

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



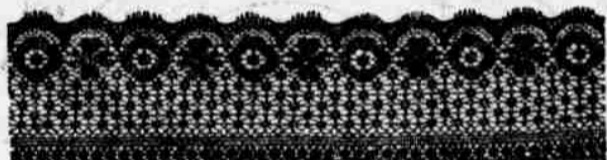
"LUCKY" DRESSES

Lady Duff-Gordon Discusses the Effect of Harmonious Dress on Fortune, and Describes Some New Gowns

clothes and with a waistcoat of most intense reds and greens and with a glaring necktie. He would find, nine cases out of ten, that his deal was not successful. He would be apt to blame it upon his bad luck. I should blame it upon the disharmony of his waistcoat and necktie, and their effect upon the minds of the men to whom he talked.

Luck is, after all, simply having things happen to us which we want to have happen, and which are pleasant. Bad luck is our being thwarted in things we want to have happen to us, and having things happen to us that are unpleasant and which we do not want. In this modern world no one can stand entirely by one's self. There are all sorts of points of contact with our fellows, and the sum total of these points of contact make up our life.

Particularly is woman, who, after all, must depend more upon her appearance than upon anything else, susceptible to these influences. Her good luck comes mainly from others. So, too, her bad luck. It, therefore, behooves her to be so in harmony with herself that none of those dissonances we call bad luck can creep in.



The Kismet Walking Gown, a "Lucile" Creation in Natural Color Tussore. The Front of the Bodice Is Heavily Embroidered in Self-Colored Silk in Oriental Designs.

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

By Lady Duff-Gordon, ("Lucile")

THERE, are, I believe, lucky dresses and unlucky dresses. Dress has a force all its own. I do not mean this in a superstitious sense at all. I believe that what we call luck is merely being in harmony with the great and good forces of nature. When we are unlucky we have, perhaps through no fault of our own, run counter to nature's harmonies. As dress is so much a part of modern life, and as upon our appearance depend so many things, so one should study most carefully the relations between one's own self and dress, so that no harmony may be overlooked and the dress become consequently unlucky.

One should always have full command over one's self. Most important, one should be able to impress upon others the fact that one is in full command.

Just as a little illustration: Imagine a business man who is about to discuss a serious deal involving millions and one with far-reaching consequences. He must discuss this deal with half a dozen men whom he must impress with his good sound business judgment and judgment and judgment.

"Oh, Mr. Smith," she said, "last night I had such a delightful dream! I positively dreamt that you and I—only you and I—were traveling on our honeymoon. Do you ever have dreams like that, Mr. Smith?"

The young man considered for a second before replying to her. "I am afraid I used to, Miss Antique," he answered.

"But now, Mr. Smith," she insisted. "Now I am more careful over my suppers," he chuckled, "and am not subject to nightmare any longer!"



Lady Duff-Gordon.

She may be all sweetness and life and gentleness in herself, but, if she clothes herself in a raiment that negates and destroys those good points, of what use are they to her? She will attract bad luck as the lightning-rod attracts the lightning. But, if she clothes herself in full harmony with herself, she is apt to have only good luck.

herefore, I want to say to you again, as I have said so many times, study yourself. Do not be carried away by foolish fads and fancies. Pick out the line of dress that are best for you and the colors that suit you best. If all the world were wearing red, do not you wear it unless red is your color.

I am showing you this week photographs of two of my latest creations. The walking gown is of natural color tussore. I have christened it the "Kismet" gown. The skirt is quite plain with the overskirt caught up at the back, showing the facing of dark Châteaublue.

The front of the bodice is heavily embroidered in self-colored silk in Oriental designs. The long loose coat is just fastened below the waist with a single button. A red satin Turkish cap with a long black and red tassel falling over the side completes the costume.

The other picture shows a fine white lace garden party dress with overdress of pale pink taffeta. The bodice is entirely of lace with tiny puff sleeves of same with long net cuffs to the wrist. The collar is of the newest mode being of lace with wire around the edge to make it stand up. The front of the bodice is held across with a fastening of silk taffeta of same. A bunch of green chiffon and tissue flowers tucked into the belt at the side adds the necessary touch of color.

A novelty which has achieved instant popularity is the "Robespierre" collar—a close connection of the "Byron," and like this shape providing a most becoming frame for the back of the neck, while the front is left quite free by the down-turned softness of white lawn. The V-shaped opening suits most people wonderfully well—much better than the round, in fact—and altogether I am heartily in favor of this newer form of neckwear, as it should make it possible for every woman to discard the high collar-bands, which are not only disfiguring to so many, but are actually injurious to all. For I admit that if the throat is to be shown all round, it should be of the rounded whiteness, which is, alas! the privilege of youth, and youth alone, so that many older women have not dared to adopt the ordinary down-turned collar, much as they would have wished to do so. But now the "Robespierre" collar solves the difficulty for them, and if they will take advantage of it they can also take years off their age! The "Byron" model, being more deeply down-turned, will be better suited to those more youthful and attractive necks, though even this affords more protection at the back than the other shapes, which gave "first aid" to the sufferers from the high collar-band!

Other and larger collars, which are draped to complete coats and wraps, are in their latest and prettiest developments, combining Bohemian lace and finely hand-embroidered cambric, while point de Venise lace is solely and smartly responsible for other such decorative additions. Some of the shapes—and, in fact, most of them—form a very deep point, reaching to the waist-line at the back, but whether they are there rounded, or pointed, or square, they are almost all alike in being of exceedingly modest and tapering size in front. There is, indeed, a veritable rage for lace and broderies of all kinds, and some very effective combinations of black and ecru or ochre shadings are notable, the black usually supplying the foundation of net and the color coming into evidence as a border, and being either in gulphure trellis work or Bohemian style lace. Another feature of the season's trimmings in this particular connection is the variety of narrow edgings, some designed for the finishing of lingerie dresses being of white lawn, outlined with embroidery beads, while others in net are combined with very fine baby Irish lace and some narrow guipures are in their turn further beautified with tassel fringe and a fine picot top! Fringe festoons and ball fringes there are, too, whose entire width is only about half an inch, while the introduction of fringe on wider laces has also been tried with very good effect.

A "Lucile" Garden Party Dress with Pale Pink Taffeta Overdress. The Wire-Edged Collar Is One of the Newest Notes in Summer Modes.



Mme. Lina Cavalleri.

No. 177--Straighten and Strengthen Your Back

By Mme. Lina Cavalleri, the Most Famous Living Beauty

MME. LINA CAVALIERI tells her readers to-day how to acquire a graceful and attractive figure. She does so in her usual practical and instructive way. The back is, so to speak, the basis of the figure, and she gives sound and helpful advice as to how to make and keep the back strong enough to bear its burden and maintain a graceful carriage.

By Mme. Lina Cavalleri.

I ALWAYS judge a woman's back by her carriage. If the muscles of her back are weak their weakness displays itself in her bearing.

Women fancy that a weak back is the heritage of their sex. They fancy that aches and pains in that region are inevitable. In this they are mistaken. The back may be rebuilt and strengthened as can other weak spots. Discreet exercises are the best aid in that desirable direction.

For children who are growing round shouldered, shoulder braces are, for a time, beneficial, for they train the muscles to erectness. When this training has been accomplished the braces should be removed and the child required to practice the carriage the brace has taught him. But for a grown person I never advise braces except as a last resort in a desperate case, and particularly in cases of lung affections, to require the person to inhale fresh air.

We often receive the advice, "Rest your back to stop its aching." This is sound advice in cases of extreme fatigue, but generally

"Lifting moderate weights from the floor is a good exercise for strengthening the back."



the best way to rest the back is to strengthen it, and the way to strengthen it is by well directed, but not violent, exercises.

Every muscle in the body is there for some use. Everyone should have enough exercised to keep it healthy. The muscles of the back are weak because they are so seldom used.

The best exercises for development of these neglected muscles are those which involve stooping. Spotted, pampered beauties test themselves by stooping, and if they can touch the floor with their finger tips, without bending the knees, they pronounce themselves fit. Women less spoiled and pampered have far less anxiety about keeping fit. Their everyday work requires enough stooping to keep the muscles of the back flexible and the muscles of the abdomen firm, and of normal size.

Lifting moderate weights from the floor is a good exercise for strengthening the back. If the back be very weak it is well to begin with an empty bucket. As exercises strengthen it gradually fill the pail. A basket with a handle may serve the same purpose. Stoop slowly, and slowly lift the weight. Keep the leg muscles tense and make the muscles of the arms tense. Reach slowly forward and lift the weight with both hands. Lift it on a level with the waist line. Then lower it, as slowly, to the floor.

Next to stooping, twisting the muscles of the back are a good exercise for strengthening it. But let this twisting be slow and gently done, or this will be one of the instances in which the remedy is worse than the disease. Violent exercise will only make the muscles weaker and cause a more severe ache, and possibly a severe injury, by wrenching them.

This is the best method for the twisting. Lift the arms slowly above the head, with the elbows un bent. Then slowly turn the body to the right, resting its weight on the left leg. Swing the body around, keeping the arms above the head but shifting the weight to the right leg. This is the most valuable exercise, for it contorts the muscles, causes a supply of blood to flow through them and by the unusual action they gain strength.

The same exercise as the foregoing can be advantageously done with the arms stretched out horizontally before you, and swinging them in a large half circle, being careful to shift the weight from one leg to the other and keeping tense the muscles of the legs on which the weight rests.

As a rule round shoulders are the sign of weakened muscles. Or the appearance of round shoulders may be given by a too great accumulation of fat across the shoulders.

A good exercise to correct this is

a simple squaring of the shoulders, drawing in at the same time lungs full of air. Push back your arms so that the forearms are on a level with the waist and the elbows are pushed as far back as possible. By a gently sawing motion move the elbows forward and back. This causes a rush of blood to the muscles surrounding the shoulders, and nourishes the muscles which you are exercising and banishes the fat cells.

To banish fat from the back draw the arms back as I have described. Thrust between the back and elbows a stout cane or a broomstick. Manipulate the cane by means of the elbows so that the muscles are not only strengthened but the cane is rolled over the flesh. The effect is to break the fat cells.

This is sometimes more easily done if you hold the cane in a diagonal position. Useful to the same end is the exercise of sitting erect in a chair and exaggeratedly shrugging the shoulders, first one, then the other, then both together.

Work with light dumbbells will also in time reduce the fat of the back, but I counsel the use of light clubs, and these in moderation. Standing erect, the feet resting flatly on the floor and the knees unbent, raise the dumbbells slowly above the head without bending the elbows. As slowly lower them until the arms hang loosely at the sides.

If you notice that one shoulder is higher than the other, give heed to your hips. The hip on the other side is probably thrust up and the shoulder on that side sinks, the shoulder on the opposite side rising to balance it. So if one shoulder is high, correct your way of standing. Stand with the weight evenly divided and rest on the balls of your feet. Your shoulders will drop naturally into place. Keep them in place.

"Twisting the muscles of the back by gentle exercises strengthens them."



BEAUTY QUESTIONS ANSWERED

M. M. asks me to repeat the formula for Dr. Vaucaire's bust developing lotion, "which I have tried and found a wonderful remedy," she writes, "but the stupid druggist has lost the formula."

I suppose you refer to this: Simple syrup: 40 grams. Tincture of fenel: 10 grams. Liquid extract of galega (goat's rue): 10 grams.

Lacto phosphate of lime: 10 grams. This is a tonic Dr. Vaucaire prescribed for some thin, nervous women to encourage them to eat enough to nourish them and cause them to tounish on plumpness:

Tincture of rhuarb: 3 grams. Tincture of nuxvomica: 2 grams. Tincture of star anise: 3 grams. A dose of six to ten drops of this may be taken in a spoonful of water before each meal.

G. M. says: "I have read your beauty articles for a long time and have been greatly benefited by them. I would like to know what will make the hair grow. Mine is short and thin. It seems dead. Also will you please write me what will develop the bust?"

Probably you are anemic and require a general rebuilding of the system. The hair is a barometer that shows speedily the state of health and the quantity of strength. It sympathizes instantly with any lowering of the vitality. If you will sleep more, be at more pains to choose, nourishing food, chew your food until it is like milk in the mouth, exercise enough to cause your blood to circulate well, you should in a few weeks or months note an improvement in the condition of your hair. Meanwhile, massage your scalp every night, rubbing vasoline or lanoline into it one night, and good tonic into it the next. This is such a tonic:

Oil of mace, 1 oz. Alcohol, 1 oz. This is also a popular formula: Glycerine, 1 oz. Spirits of lavender, 1 oz. Tincture of hantany, 2 1/2 drams. Tincture of cantharides, 1 1/2 drams. Quinine sulphate, 15 grains. Enough alcohol to make the whole a 12-ounce mixture. Letting the hair hang about the

shoulders has value, both because the slight pull upon the roots is a kind of exercise for the roots, and for ventilation. The hair being "done up" all day, the scalp suffers from lack of air and sunlight both good hair growers. I need scarcely say that the hair should be well brushed at night before retiring, and that long hair should be loosely braided, the ends being left free.

To develop the bust, improve the general health. Also take deep breathing exercises, such as I have many times described, several times a day, choosing a large city where the air is purest. In a large city the roof is the best place.

"Does a face powder harm your face if washed off at night?" is her concluding question. Pure rice powder can do no harm if removed at night with cold cream. Washing the face with water does not so effectually remove powder. Take the powder off with cold cream, which mixes better with it. Then cleanse the face with warm water and almond meal or oatmeal, or if you prefer it, with soap.