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How Dancing Develops a Beautiful Figure.

Third of an Instructive Series of Articles by the Well-Known Dancer, Ruth St. Denis

THIS newspaper presents to-day the third of a series of articles by the most graceful woman in America. Miss Ruth St. Denis is the foremost dancer in the United States. Her fame, not limited to her own country, is worldwide. Miss St. Denis has literally danced before kings, having been received and admired in the courts of Europe. She is a mistress of the art of expression without words, pantomime, and is deeply learned in the grace and beauty lore of the Orient. She advises her countrywomen upon a subject in which every woman is interested, how to improve her figure, and tells them in clear, forceful manner and careful detail how this can be done. She does not hesitate to point to the faults in the figures and carriage of her countrywomen, but while she tells of the evil she also describes the remedy.



"Don't dance with the feet alone. Dance from the thighs, with long, rhythmical movements. Dance with the upper part of the body."

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PHOTO BY WHITE N.Y.

"Dance with the upper part of the body, swaying with the arms and trunk."

No. 3---The Waist and Hips By Ruth St. Denis

IT WILL surprise you, I fancy, that I assert at the beginning of a talk on how to make the hips and waist symmetrical, that you must free them from stays and bandages. In imagination I hear the chorus of "Oh, no!" that goes up from the dismayed throats of my women readers. Yet I repeat it, and with ten fold emphasis. There can be no symmetry without freedom of movement. Grace is freedom and movement, and grace brings about symmetry. So cast off those stays. Remove those abdominal and waist bands. Permit yourself absolute freedom of movement. When you bend to pick up something do not do so with groans and with creaking joints. When you stoop to pick up something let your whole body collapse. Utterly let it go. Pick up the object, be it a pin or a rug, easily and naturally, and when you rise let the muscles glide naturally back to their first position.

In all your household duties do this. If you are making a bed or laundering your own handkerchiefs or lifting the baby that has stumbled and hurt its toe do so in an easy, untrammelled way, and gradually, after a few weeks or months, you will be rewarded for the temporary sacrifice to your vanity by going uncorseted. The freed muscles, awkward after their long imprisonment, that at first went roaming about your person in a way that seemed to



PHOTO BY WHITE N.Y.

"Describe as nearly as possible a circle, as a wind sways slightly in a light breeze and nearly wrenches itself from the roots in a high wind."

you appalling, will gradually settle back into their proper place and, growing firm, remain where they belong and adjust themselves to the harmony of the body. The Venus de Milo had generous hips. Also she had a stomach, and wasn't ashamed of it. If you reflect that the woman who has not a curving stomach is a monstrosity you will be ashamed of a flat one instead of desiring it. Hips and a waist that are in right proportion to the rest of your figure are, then, what you want. Ask your tailor to tell you, and use the tape measure to corroborate his statements, for tailors may not always be frank, whether your shoulders are exactly as wide as word, they balance them. Ask your hips, whether, in a him also to give you the measurement of your bust and waist. If your bust is ten inches larger than your waist the curve from one to the other is correct. If there be more than ten inches difference, the waist is relatively too small or the bust relatively too large. That is the correct standard, and the body inclines naturally to it. The body that has been by imprisonment in stays twisted out of and away

from the standard will slowly readjust itself to it if you release it from its imprisonment and give it freedom. For symmetry follows freedom inevitably as the shadow the sunshine, though I admit not quite so quickly, because it takes considerable time to readjust one's self after a tortured condition. The symmetrical body will have hips and waist neither too large nor too small, but to use a hearty phrase that is thoroughly and typically American, "just right." How to attain these? Of methods I suggest three. First, think of straight lines. The straight line suggests thinness. You never saw a plump straight line. But, what is far more important, dwelling in thought upon the straight line accustoms you to balance, which is perfect adjustment of all parts of the body. Keep in mind that a straight line represents the centre of gravity and that if such lines were dropped from the very apex of the crown of your head, it would reach the earth at a point equidistant between your feet. It is a well known truth, undisputed by even the most material, in fact the most material persons give the best examples of it, that we become like that about which we think a great deal. Stopping often and letting the body collapse when you stoop, to which I have already referred, will bring the hips into place, solidify them and give the waist its right proportion to the body. But make a practise of stooping. Don't sink to your knees when you pick up anything. Bend from the waist, and do

so quickly with the free, swooping motion of a bird. Do this when you turn on your bath and the dozen other things your daily habits require. Don't make fastening your shoes a labor. Regard it as a means of establishing the right proportions of your body and swoop down upon your task. Indeed, I should like to change the word from "stooping" to "swooping." And, of course, we have understood that you must dance. You will dance. I have before told you that to dance is to live. Dancing is life. If you dance much your body will assume its proper proportions, and waist and hips will take care of themselves. Don't dance with feet alone. Dance with the free, unimpeded limbs. Dance from the thigh, in long rhythmical movements. You have only to watch some persons dance to see that they are dancing with their feet, or at most with the lower half of the leg, for their poor knees bob up and down absurdly as we see the knees of an inept and ungraceful walker rise and fall. The movement in walking should be forward and from the hips. And dancing is only walking made a little more complex. Dance also with the upper half of the body. Sway with the arms and trunk from one side to the other, and as nearly describe a circle as a tree sways in a light breeze and nearly wrenches it from its roots in a hard wind. Settle the hips into their right place and Nature will "place them," so to speak. The right placing of muscles is as important as the right placing of a voice. Teach yourself to dance. No one ever taught me a dance step.



PHOTO BY OTTE SARBONY N.Y.

"I learned to dance with nature's aid. No one has ever taught me a dance step."

When to Get Married to be Happy

By Professor William H. Maccabee.

THE "June Bride" whose marriage turns out unhappily probably wonders why the tenderest love on both sides, physical and mental fitness for each other, worldly prosperity and social equality, all failed to save her from matrimonial shipwreck.

But the unhappy wife who was a June bride is not the only one who wonders why all these favorable auspices are belied by unfortunate consequences. She shares her misfortunes with brides of every month in the year. And the reason is that, although each of them made no mistake in the selection of a mate, each, through ignorance of the principles governing the influences of the planets upon human beings, chose the wrong time for the nuptial ceremony.

In selecting the proper time to marry it is not necessary to have a knowledge of the science of planetary influence. The main feature to be considered, (simple enough in itself) is to be sure and have the benevolent planet Jupiter in the seventh house at the hour the marriage takes place. The year, the month or the day do not signify.

The old established custom of having the wedding take place at noon is favorable under certain conditions, but not always so, as after events have often proven.

The month of June has always been regarded as a fortunate month to marry in, while to "marry in May you'll rue the day," has also had an equal regard, but in the opposite respect. If the planet Jupiter be in either the zodiacal sign Virgo or Capricorn, it is best to defer marriage during his transit. Because, while in either of these signs Jupiter's power for good is somewhat lessened. But, in the sign Cancer, however, Jupiter is at his best, and his fortunate influences are remarkably powerful. Hence, the best time to choose for marrying would be when Jupiter is in transit through the sign Cancer. But Jupiter is in this position but once in every twelve years (nearly), hence this time is not always available.

For instance, Jupiter is now in the sign Capricorn. If those who are contemplating marriage wish to have the date of their wedding take place under his best influence for happiness, they will have to wait until the year 1919, six years hence, which, to say the least, is rather too remote a period for the anxious to linger in courtship, though probably not too long for some lovers to wait. Rebecca waited at the well seven years.

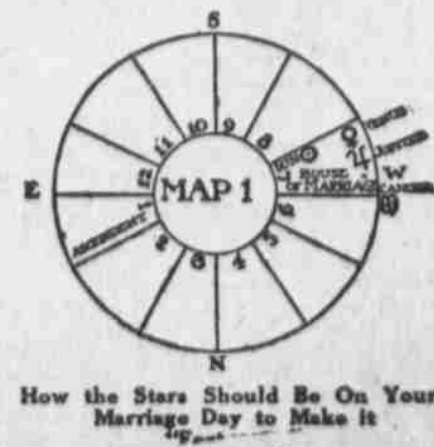
Next in order of fortunate influences for matrimony are Venus and the Sun; and when these are with Jupiter, all three transiting the same sign together, matters not what that sign may be, if it is on the cusp of the seventh house; and, regardless of the year, the month or the day, you may depend on it, the married life of those wedded at such a time will be decidedly happy. Venus alone in this house brings fortune and much happiness, but not the felicity that Jupiter brings. The Sun also assures success.

As Jupiter is now in transit through the sign Capricorn, a marriage taking place any time during the remainder of the present year would not prove entirely successful or promising of happiness, unless the wedding were to be celebrated when the Sun and Venus are again in Capricorn, with Jupiter, which will not occur until December 20 next. But, in order to avoid an unhappy marriage, never set the wedding date for an hour that will place either Saturn or Mars in the seventh house, or on the descendant in the western angle of the heavens.

It is also detrimental, if not fatal, to happiness to have Neptune or Uranus in the seventh house. These planets afflict the house of marriage, assert their evil influence as follows: Saturn, cold, unfeeling, lacking in sentiment; deceit and eventually disgrace and scandal. Mars, extravagant husband or wife; illicit connections; final divorce or separation, and sometimes crime and disaster.

Neptune makes the marriage partner an undetectable one, causes events inimical to matrimonial felicity to occur unexpectedly, and creates an inordinate fondness for drink in husband or wife, or in both. Uranus causes eccentricity in actions and disposition, and a greater degree of platonic rather than sincere love.

In all the divorce cases, marital difficulties, separations, scandals, disgrace, etc., which have come under my observation during the past decade, I have always found that either the husband or wife, or both, had the house of marriage in their natal map afflicted by one of the evil planets; or Neptune, Uranus, Saturn or Mars on the seventh house, thus insuring a happy married life. Hence, never, never have an evil planet in the seventh house during your wedding hour if you wish for happiness thereafter. Better postpone the wedding date a hundred times than risk the consequences. Set the date so that Jupiter will be in the seventh house, thus insuring a happy married life. An ordinary yearly almanac will show you how to locate and place Jupiter and give you the proper



How the Stars Should Be On Your Marriage Day to Make It