

Rules for Girls in Sleeping Cars.

From the Ladies' Home Journal.

The wise girl knows that nothing is quite so desirable for wear in the sleeping car as a wrapper of dark colored flannel. It may be stated as a positive fact that women who try to make themselves look coquettish in a sleeping car, and wear elaborate negliges or lace trimmed wrappers, show extremely bad taste. Experience has taught that a wrapper of soft flannel in stripes of black and blue, made in the simplest fashion, is most useful.

When she is ready to go to bed, and the porter arranges her berth for her, she goes to the toilet room, taking with her her shawl strapped package. She removes her shoes and stockings, puts on the knitted slippers that she has taken out of her bag, removes any garments which she pleases, and assuming her wrapper, which has been folded in her shawl strap, repairs to her berth.

After fastening the buttons of the curtains she disposes of her clothing as best she can, folding each article smoothly and carefully, and placing her money, watch and tickets in her wrapper pocket. And then she should try to rest—the porter will call her in good season and her ticket will not be asked for during the night. In her shawl strap, which shows as its outer wrapping a shawl traveling rug, she may have her own pillow if she desires it, but this is not a necessity, as the cars are supplied with linen that is usually fresh and clean.

In the morning the wise girl will put on her stockings and shoes in bed, leaving the lacing or buttoning of them until later. Then she will assume her other garments and repair to the toilet room, where she should as expeditiously as possible make herself neat, trim and fresh, that her friends who are to meet her may not find her dusty or travel stained.

This she should do quickly that she may not be classed among those who are the dread of all considerate women on parlor cars—the women who take and hold possession of the toilet room as if it were a fort.