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The Well-Watered Woman.

Fat-Reducing, Symmetry-Producing Exercises of the Famous Gertrude Hoffman, Who Judges Her Sisters by How Much Water They Use and How They Use It.

MISS GERTRUDE HOFFMAN, the famous danseuse who prepared the following article on the water treatment for beauty, is one of the stellar attractions in the three-star combination—Lady Constance Richardson, Polaire and Gertrude Hoffman—that will this month begin a tour of this country under the management of Morris Gest.



"While the shower pours upon me again seize the towel in both hands and raise one arm while I lower the other until it is on a plane with the knees. There is no finer exercise for making the waist supple."

"boiling out," either at home or at a Turkish or Russian bath. Some of the pores are inclined to be lazy and need extra urging to persuade them to do their work. For these pores the seventh-day scrub or boiling out is necessary. For them the use of soap is also needful. Were it not for these lazy one-tenth of the pores we would never need soap, with its unwelcome and tissue-destroying alkali.

"Casting away the towel I increase the speed of the 'run' flinging out my arms in wild abandon, and running as though there were no confining walls of the bathtub."

"Standing beneath the shower which I have turned on at full force I do what athletes know as 'the standing run.' To give the muscles general play I hold a towel at arm's length above my head."

requisite of beauty and water is the first aid to cleanliness. When we say of a girl "she is dainty," we mean she exhales an atmosphere of perfect cleanliness. She is, in two words, "well watered."

On this page I show you five exercises that I have taken at the seashore or in mountain stream or, if those opportunities did not offer, in my bathtub at home. Any woman may take these in her bathtub. If she is so fortunate as to have a large sunken bathtub, of Roman magnificence, like Maxine Elliott's, in her country home, all the better. But if not, the ordinary bathtub will suffice. Be sure to place a rubber bathmat or a large Turkish towel in the bottom of the tub to prevent your slipping, for fatal accidents have occurred by slipping in wet bathtubs.

A—Standing beneath the shower, which I have turned on at full force, I do what athletes know as the "standing run." You cannot run far in a tub, but you can make the movements of running, as I have done here. To give the muscles general play I raise my arms and, holding the towel at arm's length above my head, I wave it backward and forward while running. Sometimes I sing during the exercise. It increases my lung expansion.

B—Casting away the towel I increase the speed of the "run," flinging out my arms in wild abandon and running as though there were no confining walls of bathtub to prevent my Pan-like dash of three or four miles.

C—While the shower pours upon me I again seize the towel with both hands and, bending slightly forward at the waist, raise the right arm while I lower the left until it is on a plane with the knees. Then I reverse this motion. There is no finer exercise for making the waist supple.

D—Casting away the towel again, I fling my arms above my head and leap into the air, again and again springing at least a foot above the bottom of the bathtub. The tonic effect and the access of vigor secured by this simple exercise are marvelous.

E—With right and left arm alternately raised I imitate the movements of skip-

ping the rope. Be in earnest in this exercise as in the others. Exercise your imagination as well as your feet. Fancy that you are swinging the rope over your head and jump as regularly as though you feared being tripped by the rope.

Exercise thus taken under a shower is as invigorating as active exercise in a rain or in a running stream or in the surf. Your activity is redoubled because it requires the output of extra energy, usually twice as much, to overcome the resistance of the water. To effect this you call into play powers of the muscles never used except in an emergency. The value of the exercise is also increased by the more or less gentle massage, the degree regulated by the force of the shower, of the pressure of the water upon the skin and muscles. There is no more stimulating and delightful tonic.

The first stride toward becoming a well-watered woman is to form the habit of drinking plenty of it. Women say, "I drink a great deal of water," and when I pursue the subject I learn that they drink two or three glasses a day. They should drink four times as many. We require ten to twelve glasses of water a day to keep the body properly functioning. Two or three glasses on rising in the morning, two or three sipped before retiring, and one at each meal, the rest between meals, will sufficiently frigate the body. To make it more palatable the juice of half a lemon may be used, especially in the morning, for the lemon juice, taken thus, is as a broom to the stomach, sweeping it free of all accumulation of mucus and all left over and undigested remnants of meals. The morning sweeping of the stomach is as important as the daily sweeping of the floor.

The outer bath is not merely a necessity. It is a delight. I go to my bath as joyously as I begin my dance. The shock of the cool water against the skin, setting a thousand sensitive little nerves a tingle, is delicious.

This cool water shower every morning is a superb tonic for the body. It will not more than superficially cleanse the skin. For this reason I take a weekly



"Casting away the towel again, I fling my arms above my head and spring at least a foot above the bottom of the bathtub. The tonic effect and access of vigor secured by this exercise are remarkable."

Manners and Customs in Regard to Bowing

By MRS. FRANK LEARNED, Author of "The Etiquette of New York To-day."

ONE of the tests of good-breeding, training and culture is in the manner in which a bow or salutation of recognition is made. A brusque, abrupt manner is rude. A very effusive manner and a low bow are worse. The correct salutation is between the two extremes.

Although according to circumstances a bow may be cordial, friendly, formal, slight, deferential or familiar, it must be made. A person who has been introduced is entitled to recognition. A bow should be prompt as soon as the eyes meet, whether in a room or on the street. Capricious or moody persons, who bow pleasantly one day and coldly the next, or who are too preoccupied or self-centered to remember to bow at all, are very trying to their acquaintances. With these an acquaintance can be charitable, slow to take offense, remembering that they may be ignorant of their peculiarities. Near-sighted people are often offending in this way about bowing.

It is well to ascertain the length of sight of new acquaintances, who may give an erroneous impression in seeming to be distant or forgetful. Pleasant acquaintances are sometimes lost through a misapprehension.

An important rule about bowing is that a man must wait for a lady to recognize him. Between friends the act of bowing is almost simultaneous, but it is the privilege of a woman to take the initiative by being the first to bow. As has been said, an introduction imposes everyone to a bow. Only for very grave reasons would anyone ever give a direct "cut," when the claim an introduction imposes has been absolutely forfeited.

In a case where there has been inexcusable conduct the better way is to bow coldly, or turn away and look downward when passing. No one wishes to hurt the feelings of another, even for a serious offense. It is wise to throw the mantle of charity over the offender. A formal, distant bow may be given to an unwelcome acquaintance, and this should be sufficient to prevent an aggressive, pushing person from presuming.

When a man returns a lady's bow he should do so by distinctly

taking his hat off and replacing it quickly. He should not hold it too far from his head. When he is with a lady who bows to anyone he raises his hat, although the person may be a stranger to him. A man raises his hat when he passes a man whom he knows who is with ladies, or when he is with a man who bows to a lady. It is proper for him to look straight ahead and not at the lady to whom a friend bows if she is unknown to him.

A woman should bow to a man, who is either a friend or an acquaintance, even when he is with someone whom she does not know. When bowing, the head is inclined slightly. It is not correct to accompany a bow with a broad smile, even when recognizing an intimate friend. There may be the beam of good-will in the eyes. This brightens the countenance and prevents an impression of indifference. Someone has said, "You should never speak to an acquaintance without a smile in the eyes."

Cultivated men and women of the world are sure to show this good-will in the eyes. It is a civility to return a bow, although the person who is bowing may not be known or remembered. Either the person who bows has been introduced or has made a mistake in one's resemblance to another. No doubt the mistake may be discovered to have occurred from want of prompt recognition on one's own part, but to withhold a bow would be awkward and rude.

Small, but important, points of courtesy distinguish a well-bred man. He raises his hat when offering any civility to a lady who is a stranger. He removes his hat in an elevator when ladies are present. He raises his hat when acknowledging a service from a man to a lady whom he is escorting.

The rules of etiquette are not arbitrary or without meaning, but always reasonable and sensible and represent social obligations and respect from one person to another. In the smallest details of daily life we should cultivate graciousness toward others. It should be borne in mind that the fine art of living is in putting everyone with whom we are thrown completely at ease.

"With right and left arm alternately raised I imitate the invigorating movements of skipping the rope. I exercise the imagination as well as the feet."

By Gertrude Hoffman.

JUDGE a woman by the water she uses, how she uses it and how much she uses it.

A woman is beautiful according to the amount of water she uses and the way she uses it.

The well-watered woman is distinguished by a clear complexion and healthy color; by clear eyes; by the poise of head and carriage of body that mean freedom and confidence; by strong white teeth; by pink nails and red tongue; by a throat that fears neither Dutch neck nor extreme décolletage. When I see a woman who is under fifty and who muffles her throat with laces and bands of black velvet, I know that she is saving water, for the neck of the well-watered woman defies inspection.

Plenty of water inside and out will make a woman beautiful, for it will give her health radiance. Cleanliness is the first