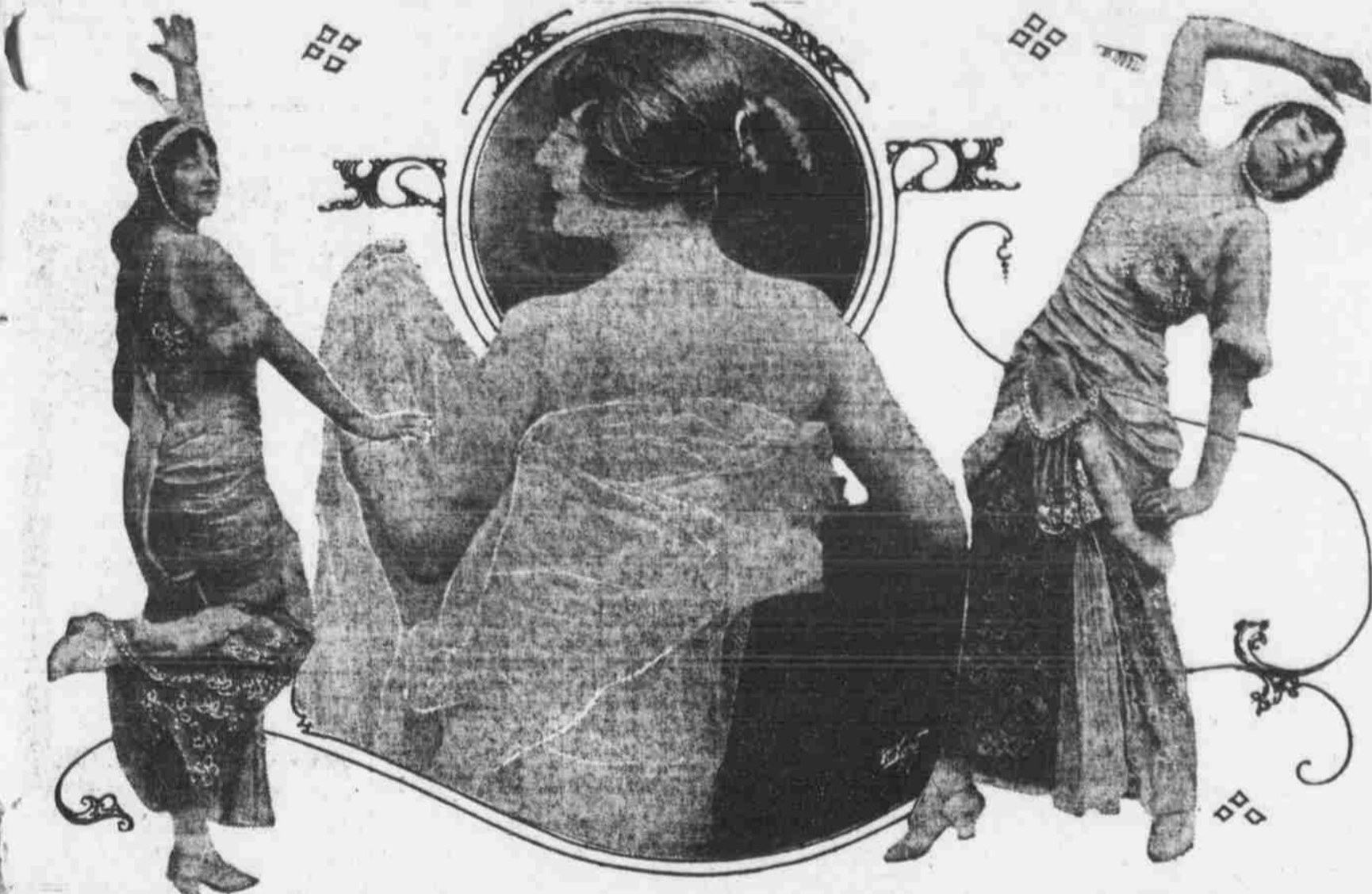


# The Bee's Home Magazine Page

## What Home Dancing Will Do for You

No. 2—Ballroom Dances Versus Simple Aerobatics



I am in favor of the acrobatic dance.

What dancing has done for Miss Marris's back and shoulders.

The "backward bend" movement

By MARGARET MORRIS.  
OF "The Queen of the Movies" (Ct.)  
In this article I said that I would explain the difference between the benefit derived from the ball room dance and the

more acrobatic dance of the stage which can be practiced at home any time. I myself am entirely in favor of the acrobatic dance for this reason.  
There is really little or no physical benefit to be derived from the modern

dance, because there is not enough bodily exercise.  
In the tango, the only muscles exercised to an extent are those between the knee and the ankle. The arm movement is also slight, and the bodily movement lies in the bending back of the body as illustrated.

back to my favorite work I limbered up in less than a week.  
Ball room dancing is nice for finishing touches, or one phase of a remedy. The shoulders can be beautified, although the process is slower than that offered by the more strenuous movements.

Stage dancing is not so much fun, though, if you simply practice the physical movements. That means work without any pleasure, and that is why I spoke of learning to use the movements in a dance as soon as possible.  
Music makes it twice as much fun, too, and will help to banish all unpleasant thoughts. You really have no idea how quickly you will dance naturally.

This movement is used to some extent in the maxixe, but really not enough to make any difference in the slenderness of the waist.  
Of course, it is better to dance the modern dances constantly than not to dance at all, but a combination of both would be ideal.

You could use the acrobatic steps at home, practicing diligently every day, and then dance the ball room dances for the mere pleasure of dancing. For me, however, I would far rather practice my splits, and cart wheels and so forth. I made a specialty of tango dancing once, and it wasn't any time at all before I began to feel still, all the limberness seemed to have left the upper part of my body, my feet were nimble enough, but my body seemed all out of sorts.

I learned a lesson that time which I have never forgotten, and when I went

## Making the Stout Seem Slim

A Clever and Stylish Paris Creation Fully Described by Olivette



## Madame Isbell's Beauty Lesson

LESSON IV—PART II.

Wrinkles and Facial Massage.  
A massage cream is often spoken of as a "skin food" which is a good name for it. In appearance, massage cream is much like an ordinary cold cream, except that it is generally a little stiffer, but it contains a fat or combination of fats that is capable of being absorbed by the skin. In other words, it feeds the skin as well as lubricates it.

Before beginning your massage movements, take what cream you need out of the jar and put it on a clean plate. The habit of leaving the jar uncovered and constantly putting the fingers in it is uncleanly and not good for the cream. If the massage cream is too thick to glide smoothly over the face, place a little of it in the palm of the left hand and work it soft with the fingers of the other hand.

No. 1. Begin the massage movements with the forehead. Dip the tips of the fingers of both hands in the cream and place them in the center of the forehead, back to back and almost touching. Then move the two hands up and down, keeping them parallel, but moving in alternate directions, moving them gradually over the forehead and toward the temples. Finish with an upward movement at the hair line. Repeat this movement, gently and slowly ten times.

No. 2. Motion the second finger of each hand with the cream and place it over the eyeball close to the bridge of the nose. Now with a little gentle movement encircle the eye socket. Work in an such massage cream as possible, but make the movement light and take care not to allow the fingers to rest on the eyeball. Do this eight to ten times.

No. 3. This movement is to eradicate the fan of small lines that is apt to radiate from the corners of the eyes. Both hands are necessary for this movement and we will begin with the left side. Place the second and third fingers of the left hand on each side of the eyeball socket, slightly stretching the skin at the corner of the eye. Dip the third finger of the right hand in the cream and, with a gentle, rotary movement, smooth out the fine lines between the open fingers. Continue this until plenty of cream has been absorbed and repeat on the right side.

Note: These movements to be continued in next article and should be read carefully for full instructions on the subject.

## Advice to the Lovelorn

By BEATRICE FAIRFAX.

Dear Miss Fairfax: I am just 18 and have been keeping company with a young man three years. He is a senior for the year. He is seemingly fond of me, but extremely jealous and always has been. Do you think it a wise plan to marry a man with that tendency? K. H. F.

There never was a man who was not jealous, and it takes a very tactful girl to manage the least jealous of his sex.

If this man is extremely jealous, as you say, and without grounds, I am sure you will be happier without him.

You Have Waited Long.  
Dear Miss Fairfax: I am 25 and have been keeping company with a young man four years. He is a senior for six years. We have been engaged three years and he is urging me to marry him. I love him better than anyone else, and I know he loves me, but he lives with a sister who has an invalid husband, and I think he expects me to live with her. He gets \$5 a month and I get \$3, and I am the last daughter left at home.

It would indicate a greater spirit of fairness to the man if you had settled this point before your engagement was three years old.

If you love each other, a love that has stood a long test, you will never be happier if you do not marry him, and when a man and wife love each other all problems of relatives settle themselves.

The One Who Offended.  
Dear Miss Fairfax: I am in love with a young man, but he has a sister who has had a quarrel with him. By watching his actions I think he very much wants to marry her. Kindly tell me which of us should speak first.

It is a good rule for the one who first offended to "break first." The difficulty lies in the belief of each that this applies to the other.

Men are proverbially stubborn, and if your love means a great deal to you don't risk it on the score of pride. Make the first overture, but don't be humble, and don't repeat them if they are rejected.

## FRECKLES

February and March Bring Out Unusually Freckles. How to Remove Them.

The woman with tender skin dreads February and March because they are likely to cover her face with ugly freckles. No matter how thick her veil, the sun and winds have a strong tendency to make her freckle.

Fortunately for her peace of mind the recent discovery of a new prescription, shine-double strength, makes it possible for even those most susceptible to freckles to keep their skin clear and white. No matter how stubborn a case of freckles you have, the double strength ointment should remove them. Get an ounce from Beaton Drug Co. and banish the freckles. Money back if it fails.—Advertisement.

## "THE KING OF DIAMONDS"

A Thrilling Story of a Modern Monte Cristo

BY LOUIS TRACY.

### You Can Begin This Great Story To-day by Reading This First

Philip Anson, a boy of 15 when the story opens, is of good family and has been well reared. His widowed mother has been disowned by her wealthy relatives and dies in extreme poverty. Following her death the boy is desperate. On his return from the funeral, in a violent rain, he is able to save the life of a little girl, who was caught in a street accident. He goes back to the house where his mother had died, and is ready to hang himself, when a huge meteor falls in the courtyard. He takes this as a sign from heaven, and abandons suicide. Investigation proves the meteor to have been an immense diamond. Philip arranges with a broker named Isaacstein to handle his diamonds. In getting away from Johnson's Men, where the diamond fell, he saves a policeman's life from attack by a criminal named Jockey Mason. He has made friends with Police Magistrate Abingford, and engages him to look after his affairs as guardian. This ends the first part of the story.

Mason. Just as this pair has come to an understanding, Langdon returns from the girl's home, where he has attended a reception. The three crooks lay their plans, and in the meantime Philip arranges so Mrs. Atherly recovers some of her money from Lord Vanstone, her cousin, and secures a promise from the daughter to wed him. Anson is lured by false messages to visit a secluded spot. Anson is trapped by a gang at a ruined house. He is hit on the head by Jockey Mason, who thinks he has slain the man he hated, and Victor Grenier helps strip the body. They throw the naked body over a cliff into the sea, and Grenier completes his preparations to impersonate Anson. A note from Evelyn warning Philip of danger is opened and read, and Grenier tells Mason to call Anson's servant. He finds Anson's check book, and with Jockey Mason sets out for the railroad, meeting and chatting with a rural policeman on the way. Grenier goes to York and opens communications with Anson's bankers, with Abingford and Miss Atherly. Grenier secures possession of Anson's belongings, and Mason gets an unexpected summons to visit police headquarters. Grenier forges orders on Anson's bank, and determines to swindle Mason out of his share of the fortune. Mason goes to police headquarters and there meets his two grown sons. The boys take their father to their room, and tell him the story of how their mother was cared for in her illness by Philip Anson, and how they were reared and trained at the Mary Anson Home. Mason ruffers from remorse, and the Yorkshire policeman inspects the abandoned granite.

### Now Read On

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#### The Rescue.

When Philip's almost lifeless body was flung over the cliff it rushed down through the summer air feet foremost. Then, in obedience to the law of gravity, it spun round until, at the moment of impact with the water, the head and shoulders plunged first into the waves.

At that point the depth of the sea is sixty feet at the very base of the rock, at each half-tide and especially in stormy weather an irresistible current swept away all sand deposit and sheered off projecting masses of stone so effectively that in course of time the overhanging cliff must be undermined and fall into the sea.

High tide or low, there was always sufficient water to float battleships and the place was noted as a favorite nook for salmon, at that season preparing for their annual visit to the sylvan streams of the moorland valleys.

The lovely salmon is peculiar in its habits. Delighting at one period of the year, to roam through the ocean wilds, at another it seeks shallow rivers, in whose murmuring fords he scarce finds room to turn his portly frame.

And the law protects him most jealously. In the river he is guarded like a king, and when he clusters at its mouth, lastly making up his mind to try a change of water, as a monarch might visit Hamburg for a change of air, he can only be caught under certain severe restrictions.

He must not be netted within so many yards of the seaward limit of the estuary; he may not be caught wholesale; the nets must have a maximum length of 80 feet; they must not be set between 7 p. m. on a Friday and 7 a. m. on a Monday.

Viewed in every aspect the salmon is given exceptional chances of longevity. His price is as high as his culinary reputation, and the obvious sequel to all these precautions is that certain nefarious persons known as poachers try every artifice to defeat the law and capture him.

A favorite dodge is to run out a large quantity of nets in just such a tide-way as the foot of the cliff crowned by Orange house. None can spy the operations from the land, while a close watch seaward gives many chances of escape from enterprising water bailiffs, who, moreover, can sometimes be made conveniently drunk.

When Philip tumbled into the placid sea his naked body shone white, like the plumage of some gigantic bird.

Indeed, a man who was leisurely pulling the cobbles in a zigzag course—while two others paid out a net so that its sweeping curves might embarrass any wandering salmon who found himself within its meshes—marked the falling body in its instantaneous passage, and thought at first that some huge sea fowl had dived after its prey.

But the loud splash startled the three men. Not so did a cormorant or a white-winged solan plunge to secure an unwary haddock.

The net attendants straightened their backs; the oarsmen stood up. The disturbance was so near, so unexpected, that it alarmed them. They looked aloft, thinking that a rock had fallen; they looked to the small eddy caused by Philip's disappearance to see if any sign would be given explanatory of an unusual occurrence.

When Philip thrown from sea's a height when in full possession of his senses, in all likelihood such breath as was in his lung at the moment of the fall would have been expelled by the time he reached the water.

He must have resisted the rush of air, uttered involuntary cries, struggling wildly with his limbs.

But, as it chanced, Mason's rough handling in carrying him to the balcony made active the vital forces that were restoring him to consciousness.

He was on the very threshold of renewed life when he fell, and the downward flight helped rather than retarded the process. Indeed, the rush of air was grateful, and inflated his lungs readily.

His sensations were those of a man immersed in a warm bath, and the shock of his concussion with the surface of the sea in nowise retarded the recuperative effect of the dive.

Of course he was fortunate, after falling from such a height, in striking the water with his right shoulder. No portion of the human body is so fitted to bear a heavy blow as the shoulders and upper part of the back. Had he dropped vertically on his head or his feet he might have sustained serious injury. As it was, after a tremendous dive, and a curve on any year's beneath the sea, he bobbed up inside the salmon net within a few feet of the post.

Instantly the fisherman saw it was a man, an absolutely naked man, who had thus dropped from the sky.

They were amazed, very frightened indeed, but they readily hauled at the dragging net and brought Philip nearer the boat. Even at this final stage of his adventure he incurred a terrible risk.

Unable to help himself in the least degree, and swallowing salt water rapidly now, he rolled away inertly as the net rose under the energetic efforts of his rescuers. There was grave danger that he should drop back into the depths, and then he must sink like a stone.

(To Be Continued Tomorrow)



## Resinol stops scalp itching and promotes hair health

If you are troubled with dandruff, eczema or other scaly, itching scalp affection, try shampoos with Resinol Soap and an occasional treatment with Resinol Ointment. You will be surprised how quickly the trouble disappears, and the health and beauty of the hair improves. Avoid imitations.

Resinol Soap and Ointment heal skin eruptions, clear away pimples and blackheads, and form a most valuable household treatment for scurvy, burns, boils, piles, etc. For trial size, free, write to Resinol, Dept. 22-B, Baltimore, Md. Sold by all druggists. Prescribed by doctors for 15 years.