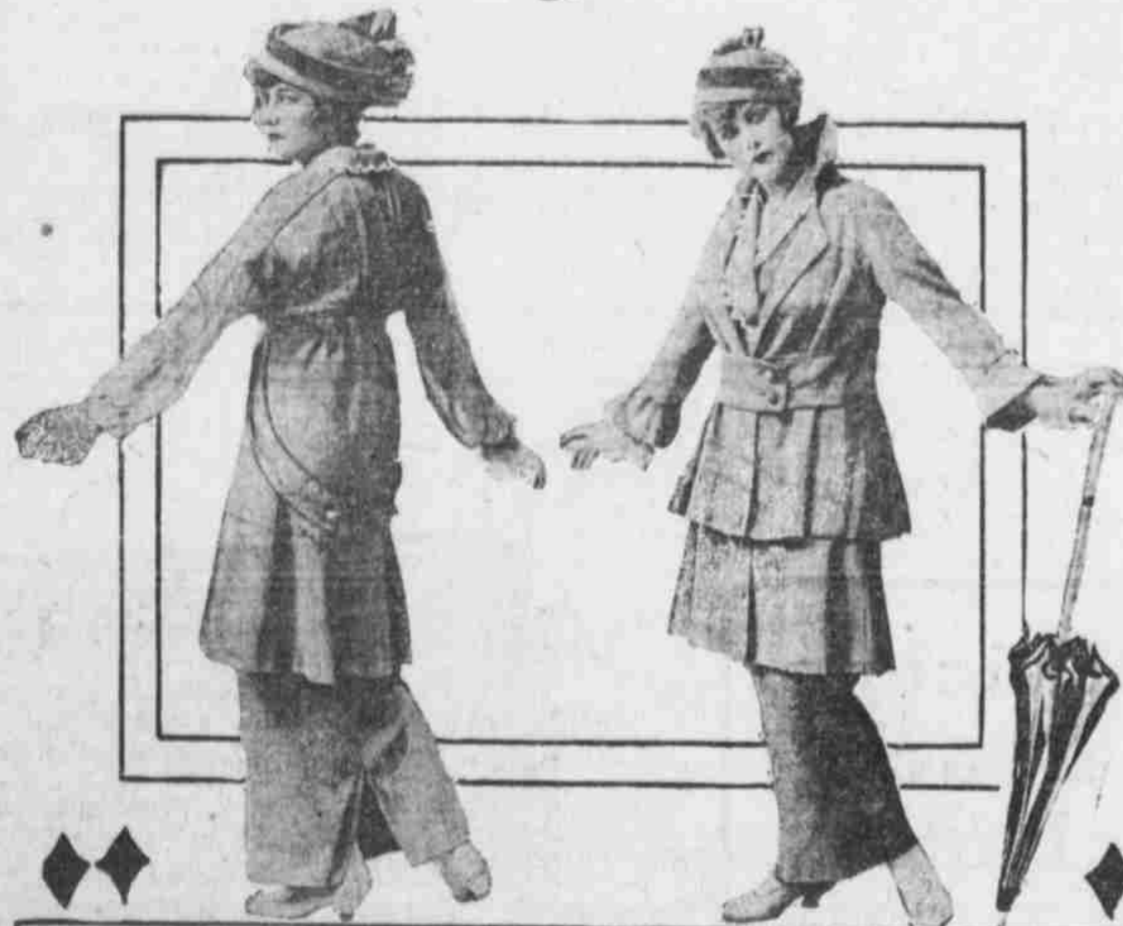


The Newest Walking Suits

"Trotting Dresses" from the Paris Boulevards By Lady Duff-Gordon.



Two Views of "The Gown of the Hour," Chic Morning Costume of Rose Colored Silk Crepe, Showing the Newest Form of the Oriental Sash Girdle and the Newest Box Coat.

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 Paris establishment brings her into close touch with that centre of fashion.

By Lady Duff-Gordon.

To be in Paris in June means that one must have many of the simpler modes in costumes. One must have a number of "afternoon" gowns, hats so numerous that a different one may be worn with each gown, and all one's accessories must be in perfect harmony with one's costumes, and general appearance.

For instance, the parasol. There are dozens of shapes to choose from, but only one or two that are permissible when one is wearing a tailored morning costume. But I am not going to write of parasols or other accessories this week. My whole mind is centred on some very lovely "trotting" dresses which I have recently made for a June bride, and I want to tell you about them.

The contest between those who want the 1880 models and those who want those of 1880 is still on. It wages fast and furious. Neither side will give in, and the result is a wonderful mixture of "period" gowns. At Anteuil the day the King and Queen of England were there the "page" resembled a room in which an enthusiastic but indiscriminate person had mixed Adam, Jacobean, Sheraton and Louis XVI furniture. Here in the "page" one saw bustles and Empire waists, Turkish trousers and lampshade tunics, full pleated skirts and stinky, narrow ones. Even the haughtiness of the Directoire age was there, and the ugly senioriousness of the Mayen age.

Just close your eyes and think of the room

I have already mentioned, and you will gather some idea of what the "royal enclosure," or "page," looked like!

No, my little bride did not wear any of her trotting gowns that day. She was away on her honeymoon; but the memory of those costumes is so clear that I shall take pleasure in describing each one to you.

Every skirt clears the ground by two or three inches. Many of the "trotteurs" are being made four inches from the ground, but I do not advise this. Two—or at the most three—gives the more graceful effect. Then again there are some gowns which must barely escape the ground. They hamper the walk—but then why walk?

These costumes I am sending this week all show a clean pair of heels to the world, and this means that the heels must be very pretty in outline and absolutely perfect in appearance. The French woman may not have a pretty foot, she may not be able to buy the really wonderful shoes and slippers you make in America, but never, never will she wear a shabby shoe or one that puts to shame her gown and hat.

In these costumes you will notice that in every one the line of the figure is broken by one or more tunics, or as in Figure 5 by a long coat.

"The Gown of the Hour" is a charming affair developed in rose silk crepe. The narrow underskirt has the slit in the back and the odd sash effect which some of the mondaines, especially those of a slenderness, are



"The Glimmer of the Summer Sea," Champagne and Blue Crepe, Double Tunic Costume.

"Green Meadows in June," Trot-About Costume in Green Tulle, with Belted Coat, Forming Third Tunic



Sport Costume of White Gabardine, with Red and White Striped Silk Facings, Small Red Hat and Red Pumps.



Why Our Habits of Eating Are All Wrong.

ACCORDING to Professor Bergonie, the celebrated French authority on the nutrition of the human body, the eating habits of modern civilization are all wrong. Instead of obeying the call of appetite, as we do, and as most physiologists tell us is the only reliable guide, our hours of eating should be established in conformity with hours of the day, when the body energy is rising, irrespective of appetite.

In presenting to the French Academy of Medicine the results of his researches on this subject, Professor Bergonie remarked that the way we now divide our waking hours with respect to meals is deplorable. We eat a light breakfast at 7:30, when the most marked rise of our energy demands the heaviest meal of the day. We take a heavy luncheon at 1 o'clock and a heavy dinner at 7 or 8, which are the very hours when a sharp decline of energy should forbid us to eat at all.

In the first place, rising energy is required in the performance of the digestive functions. Secondly, one of the principal objects of taking food is to supply the body with internal warmth, which is the same thing as energy. This process begins with the act of eating, the nervous system responding—during hours of rising energy—almost immediately. Therefore the two propositions supplement each other, without any interference with that other important need of food—the repair of broken-down tissues.

If we take our meals only at times of declining energy, that decline is still further marked because of the very lack of energy with which to immediately assimilate nutritive material. And that, according to Professor Bergonie, is exactly what is brought about by our present "deplorable" system of meals.

Professor Bergonie's experiments began with a systematic study of the energy expended by man during a day of twenty-four hours. He discovered that the different states of our bodily energy are marked by the clock for the rea-

son that the customary hours of sleep are marked in the same way. During sleep the amount of energy used is at its minimum. Energy accumulates during these hours. At the time of rising it is reaching its maximum. After rising the expenditure of energy is resumed, but energy continues to rise for a few hours. Shortly after rising, therefore, the conditions for taking food are the most favorable of any hour of the entire twenty-four hours.

The longest period of the day and night has elapsed since food was taken. The stomach is empty. Food is needed, and there is energy wherewith to convert it into renewed energy immediately by way of the nervous system. Thus Professor Bergonie appears to prove his theory that the breakfast taken shortly after rising should be the heaviest meal of the day.

Now comes the argument against the heavy luncheon. During the hours up to the middle of the day there is the greatest expenditure of energy. The accumulation during sleep, supplemented by the generous morning meal taken at the right time, is becoming exhausted by noon, and by 3 o'clock is at its lowest point. To eat at all during this period of energy decline would only make matters worse, and a heavy meal during those hours seriously overtaxes the liver.

But at a little after 3 o'clock the body energy begins to rise again, and by 4:30 a light meal will help along the process. But it should be only a light meal, for the completion of the day's work means that there is a small proportion of energy available for digestive purposes.

It appears that the very worst of our eating habits is that of taking our dinner—the heaviest meal of the day—between the hours of 7 and 8. For the day's drafts on the supply of energy have left the whole body tired, with the internal organs in no condition to convert food into energy. Toward midnight, however, the body becomes somewhat rested. Another light meal can then be taken with advantage, because as very little energy is expended during sleep

in other ways, there is a sufficient amount to carry on the work of digestion.

This completes the twenty-four hours' cycle, with meals taken when they will do the most good—according to the investigations of Professor Bergonie.

The French savant was careful to explain to the members of the Academy of Medicine that this arrangement of meals is not theoretical, but the result of practice by an entire family during an uninterrupted period of six years. From the viewpoint of perfect health he considered the test most convincing.

It will be noticed that these reported results are in sharp contrast with those promulgated by other authorities, who quite generally unite in the teaching that food never should be taken without appetite. Appetite is urged as the main consideration, because when appetite is natural and normal, that is the time when there is the most generous flow of digestive juices. Does your "mouth water" at the thought of food? If it doesn't, the glands supplying the digestive fluids are not ready to pour them out. Consequently, if food is then taken into the stomach it will lie there undigested—the most terrible consumer of energy that exists.

The books of Horace Fletcher, and the experiments at Yale University under his direction, appear strongly to fortify this argument. Not only Fletcher, but other experimenters, declare that food should not be taken except at the demands of an active, normal appetite, no matter how long one has to wait for the appetite. The whole "fasting" cult acts on the same principle and claims astonishing results for health. The hours of meals are held to be of no consequence compared with the natural craving for food.

Physicians quite generally condemn the habit of taking a heavy meal in the middle of the day, for the reason that it is apt to be eaten hastily and that hard labor of mind or body immediately afterward further interferes with rapid and complete digestion.