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When-The-First Leaves-Fall Dresses



The "Lucile" Sunburst Cloak.

By Lady Duff-Gordon "Lucile."

I AM able to give you to-day the very first glimpses at a few modes designed for the early Fall and there are those who will not be sorry how soon that de-



"Lucile" Coat and Skirt Showing the New "Drooping" Figure.

lightful season arrives.

The long plain lines of the afternoon gown shown in the photograph will appeal to all tall, slender women. This gown of plain natter blue charmeuse is almost seamless. It is made, of course, of the widest charmeuse. The only seams are under each sleeve and down each side. The sleeves cut in with the body are very long and narrow. Freedom of action and the necessary fullness at the bust line are given by three little crosswise plaits.

There is a slight draped effect at the front of the waist-line given by two shallow folds just at the belt-line. The rest of the robe falls in graceful folds to the floor. The skirt is very long in front and has a graceful clinging train. The



A Simple "Lucile" Fall Costume of Charmeuse for Tall and Slender Women.

only decoration in the whole gown consists of narrow bands of dull, rose satin arranged in Greek border. With this gown is worn a large natter blue straw hat trimmed with white wings. The chiffon scarf is of dull rose chiffon.

In the sketches I am sending, you will notice the sunburst cloak, which has been said to be a triumph of simplicity and draping. More interesting perhaps is the coat and skirt shown in another sketch, which fashionable women are going to cultivate.

I am sending, too, a sketch of gown I created for Miss Gertie Millar in "Gypsy Love" which shows the effectiveness of a black costume when relieved by a glimmer of gold, flashes of scarlet and touches of purple and blue.

And then, not by any means least in interest among the season's creations are the new "Mermald modes," if I may be permitted to thus christen the latest bathing dresses, which are really so attractive that they will give one a new interest in the daily dip, and more than make up for all the preliminary and subsequent trouble it involves. Though, to be sure, the necessary undressing and redressing are both alike very much simplified nowadays, thanks to the fact that underwear is reduced to a minimum, and that the all-in-one dress, with its

array of stud-fasteners in place of refractory buttons and loops, or the even more elusive hook and eye, is practically the universal wear of women of all ages.

And, do you know, there is extraordinarily little difference between the day dress you will discard and the suit you will don for the sea, and whose fabric will almost certainly be the taffetas silk, which has been simply supreme all through the season, and is now bringing its brief but glorious reign to a by no means unworthy end by thus fashioning the smartest bathing dresses. For you may take it from me that the fever of favor for this particular fabric has burnt itself out by now, and that within the next two or three months we shall have transferred our allegiance from taffetas to bengalines and Ottomans, heavy soft crepes and the always exquisite charmeuse. Yes, taffetas has almost had its day, but in these, its last hours, you are going to love it almost as well as when it first made its appearance and its instantaneous success, and it will probably be associated with some of your greatest successes, if, for example, you elect to have a silken bathing dress whose tunic is all of demure black, save for just a central and bordering piping of cerise silk between narrow bandings

First Glimpses at the New Modes for Early Fall

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.

of black braid and for some tiny, closely clustered buttons, which repeat and emphasize this same vivid coloring. The tunic is deeply curved in front and at the back, and slit up almost to the waist at either side, where bandings of braid hold it together sufficiently to preserve the slender outline of the figure, but not so closely as to hide the piquant presence and contrast of knickers of cerise silk. For this is the novelty note of the season's bathing dresses—the wearing of very brightly colored knickers, either cerise, emerald green, sapphire blue or royal purple, with a black tunic, the swathed turban head-dress always repeating and emphasizing the chosen and contrasting color, while very often, too, high satin boots and silk stockings to match will be added to a toilet which will certainly, therefore, be sufficiently eye-arresting to satisfy the woman who wants to attract attention. Oh! and you must not forget either to have a waterproof satin bag, which will give a final touch of color, while I would suggest, too, that you should provide for a very desirable variation of effect in your toilet by further investing in a cap of reversible satin, outwardly black, but just showing a flash of the inner color in the bow loops at one side, and then in a pair of black stockings and satin boots.

Another and somewhat less startling idea is to wear rather full "trousers" of black and white spotted foulard beneath a tunic of black taffetas, finished off with a deep sailor collar and loosely knotted scarf of the soft spotted silk, the correct accompaniments for this distinctly attractive toilet being black footwear and a square handkerchief of the foulard, which is laid over and permanently attached to an inner and closely fitting cap of rubber which protect the hair and leaves the outer silk free for draping and decorative purposes. The other most favored form of headwear is a Dutch cap, which is generally made in plaid silk, and always provided with a capacious bag of waterproof silk to match, the care which is taken to have all the accessories of even these somewhat informal toilets in complete accord being a very satisfactory sign of feminine realization of the importance of the little details in any successful scheme of dress.



"Lucile's" Creation in Black and Gold for Miss Gertie Millar in "Gypsy Love."

My Secrets of Beauty // By Mme. Lina Cavalieri The Greatest Living Beauty //

MME. CAVALIERI tells to-day how the woman who is "run down" may regenerate herself. It isn't a question of too little exercise, she declares, but rather a matter of too much. Rest, sleep and plenty of fresh air are among the remedies she suggests in an article full of valuable advice.

By Mme. Lina Cavalieri.

YOU are "all run down," you say? Have you ever considered what that old-fashioned phrase means? Then you have not watched any one tire from running, his muscles limp, his head bent, his features drawn, his eyes dull from exhaustion. When you are "all run down" you are in exactly the condition of that spent runner. What does the runner do? Rest. What should you do? Rest. Well meaning persons seeing your dull eyes and noting your listless manner may advise exercise, but that is because they mistake lag for sluggishness. If you are growing fat and heavy, and inert from inactivity, assuredly you need exercise, but being "all run down" is quite a different state. In the first case your vitality is clogged and imprisoned. In this the vitality is nearly gone. The reservoir of your strength is almost empty. It is a matter of the greatest concern to you to, as soon as possible, refill it.

First rest. "Catch up" with sleep. Or, as I have heard busy persons

who hoarded the precious gold of health say, "sleep ahead." Take more than the actual rest required to meet the demands upon your strength at this time, in anticipation of the demands of the future. It is a marvel what an upbuilder is the simple device of going to bed an hour or two hours earlier than usual. Try it. Give it the thorough trial of continuing it for at least two weeks or more. The enfolding, threadbare mantle of the years will seem to fall away from you. Your eyes will be brighter, your complexion clear and more pink, your step lighter and your spirits higher. In brief you will be younger.

Never mind if you cannot sleep at first. Be persistent and woo the "sweet restorer." Do not believe that the late hour habit of years cannot be broken. It can. I know, for I have broken it.

Take a midday rest. The best method is to retire to a dark room, loosen your stays, lie flat upon your back, without a pillow. But if this is not feasible, at least recline in



Mme. Lina Cavalieri

one of the long chairs used on the deck of a steamer, or sit with your limbs outstretched on a level with the seat of your chair. Go where you can get the cleanest, freshest air, and breathe deeply of it. If you are in a city go to the roof.

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bread, and that only of the coarse grained kind.

Cleanse your lungs many times a day by inhaling deeply, holding the air in the lungs for as long a time as was spent in the inhaling, then sweep the lungs clean by expelling the air with long, deep breaths.

When the rest and nourishing food and deep breathing are doing their work of rebuilding and you feel strong once more, exercise may be resumed. The easiest and most natural of these is stretching. Rise on tiptoes and stretch. Raising the arms above the head with finger tips extended, stretch, stretch, stretch. At the same time yawn if you can, for this frees the body of the poisons that are weighing down the lungs and vitiating the blood.

At this period of rebuilding the "run down" system, slow walking will be of benefit. Don't let any one tempt you to over-strenuous effort. Saunter. Refuse to hurry.

Have you a friction band? If not buy one. It will be money well expended. Or make one for yourself from a rough new towel. Fold the towel so that it will be four times its original thickness. Sew the folds firmly together on both sides and at the ends, and to the ends attach strong stitched bands. Grasping these bands firmly, draw the towel across the shoulders so briskly that the skin tingles and reddens. In the same way draw it across the back, the hips, the back of the legs, the stomach. But most important of all

is it to vigorously rub the spine. To do this draw one end of the friction band over the shoulder and draw the band briskly up and down the back.

A glass of milk into which an egg has been beaten is a good beginning for the day, and a glass of hot milk on retiring a good way to complete it. Ten or more glassfuls of water drunk during the day will aid the rebuilding by washing away the poisons that have done the down-pulling.

Do your rebuilding as much as possible in the out-of-doors. If fresh air did not perform countless services for you it would stave your tired nerves by banishing worry. We never worry while drawing in great quantities of pure air.

Pat's Puzzler. "They call it an electric light," Pat confided to his companion, "but it do beat me how they make the hairpin burn in that little bottle."

A Profitable Dish. After dinner at the cafe Bobby noticed with bulging eyes the heaping pile of change which the waiter brought back to his father. "Oh, papa," he exclaimed, "Oh, papa, I'd like a plate of that too!"

Twenty Years After. "Why, John, what do you mean by burning our old love-letters?" "I have been reading them, by dear. After I die someone who wishes to contest my will might get hold of them and use them to prove I was insane!"