

# The Bee's Home Magazine Page

## Beauty Through Grace and Form Hazel Dawn Advises Systematic Exercises

By JANE McLEAN.

Miss Hazel Dawn, the charming actress, has some very decided views upon beauty and the like, and she is quite willing to express them, too. "I have never thought of any other kind of beauty beyond that of form," she said, smiling gayly when questioned upon the subject, "and I don't think any girl is pretty either who has no suppleness and vigor of body to display."

"The reason why one's figure counts so much is because it is through grace of form that we see beauty in its most bewitching representation—health. A healthy body is the one true possession of a beautified woman, for any clever woman can be merely pretty."

"Beauty of form, that is, healthy beauty of form is shown in a hundred different ways through the figure. A girl should have plenty of exercise in order to display her charms properly. Systematic exercise is the best thing ever invented. If a girl exercises at the same time every day it will benefit her just twice as much as if she did exercising at odd moments when it can be conveniently sandwiched in. There is a kind of exercise for the development of every part of the body."

"Through exercise and exercise alone comes grace of movement. It is exactly as though one were unaccustomed to doing a certain thing. If a girl is unused to making a dress, no doubt the concoction will be a failure. If a girl is unused to exercise, how can she be graceful? There is very little difference between the two, and surely no excuse for a girl who may gain physical loveliness through exercise to be awkward and clumsy in her movements."

"I believe, too, in clothing the form sumptuously. A beautiful figure should be the model for splendid materials and gorgeous colorings. Clothing helps to bring one ease of movement and consciousness of one's costume is not at all bad for charm of manner. Everything has a direct influence upon the mind anyway, and as the mind thinks so will the body respond."

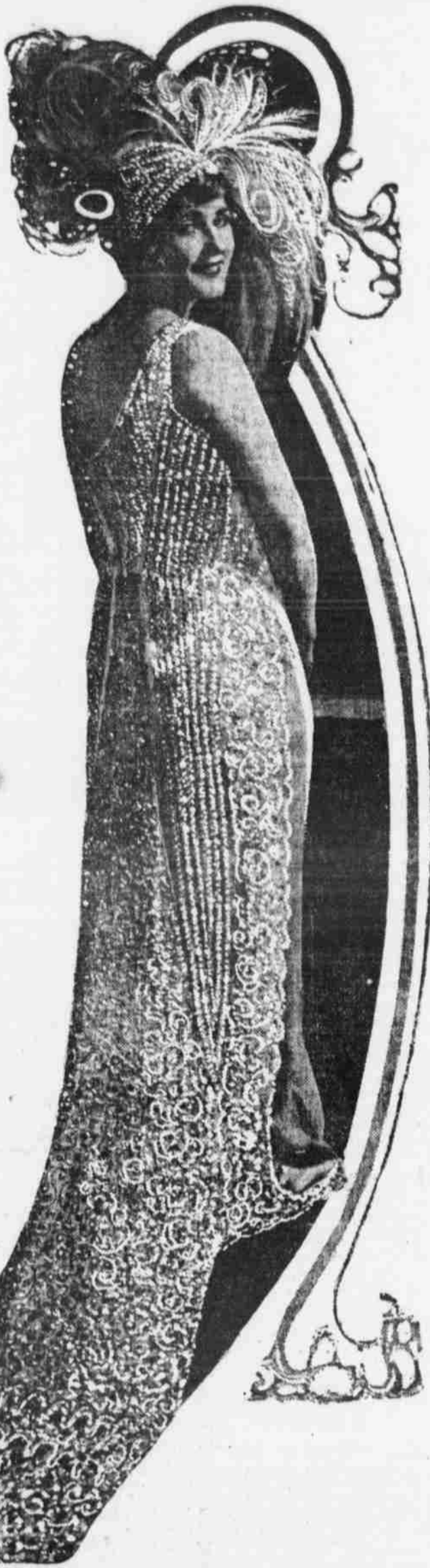
"Be graceful and charming in your thoughts then, in order to have your healthy body reveal what you are thinking, but, above all, don't be afraid to start at the beginning. Rome wasn't built in a day, and you must go about building your figure by a regular systematic set of exercises. Learn how to exercise so as to put all your mind upon it and make it the center of your thoughts while you are busy, and after you have attained what you set out to possess, keep the loveliness that is yours by still more vigorous work and play."

"If you are so situated that you cannot afford to purchase expensive costumes, do not for an instant imagine that you are prevented thereby from making the most of your appearance. Beauty of form depends, it is true, something upon the manner in which you dress, but simplicity always has a recommendation of its own."

"It would be folly to say that the poor girl, or the girl in moderate circumstances, cannot make just as much of her figure as the rich girl."

"The girl, rich or poor, who has acquired the art of being graceful gives a constant reminder that the body is the expression of a glowing health—and what is so prized as that?"

"The old Greeks and Romans knew very well what they were doing when they taught the importance of exercise and the untrammelled use of the muscles."



## Skirts Grow Wider as the Dance Goes on

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Ruffles, ruffles everywhere from the cloth of silver girdle almost to the bottom of the black-fulle underdress. Each ruffle of the tulle is outlined in silver and the old-fashioned little bodice is scattered with silver flowers. A collar of silver lace flares forth at the back of the neck in a line with the tulle ruching of the little hat.

An exquisite bit of color has been developed here by mounting a very full tunic of pale green taffeta flowered in silver over an under-skirt of white chiffon corded in pink, and topping it with black velvet bodice ruffled in pink tulle. One modiste faces in black velvet a corded green chiffon hat and trims with pink rose.

Over a skirt of black velvet, as here, drops a tunic of yellow chiffon outlined in black fox. The effect of the moyen-age is supplied by the embroidered chiffon over-dress hung with strands of jet beads, festooned over the wide black velvet girdle. Black and yellow poppies trail over the left shoulder, serving as a sleeve.

The thought flies to the old-time bustle skirt on seeing this dancing frock. Fashioned from wine-coloredorgette crepe, it is puffed and bunched into draperies reminiscent of the early eighties. A facing of pink satin on this black velvet hat wreathed in pink roses throws a becoming glow over the face.

## Value of Moving Pictures in Prison

A Great and Wonderful Field for Both Mental and Spiritual Education for Prisoners Lies in the Moving Pictures—Give Every Prison This Sort of Entertainment

By ELLA WHEELER WILCOX.

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Almost a decade ago a boy of 20 was sentenced to a life term in a New England prison.

In writing to him recently, a former acquaintance mentioned moving pictures.

The young man replied with a letter full of curiosity.

"What did you mean by moving pictures?" he asked. "Was it a joke, or is there something which you really call moving pictures?"

The prisoner's inquiry opens up whole volumes of desolation in the history of prison life.

At first thought it seems incredible that any man of 20 exists, living in this epoch, who has never heard of the animated screens which fill such a place in the present day entertainment of human beings in all parts of the world.

In the most remote places of earth the moving picture is known, and the Arabs on the great Sahara desert, and the wild men of Darkest Africa, and the Indian of the plains, all participate in its marvels as moving picture artists.

Yet here, in our civilized and progressive land, are hundreds of men, incarcerated in prisons, receiving so-called spiritual instruction every Sunday in the chapel, who have never seen, and in many cases, doubtless, like the one quoted above, have never heard of the moving picture.

Mr. Osborne, the new warden of Sing Sing prison, is inaugurating a better system for the unfortunate men who have

been sentenced to live within four walls and work for the state. He is demanding a new order of prison, with farm work and out-of-door life for these men, and the state of New York will no doubt soon take the lead in the much needed reform of our land.

Now, let the moving picture entertainment, in the form of instructive and educational reels, become a part of every prison of America.

Incalculable good will be accomplished if those who take the matter in charge use understanding, thought and sympathy and discretion in planning entertainments which will appeal to the best and highest qualities in human nature.

Beautiful scenery, pictures of foreign lands, plays where valor, self-control and the moral attributes are made admirable, pictures showing the cultivation and growth of plants and trees, would all be uplifting and helpful to the men who are paying the penalty for breaking the law.

The picture business now covers such an enormous field that it would be a simple matter to select or arrange the

right kind of display for prison entertainment.

One evening every week devoted to such plays would have a greater influence upon the inmates of prisons for good than all the sermons preached from the chapel during the year.

Men who have gone wrong, and who are paying the price, are, as a rule, evangelized them. They resent the "holier than thou" attitude of the reformer. It is a rare thing to find a man who has been really converted to morality and to the highest thinking through the instruction he has received while serving a sentence in prison. A great and wonderful field for both mental and spiritual education for these men lies in the moving pictures. Some one possessed of the spirit of our early Puritan fathers, who believed in lakes of fire and brimstone through eternity for sinners, asked Mr. Osborne if he did not think it wrong to make prison life so attractive that men would want to be criminals to enjoy the life prepared for them in these institutions.

This type of "good people" will, no doubt, object to the moving picture entertainment on the same ground.

But it is a far-fetched fear, and does not rest on the foundation of common sense.

Men have been known to suffer so keenly from the pangs of hunger and cold that they committed some misdemeanor in order to be fed and sheltered in jail. But such cases reflect upon our industrial and social system, and not upon the too attractive and luxurious conditions of our public institutions of punishment and reform.

No man is made better by being shut in dark cells and left to his miserable, gloomy thoughts year in and year out.

Lunatics and hardened criminals are made by this process. Give every prison its moving picture entertainment and watch the beneficial results.

Oh, woman, in our hours of ease, uncertain, coy and hard to please; When pain and anguish wring the brow, A ministering angel thou.

So old and familiar as to be almost homelike, this quotation yet carries a truthful generalization as to the average woman. In minor matters she may be guilty of the four sins of which she stands accused, and still in times of stress, noble enough to meet her occasion. But, unfortunately for woman's chance to prove her nobility of character, life is made up of the humdrum, the everyday, the average, and is not composed of "occasions." And so man is forced to judge woman, not by the splendid way she meets trouble and great emergencies, but by her method of facing the wear and tear of everyday existence.

Women shows her pettiness in envy, in jealousy, in weak-minded imitation of the dress and manners of those who can afford what her station does not justify;

she exhibits it in not accepting the gift and take of life fairly, but in expecting her sex to save her some of the obligations she ought to meet as a mere human being.

She manifests her untruthfulness on occasions so numerous that she must blush to have them suggested. Look yourself squarely in the face. Don't you fib out of difficulties and into popularity? Don't you exaggerate in order to emphasize your own charm and importance? Don't you lie to avoid unpleasant obligations? Are there not myriad ways in which you depart somewhat from the truth?

As to hypocrisy, most of us are too hypocritical to acknowledge the charge. But the fact remains that many of us pose as other than we are and play to the gallery of our own self-esteem or of what we think others expect of us. The girl who practically invites a kiss and then is duly indignant at the liberty is a fair type of our crowning hypocrisy; women as a sex lie to themselves about their own emotional natures. And hypocrisy that coquetishly invites and then coyly rejects—in other words coquetry—is particularly objectionable to men of character.

Out of woman's untruthfulness and hypocrisy grows unreluctance with the same certainty that each of these other characteristics grows from its predecessor in turn. Women do not seem to have a sense of responsibility about meeting their obligations. They hardly seem to know whether they intend to keep engagements and promises or not; they feel privileged to yield to the whim of a moment and offer as an excuse for not living up to an obligation a weak "Oh, I didn't feel like doing that."

Are you an "unusual woman" who rises above these four weaknesses or do you yield weakly to your own pettiness and the trio of contemptible vices that grow from it?

Once women have conquered their petty weaknesses and have made their presence unusual, the usual woman will be such that fine men will like our sex and not merely a few outstanding individuals in it. Women owe it to one another to fight for the abolition of these four things—pettiness, untruthfulness, hypocrisy and unreliability.

## What's Wrong with Women?

Petty Weaknesses Which Every One of Sex Should Conquer

By BEATRICE FAIRFAX.

"I don't like your sex," said a very fine man to me the other day. "There are a great many splendid worth-while women in the world, but you must confess that you always hear them described as 'unusual.' But for the most part women have four very objectionable weaknesses which the other sex in general escapes. Women are petty, untruthful, hypocritical and unreliable. You will have to confess to the truth of this and, when you have confessed, you will have to put your sanction to my not liking your sex."

I should have preferred to be able to dispute and disapprove each one of these allegations concerning my sex. But unless I, too, was willing to be described as untruthful I could make no sweeping assertion setting aside the claim that women in general were "petty, untruthful, hypocritical and unreliable." Of course, as this really fine man said, there are exceptions—the "unusual" women, but isn't it pathetic to think that any large proportion of women should permit themselves to be guilty of the contemptible weaknesses of which this man and many other thinking, philosophical men of fine caliber accuse our sex?

You remember the old quotation: Oh, woman, in our hours of ease, uncertain, coy and hard to please; When pain and anguish wring the brow, A ministering angel thou.

So old and familiar as to be almost homelike, this quotation yet carries a truthful generalization as to the average woman. In minor matters she may be guilty of the four sins of which she stands accused, and still in times of stress, noble enough to meet her occasion. But, unfortunately for woman's chance to prove her nobility of character, life is made up of the humdrum, the everyday, the average, and is not composed of "occasions." And so man is forced to judge woman, not by the splendid way she meets trouble and great emergencies, but by her method of facing the wear and tear of everyday existence.

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## Advice to Lovelorn: By Beatrice Fairfax

Questions Reanswered.

Dear Miss Fairfax: I asked your advice some time ago, but failed to see it printed. Should I let one of my boy classmates wear one of my best set rings? Is it all right for a girl to ride on a motorcycle with a boy friend? When a girl has received a ring from a boy as a birthday present, if they have trouble, should she return it? Is a girl of 18 too young to go to theaters with a boy unchaperoned. Please answer soon as possible. WINONA.

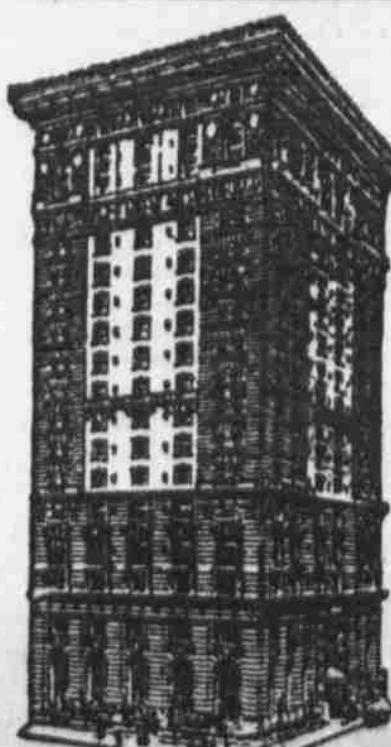
Your questions were answered several weeks ago, but will be answered again. You will be doing no harm, but taking some risk in letting a boy wear one of your rings, and I would advise against it. A girl ought not to accept gifts from boys not related to her. If she does, and a quarrel follows, she surely ought to give back any presents she has received. Much objection can rightly be raised to a girl riding on a motorcycle with a man, although it is all right in a side car.

A girl at 18 is supposed to be old enough to be trusted in company with a man at the theater or elsewhere.

Is She Worth Winning?

Dear Miss Fairfax: I am very much in love with a young girl who says she loves me dearly, but allows a young millionaire to show her great attentions. I have not enough money to cut him out. How shall I regain her love? WALLACE.

Is this girl worth winning or is she the sort of young woman who wants a good time and attention, no matter what the cost? If you have lost her love because another man can give her more than you have, it is not of any avail for you to try to regain it. If, on the other hand, she is merely a bit dazzled at the attentions the man offers her, make her feel the loyalty and tenderness of your devotion and she will choose true love of her own violation if she has it in her to appreciate that love.



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