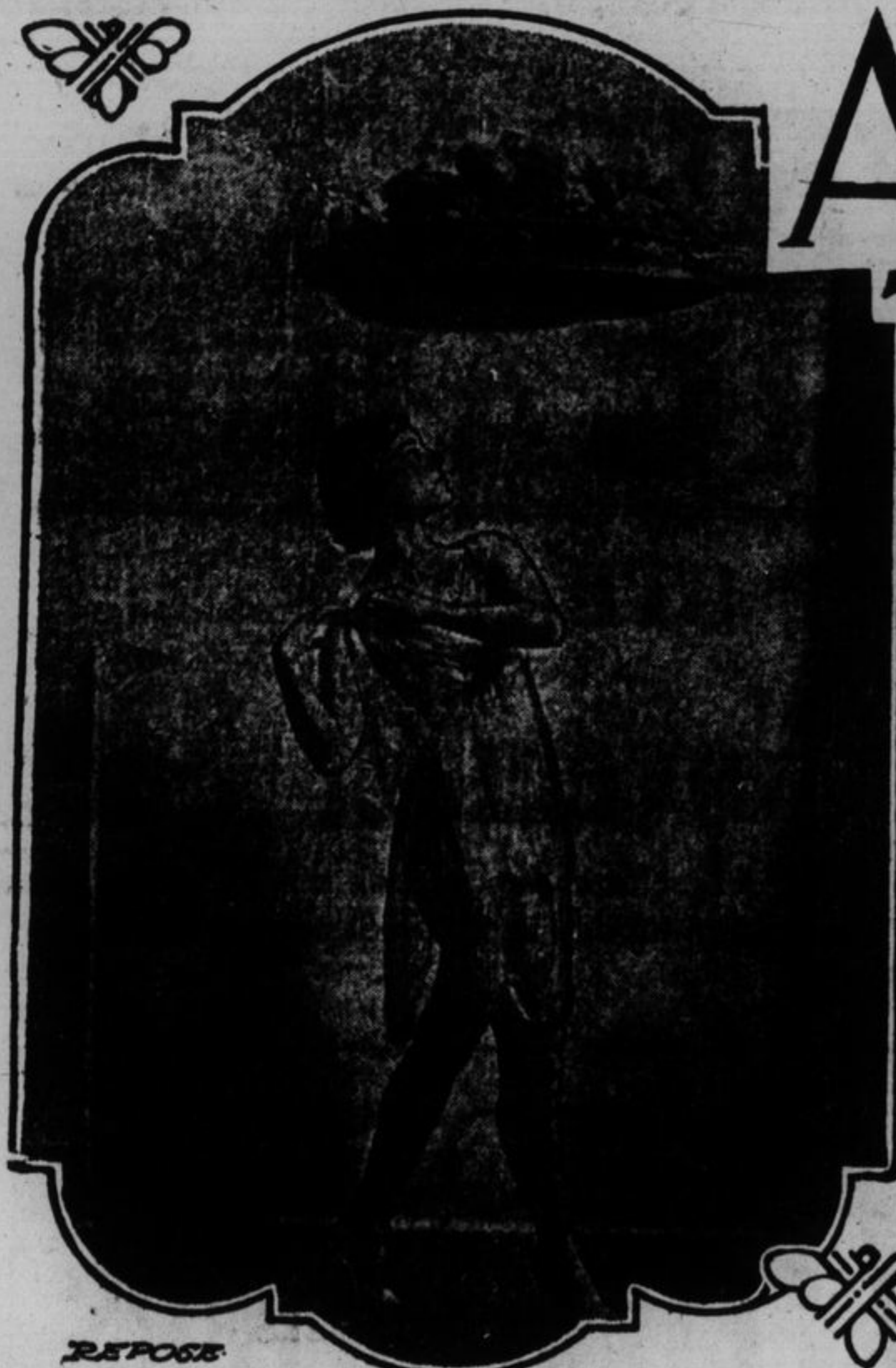




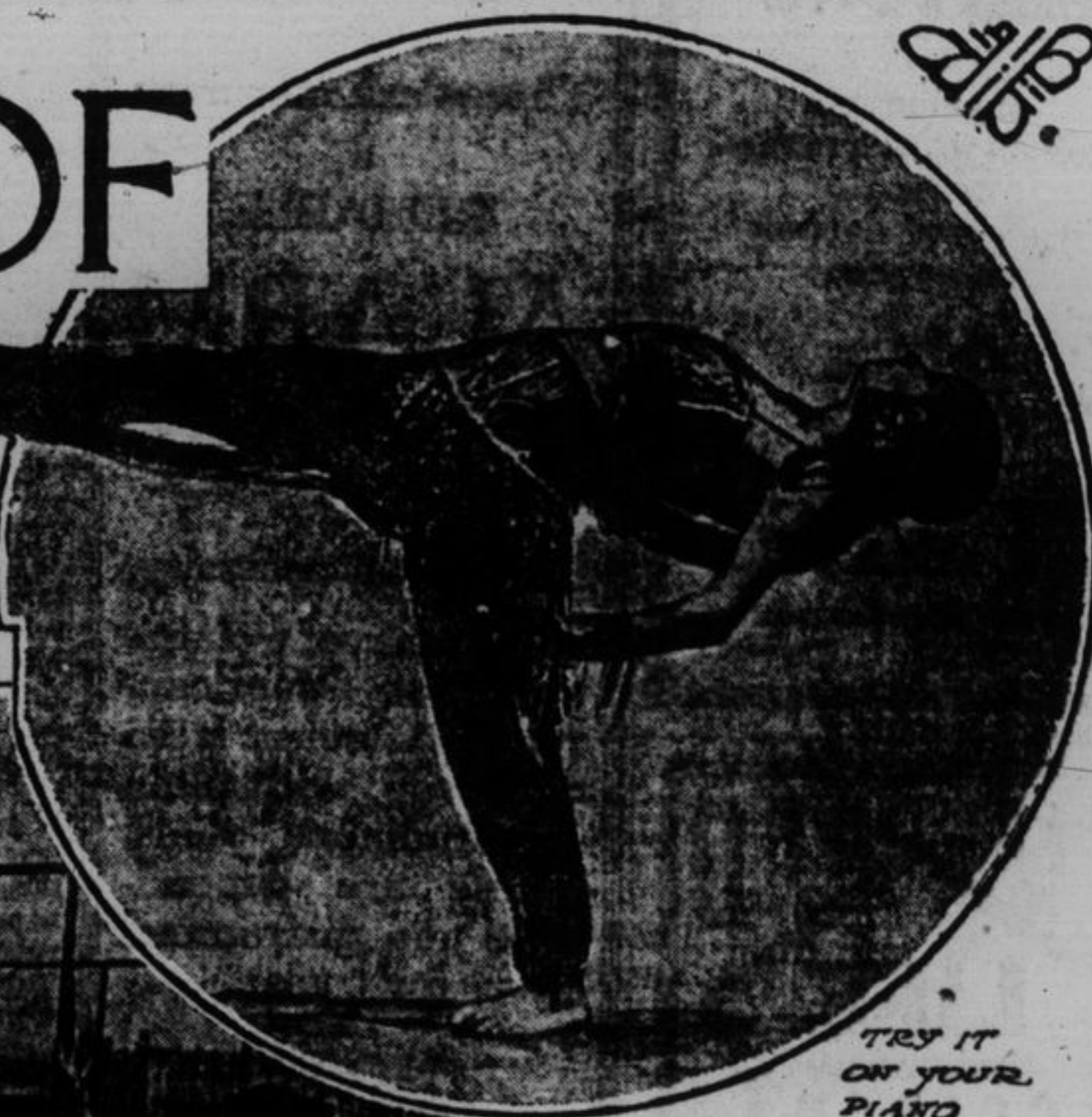
# FADS FASHIONS FACTS



## AIRY MOODS OF TERPSICHORE



A DANCING CLASS ATOP A SKY-SCRAPER  
Photo's Copyright by Underwood



TRY IT ON YOUR PIANO

raised against constant dressing up for the daily grind. If one must act the "lady," there is no more effective way of doing it than to dress with elegant simplicity. That "elegant" may or may not be synonymous with expensiveness.

But to get to the average business girl, now what could be more serviceable or attractive for business hours than a smart sports suit in one of the "quiet" colors, a small of medium-sized hat, good-looking shoes and gloves. Then there is good old reliable navy blue. Remember, it's the little touches that

(COURTESY PHILADELPHIA RECORD.)

### A Royal Road to Health and Happiness

There is a growing zeal in the feminine world to cultivate grace and beauty of movement. There has always been the desire to be beautiful, but now there is added not only the wish for symmetry of form, poise, and other attributes that the dance will bring, but there is a widespread recognition of the health-giving value of dancing.

Famous schools have sprung up all over the country, and there have been many and enthusiastic pupils of the art of Terpsichore. It seems to be the means ideally fitted to produce the sort of useful strength that is associated with feminine loveliness.

### YOU CAN DANCE YOUR WAY TO GRACE AND BEAUTY

JUST give some people a few yards of chiffon—yes, say some, might almost paraphrase: "Dance and the world dances with you, play over the weather, in less than no time one may see all sorts of dancing and cavorting. Cavorting is right, for some people just naturally can not do classic dancing or eurythmics or whatever the school may be. Pictured here are just a few classical dance poses by the pupils of Ruth St. Denis and Ted Shawn.

The critics do love to assail the more vigorous forms of sport for girls. Mme. Irene Popard, a teacher in the Paris Girls' Public School, is a warm advocate of her Parisian dancing girls. The interesting picture shows some of Mme. Irene Popard's pupils during their exercise in the new art of continuous and complete movements of the limbs and the body which Mrs. Popard declares is the only system for developing the beauty of forms and modeling of the human body. All violent forms of sport, she declares, tend to develop muscles and destroy the gracefulness and curves of a woman.

Such a lot of talk these days about the violent forms that one might almost paraphrase: "Dance and the world dances with you, play hockey and you play alone." But then there are different grades of hockey as well as of dancing. The way some people play hockey would hardly affect a muscle, and some dancing would leave a hard-ended hockey player panting and gasping for breath and a quick dose of liniment.

Nobody in ancient Greece was too highly honored by the nation or personally too dignified to dance. Not even Socrates—though he had in Zantippe a jealous virago for a wife. "Am I to be blamed for reducing the corpulence of my body by a little dancing?" was the famous utterance of the greatest of Greek philosophers, who at the age of 60 had been taught the art of dancing by the famous scholar, courtesan and wit Aspasia.

The Athenians were especially fond of dancing, and they were not only eloquent in speech, but also in gestures, mostly of the hands and arms. The poets taught choreonomia, the art of gesture, as part of the study of the classic dance. It was said Telestes, a dancer in the theater of Aeschylus, that he was so skilled in the choreonomia that he represented in the dance the "Seven Before Thebes." Socrates is said to have refused to give the dance "Liberty" before the conquerors of the city was complete without the apollon native town because it was no longer free.

A Religious Rite. Dancing was inextricably interwoven with the religion of the Greeks and no festival or entertainment was kept up to a high standard, and Homer calls sleep, love, music and dancing the sweetest and the most perfect of all human enjoyments, but he dignifies the last only with the epithet "blameless."

### To Remove Stains

Grease, that is milk, cocoa and similar stains, will usually wash and boil out, but in obstinate cases make a paste of fuller's earth and benzoline, spread it over the stain with a bone spoon, letting it dry, and then rub it off. If necessary repeat this process.

For tea, coffee or fruit stains, place the stained part of the garment or cloth over a basin, and with a bone spoon spread borax over the stain, and then pour boiling water through it. This should be repeated two or three times. If it fails, use salts of lemon in exactly the same way.

To remove a moderate or palish stain, hang the garment dripping wet out in the strong sunlight and let it dry, then soak it again with a wetting can, letting the sun do the drying, and repeat until stain is gone.



DANCING PUPILS IN PARIS FIND A COOL SPOT

### Bits of Gossip From Fashion Land

Wool embroidery, instead of being passe, is more popular this season than ever before. Darned designs of wool upon any fillet mesh are different and interesting. The wool used for the embroidery should be different color, at least a paler or darker hue than the fillet background to be most effective. However, wool of the same color as the background is charming, if less striking. The darning may be simply threaded one way, and either through the threads of the mesh themselves or over and around them. Even crocheted lace can be treated in this way.

Blanket stitching in a contrasting color may be used to outline the neck and sleeves of children's frocks. A dress of soft gray-blue cotton crepe, for instance, might have the neck and sleeves blanket stitched in bright green or orange.

make for the really attractive costume. A brassy riot of colors, or daring dash of line do nothing more than arouse curiosity.

### Potatoes Au Gratin

First peel potatoes and cut into cubes, then cook in boiling salted water until tender. Drain and place in buttered dish, together with white sauce. Cover with grated cheese and bake ten minutes.

To remove hot water marks from japanned trays, apply a little sweet oil. Rub it well in, until all the marks disappear, then polish the tray with a little dry flour and a soft duster.

### Candy for Your Sweet Tooth

**Maple Creams.** Two cups of grated maple sugar, white of one egg; beat the white of the egg and the sugar until smooth and sufficiently stiff to roll. Make balls the size of marbles and when hard dip in either chocolate or maple fondant.

**Butter Candy.** Two cups white sugar, one cup corn syrup (or molasses), two tablespoons hot water, one tablespoon vinegar, two tablespoons butter, a pinch of salt. Boil together all except butter, which should be added when nearly done. It is done when a drop in water becomes brittle. Pour into buttered pans to cool. Cut into squares before it hardens.

**Cream of Chocolate Fudge.** One cup cocoa, four cups sugar, one cup milk, three-fourths cup cream, half a teaspoon salt, one cup nut meats, two teaspoons vanilla. Boil first five ingredients till a soft ball will form in cold water, then take from stove, add vanilla and nut meats and beat briskly for five to eight minutes until it grains; pour into buttered tin to cool. The thicker your cream is the more delicious makes the fudge.

**Peppermint Drops.** Granulated sugar with enough water to form a paste. Roll in a paper saucers, but only let it boil for a very brief moment. Stir constantly. Flavor as desired with essence of peppermint. Drop on white paper in small white drops.

**Turkish Paste.** Three tablespoons of plain gelatine, soaked in three-fourths cup of cold water; three cups of water, one cup of sugar.

Bring sugar to boil, add gelatine and boil 25 minutes. Add juice and grated rind of one lemon and one orange and boil one minute longer. Cool over night in an earthen dish. Square and roll in powdered sugar. Add nuts and fruit before cooling.

**Honey Leaf.** Two cups raisins, one cup of nut meats, one-fourth cup of honey; grind nuts and raisins in food chopper, mix with honey, pack under a weight for 24 hours and cut in bars.

**Cinnamon Molasses Kisses.** One and a half cups light brown sugar, one cup molasses, one tablespoon butter, half a teaspoon soda, half teaspoon essence, cinnamon. Boil sugar, molasses and butter until when tried in cold water it will form a hard, brittle ball. Just before it is done add the soda. Remove from fire, add cinnamon and cool on buttered plates. Pull, cut in small pieces and wrap each piece in waxed paper.

things; but the desire for pretty things should not be allowed to overshadow good taste, which is after all the subtle secret of really good dressing. To the person of discriminating judgment there is something revolting in the appearance of a pair of pearl earrings atop of a typewriter. Of course, the idea is to play "lady" for the luncheon hour, and again when the desk is closed for the night. There is no disputing the fact that occasions will arise when a stay in town for dinner is imperative, but that is the exception that is in no wise objectionable. Objection is

### A Knitted Dress for the Little Girl's School Wardrobe

MATERIALS required: Four balls Shetland wool; two bone knitting needles, No. 7; small bone crochet hook; one yard of palest mauve, pink and blue bebe ribbon; small quantity of "purple" beads in assorted colors.

Repeat from \*, finishing with k 5.

Eleventh row—S 1, k 2, \* k 1, a 1, k 1, p. sso, m 1, a 1, k 1, p. sso, m 1, a 1, k 1, p. sso, m 1, k 2, k 2 tog, m 1, k 2 tog, m 1, k 2. Repeat from \*, finishing with k 5.

the right side. Knit 4 ridges of garter-knitting (9 rows) and cast off loosely. Repeat on back piece.

Now join up the under-arm seams, including the little sleeve seams.

**Shoulders.** For the shoulders, at the centre of the outer stripe of pattern join the wool on the edge stitch, make ch., slip-stitch to the corresponding stitch on the back piece, 2 c., miss on the front edge, slip-stitch in third, 2 ch., miss 2 on the back edge, slip-stitch into third. Repeat to edge of sleeves.

Thread the ribbons—the first 1/2 under the arm and about 1/4 inch between the others; carry ribbons across the center stripe and fasten the left-hand side. Finish the end of the ribbons with little loops at stitches from the top down and on beads, according to fancy.