

The New Spring Draperies



LADY DUFF-GORDON, the famous "Lucile" of London, and foremost creator of fashions in the world, writes each week the fashion article for this newspaper, presenting all that is newest and best in styles for well-dressed women.

Lady Duff-Gordon's new Paris establishment brings her into close touch with that centre of fashion.

Lady Duff-Gordon's American establishment is at No. 17 West Thirty-sixth street, New York City.

ing its aspect somewhat, both in the front and at the back. By the way, the length of the sleeve is a matter which you can one and all decide to suit yourself—your arm and the amount of your allowance which is dedicated to gloves—for bell-shaped elbow sleeves: the three-quarter, and rather more closely fitting variety, and again mitten-like coverings, which are continued almost to the knuckles, are each and all to be represented and favored.

As to the skirts they are very tight round the hips and not appreciably fuller about the feet, though they are made loose and quite different sometimes by the addition of little pleatings or rows which is generally adopted when the material is taffeta. Tunes are not much seen, but instead there are some slightly bouffant draperies, which by being caught in about the knees exaggerate the scantiness of the plain underskirt in a way which may be eye-arresting, but is certainly not attractive. Any definitely pannier-like effects are not likely to be favored, or, at any rate worn. In fact, even those who are responsible for their introduction, never, from the beginning, put much faith in them. But it seems that, at the beginning of each season now, there must be a "freak fashion"—hobble, or harem, or panniered skirt—to create discussion and dissension, and to give us all something to think about and talk about at an otherwise somewhat dull time of the year—of dress.

For as a matter of fact—and fashion—the worship of "la ligne" is as great as ever, and all possible means are to be taken to preserve in all its loveliness that natural and graceful contour which just lately has lent appropriateness to that oft misquoted description of "the female form divine." And, truly, it would be a thousand pities, if, just when after so long a struggle we had attained to something like perfection of contour we should be compelled to hide our light and loveliness under the bushel of panniers! So any radical change being unwelcome to everyone it will, if it is to be accepted at all, be made so gradually that it eventually creeps upon us and takes us almost unaware!

For fabrics the tailor-mades are utilizing whipcords, coatings, fancy corded diagonals in two tones—woolens, bengaline, tissue, eponge and a new and very soft finished serge. All are quite admirable for their purpose, but in particular I approve of those "sponge" cloths, which look well in both their plain and striped effects, while another notable and beautiful variety in dark blue is finished off with an interwoven border, in deep orange, golden brown, emerald green, and fawn, these daintily contrasted colorings being then set off by a line edging of white and there being finally added a little fringe of the original and dark blue. No other trimming than its own bordering is, of course, required, so the extra cost of the fabric is therefore repaid at once. And when you see the effect of this border as used to outline collar and lapels and the one-sided fanning of both coat and skirt, you will, I am sure, be inclined to think that it is repaid with interest.

But even in the case of tailored costumes the all-conquering taffeta must be considered as a serious rival to the ordinary tweeds and serges and the new "towellings" and sponge cloths and so forth, while, of course, for gowns of all kinds it practically reigns supreme. It is being shown in all possible and pretty varieties, so that it can adapt itself to the most entirely different styles of making up. Taffeta chameleon is beautiful in its subtly suggested shades, while the ordinary shot taffetas show more definite colorings, and then, too, there is taffeta broche all shrouded with little pompadour designs, and still again striped taffetas and checked taffetas to be used either separately or in conjunction and combined with the plain skirt



Mme. Lina Cavalieri.

UNSTEADY nerves are foes of beauty. Control your nerves. Subdue them. Force them into the background. This is the message Mme. Cavalieri, the most celebrated living beauty, sends today to her readers.

She tells them what habits cause nervous excitation and what means should be taken to prevent and cure it. This article possesses the substantial value and the entertainment of all the beautiful prima donna's contributions.

By Mme. Lina Cavalieri

ARE you a tea or coffee drunkard?

Do you blush easily, and at the wrong times and places?

Are you irritable?

Have you a hobby?

All these seemingly unrelated questions have a bearing upon what I will talk about to you today. It is the army of soldiers within us which easily become traitors. They are the nerves.

An eminent medical director of an asylum for the insane in your country borrowed—he did not say he had coined—the phrase, "brain storms." An English authority has recently said that much tea and coffee drinking causes "nerve storms." Recall the excessively nervous women you have known. They have all been, unless illness caused their state, addicted to much tea or coffee drinking, or to the other foes to the nerves, alcohol or cigarettes.

The active principle of tea is theine. That of coffee is caffeine. Both are powerful poisons. It is this poison at work in a minor degree that gives you the impression that they are nerve stimulants. Caffeine is the stronger, and has a more direct and powerful action on the nerve centres. Most persons drink too much coffee. Nervous women drink too much when they drink any.

If you have either habit and find it very hard to forewear them drink cocoa instead, for cocoa is undeniably a food. A great dietician compared its nourishing qualities with those of the egg, indeed christened it "a vegetable egg." It contains nitrogen in the form of gluten, much fat, some starch, and a mild stimulant of its own, theobromine. Authorities on food have placed it beside the egg in the rank of perfect foods.

It is well that you know the proportional amounts of alcohol in the various wines and liquors. In whiskey, brandy, and gin, for example, there is fifty per cent alcohol. If you drink a glass of brandy you are drinking half a glassful of alcohol. In the case of sherry you drink a quarter of a glass of alcohol. Clarets and burgundies contain one-tenth to one-twentieth alcohol. Beer is about one-fifth alcohol. Should any one order you to drink a glass of pure alcohol you would think he was crazy and would probably call for help; but there you have the table of the amount you consume, at dinners or wherever these are drunk.

In this age of the demanded equality of the sexes it seems heresy to say that women may not drink and smoke if men do; but Nature herself has raised that bar. Drinking is an evil for both, but a greater evil for women. So is cigarette smoking, for women are of a more highly keyed nervous system than man. "More active in thought, more intuitive, of keener perception, her nervous system is more likely to develop the unstable state," says one of England's greatest medical authorities.

If you do none of these against which I have uttered a warning and you are still irritable you should consider your manner of sleeping and kind of food. In London while I was singing there last Winter I saw a bed especially invented for nervous persons. The principle was the same as the rocking of the cradle for infants, except that the motion was quite opposite. The bed was tilted at a gentle slope toward the foot. It was fixed at its centre and from this point by a mechanical contrivance was slowly lowered and raised, producing a gently soothing motion that gradu-

My Secrets of Beauty

By Mme. Lina Cavalieri
The Most Famous Living Beauty

No. 170—Those Traitor Nerves



"On the jumping machine which is a tonic for weak nerves."

ally "puts you to sleep." If I am ever greatly afflicted by nerves I shall certainly order one sent to my home in Paris.

As to food the fact that phosphorus is good brain and so good nerve-food is accepted, but there is a difference of opinion as to whether fish contains a greater amount than does beef. But fish, especially of the white sort, is better because it takes less energy to digest it than does beef, and the nervous person must at all times conserve her energy.

Fats are excellent foods for the neurotic. Equimaux live on blubber, the fat of the whale, and who ever saw a nervous Equimaux? These people have all the calm of their silent north until they come to the United States and acquire the food habits that have made you known as "the dyspeptic nation." Fat builds nerve tissues.

Milk and eggs, meat and butter contain it. Oils also.

Another class of foods that nourish the nerves are nitrogenous. Nitrogen is found in the juice of meats, in sour milk and sour cream, and in the white of eggs. Every meal should contain nearly one-fifth of nitrogen.

If you haven't a hobby acquire one. Don't let life become a treadmill. Routine causes mutiny of the nerves. Have something to play with in which you forget the serious business of your life. Let it be something you like. If it is music practice a little every day. Never mind the neighbors. Perhaps you like colors and enjoy dabbling and calling it painting pictures. Do this, then, no matter who laughs. You may be a naturalist. Then be out of doors as much as you can. But play at something to keep your nerve balance.

Beauty Questions Answered

L. J. writes: "Will you kindly publish some remedy for red, bony hands?"

Hands can be made plumper by washing them less in water and more in cold creams, or if these are not always available, in lard, suet or any kind of clean grease. Olive oil is fattening, but more expensive. Almond or cocoonut oil or cocoa butter rubbed well into the hands at night should gradually fatten them, but it will take considerable time and much patience.

For whitening the hands ammonia may be used with warm water in which you wash your hands, ten drops in a quart of water. A half dozen drops of tincture of ammonia may be used for the same purpose. Lemon juice is a famous whiter. Rub a half lemon well over the hands before retiring. Wear large, loose gloves at night. But, most important of all, is it to dry the hands thoroughly after washing them, or, still better, before they are thoroughly dried rub well into them one of the following:

- Glycerine 1 oz.
- Rosewater 1 oz.
- Tincture of benzoin 10 drops

fourteen and deeply interested in your articles. Will you please tell me how to get rid of blackheads that disfigure my nose and forehead?"

Buy some green soap, which is a liquid, as you probably know, and a soft complexion brush. Dip the brush into warm water, pour some soap over the brush, and scrub gently, but persistently, the spots where the black heads appear. Don't make faces when you do this, for that will make wrinkles even at your age. When the blackheads are thoroughly soft press them out with your fingers, which you have wrapped in clean white muslin or with absorbent cotton, so that the skin may not become infected by the fingernails. When you have pressed them all out pat cold cream or olive oil into the tender spots left by the operation. When you have removed the blackheads keep them away in the future by keeping the face free from dust. Blackheads are merely the dust that has settled into the pores and choked them.

New Evening Dress of Pale Pink Chiffon with Turquoise Blue Underskirt. The Overskirt is Heavily Trimmed with Chinese Embroidery and Heavy Tassels Drooping from the Girdle. "Lucile" Model.

By Lady Duff-Gordon ("Lucile")

DRAPERY of some kind is with us to stay for the Summer at least. Not all women will adopt this newest fashion at first, but they will be forced into line very speedily. The newest fabrics are so soft and pliable that the drapery does not detract from the slender silhouette which we must keep at all hazards. An unusually attractive and very new model shown here is developed in gray charmeuse. It has a draped tunic, most startling in its treatment.

There is a scant underbody of the charmeuse, just a skeleton on which to drape the tunic. The knuckle length sleeves, fitting like a glove, are the last Parisian word for smartness. The arm hole is five inches below the shoulder. The full tunic is drawn from the left side under a fringe across the back in scant folds to the front. Here it hangs free to just above the ankles, being looped back half way to the high waist line, the soft, full end drooping free and lying eighteen inches on the floor. It is knotted to give the smart pointed effect. The wide, plain girdle of brocade is also a smart touch.

A decided contrast to this afternoon gown is the elaborate evening costume. Here the tunic, elaborately embroidered, hangs free. The draped effect is shown in the bodice and just below the high narrow girdle. An unusual effect is produced by the slashed satin skirt, which shows the under skirt with its embroidered bands. Such costumes here described can only be developed by masterhands. Graceful drapery can seldom be achieved by novices.

The smart little morning frock has not been ignored, but it boasts



A New "Lucile" Drapery for a Gray Afternoon Gown with Broad Waistband of Black and White Chinese Brocade.



A New "Lucile" Walking Dress of Blue Silk, with Close Draped Side Panels.

most again... date of the... announced for Friday.