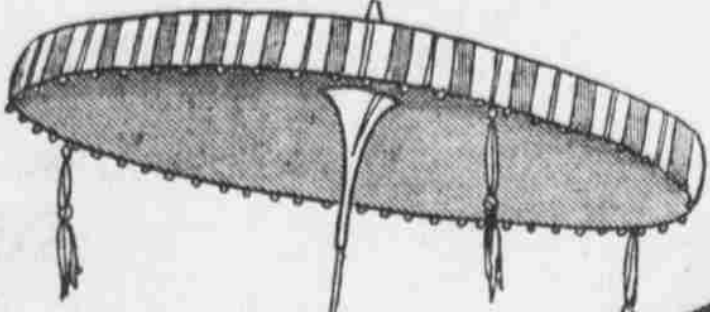


The New Cloaks



New Flat
Stole
and Muff
of Tailless
Ermine.
White Satin
Sailor,
with
Black
Fantaisie.

Swagger Military Cape of Black Velvet
Lined with White Taffeta, and the
Newest Black Velvet Hat.

And the New Fall Hats

By
Lady Duff-Gordon

London, September 26.

THE cape has taken a sudden new lease of life since the declaration of war. But only those models which show the military influence are worn, and then only over gowns made especially for them. I am sending you a photograph of a very swagger black velvet cape which I saw the other day in Hyde Park. It is cir-

sive. The model shown here is a very excellent one.

And now my mind flits northward, and I am thinking of sport clothes once more. I wonder whether women nowadays take sport more seriously. I do not pretend or presume to say.

But it is quite certain that they take it more smartly, and the up-to-date sports-woman is so pleasing to look upon that there cannot well be too many of her, whereas once upon a time her appearance was certainly not calculated to win any new recruits to the cause of sport.

And while matters and modes have thus been steadily improving for some years past, this season's sporting kit seems likely to beat all previous records

for practical smartness. To begin with, the cape is now an alternative and attractive choice with the coat, and some quite delightfully warm and light wraps of this former and fashionable shaping are being made in leather and trambie wool mixtures, whose softer schemes of shading will sometimes be contrasted with the more definite or even brilliant colorings

brown tweed interwoven with glints of gorse yellow, and with a peep of sky blue showing through here and there, has a lining of that same bright and beautiful yellow to its capacious hood, and then a waistcoat to match, showing more fully between the open cape fronts.

Another cape, whose faintly suggested check patterning brings together purple,

old rose and green, is provided with a collar and straps of the purple, another effective "triple alliance" of mole flame and green being completed by a gray collar and green lapels and straps.

There are many cloaks in cashmere, or cashmere and silk, which blend two or three colors in their striped or checked patterning so that two different skirts can be provided to wear with the one coat. Or a checked cloak in two shades of, say, bright green, with collar, pocket flaps and bordering of plain green, can give a special smartness of effect to a plain green skirt and puttees.

LADY DUFF-GORDON, the famous "Lucille" 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 Paris establishment brings her into close touch with that centre of fashion.

The Hyde Park Cape of Purple Charmeuse Lined with Rose. Smart Turban of Black Satin, with Velvet Rosette.

cular in effect, with a lining of lustrous white taffeta, and was worn over a gown of white taffeta. The black velvet straps crossing in the front over the white gown seemed an integral part of the costume.

The hat worn by this very smart young matron was one of the new black velvet affairs, which will be one of the most chic shapes of the Winter. This broad-brimmed sailor is becoming to most women, and presents varied and delightful ways of trimming. The osprey, so popular in London, is impossible in America, but flowers will take their place, I am sure, in most cases.

The soldierly cape of purple charmeuse, lined with rose, is wonderful. I wish that I might send you the colors themselves. Worn over the short full tunic of black chiffon it is most stunning.

The small turban of black satin, with its purple and rose velvet rosette, is very smart.

I am glad to be able to send you a picture of the motor outfit which I designed for a recent bride. The coat, with its full back and military lines, is made of dark blue tweed. The facings of broad striped black and white taffeta give a light touch. The close-fitting hat of blue velvet is covered by the all-enveloping veil, which in this instance is rose chiffon, but may be any color that is becoming.

The stole and muff of tailless ermine will be worn this Winter with "dresy" costumes. There is nothing more lovely and nothing which seems more expen-



The Newest Motoring Costume Designed by "Lucille" of Blue Tweed.

How to Keep Your Arteries from Bursting.

LONGER life for thousands of human beings depends upon the prevention of a premature hardening of the arteries. Arteries which have become so inelastic and rigid that they are liable to burst under the slightest undue strain, lead to apoplexy, kidney diseases, hemorrhages of the brain and enlarged hearts, and they are one of the chief causes of death after middle age.

To find a way of postponing this hardening is one of the most difficult problems which science faces to-day. All the greatest minds in the medical profession are attacking it. The progress they have already made in discovering the causes of this condition and devising ways of preventing them encourages the belief that before long the problem may be successfully solved.

Arterio-sclerosis is the name by which medicine knows this hardening of the arteries which threatens all of us as we approach middle age. The fact that hardened arteries are more frequent among men than women led for a long time to the belief that they were caused by over-indulgence in tobacco and alcohol. This theory was exploded largely as a result of the investigations made by Dr. Richard Cabot, of Boston.

Responsibility for arterio-sclerosis was next laid at the door of inactivity and over-eating. But this theory was abandoned even more quickly than the previous one when it was discovered that persons who are muscularly active and eat relatively little are more subject to this disorder than those who eat heavily and lead sedentary lives.

The fluids poured into the blood from the little supra-renal glands near the kidneys are now generally accepted as the cause of arterio-sclerosis. The secretions

of these glands have been found to be much more abundant in athletes and in men who habitually do laborious work on too little food.

In the laboratories a quantity of supra-renal extract was injected into the blood of rabbits and other animals. These injections raised the blood pressure, made the arteries hard and inelastic, and created all the conditions found in human beings when arterio-sclerosis is present.

Envy, jealousy and all violent emotions stimulate the flow of the supra-renal juices in men and women, and so do overwork, worry and lack of proper food. The blood pressure usually becomes abnormally high as the arteries grow harder and harder. When this condition is recognized the patient's diet is the first thing that requires attention in order to check the progress of the disease and prevent the weakened arteries from bursting like a length of rotten hose.

The proteins eaten should, of course, be of varied character. Notwithstanding the bad reputation of "red" meats, Dr. Lewellyn, the distinguished Australasian physician, considers slightly underdone beef the most valuable meat food for sufferers from hardening arteries. He allows his patients from one to two ounces of meat daily, the amount varying according to its protein contents.

The aim should be to select mainly tasty foods which are rather bulky and of low protein content. Among vegetables and fruits the following are exceptionally useful: Cauliflower, celery (boiled), onions (boiled), vegetable marrow, the stems of silver beet (boiled), tomatoes, grapes, ripe peaches, bananas. Either boiled onions or boiled celery taken daily for a time appears to have a value in producing a feeling of well-being, and the same may be said of grapes. Soups, broths and meat extracts are absolutely forbidden.

The restriction of the proteins is sometimes followed by an abnormal appetite for carbohydrates. The patient should be enjoined to exercise some self-restraint, even at the expense of some of his surplus fatty tissue, and the craving will usually diminish after a week or two. The filling of the stomach to satisfaction is one of the commonest causes of sudden rise of blood-pressure accompanied by angina.

One effect of the new routine is an increased capacity of the stomach to tolerate fatty foods. If the diet prescribed is too poor in carbohydrates or fats when the stomach is not filled to satisfaction the patient will lose weight to an undesirable extent, and less bulky foods of higher caloric value but similar protein content must be substituted for some articles of the diet.

The taking of liquids with solids is strictly forbidden. A meal of solids and liquids is a far more potent factor, Dr. Lewellyn believes, in the production of anginal attacks than one of the solids alone. No liquid should be taken until at least an hour after a meal. The total intake of liquids—even water—should be reduced steadily to a degree to be determined by the circumstances of the case. A cup of tea may be taken on arising in the morning, but the taking of solids apart from meals is not allowed.

Alcohol is strictly forbidden in every case. If the patient has been long habituated to its use, the withdrawal is made gradually.

The use of common salt is restricted, and no article of diet rich in potassium should be taken in large quantities. Rice is preferable to potatoes.

The withdrawal of proteins should usually be effected gradually. In a few cases in relatively good general condition, however, Dr. Lewellyn reports that he has made a big reduction at once and with no unfavorable results.