & Schwartz galleries, on Fifth avenue.

Among the most prominent are those of Rev. Dr. Huntington, Bishop Cox and Rev. Dr. Morgan Dix, all well known.

ART NOTE.

Philanthropic Lady: "You are perfectly able-bodied, my good man; what right have you to beg?" The "Good Man": "Able bodied! Of course I am! I am a beggar, but I am willing to maim myself just for a few cents."

PREMATURELY BALD.

Mrs. Harriet Hubbard Ayer Tells How to Treat This Disaster.

She Also Discourses on Dyes, and Tells How to Use These Harmlessly to Restore Gray Hair.

Baldness, unless the hair roots are absolutely dead, can be cured, and a new growth of hair will usually repay the time and patience required in procuring it. The hair roots are like those of a tree—capable of coaxing back to life and strength so long as there is anything to work upon. Of course, once really dead, it is useless. When the hair falls out after a long illness, or from grief, care, anxiety or from too profound study, the best course is the heroic one—cut it off and cast it from you literally. Then wash the head with warm water and soap every other day, rinsing and drying thoroughly and applying twice each day the following:

HAIR TONIC.

Glycerine (Price's), one ounce; eau de cologne (strongest), one-quarter pint; liquor of ammonia (880-882), one fluid drachm; oil of orris, oil of rosemary, of each one-half fluid drachm; tincture of castor, one fluid ounce. Thoroughly agitate them together for eight or ten minutes; then add a few drops of camphor julep (strongest) one-half pint.

Properly speaking, one should not grow gray until long after middle age. In this country, however, it is almost the exceptional man or woman who passes the thirty-fifth year without the discovery of a silvery hair or two among the brown or gold. The gray hairs usually appear first about the temples; indeed, the word temple is derived from the Latin tempus, because it is there that the first stamps of advance. The best hair at this age are certainly premature. The progress may be arrested, but, in my opinion, which is founded upon years of study and experience, nothing has ever been so far invented which will restore the hair already silvered. Gray hair can only be changed in color by a dye or stain. Some of these dyes are effective, and many are relatively harmless. They should be sold as stains or dyes, not restoratives, etc. It is not advised the use of dyes, but to those who differ from me in my views I shall from time to time give the benefit of several formulas which are considered the best known to science.

The vegetable hair dyes are quite ineffective. Unfortunately, however, they fade very soon, and the color they impart to the hair is, as the French say, "doubtful"—that is to say, one cannot to a certainty count on the exact shade. The best of the vegetable hair dyes is henna, which in the preparation used to create the Tinted red hair now so much in vogue. Indeed, there is little doubt that Tinted's models themselves derive their wonderful bronzed tresses from the henna leaves, which have been used for this purpose for centuries and centuries. I have never purchased henna in this country, but in England a decoction of the henna or alkanama plant may be bought of any chemist. The henna may be reduced in strength until it produces the shade desired. It will stain the skin and scalp, but such stains are readily removed if washed at once with soap and water, without in any way affecting the color the henna has given the hair.

For producing any shade of hair from brown up to black the following formula is an excellent one: Pyrogallic acid, one-quarter ounce; distilled water, hot, one and one-half ounces; dissolve, and when the solution has cooled gradually add of rectified spirits one-half fluid ounce. It may be made weaker or stronger as desired.

Years ago a celebrated hair restorative was analyzed in a laboratory in Paris, where I was a student. It was advertised as possessing qualities little short of miraculous. It proved to be a decoction of green walnut shells, scented with oil of rosemary. This is really one of the oldest of hair stains, and is readily made as follows: Make a strong decoction of green walnut shells and water. Add enough alcohol to preserve it; also a few bruised cloves. Let it stand for a week, and filter. Lighten the color by adding water. Recollect that the walnut shells will stain the scalp, which must be immediately washed before they become set.

ANSWERS TO CORRESPONDENTS. A. D. Newark.—You should not use a nail brush for your face. You have made matters worse by the treatment you have given your face. Get a soft camel's hair scrubbing brush, and omit the cocoa butter. Use any one of the creams, formulas for which have been given in the Journal.

Corra Lily.—I do not think there is any sure remedy for the trouble you mention. Reader.—The formula was repeated in the Journal of the 8th of April.

HARRIET HUBBARD AYER.

FROU-FROU.

It used to be the rule for a dinner party to "invite not more than the Muses nor less than the Graces," but nowadays a hundred guests at least is the popular number to summon to this function.

"Honeymooning" is a new word, which is at the disposal of any one who wishes to make use of it.

Miss Gertrude Vanderbilt's favorite color is forget-me-not blue, and when she is not in mourning, it is always displayed in some part of her costume.

Mrs. S. Van Rensselaer Cruger, who has just returned from Palm Beach, Florida, is looking more spry and lithe than ever; she retains almost a girlish figure, and it is due, she says, to fencing, which, by the way, although an old exercise, is a new fad among society women. They are going in for bouts with the foils more vigorously than ever before.

A society woman who gave a party for her children lately hit upon a new and original device for the ice, which was the piece de resistance of the feast. It was modelled in the form of an Italian oyster grinder, made of all white chocolate nougat and pistache cream galore.

UNDER THE SHOWER.

endred with a belt about as broad and strong as a surcingle. This is suspended from a trolley which runs the length of the tank. After she has progressed far enough to combine the arm and leg strokes the belt is removed and a string of hued cords tied just below the bust. This renders drowning an impossibility, and at the same time a swimmer is thrown more upon her own

APROPOS OF DRESS.

A bright, young matron remarked the other day that the well-dressed woman is the one who recognizes failures and discards them.