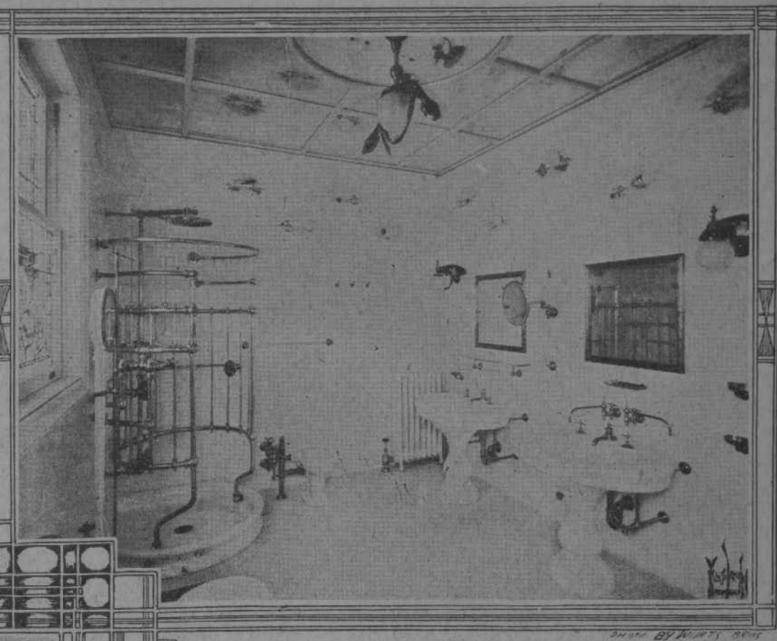


Luxury and Hygiene of Modern Baths



By Ella Adelia Fletcher.

It is not long since a residence provided with one bathroom was described as possessing "all modern conveniences," and only in the large and handsome homes of extremely considerate and thoughtful persons were there baths for the servants' use. Now the up to date apartment house provides a bathroom for almost every bedroom, and the servants' bath is coming to be considered indispensable.

The wave of so called "sanitary plumbing" which swept over the country (in many cases fighting a winning battle against preventable disease) was the first step in the reform from which have sprung the beauty, comfort and perfection of the modern bathroom.

The strictly up to date bathroom, in addition to its commodious lavatory and the conventional tub, is provided with a tub for a six bath and another for the feet, and also with a complete needle shower, having a series of hoops and faucets by means of which every part of the body can be sprayed with water at any desired temperature. The manner of the setting of the bathrooms and their individual elegance are restrained only by the taste of the designer and the limit of expense. The luxury of old Roman days did not surpass, if it equalled, the decorations and fittings of the bathrooms in some of the New York and Newport palaces.

The almost universal provision of either the portable spray or the stationary needle shower, having its own receptor, is a result of the hydropathic cult which taught women their immense value as adjuncts of the bath.

From the hydropathic fad many women discovered a great deal of physical benefits in the systematic application of water, which, when properly applied, is a remedy for a host of humanity's self-created ills. Health and beauty have been wooed and won from the tub and sprays, and every other luxury and convenience tend to be dispensed with rather than these handmaidens of health. For overwrought nerves and headache, caused by fatigue, the cold spray played up and down the spine is wonderfully calming and restorative.

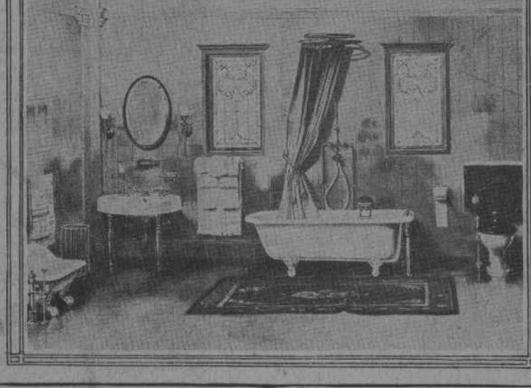
In all this cult of baths and bathing the beneficent offices of hot water have come in for a fair share of recognition, and the cold water faddist no longer browbeats his fellows into believing in the superior virtues of his hardihood or that he is the only way. The office of the cold bath is mainly that of stimulating and hardening the nerves—of wonting them to shocks of temperature changes. As a cleansing agent its value is almost nil. Cold water has no affinity for the oily, saline and acid

matter exuded upon the skin and freely mingled with atmospheric soil, and its first effect is to contract the pores of the skin, so they will yield none of their impurities.

There is no aid to physical well being more effective than to keep the skin in a state of absolute cleanliness and purity, and only the daily bath can secure this. The mischievous advice freely and dictatorial given on the subject of baths would fill volumes and has cost a great amount of suffering; but most harmful have been the warnings against frequent bathing as enervating (which it is only when people stay in the bath too long) and the indiscriminate advocacy of cold baths. The pale, anaemic women, bundles of overwrought nerves and excitable energy, who periodically are on the verge of nervous prostration are often victims of the latter régime.

Though the matter of the bath's temperature can never be arbitrarily settled, but must ever remain an open question and be adjusted to individual idiosyncrasies, some facts not generally known will aid many in choosing that most healthful for themselves. The tepid bath, having a temperature from 85 to 92 degrees Fahrenheit, is commonly ranked as sedative, but is not advisable for any but the robust, as it lowers the physical tone and fails to excite reaction.

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The warm bath, with temperature from 95 to 100 degrees Fahrenheit, is more cleans. 112 degrees Fahrenheit, is a fine stimulant, comfortable, and is a wonderful rest-taken as a soap scrub, standing upon a

bath mat, followed by a brief plunge and, if agreeable, a cool spray. A bath at the temperature is enervating only when the bather lolls in the hot water for fifteen or twenty minutes. This, from overheating, produces languor, and sluggishness instead of stimulation follows.

As stimulants of the circulation the ultimate results of the hot and the cold bath are the same, but the expense to the vitality is very unequal. Their effects upon the combustion going on in the body have been compared to those of the hot and cold blast upon the furnace, both of which increase the heat which it gives out, but with this difference.—The hot blast so facilitates combustion that the same work is done by its aid with an expenditure of two and a half tons of coal that is done by the cold blast with an expenditure of eight tons.

The important question, therefore, which should determine the use of the cold bath is whether the individual has superfluous vitality to consume. If she has, let her use it in this healthful fashion. For the weak it is a reckless expenditure. The hot bath stimulates the natural combustion processes in the body and acts with a certainty that nothing else can equal in facilitating the renewing processes of organic life. By cleansing the skin and freeing the secretions and sudoriferous glands it brings it up to its fullest efficiency as an eliminator of the body's waste products, and failure on its part to perform this office perfectly throws additional work upon both kidneys and lungs. When these are diseased an important aid to their cure is omitted if the skin be not stimulated by means of inducing profuse sweating to take upon itself the work of the disabled organs.

With the bath cult we are reviving much of the old time luxury of perfumed, mineral and milk baths. Queen Wilhelmina's daily bath is perfumed with a pint of her favorite Cologne water, and French women practise many dainty devices for imparting to their baths a subtle, lingering fragrance. One of these, reputed to be delightful, and, moreover, calming to the nerves in the spring, is to toss three handfuls of wild cowslips into the warm bath. Emollient baths, recommended especially for anaemic women, which render the skin supple and white, are prepared by adding to the bath water from two to six pounds of bran, or two pounds of cornstarch or oatmeal, or half as much gelatine or linseed meal.

Although only fortune pampered women can indulge in using a pint of choice perfume for a single bath and other expensive conceits of the day, there are many methods for enhancing the luxury of the bath which are to be had for a little painstaking.

ing, and which are so beneficial in results as to be well worth while. A good substitute for the celebrated beauty baths of milk is the following mixture, which can be put in the ordinary bath; the ingredients should be thoroughly mixed and put in cheese cloth bags of convenient size:—

- MILK BATH.
- Marshmallow flowers..... 1/2 pound
 - Hyssop herb..... 1/2 pound
 - Bran flour..... 1/2 pound
- An aromatic bath which is refreshing after extreme fatigue, a stimulant to the nerves and also a disinfectant (therefore to be recommended after the uncertain exposures attendant upon mingling in great city crowds) is made by macerating in warm water for two hours eight ounces each of lavender, chamomile, rosemary, and a half ounce each of ground cloves, cinnamon and peppermint. Strain and add to the bath water.

It is soothing, when summer heat has developed a rash or hives, to take a vichy bath, which is accomplished by dissolving 50 grammes of bicarbonate of soda in the bath water. A sea-bather might be employed in the mountains by the use either of sea salt or of this compound:—

- SEA WATER BATH.
- Muriate of soda..... 2 pounds
 - Sulphate of soda..... 1 pound
 - Chloride of lime..... 1/2 pound
 - Chloride of magnesia..... 1/2 pound

Dissolve the substance in two gallons of warm water. It is sufficient for a thirty gallon bath. The best effects are gained by taking it hot, for then the free absorption of salts stimulates the entire body. A temperature of 98 degrees Fahrenheit induces perspiration, which in some cases is extremely beneficial. The tonic and soothing effects are gained in fifteen minutes; a longer stay may be enervating. It is better for the skin to sponge the body with fresh water after the sea bath, and sometimes a cold spray is helpful.

Lacking a spray, good results have been obtained by splashing cold water from a pitcher down the length of the spine, but the services of an attendant are required for this.

Among the famous Father Knelp's baths a favorite one which is strengthening and stimulates the function of the skin is made by boiling for a half hour a pound of fresh, resinous pine needles and pine cones broken into bits. Strain the infusion and add it to a hot bath.

An agreeable substitute for the lingering fragrance of the perfumed and aromatic herb bath is obtained by spraying the body after the hot bath with a fragrant toilet water or invigorating aromatic vinegar.

Women Make Money at Newport. Novel Methods Adopted by Those Who Serve the "Four Hundred."

NEWPORT, the summer Mecca of the very wealthy, naturally becomes the resort of hundreds of men and women desirous of secure employment. There is a sharp contest for favor, as the "regulars"—butlers, coachmen, maids, housekeepers, etc.—manage very successfully to cover the field of service, and the outsiders must offer novelty to secure even a hearing, to say nothing of making a living. Every season women have come to the fore with ingenious devices that have netted them tidy sums besides giving them a very delightful summer in America's most beautiful seashore resort. One of the most successful of these is the "regular" who has secured a position of a delicious confection of homemade manufacture at the servants' portals, the main entrances of the show places on the cliff walk and Bellevue avenue being barred to any one resembling a trade solicitor. By tact and a very talking manner she won over those in a position to get her sweeties to madame's notice, and it was not long before she received orders sufficient to pay her well for her trouble.

original and appropriate cotton favors were made from her designs.

The visiting maid, while not a new idea, met with favor in Newport among that class of young women who are stronger on ancestry than pocket money. If she do not dwell in any of the show-houses, but enjoy their summers in lovely, unpretentious homes in Kay, Catherine, Francis and other streets of similar aristocratic staidity.

Of course, these girls are invited everywhere. Such good old names as their look well in the printed lists of social functions. Therefore many a stitch that they have no time to give is needed to keep the not over-elaborate wardrobe up to par. Here is where the visiting maid was hailed with delight. Girls who paid out only \$1 a week for their share in this useful person could look as well groomed as the very rich maiden who monopolized the services of a maid entirely. Hairdressing was included in the maid's accomplishments, and though she was kept on the trot from morning until night and had to keep a careful record of her engagements so that she never created disappointments to live comfortably in New York all winter. Her early mornings and her evenings were her own, so that, besides turning a pretty penny, she managed to have as well a very good time in this lovely seashore resort.

Chocolate with Additions.

THERE was a time, and not so very long ago, either, when cooks thought that a chocolate flavored affair was in itself sufficient to satisfy the most exacting lover of sweets, and never thought of putting anything more than, say, a drop or two of vanilla to it by way of improving it.

But there came the delicious variations by confectioners on the old chocolate cream theme, and the idea was taken up, to spread rapidly under the manipulations of skilled cooks, and now in chocolate ice cream comes across the most delicious surprises imaginable. So many of the fresh fruits harmonize with the chocolate that once one begins to experiment it is difficult to know oftentimes what choice to make. Raspberries, for instance, dipped in a bit of sherry and added just before the finishing turns of the freezer are given to chocolate ice cream make a confection of rarely attractive qualities. So, too, does an ice cream with chocolate and strawberries or peaches or diced pineapple. Only, you know, you must not add the fruit till you are just ready to leave the ice cream packed against time for serving comes, because the fruit, unless soaked in some sort of liquor, becomes a solid chunk of ice that is not always agreeably met. And ginger, preserved ginger, is added to chocolate ice cream with most excellent effect. Not much of the syrup, if any, should be used, as that is rather overpowering; but to encounter now and then a bit of ginger while enjoying the ice cream is a joyous experience.

Tea Gowns, Watinees & Negligées



not necessary, in order to carry out the lines of the fashionable tea gown, to have any trimmings of lace or ribbon. Either the front of lace all straight or flounces of lace are all sufficient, especially if the material of the gown is heavy, but it must have always the long front, with the sleeves very long and slashed, to show unlined undersleeves of net or lace.

Tea gowns made of man's wadded or very sheer, thin quality—are fashionable and extremely attractive. In the pale yellow or cream colored are some of the smartest, trimmed with bands of Persian or pompadour embroidery on white satin. The lining of the gown fits close to the figure, but the material of the gown is straight from the shoulders down, in this way giving the long line and at the same time defining the figure in a more becoming fashion. Sleeves loose from the shoulders, put on in plaits or gathered and falling back from the armholes, are most effective, and are finished with a band of the embroidered lace and low with a band of the embroidery, and there is sometimes a long jacket in bolero or pointed front effect, given by bands of lace entre-deux, while down to the very hem of the skirt a narrow, neat other ruffles, not over a finger in width, that go entirely around the whole gown.

Batiste tea gowns are delightfully cool and dainty, and are made in colors as well as in white, but white is more fashionable. All these are made on the fitted silk princess linings, but the material is left loose from the shoulders so that the long, transparent effect so fashionable now can be best obtained. Accordion plaited batiste tea gowns are very smart, and are a mass of lace in entre-deux and in ruffles.

All are cut low in the neck in front, either round or square, but have long sleeves that are slashed to the elbow, so that the arm is shown. Embroidered lace is also used for trimming these tea gowns, but it is really too heavy for the batiste and is better on the thin India silk or material of that sort. The most useful style among the ready made tea gowns is the one made entirely of the same width, and of gathered ribbon of the same width, the ribbon either white, blue or yellow, as preferred; the lace always white. This gown is tight in the back, in princess effect, but the fronts are loose and yet are supposed to be held in place by a jeweled girdle pulled well down in front to give a long line and to prevent the figure from looking too large. The linings are of the thinnest kind of India silk, only heavy enough to hold the bones and to allow of being taken in at the seams to fit. The moment a heavy lining is put in the gown becomes too warm for summer wear, and the idea is that not only shall the look cool but be cool enough to wear on the hottest evenings. It would almost seem that the height of the dressmaker's art had been reached in this style of garment, and that while apparently loose and without reference to the figure, it in reality fits well, and is most carefully fashioned for either stout or slender figures.

A. T. ASHMORE.

N these days when each and every gown in a woman's outfit may truthfully be called a work of art, it is rather difficult to say which one is the more attractive or costly, the two terms, however, not being synonymous. The tea gown is a most important addition to the modern outfit, in fact, is not an addition, but one of the most important first principles of the well dressed woman. She who makes a study of clothes spends a lot of time, thought and money on her tea gowns and has them of various materials and in thick and thin fabrics and of different colors. An elaborate tea gown can be fashioned to do duty for an informal at home dinner, and were it not for the loose flowing draperies which must always be part of the gown, whether made of the material itself or the trimmings, it would be hard, indeed, to distinguish which it was intended for—a dinner or tea gown. By rights there should always be a princess effect in the latter at all events. The back should be cut in princess shape, but then many dinner gowns are made on the same lines. The dinner gown is, however, always cut much lower in the neck, for, although the fashion is now popular for the low neck in a tea gown, the cut is much higher than for a dinner waist, and there are folds of lace or chiffon over the shoulders, and always sleeves, generally the long, floating ones of lace, chiffon or net. Lace tea gowns of appliqué or the fine French laces are remarkably attractive this season, and while there must be always a fitted silk lining, the underskirt of fine lawn or batiste, trimmed profusely with lace, gives a much lighter effect than if the gown itself came directly against the lining. Chiffon is also used in the inner lining, but should not be made too full, if accordion plaited, then the plaiting should be sewed to the belt in such fashion that it will not look as though gathered. One model that is thought especially smart has the chiffon falling loose from the shoulders, as does the lace of which the gown is made, but