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THE HATS AT ASCOT

On the Left is the New Lucile Mercury Hat, Opposite is the Lucile Gayer Hat, While Below it is Shown the Lucile "Halo" Hat

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 Nos. 37 and 39 West Fifty-seventh street, New York

By LADY DUFF-GORDON (Lucile)

THE inspiration of Ascot—where, if a woman wants to make a mark at all, she must be very, very smart indeed—always seems to result in the creation and the choice of some wonderful hats. And this year the millinery marvels are even more attractive than usual. So that any one of those of which I am going to tell you might be depended on to save its wearer from the fear-some fate of looking merely ordinary, and, therefore, being entirely overlooked.

In a crowd, indeed, a striking hat is of even more advantage—from the point of view of attracting attention—than a gown which demands free space and a full length view in all its details are to be seen and appreciated.

A good many Leghorns are being used. This old-time favorite in the way of straws is gaining many new and potent attractions by reason of such schemes of trimming as, for example, an encircling wreath of giant wild roses, whose petals are made of differently and delicately shaded net—not, please understand, the ordinary fine dress net, but a coarser, more canvas like variety, which can be depended on not to readily get limp and shapeless.

Blue and pink and yellow and blue, in the palest possible shadings, are the colors which are thus brought together in those quite beautiful blossoms and some dear little half-opened buds, while the leaves which trail between and complete the wreath are all of silk and of a still paler pink shading, this being the most becoming tint, too, of the aeroplane, which lines the brim.

By the way, another novel fabric for the fashioning of roses is broderie Anglaise, a dozen or more of those pure white flowers being clustered—with some white gauze leaves—on a big, shady hat, whose crown is covered with a closely folded softness of white chiffon, which then gives place to a brim of straw, with just a bordering of the softer fabric, a big butterfly bow of wide satin ribbon holding those flowers together. And really they need something to thus keep them in bondage, for they look almost light enough to fly away at the first breath of wind.

Another Leghorn hat is wreathed round with ivy leaves in alternate clusters of white and softest green, divided by bunches of little white satin berries; these having for background, not the rather deep yellow of the straw, but the softness of the mallow-toned net, whose slightly frilled fullness veils the brim.

Still again, imagine a Leghorn whose wide "Bobby" brim has all its fascinatingly irregular curves and dips followed by a wide band of black velvet ribbon, whose ar-



A Lucile Demi-Toilette of White Batiste, with High Girdle and Skirt Trimmed with Lengthwise Tucks and Horizontal Puffs

angement is so exceedingly skilful that it has no suggestion of being stitched into position. Beyond this again, there comes a fold of widely tucked white tulle, which slightly overhangs and distinctly softens the brim, while, round the crown, these same well-contrasted fabrics are again united and then finally tied into a huge bow rather toward one side at the back.

Still another Leghorn has a brim awkwardly and lightly covered with white nylon against which the straw is then rolled upward to form a series of four points. For the rest, some wide white moire ribbon is folded about the crown and caught in at one side by a bunch of velvet cornflowers, all of brightest, deepest blue, while at the other the blue velvet blossoms are intermixed with some which are modelled in pure white muslin. There are quite a lot of these

there is a side bouquet of deep yellow and orange and lilac tinted roses, above which arise straight and tall, some half-a-dozen small pure white lilies. These latter and lovely flowers also looking particularly well, with black and yellow marguerites or brilliantly blue cornflowers.

And though all these models are of the rather wide-brimmed variety, which is certainly beneficial to the eyes, as well as becoming to the complexion, when the sun is at all inclined to assert itself, you must not for a moment imagine that the small shape is not equally in evidence. For indeed it is very much to the fore and every day that brings us nearer to the Autumn season of styles, will see its increasing popularity over the larger models.

One such deliciously quaint affair is of white moire, with corded pipings to encircle the crown and accentuate the slight upward tilt at one side of the boat shaped brim, which there shows, too, the effective contrast of a black satin lining.

This Lucile Model Shows a Simple Scheme of Drapery Carried Out in Softly Shaded Charmeuse. An Oriental Fabric is Swathed at the Waist



MY SECRETS OF BEAUTY

No. 183---How to Gain Flesh

By Mme. Lina Cavaleri, the Most Famous Living Beauty

WHILE most of the world of women is seeking means of flesh reduction, there is a goodly number of inquirers that ask the opposite advice. They want to know what to do to avoid the thinness that other women are fasting and exercising, taking Turkish baths and drinking diluted lemon juice to attain.

Mme. Cavaleri gives advice to this class of persons to-day. She talks of flesh-making foods and tells of a woman who gained the flesh she wanted simply by eating a half dozen dates after full meals.

She refers to the value of drinking olive oil for flesh formation and prescribes massage with olive oil.

By Mme. LINA CAVALIERI

FROM a young girl comes to me a query often put by older persons. Were it not that the question were asked by her elders I should pass it without answer, for I think it is not well to try to guide the natural growth of a young girl toward slenderness or plumpness. Nature should have its chance to indicate rather strongly which way it intends her to travel, whether the road of thinness or fat. When this has become apparent, which is not until after sixteen or eighteen, it is quite time to supplement nature.

But for those readers whose growth will not be interrupted by any radical changes in manner of living, I would advise special attention to diet. Give a great deal of intelligent attention to nourishing the body. Keep in mind always the class of foods that form flesh.

Of the cereals corn, wheat and oats belong in this class. The bread made from them has the same properties, especially if they are used in their natural, unadulterated state. Corn bread, made from rough yellow meal and spread plentifully with butter, is one of the best means of adding to the weight of the body. Potatoes, if used in connection with eggs, cheese and milk are important aids in that direction.

A French physician of unusual skill prepares to fatten his thin patients by requiring them first to fast for a short time. Sometimes he asks that this continue for three days, though in my opinion forty-eight hours are quite enough. This is to clear the body of all remnants of former manner of diet. This is followed in his system by an exclusive milk diet of three more days, he permitting the patient to drink as much as she likes, but insisting on at least two quarts a day, drunk very slowly, ten minutes for the consumption of each glass, almost literally eating, rather than drinking it.

Should the appetite rebel at the milk it may be varied by an occasional glass of orange juice or of lemon juice and water, half and half.

The third step in this rejuvenating of the body before beginning to take the flesh forming foods, is to eat nuts and fruit freely for a day or two or longer, unless your appetite becomes too rebellious.

When you have begun with the flesh forming foods, which I have stated before in other articles, always include meats containing considerable fat, be careful to chew them so thoroughly that all turn to liquid form in your mouth before swallowing.

I knew a woman once, extremely thin, who always ate a half dozen dates for dessert, after a full meal. To this she ascribed her rapid gain in welcome flesh.



Mme. Lina Cavaleri.

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Exercise gently while building flesh, but do not exercise quickly nor long at a time.

Drink water freely, and during meals one glass slowly drunk of cold water will not interfere with, but rather aid, in the digestion. One of the first measures taken by those who wish to reduce their flesh is the opposite—to avoid drinking

water at meals.

Rest often. Sleep as much as you can, taking a nap at midday if possible. Thin persons are nearly all worriers. Fat persons, as a rule, do not worry.

Massaging the body with olive oil or vaseline aids in flesh formation. Drinking olive oil has the same result.

Beauty Questions Answered

By Mme. Lina Cavaleri

A. W. L. asks "what to do for a sagging chin," and adds: "It's falling into wrinkles and makes me look old."

Wear a chin band of muslin or rubber at night. Bathe your chin frequently in cold water or press a piece of ice against it. Massage that rebuile and makes firm the sagging muscles will strengthen the chin, but trust this task only to an expert.

C. R. inquires what she shall do to "keep the skin from looking withered." Use a good cold cream plentifully, patting it well into the face at night after cleansing the face. She asks also the best way to massage the face to fill in the hollows. "I prefer slipping the face gently with the palms of the hands to any other method."

A third inquiry from the same source is "how may I develop the bust and make it firm?"

Develop the bust by improving the general health and by the deep breathing exercises I have so often described on this page. Cocoa butter or coconut oil patted lightly into the bust may enlarge it. To make it firm it is best to wear corsets having no bust supporters, these out very low. If you are no longer young it is not well to begin. But those who from their youth wear no bust supporters are rewarded by firm breasts except in cases of illness.

R. W. asks: "Will you kindly let me know how I can remove superfluous eyebrows? Not that exactly, but I might well call them extension eyebrows, for they grow over the

bridge of the nose and my friends all tell me that is the one defect in my appearance."

Pull them out with tweezers, a few hairs at a time, until they are all removed. After each operation wash the spot with peroxide of hydrogen to purify it, and apply a good cold cream to heal it.

K. W. says: "I have had typhoid fever and would like your advice about repairing its ravages. My skin and scalp are very dry. Please publish formulae for a good hair tonic and skin food. I also have liver spots. What shall I do for them? Also please tell me how to massage my face."

This usually promotes the growth of the hair. Massage it well into the roots every morning and evening.

Oil of sweet almonds, 45 grams. Essence of rosemary, 45 grams. Oil of mace, 2 grams.

While restoring the hair, be sure to keep the scalp free from dandruff. A shampoo once a week will be necessary.

Pure lanoline is an admirable skin food.

For the liver patches, "hepatic spots," "masks" or "morphew," as they are variously called, a standard remedy in England is the internal one of taraxacum or extract of dandelion. A pill of taraxacum every other night until the skin begins to clear is the amount of the dose. This freckle remedy prescribed by Dr. Erasmus Wilson has been used with success in removing liver spots:

Elder flower ointment, 1 oz. Sulphate of zinc, 20 grains.

Rub this mixture upon the affected spot at night. In the morning wash it off with water and mild soap. Dr. Erasmus Wilson, whose recipe is the foregoing, advises, after washing the preparation from the face, the application of this:

Infusion of rose petals, 1/2 pint. Citric acid, 30 grains.

Apply with a piece of soft muslin or linen. In sensitive skins an irritation may follow this application. If so dab some of this on the parts affected.

Almond mixture, 1/2 pint. Goulard's extract, 1/2 dram. I advise dipping the palms into cold cream and gently slapping the face.

On a Secure Basis.

"DAD, lend me two hundred dollars!" cried the financier's son, rushing into his father's office.

"What for, my boy?"

"Oh, a lovely little deal—a sure thing!"

"How much shall we make out of it?" asked the old man cautiously.

"Fifty," replied the son eagerly. "Twenty-five each."

The old man went to his safe, withdrew a roll of notes and solemnly counted out twenty-five dollars.

"Here is your money," he said. "Let us consider we have made this deal, and it has succeeded. You make twenty-five and I save one hundred and seventy-five."