

Aids to Grace and Beauty

By Priscilla Dean

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Importance of Good Appearance

We have been told that appearances are deceitful. In my opinion that is a mis-statement. Appearances are deceitful only when they are deliberately meant to deceive. The average individual who lives a normal life in a normal manner without pretense or artificiality in the way of dress or manners is as easy to read as a book. The external appearance of the person who is not consciously playing a part, invariably tells a great deal about the mental processes and habits of the individual.

Shop-keepers dress their windows to show the kind of goods carried in stock. In the same degree the dress, grooming, manners and carriage represent a person's character. Attention to these details does not indicate vanity but ambition and self respect. A careless, untidy person may be more vain than one who devotes a great deal of time to clothes and personal appearance.

In cities this fact is more recognized than anywhere else. The fight for existence makes it necessary. Young people learn early the importance of making a good appearance. They sense the fact, even if it has never been taught them, that their abilities are appraised and

characters read by the evidence of their appearance and demeanor. Looks and poise, therefore, have a real commercial value in every day business life. The person who is properly dressed and neatly groomed conveys a pleasing impression of success and efficiency. To have the hair dressed too elaborately and the clothes extravagant and unsuitable for the time or place is just as much a mistake as to appear untidy and disheveled.

One owes it to oneself as well as to those with whom one is associated,



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to always look one's best. In order to do this, it is not necessary to appear at 9 o'clock in the morning as if prepared for a dinner-dance or a rehearsal under strong calcium lights. Neither is it doing justice to oneself or one's friends to go to the other extreme and ignore social customs to the extent of wearing business clothes and looking out of place and unconventional upon formal occasions.

The woman who is naturally beautiful should be thankful. Her beauty, however, will not last unless given proper care. Anyone who possesses an article of value, and realizes its worth, is never unwilling to take proper precautions to guard that possession. So women who are graceful and beautiful by nature have every reason to make a study of those methods which are considered best for the preservation of beauty. And other women, less beautiful, but who, invariably, possess one or more pleasing features, will find the time well spent that is given to the development of grace and beauty to as great an extent as their limitations will permit.

That is why I am taking such a special interest in these beauty talks. I believe they can be made really helpful. I shall even try to answer personal letters whenever possible. What advice I give will be sincere and born of personal experience and observation. If questions asked me are beyond that gamut I will quote only the very best authorities, when replying.

I have already been asked if I am going to have a series of talks upon each subject in turn or if I am going to vary the monotony by considering the complexion, the hair, the eyes and other features at irregular intervals. I have decided upon the latter course because I believe in that manner I can be of the greatest help to the greatest number of my friends.

Late, I want to discuss the special benefit in the way of grace and beauty which may be derived from various sports. Personally, I am devoted to out-of-door sports. They keep one lithe, graceful and in good health. Given health and a good digestion as a basis, the average woman has no excuse for ever appearing awkward, ill at ease or unlovely. And that reminds me, I wanted to mention the importance of a good digestion. I never saw, and I don't think you ever saw a beautiful dyspeptic. And digestion, I am told, is largely dependent upon a pleasant mental frame of mind and a cheery atmosphere, free from criticism.

Meal times should be made pleasant if a family is to begin beauty culture. I have seen young girls who would rather miss their meals than endure the steady flow of comment and criticism directed toward them by those very members of the household most anxious for their improvement. I have known girls who became very angry and resentful of that system of beauty culture and others, more sensitive, who cried and became doubly awkward and self-conscious as a result of the treatment. No woman whose face is fretful and querulous during meal time will find the cultivation of beauty an easy task.

Nevertheless, while there is life, there is hope. Next week I shall take up the subject of beautiful hair and the best means for promoting its growth.

Priscilla Dean

—Boys who formed clubs to raise pigs were so successful last summer that boys' and girls' baby beef clubs have been formed in several counties. The college of agriculture through its extension service will furnish the instruction in the baby beef clubs, the same as it did in the pig clubs. Members will learn much about successful stock raising and at the same time make some money, if they do as well as the pig club boys did. Douglas, Butler, Lancaster, Howard, Dodge and Otoe counties already have baby beef clubs.

—The campaign for better breeding stock is being especially effective among Nebraska hog raisers this year, according to the Nebraska college of agriculture. There is a big demand for pure bred boars and quite a large number have been brought into the state at fancy prices. The sentiment among hog raisers is not for more hogs but for better ones. Feed is too high priced to pour into scrub stock. Nebraska hog raisers will pay \$300 for a good boar now almost asqually as they would once pay \$30.

The surgeon had sawed off the top of the patient's head and had taken out the brains when the hospital took fire. In the confusion the patient escaped, leaving his brains behind. Search and advertisement failed to locate him. Years afterwards the surgeon was in Washington and met a man who looked familiar. After a minute of thought, he approached him, and asked, "Aren't you Jack Brown, whose brains I took out in the summer of 1918?"

"Why, yes, I am," was the answer. "Come right back to the hospital and I'll put your brains back," urged the doctor.

"Oh, don't bother now. I've got a

government job."—American Legion Weekly.

Teacher: "Reggie, which calendar do you use, the Gregorian or the Julian?"

Reggie: "Neither, ma'am; ours is from the Bunkenstauffer Brewing Company."—American Legion Weekly.

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