THE OMAHA SUNDAY BEE MAGAZINE PAGE

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"Gray Wintry Woods" ("Lucile") Costume of Mole Crepe Charmeuse with the New Pannier Effect and Ultra Long Shoulders. Muff and Hat of Mole Fur and

Velvet.

The Perfect Picture Hat of Green Felt and Brown an actual fact and fa-Skunk Fur, Showing Large Bird of Paradise on shion, is likely to be Extreme Edge of Brim. Are not these hats delightful? long by the public wear of the new model, which is at present only be-

They show the latest Parisian tendencies, and wearing one of these models, no rmart woman can be at fault.

And just a word in praise of the small close-fitting cap of moleskin and gray velvet that the model in

Halsand Little Hals

The Picture Hat Petite of Gray Felt, with the Sir Joshua **Reynolds** Neck Band.

showers its softness all over the which provides its own feather boa? It sounds

Another velvet hat, long and narrow in shape, and deep peacock blue in coloring, has its crown guarded closely at either side by an ostrich feather, also beautifully blue at first, but shading towards the centre into dahlia red and purple, the two "stems" being just crossed in front, while the quaintly curved feathery ends repeat this arrangement at the back, but far beyond the brim.

There are, in fact, feathers on al

ADY DUFF-GORDON, the ous "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 welldressed 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 Nos. 37 and 39 West Fifty-seventh street, New York City.

By Lady DUFF-GORDON ("Lucile")

T AM showing you this week a charmingly chic costume that I call "Gray Wintry Woods," because it is of just the gray shades that the skies and woods assume in Winter. It is created in mole crepe charmeuse. The long, very much buttoned skirt has a pannier drapery hat is very new, as both sides are drawn down in the back and slipped through a stunning embroidered buckle, similar to that

No. 204 --- Causes

and Effects of

Nervousness

T is not easy to separate the

causes and effects of nervous-

ness, but let us try. I have given

much thought and study to nerv-

ounness as a destroyer of beauty.

and my investigation has led me to

That nervous women are self-

centred women. Stop thinking about

yourself. Widen your life's outlook

by becoming interested in more

people and things. That will, if the

interest is really deep and genuine,

thoughts cause a sense of haste and worry. Haste and worry cause

ervouaness. Concentrate. Do ---e

thing at a time and while you are doing it think of nothing else. The bad habit of wasting your en-

ergy upon non-essentials breeds nervousness. I know a woman who

used to gossip for an hour at a time

talking waste time but it wears and

tears the poor nerves. The nervous woman should train herself to talk

Nervousness is often caused by

mental habits. Scattering

one. Of course she became

Not only does much

enormously lessen the tension.

believe the following:

Wrong .

rasthenic



on the girdle. This does not show in the picture, but it is one of the most effective touches. Notice the buttoned front. The bodice and skirt are in reality severely plain, but the buttons, nearly fifty of them, add a decorative touch that is very novel. The collar and cuffs are of :are old Valenciennes.



The Hat "Temperamental," of Black Velvet with Large Glowing Red Rose Against Brim.

shirred panne velvet, and the it for Mile. Renouardt, who has small cap, complete this costume, succeeded Madame Lantelme as On the cap and muff are tiny rose the most beautiful woman in Paris. and blue rosebuds.

of hats that appeal very strongly to me. Hats mean so much to a woman. A hat may age a woman ten years, may remove fifteen, all in one instant.

There is the hat coquetish; it may be large, it may be small. There is also the hat picturesque, usually large, but it may be small. Then there is the hat temperamental. In the second figure, I am portray-

ing one of my "temperamental" hats. It is one of the Tam o' Shanter shapes, of lustrous black velvet. Against the up-turned brim is a glowing, rich, red satin rose, set in glossy green leaves. This chic hat is medium, neither large nor small, and frankly, like its name, it is not suitable for every woman

In the third figure, is what I call

The muff of the mole fur and the picture hat perfect. I created Notice the graceful curve to the 1 am also showing you a group brim. It frames the face so charmingly. Of a rough, dull green silk felt, it is trimmed with long haired skunk fur. On the extreme edge of the brim is a wonderful

bird of paradise. To mail hats I am devoted, when they are becoming. There is nothing more lovely, more chic than a* piquant, youthful face, framed in a snug fitting hat. In the fourth picture is a delightful pale gray felt picture hat petite, soft and pliable. The beauty and chlcness depend entirely on the way it is put on the head. It must be literally "slammed" on the back of the head and cocked sldeways to show the left eyebrow and part of the hair. On this gray felt I have arranged a flat rose decoration of pink satin. The black velvet neckband is attached to the hat at the back, far underneath the brim.

the first picture is wearing. It is just a round "night-cap" affair, made of bands of chirred velvet and mole fur. It is the hat coquettish, and fittingly tops the "Gray Wintry Woods" costume.

It would seem that no scheme is too fantastic for feathers this season, and the wondrous ways in which ostrich plumes are manipulated-not to say tortured! on some of the newest millinery models, is more often calculated to arouse amazement than admiration. On some medium shaped hats of beaver velours for example, where the brims have a slight and long upward roll at each side, the crown will be encircled by quite a modest little ruche or fringe of feathers.

And then-suddenly this quiet little feather will go completely mad, and spring outwards or upwards or undulate sidewise in a series of crooked curves and in consequence will transform the bat completely when the point of view permits of a full display of these feathery freaks.

Sometimes ...gain-and, really, this is rather pretty-a highly curled ostrich feather will be combined and effectively contrasted with absolutely straight strands, the curled part clustering closely about the crown and the other falling, fringefashion upon the brim.

Then what do you think of a hat

curled and fringed feathers, which, after meeting at the back, sweeps over and under the brim, and is then continued into a ruffle long enough to curve round the neck, and be thrown over the other shoulder. Knots of moire ribbon are introduced here and there into the feathers which are here arranged in circular form, and as a contrast of color, or at any rate, shadings is also contrived. The general effect is distinctly attrac-y tive, more especially when a collarless corsage or coat, or both, be worn. And nowadays, of course, the high collar 1. somewhat diffi-cult of discovery, for though it regularly makes a reappearance on a

ing privately displayed to the priv-

Imagine, therefore-until you so

thus see or wear it-a moderately

sized hat encircled by one of those

ileged few.

surprising, but that it is

proved to you before very

most every hat, whatever the fabric or size or style may be. One typical and rather striking example of the new possibilities of the familiar trimming being the presence of an encircling fringe on a hat whose soft quartered crown and wide "floppy" brim are of peacock blue and green shot silk.

The coloring of the plumage is lovely too, for each feathery strand shows a centre of blue, flushed round with rose.



few of each season's models, it is Two young fellows recently attended just as regularly refused by any and every woman who values her charm

to go toward a treat to the aged poor. Another feather adorned hat, not quite so extreme in style, is of black velvet, with a broad inner and outer brim bordering in a soft shade of beige. For its trimming jam tarts and four large buns was there is just one long ostrich passing his cup for the fifth time when feather, whose cloudy softness of black merges eventually into "I think every one should encourage

black merges eventually into "I think every one should encourage beige, this delicate color coming a thing of this sort. It's for a good against the black velvet of the cause, you know." crown, inasmuch as the plume . . .

starts its career right under the Sandy was walking along the road brim at the left side and then in deep thought, and it was his mincurves outwards and upwards, end. ister who brought him to earth again ing in a sort of cascade, which with:

"Halloa, Sandy! Thinking of the

future, ch?" "No," replied Sandy, moodily. "To-

ETSECRETS OF BEAUTY By Mene Lina Cavalieri, Living Beauty Inter of the present. Inter of the present.

game the more hunting you have. say if you discover yourself suffer-

ing from unsteady nerves the reme- Quack Doctor-Yes, gentlemen, I dies are two, not one of either, but have sold these pills for over twentyboth. Practise extreme self-control five years, and never heard a word of and remove, or at least modify the complaint. Now, what does that prove? Voice from the Crowd-That dead men tell no tales, guv'nor!

"Do you call this a pint?" asked the sharp servant girl of the milkman. "Yes.

"Well, it won't do. When we want condensed m. , wo'll buy it at the grocer's."

. . . Mabel inquires: "Kindly let me know if there is anything which will make my complexion lighter. It has a vallowish tinge. If there it has a yellowish tinge. If there that marriage would make another

. . .

and no candy. A few drops of am-monia or tincture of benzoin o. An American gentleman one evening monia or tincture of benzoin o. peroxide of hydrogen in the water in which you bathe your face will gradually whiten the skin, but use these aids only occasionally as they are hareh agents. An American gentleman one evaning at dinner happened to get a hair in his soup, and, raising it on his spoon, said to the waiter: "Pat is this an Irish hair (hare)?" "Begor it is, sir," said Pat, "but it took an American bound to catch him."

PHOTO OD BY. DAVIS & SANFORD . N.Y.

Mme. Lina Cavalieri, the Most Famous Living Beauty.

loss. A great deal of unnecessary talking is done. Improper food is one of the great

causes of nervousness. The nerves. like every other part of the body, is in need of nourishment, and that

nourishment is provided by the blood. If the blood is impure there is little nourishment for the nerves and they suffer from hunger as we do when we have missed a meal. If they continue to have no meals or

insufficiently nourishing meals the process of starvation begins for the nerves. Starved nerves cause us to become irritable, flightly and unreliable. Our judgment is discounted by ourselves and others. We are not complete persons because we lack one of the essentials of the complete person, a sound nervous system. We are liable to explosions of temper which alienate our friends and which imperil our business or professional careers. And the remedy is so simple, merely eating nourishing food. Eat beef, well done, green vegetables and salads, coarse-grained bread and raw or stewed fruits. Persist in this, and drink plenty of water between meals, and a few weeks will mark a change for the better in you. Eat not too much nor too Httle Study yourself and you can gauge the amount better than anyone else can. Fear causes nervousness. Don't

permit yourself to become a coward. Shame yourself out of unrea-soning fears. Remind yourself that your world is within yourself, not without, and that no one person can seriously affect your life, except yourself. Regard discouraging circumstances as punching bags on which to try your strength.

Bolting the food, the American habit, is responsible for much nervousness, and again we go back to

the red life stream, for the bolted food, not being ground up well by chewing, lies in the stomach or intestines and rots, entering the blood channels finally as polsonous mat-The nerves reject such food, ter. and the neurasthenia increases. Summing up briefly the results of

my study of nervousness, I should

Beauty Questions Answered

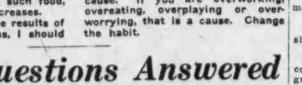
by an operation, which is always dangerous, you should by gentle and persistent massage downward, and pinching, be able to change tho shape of the fleshy part of the feat-

A. G. Says: "I am a girl of sixteen and am greatly troubled about my nose, which is spoiling the effect

of my other features. My nose is rather large and seems to be always red and the bone has grown until it forms a bump. The lower

part has formed itself into a hanger. Please advise me." For the redness, give careful attention to your diet. Avoid rich, spicy foods. And be sure that nowhere is your circulation restricted, neither by tight garters, tight sleeves, corsets, stockings nor shoes. While you cannot change the shape of the nasal bone except

If you are overworking,



is anything is it harmless, or will man of me.

it produce bad effects? Also are there certain foods which if taken in excess will cause an unnaturally greasy complexion?" Astr, and sweets, gravies and fats in any form may have the ef-fect you last describe. For a yel-low skin first adopt a lighter diet. The yellowish tint indicates that your liver has struck. Don't give it so much to do. Eat more veget ables and fewer meats, more fruits and no candy. A few drops of am