

THE OMAHA SUNDAY BEE MAGAZINE PAGE

Copyright, 1912, by American-Examiner. Great Britain Rights Reserved.

Three Brand New Dresses

By Lady Duff-Gordon ("Lucile")

FOR a young girl no walking gown could be more appropriate than the simple costume shown in one of the photographs I am sending you to-day. It is of blue charmeuse with a plain black satin belt, buttons of the same charmeuse being the only attempt at trimming.

More elaborate are the two gowns shown in the other picture. The one on the right is of striped pink taffeta with embroidered flowers on it. The little bodice is made all of lace and shades of blue around the waist, with a large square diamond buckle. The skirt has panniers at the back and bunches of beautiful silk flowers are worn in the belt and hair.

The model on the left is a black silk evening gown with draped robe in black jet, with gold leaves worked on. The bodice is of diamonds and pearls, with a piece of the same embroidery which ornaments the skirt. It is draped over one shoulder. There are no sleeves, just a little band of gold

and diamonds which goes around the arms. With it is worn a scarf of black and white brocaded silk edged with chinchilla. The hat is of black velvet near the face and black satin on top, with a large yellow osprey. And now I will go straight from your gowns to your heels, for these, too, have been acquiring a new color during the last week or so, and many, and, in fact any colors, to be exact, the idea being that some telling touch and tint first introduced in the hat or the waist belt, or some other trimming of the costume, should be thus finally and fascinatingly emphasized with every step. Imagine a vivid scarlet heel flashing out from beneath a black or dark blue or white skirt; or, again, a glimpse of green, all the more delightful because so unexpected; or, possibly, a pair of purple heels to provide a telling contrast for a black toilette, on whose waistband and broderies and the tassel royal and sapphire blues are just interwoven with this same cardinal's purple—oh, indeed, there are so many pretty possibilities in the new idea—and heel—that I only hope it may not be speedily vulgarized and spoiled by being worn in the wrong way and with the wrong toilettes. Perhaps I need hardly tell you that only the Louis heel is suited to the new scheme, the outline of the more sturdy Cuban variety being hardly worthy of such accentuation—and consequent attention—though as far as comfort goes, the Cuban, of course, takes the first place, and is indeed almost universally worn nowadays, save for just these most extreme elegancies in the way of footwear.

Another new arrival in the way of shoes, and one which does not require so much living up to (or should it be down to?) as the colored-heel model, is made, including the heel, in white or gray buckskin, with just a small short vamp of lightly brogued patent leather, which, in addition to being a novelty, has the further and good effect of making the foot look smaller than when it is entirely shod in one of those light leathers. Further variety is also obtainable by means of a shoe whose white or champagne or gray kid has a narrow edging of black brogued patent leather, which, after curving most becomingly against the foot, is continued into a

shoe's strap, fastening over the instep, a tiny buckle of the same brogued leather giving a further finish to the front; or you can, if you so prefer it, reverse this arrangement and have a bordering band, a bow and a strap of white kid on a black patent leather shoe. Some change of this kind is, I should think, rather welcome after the long-

continued success and monotony of the shoe which has a complete go-losh of patent leather and an "upper" of white or gray antelope; though, to be sure, I have nothing against this particular and popular form of footwear, which should, by all manner of means, be included in your outfit of booties. Only do, I beg of you, take advantage of these chances for further choice, and have such a variety of shoes that every dress and costume can be suitably completed.

The matter is really more important than ever now, for short walk-

A Simple Lucile Walking Gown in
Blue Charmeuse, with
Belt of Black Satin



On the Left a Lucile Black Silk Evening Gown, and on the Right a

Lucile
Model
in
Striped
Pink
Taffeta.

ing skirts and draped afternoon and evening dresses seem to have entered into a friendly, or, at any rate, fashionable, rivalry as to which shall or can show more of the wearer's ankles! Really, I think that a censor should be appointed to decide, on its own individual merits or demerits, just how much or little ankle should be revealed. For the owner of the said—limb or member!—seems incapable of realizing that only when it is really slender and pretty is it worth showing and seeing, and that, positively, it is not

fair to the public to force upon their unwilling gaze a stodge, thick "understanding," devoid of any curves or charms. Then, again, it is difficult, if not actually impossible, for the tailor or modiste to refuse to follow the general fashion and the personal direction, as only a most unflattering conclusion could be drawn from such a course. So that, on the whole—and though at first it might seem that such a position might be an enviable one—it would, I fancy, on consideration, be somewhat difficult to find or re-

tain candidates! So we must just suffer many unpleasing sights and be consoled by few and far between delights and daintiness. And while skirts are, thus being shortened and cut up in the centre or at the side, bodices and blouses are being cut down lower and lower, even the polo collar of the simplest Japanese silk tailor-cut shirt forming a point so deep that once upon a time it would have been considered positively décolleté and impossible for the daytime.

And a Little Dissertation Upon the Newest Fashions in Shoes By Lady Duff-Gordon

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 contact with that centre of fashion. Lady Duff-Gordon's American establishment is at Nos. 37 and 39 West Fifty-seventh street, New York.

MY SECRETS OF BEAUTY

By Mme. Lina Cavallieri, the Greatest Living Beauty.

No. 189--Indigestion an Arch Foe to Beauty

MME. CAVALIERI writes to-day of the indispensable element in beauty, good digestion. She describes the effect of indigestion upon the body and the spirits. She tells what form of exercises are best adapted to the needs of the digestive apparatus and gives valuable advice about choice of foods.

By Mme. Lina Cavallieri.

SHOW me a girl who has indigestion and I will show you a person with muddy complexion, dull or feverishly bright eyes, a coated tongue and a languid manner. None of these makes for beauty. All are signs of ill-health. Besides these outward and visible signs of ill health, it is a heavy weight upon the spirits. The girl thinks she is unhappy, and manufactures causes for misery, or exaggerates the trifles that are not to her liking, and makes them causes for unhappiness.

Besides these, indigestion causes yet graver troubles. I recall several persons I know who have since passed from the earthly plane, whose decline in health began with various symptoms of indigestion. It was never clear to me whether the indigestion was the cause or the effect of these maladies. But I trust I have said enough to prove that indigestion is a most undesirable state. Vanity alone should forbid it.

How to prevent indigestion? I shall have a great deal to say farther on about food wrong in kind or quantity as a cause of indigestion. But first let me tell you of an excellent exercise to discourage indigestion.

Knead the abdomen on retiring and several times a day when there is opportunity. Double your hands as though for kneading bread. Place the clenched hands beneath the ribs. Press firmly and regularly upon the intestines, moving the fists forward until they meet. Having done this five to ten times, allow the left hand to rest at your side and with the right hand press gently but steadily downward at the left of the abdomen until your hand is opposite the thigh. Repeat this operation several times each time you take the exercise. This is still more effective if taken while you are lying in your bathtub. The relaxation of the muscles is aided by the fact that they are under water. The hydropathic school believes this one of the greatest aids to restoring proper digestion.

Much walking is an aid to digestion. So is this exercise, which can be taken in bed:

Lying upon your back, draw the knees slowly up beneath the chin, then let the legs fall to their former position. This is the most valuable of early morning exercises for those who have a torpid liver or other form of indigestion.

Coarse cereals are an enemy to indigestion. Seldom does one see a case of indigestion in Scotland, and if we do, it is when we meet a queer Scot who deslikes his national dish, oatmeal. Oatmeal, whole

wheat, rice, all being large fibred foods, stir the stomach and intestines to activity, which is good for digestion.

Again, every girl should know some of the principles of the values of foods. Apply to your daily food these facts. Your food should consist of these proportions:

Mixture of starches and sugars, about 16 parts. Proteids, 4 parts. Fats, 2 parts.

In other words, one-half of our daily amount of food may be made up of potatoes, rice, bread, etc. One-eighth should consist of the proteids, as milk, or eggs, or cheese. One-sixteenth should be fat, as butter or the fat to be found in meat or oil in dressing of salads.

Keep this table in mind and you will find a new interest in choosing your food, and in a short time you will welcome a marked improvement in your health.

Do not decline sweets unless you are overweight, but eat them at the right time, which is as dessert for luncheon or dinner. Never eat cake nor candy between meals.

Turn resolutely away from all fried foods. You have heard that fried foods are injurious, but you do not know why. It is my pleasure to tell you. They are indigestible because they form in the stomach a substance as thick and unwieldy as leather, and as difficult of digestion. Neither meats nor eggs nor milk should ever reach the boiling point. For this reason never eat boiled beef, nor a boiled egg, nor milk that has been boiled. The beef cut up in a stew that has simmered below the boiling point, an egg that has been dropped into water just below the boiling point and allowed to heat there for eight minutes instead of boiling four, and milk that has been heated but never permitted to show one of the bubbles that attend the boiling state, are substitutes for the old forms, and admirable ones.

Keep this also in mind in selecting your food: For the bones' formation we need lime, and the cereals, as oats and wheat and rice, contain elements that make it. Sugar is converted into energy, as the Russian dancers well know, for they eat inordinate quantities of candy and sweet paste, yet, because they exercise it off, remain thin. The fats, as butter and meat fat, cause warmth in the body, so should be used more freely in Winter than in Summer. Bread is a good food if made of coarse grain. Contrary to the general opinion, macaroni and spaghetti are good foods. Examine them in their raw state and you will see that they are yellowish. That shows the presence of gluten, which is valuable as an aid to digestion, in bread form.



Mme Lina Cavallieri.

Beauty Questions Answered

Blonde addresses three queries: "Will you kindly publish formula for a cold cream that will not cause hairs to grow on the face? I think my face has a tendency to hair-growing. A slight down has been appearing of late. Is there anything I can do to keep the flesh from tearing or breaking around my fingernails? Can you give me a remedy for darkening the eyelashes?"

It is often the friction rather than the cold cream that causes hair to grow. Drop the cold creams for a time and try face lotion instead. This is softening and whitening:

Rosewater 1 1/2 ounces
Glycerine 1/4 ounces
Carbolic acid 3 drops
The flesh breaks and tears about your nails because you have permitted it to get too hard. Press it back from the nails after washing the hands. Meanwhile, rub cold cream into the skin at the base of the nails before retiring; or soak them in a bowl of oil daily until they become soft.
Olive oil 1 ounce
Smooth lump of sulphur large as thumbnail.
Rub the edges of the eyelids delicately with the lump of sulphur, being careful that no part of the sulphur touches the eye.
This will stimulate the growth and the tendency of the lashes, as of other hair, to grow darker when the growth is stimulated.