THE BEE: OMAHA, WEDNESDAY, AUGUST 20, 1913

Opportunity

uposed to woman suffrage. Next he investigated it.

Then he saw it was coming

It came Now he gives in-

struction to the women of his

blahopric. It is

solves thoroughly on all questions of

state. You are en-

tering into grave r s s p o n sibilities.

that of free citizens. Inform your-

selves, he wise in

This is advice. that a wise father should give to his

There was never a time when the need for women to become

pleased all day tong. Hut when we became

have been denied them.

concomitant responsibility.

great as it is now. Their rights, personal, political, commercial, involve a

When we were children we used to think how glorious it would be when we were grown up. Then we would have the privilege of staying out at night as long as we chose, and of doing what we

that there was a limit to the hours of the night, also to our capacity to keep awake that in order to be able to "have a good time," a man must control himself. Every privilege is bounded by response ollities which have to se carried in order to make the privilege possible. When Abraham Lincoln signed the mancipation proclamation, he gave the colored race an opportunity to change, but he did not change the race.

That is all any human being has-op-

The opportunity for suffrage and personal rights has not come easily to women. They have worked until they have quite an understanding of the rights that they want, and the privilized that

In most of the states where suffrage has been granted. the woman suffrage clubs have been turned into civic research clubs. Wemen are bringing politically unprejudiced minds to bear on political situations and their new priviliges. Their actions, as a rule, are decided by this test, "Is it right or is it wrong, Women whose actions are not influenced by right and wrong are taking very little interest in the woman suffrage

men we realized

what you do.'

children.

portunity,

movement.

omething like this:

"Inform your -

for Women

By ELBERT HUBBARD A certain California bishon was at first

The Bee's Home Magazine Page

Lady Constance Stewart Richardson On How to Acquire a Beautiful Figure Through Dancing

Figure One (on top)-This is known as the "Praying Boy" figure.

This takes in exercises that develop the shoulders into rounded grace, and also stretch the waist muscles tant and firm.

The chief exercise concerns a shoulder shrugging movement that is easy to learn and produces wonderful results in bust development.

Figure Two (on bottom)-This Exercise Develops

Graceful





Away with the Marcel Wave and the "Kid

of the Whole Body. This is a More Difficult Exercise Than Any so Far Described by Lady Richardson, but, is Well Worth Persisting in. Both Exercises Are Fully Described in the Accompanying Article.

By LADY CONSTANCE STEWART RICHARDSON.

(Copyright, 1913, News Service, In ancient times, dancing stood for two things-an expression of divine worship fits physical existence with wondrous and an effervescence of human joy.

Dancing has come down through all the Today I am giving you two exercises foot is held back the right arm is forto us today too.

I never can say in enough ways, or with sufficient emphasis, this one doctrine that I hold all important: The human body was given to us by our Maker in all health and youth and the beauty that is the result of these component parts. It is our sacred duty to respect, and to keep beautiful and well this temple of our sacred soul.

Now, since dancing makes the body supple, pliable, fine and fit, is not this proper exercising of the body He gave

We were meant to be happy, I think. Most of our troubles are really mental attribute entirely, or if real ilis bethanksgiving expresses itself in ryth- the left foot, leaving only the toes on right,



"An actress whose complexion is a maryed to behold confided to me that she always tabooed creams and powders and uses only mayatone lotion made by dissolving an original package of mayatone in one-half pint witch hazed. The mayatone to the complexion of refined elegance impossible with powder or creams. It is especially nice for hot weather use, because one application lasts an entire day and it over cames the oliv, "whiny appearance and are reduces large pores."

quickly banishes tan and freckles as well as reduces large pores. "Bothersone hairs on face or neck can be quickly removed without pain with the aid of a delatone paste which is spread on the hairy surface for two minutes. then rubbed off. The paste is made by mixing powdered delatone with water, and after it is removed the skin should be washed to rid it of the surplus dela-tone. This simple treatment leaves the sk n free from hair or blemish, and se-oom is a second application necessary."-Advertisement. Advertisement.



These pictures were especially posed for this page.

mical movement, we are only completing | when the weight is advancing to the forthe circle of all the ages-and in its ex- ward right foot, bend the body to the pression of human joy dancing gives right, with the arm in a perfect curve thanks for existence even while it bene- drawn from waist line to elbow, and from elbow to wrist the forearm in a second efficacy surve circling the head. While the left

ages, and it seems to me that what it which I incorporate in my dancing and ward in a graceful horizontal curve. With stood for has persisted and come down which I have copied directly from two the line of the torso stretched back walk fascinating little Greek bronzes. The one slowly forward, swaying from side to is called "The Praying Boy," and the side, and circling the arma as you away

other is a "Dancing Maiden." One is a very simple movement yet it brings about ful practice and from them it is possible ment from shoulders to fingertips. The body-two consummations devoutly to be women are demanding. other, which is a difficult and compli- wished.

cated step, is well worth a careful study, for it will give flexibility of walst and back, grace of arm, arched insteps and a lithe, swaying carriage. Quite a bit us a heautiful form of worship of its for one exercise, is it not? Now let me go into detail and prove my assertions.

Figure 1-The praying boy figure may be copied with an ease that is deceptivefor the grace that comes from absolutely fall us our minds can magnify or minit knowing how to control your multicles mize, just as we choose to have them do. | with case and smoothness is hard to acmestic slavery, but they seldom seem to drop something on the tablecloth. He So if joy wells from our spirits, and ex- quire. Advance the weight on the ball reflect that they, themselves, forge the has to seek the back , orch to smoke presses itself in graceful posture and of the right foot, and stand poised thus fetters against which they chafe. They because she doesn't allow tobacco where ovement; if a spirit of happiness and lightly with the lifted heel and ball of are

muscles thut and firm.

but are the ground. mostly slaves to an idea Sway from foot to foot, changing the

Take the idea of weight to the forward foot. When you neatness, for inhave mastered ease in this part of the movement, combine it with the arm ex-ercise shrug the shoulders as high as hy that particular stance. Once let a

grace, and will also stretch the waist that. Nor can she divide out her

By DOROTHY DIX.

AND ADDRESS

-13

-99

slaves all

Figure 2-Walk forward on tiptoes, housekeeping labors, because she soon bending the weight gradually backward gers to the place where nobody else can Everything has got to be done on a ceras you move. When you have learned to dust a room or sweep under a bed to tain appointed day and hour, though the knep your pose while doing this exercise. sall her,

hood. When women have the rights o free citizens this bondage will be removed. Then there will be the joyous laughter, the patter of little feet that makes personnial south.

The Roy, Mahoi M. Irwin, a Universalist minister, gives out a well-timed warn-

ing to women. She urges them to make nd mistakes in using the nowly acquired

privilege of their natival rights. She elo-

quently orgen them to use their power

Mabel M, irwin affirms that women

have not been shirking the burden of motherhood, but the bondage of mother

develop a better, nobler race.

Beatrice Harraden, the English author, n a recent number of "Votes for Women." expresses a clear understanding of how vital to the English women is the cause of woman suffrage.

If there were only a few women engaged in this movement we might think it was only a dream of fair women. But when Cahwives, tinplate workers, wearers, inflorence, upholsterence, laundrezses, charwomen, rope makers, shop assistants, purses, teachers and sweat-

shop workers unite in the demand for suffrage as equals with the women of nobility, there is something very vital in the movement. It means that these women are stirred into action by a primi- tresses. tive instinct.

Recently a deputation of women from every walk in life spoke eloquently to scepticism. Mr. Lloyd George and his colleagues.

Many of them had never before made a speech. They were unlettered, hardworking women, moved to eloquence by a cause.

Miss Harraden says the women impressed the statesmen though the statesmen did not impress the women. Their cloaks and trappings of office meant nothing to these women, demanding the privilege to exercise their inherent right

When women who toll with their hands These exercises are well worth fa : join with nobility, and all are made equal has a wonderful value in arm develop- dance and graceful control of the human it is an inherent, natural right that

it can scent up the curtains.

sweep up after him.

He never dreams of lying down on

the couch, because the sofa cushions are

sacred ornaments that are not intended

By LILIAN LAUFERTY. Avault ye marcel waves, sleep-dispelling

hair-ouriers, and all grief over hair that is straight and dank as seaweed. A way out his been found, and now from hearing "water-waves" talked about with pleasing generality. I have seen the 'how" and the pleasing results thereof demonstrated. My teacher was pretty Ethel Amorita Kelly, and I am going to pass on her method plus the personal guarantee that I have tried it, and it. works.

Time, 9 o'clock of a warm July evening; place, brightly lighted dressing room of the New Amsterdam theater, where "The Follies of 1913" hold the stage; and girl Ethel Kelley of the soft brown

"Is your hair really and truly for sure perfectly straight?" I asked with carnost

"Absolutely! Ab-so-lute-ly" said the teacher with equal earnestness. "Now watch me very closely. I part my hair and through their pressure help urge the way over by my left eye, but, of course, everyone must comb her hair in its most

arrange the front hair about as you dress efforts, are likely to be crowned with fullit when it is all combed. Then dampen drying, bring the hair more quickly into in the same place as often as you'canchape.

fine teeth, and with this pull the hair trained that you can dispense with water loose on the forehead and push it for- and hair pins in making the wave, and by the cause which is moving them, it is ward into two or three waves. Actually can just comb it into place and coax a wonderful co-ordination of muscles, and to develop graceful movements of the time that the Englishmen recognized that push it into place with the fingers of one bit with your fingers and there is a soft hand, and then holding the waves firmly pretty wave that has come to be perfectly in place, pin them down with long wire natural in straight hair. Honestly it will

work without fail," concluded Miss Kelley an having tried if myself. "Honestly it W111.1 the left side of her hair loosely, separates a senerous lock on the right of the aide parting and droop it low over her forehead. Then she fastened that lock high on the crown of her head just above that right ear, then the halr at the right was drawn loosely over the right ear and each other part had been. The three sections were then cambed into, one thick strand and caught in a big coll at the nape of the neck! than all fluffed out around it." Miss Keley assured me.' "That is how I hap-

Miss Ethel Amorita Kelly.

pen to wear it this way, but I rather hairpins, A soft veil or a wide ribbon imagine that simple hair dressing is tled over the wayes will hold them firm, most becoming. It is just like getting your lines in dressing of any sort-simple, graceful ones-that bring, out your own waves to come. "Now to method you must add patience, natural line instead of distorting it into

becoming lines-only the first step is to and perserverance, for the first week's something else. urs; but if you see the faintest mark my figure has molded itself instead of it with hot water which will evaporate that looks like a wave going across your, heing molded out of all proportion. Danc-more quickly than cold, and in its rapid tresses, encourage it by pinning the wave ing will help the figure-if you don't always dance the same steps; as a profes-Next take a comb with class, After a while your hair gets so well, sional has to do. It is wise to bring all possible muscles into play, so as to se-

cure uniform development. And I think dancing will make you fat of thin as you ought to be. I think dancing makes you normal. Goodness, though, I have danced quite a distance away from hair, about

which you wanted me to talk!" "All beauty hints thankfully accepted." said J. "Only how to arrange her hair is Woman's Eternal Question,' and if you have helped to settle the problem of how to have waving locks I think you will have as many grateful' friends as you have hairs on your head."

9 in the horn

as food itself

To which I add the stamp of approval

Next I watched Miss Kelley twist back

axed into its near-natural wave, as

"It is so much cooler close to my head

"You see, I don't wear corsets, and

Dorothy Dix's Article On Women as Slaves-They Are Mostly Slaves to an Idea and It's Really a Form of Insanity.

ter. He feels his wife's lyng eyes on bake on Thursday, and sew on Friday, housework and call themselves domestic Women are always complaining of do- him at the dinner table for tear he will and darn on Saturday, and who are so alayes. They could make variety for absolutely dominated by this cut and themselves by doing things differently, dried routine that they simply go to in different ways and at different pieces if anything happens to upset it. times, and thus keep out of getting into You might invite one of them to go to Plats.

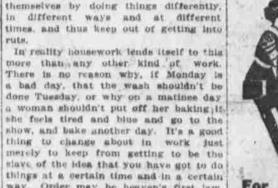
the most delightful party on earth, but if it chanced to be on the day that was set apart to baking or ironing she would There might be tears in her refuse. eyes, and bitter disappointment in her

her sake. on needles and pins because he has al-

this kind once who refused to go to who complain of the tyranny of, the the bedaide of a dying daughter who home. Rebel. Make a strike for your is waiting with brunh, pan and broom to

Then there is the woman who makes a day on which for thirty years she had house. Don't let it rdn you," Don't get slave of herself to the idea of order. always swept the partor-It is because women get these fixed from growing old and getting writkles always swept the parlor-

heavens fail, and though it could be done ideas, which are really a phase of ine in your face and your temper. There is no slavery more grintling flain side to side, and then finally add the ment for herself and everybody who at some other time. There are women and the necessity of doing the same the slavery to an idea, and it doesn't help asm movement which should be done in comes in it. Her bushand wipes his feet who must wash on Monday, and iron on thing at the same minute every day. matters to know that you rivet your opposition to the leg movement-that is, on the door-mat before us dares to on | Tuesday, and clean on Wednesday, and that they complaine of the monotony, of th - Machine Manager and a



MANICURING

At all Druggists 10, 15, 25c sizes Eicharlson Drug co., Wholesale Distributors, Omaha, Neb.

Order may be heaven's first law, that you are free. Break up this slavery to your ideas, you

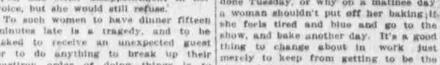
Bookles sitting of many uses with overs bettle.



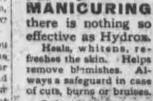
was calling pitifully for her, because the freedom. Dominate your work instead telegram summonling her came on the of tetting it dominate' you. Bun your

try it with the flexed body a-sway from she makes her house a piace of tor- twice as easily and with half the trouble sanity, about the importance of triffes,

or to do anything to break up their merely to keep from getting to be the



HYDROX PEROXIDE of HYDROGEN



his wife is fidgeting to put it back again. Her children have no liberty in their

for use. He even sits uneasily in his chair because he knows that he has olce, but she would still refuse." moved it out of its proper place 'and

own home because their mother can't hear to have her finors tracked up and playthings scattered about, and so they escape to the street, or the neighbors,

and are offered up as a living sacrifice to their mother's fetich of neatness. Even the casual guest in such a home is

have the impossible demanded of them. things at a certain time and in a certain They sacrifice even natural affection to way.

minutes late is a tragedy, and to he asked to receive an unexpected guest castiron order of doing things is to slave of the idea that you have got to do

it, and love no one well enough to be as the poet says, but it isn't all of them willing to make a change for his or and is's fun to break the law just to show

ways an awful foreboding that he is I was acquainted with a woman of mussing up things, and that his hostess