

## Aids to Grace and Beauty

by Priscilla Dean

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**Value of a Graceful Carriage**  
Once I read of a queer old man whose favorite text in the Bible was "At Michmah they laid up their carriages." I don't know where Michmah was, nor what kind of carriages were kept there, but every time I see a person with a particularly awkward bodily carriage I think of Michmah and wish we had some place now where modern people could lay up their carriages for repairs.

I sigh when I notice how badly many women stand and walk. And I sigh more when I notice how they sit. Of course, women are expected to hang on to straps nowadays, but when they do sit, it really is surprising what awkward and ungainly poses some of them assume. I used to think that my grandmother was fussy. She would say, "My dear! No lady sits with her knees far apart."

"Oh, mercy! child, how are you sitting? Haven't I told you time and again that it is not lady-like to have your knees crossed? You may cross the feet if you wish, but not the knees."

"Sit up, sit up, girlie. You will get round shouldered if you let your chest fall in and you, yourself, droop down in that listless manner. It is not good for your spine, either."

And I would protest and say that I could be a lady no matter how I sat or stood. Nevertheless, I know in my heart that what my grandmother meant by "lady-like" and "being a lady" was really "graceful" and "refined." Naturally, a graceful and refined girl would be a lady. She couldn't be anything else. That which is ugly, uncouth or vulgar cannot possibly be called graceful and refined. There is no beauty in any of the poses that grandma objected to.

Sitting with the knees far apart.

## Women Made Young

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or with the feet well extended is ugly, to say the least. Crossing the knees, as everyone knows, can be done gracefully, but a girl should use good judgment when and where she assumes that position. Now if some of you ask me why that is, I am going to quote again from grandmother's philosophy. She would say: "My dear, there are times and places when legs, no matter how shapely, should not be exhibited, especially in a manner to attract attention. Those are the occasions when even grace may become vulgarity."

Personally, I think grandmother's ideas were, in the main, pretty good. Certainly it does no harm to think them over. One is apt to forget and grow careless. We of the screen have to be very particular how we sit or walk, or even stand. If you could hear what the directors say when we fall from grace, so to speak, you would not be surprised that we acquire the habit of studying it from every angle. That is, if grace may be permitted to have angles. Personally, I think it should not. I never heard an artist talk about the beauty of angles. But all artists, as well as baseball players, I am told, admire curves. Now there is a way to stand and a way to sit that makes people look awkward and angular.

And there is another way to stand and a way to sit which delights the eye of an artist, makes the film director happy and causes others to observe.

"How graceful that person is!" There is an ideal manner of standing, sitting and bodily poise in all movements. Military authorities recognize this to such an extent that a proper bodily carriage is considered essential for military efficiency. Since the war the majority of young men appear to far better advantage in this respect than they did before their training. Those girls and women who drilled in women's organizations have also improved. But there are still many who are either careless or totally unconscious of their "sway back," round shoulders and ungainly postures.

I sometimes wonder, when I see people with these unlovely, ungraceful and unhealthy defects, if they have never been taught the value of proper poise. Surely everyone knows that a person who stands, walks and sits correctly is able to do much more with less fatigue than if the body is put to unnecessary strain by being out of plumb.

Grace as well as beauty can be acquired without expense in the home. If you want to take a course in home training to improve your carriage begin by measuring yourself against the edge of a door. If the inside of the ankle bone, the tip of the hip, and the tip of the shoulder are placed touching the edge of the door, an erect position will be assumed. Should this seem difficult or awkward it is because one has been in the habit of standing badly. By bringing oneself to the proper position a dozen times a day and walking with the spine erect, round shoulders will be overcome. It is surprising how much can be accomplished in only one month of practice.

"Sway back" is the term applied when the abdomen is thrust forward and the shoulders back. No woman can be graceful nor wear her clothes as well who has that posture. Any tendency to sway back or round shoulders should be corrected promptly.

Once such habits are well acquired long and patient training will be necessary to overcome them. But it can be done. When accomplished you will find that health, beauty and efficiency have been increased for life.

Priscilla Dean

### REAL ESTATE TRANSFERS

Reported by J. D. Emrick, bonded abstractor, First National bank building, Alliance, Neb.

#### Warranty Deeds

Thomas Burchell, single, to J. E. Alexander, lot 39, county addition to Alliance, \$1,600.00.

Matilda F. Hatcher, single, to Hazel M. Given, W 1/2 of lot 7, block 7, second addition to Alliance, \$3,500.00.

Richard Metheny and wife to Clarence O. Rosenberger, NE 1/4 of section 23-26-50, \$6,400.00.

Alliance Garage, Inc., to W. E. Barnett and Minnie Barnett, lots 6 and 7, block 9, original town of Alliance, \$25,000.00.

Flora A. McCorkle and husband to Elmer E. McManis, lot 6, block E, Sheridan addition to Alliance, \$5,000.00.

F. M. Knight, single, to James R. Keeler, lots 52 and 53, county addition to Alliance, \$350.00.

Anna Mumper, single, to David C. McKim, south 85 feet of lot 4, block 17, original town of Alliance, \$5,000.00.

S. B. Wright, et al., to Maud L. Spacht, lot 2, block 7, Fairview addition to Alliance, \$250.00.

August Drews and wife to Ora E. Phillips, SW 1/4 of section 19-27-50, quit claim deed.

United States of America, to heirs of Mary Tiernan, SW 1/4 of SW 1/4 of 27, SE 1/4 of SE 1/4, NE 1/4, E 1/2 of SE 1/4, SW 1/4 of SE 1/4, E 1/2 of NW 1/4, and SW 1/4 of SW 1/4 of section 33-24-51, patent.

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There are smug reformers feathering their nests; There is revelry of wastrels day and night; There are talkers, there are fighters (but they're not among the blighters); There are wounded, but they're hidden from the sight. There are senators who bicker at their posts; There are hypocrites who milder as they pray; And the ladies, war tasks dropping, they are buying, they are shopping; Let us put our house in order (So we say!)

There are wives and mothers steeled in sacred grief; There are heroes, but they've gone where heroes go; There's a mob of Wall street brokers scraping profits up like stokers; There are little children shivering in the snow; There are secret sins that never come to light; There are open sins we lightly gloss away; And the wheel of Fate turns slowly for the krafter and the lowly— We must put our house in order (So we say!)

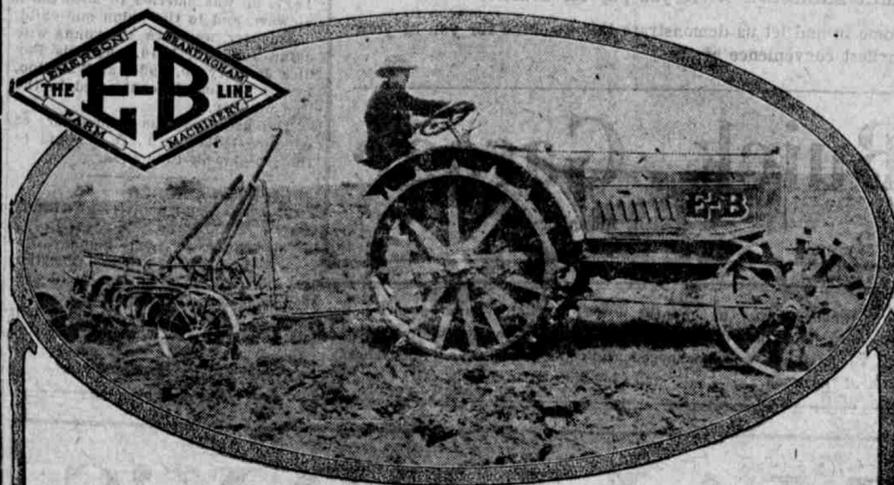
Tolls on the silent Hun. Over the sea where the shadows creep His work is never done. —T. L. M. in Life.

—Dr. H. H. Cornforth of the Hot Springs clinic (S. D.) has just returned from the New York hospitals and clinics, New York city, where he has been taking some work in his specialty, eye, ear, nose and throat. The doctor reports a very profitable six weeks in the east, as he acquired the very latest methods in medicine and surgery pertaining to his line of work. The Hot Springs clinic wish to announce to their friends and patrons that Dr. Cornforth is now on duty and will be glad to attend to their wants at any time.

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