

Aids to Grace and Beauty

by Priscilla Dean
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What Constitutes Beauty

"Is beauty only skin deep?" I once asked that question of a famous beauty specialist.

"Indeed, it is not," she replied. "Beauty of the skin is evidence of good respiration and a sound bony structure; beauty of countenance indicates a sweet soul and beauty of form results from wholesome activities. It cannot be disputed that all of these are more than surface qualities."

So the old adage about beauty being only skin deep can be cast into the rubbish heap.

We know that the eyes are the windows of the soul. Through them is reflected the light which radiates from within.

How they flash when we are angry; how dim they become when we are sad. There are people who try to conceal their true characters and, incidentally, avert wrinkles by training their faces to be immobile and expressionless. Few, if any, really succeed.

For, whether a person wills or not, the face sooner or later becomes indelibly stamped with its owner's personality. An unexpressive countenance may effectually hide passing emotions; it cannot veil the natural curve and contour of features and the effect of those emotions on the mind and disposition.

Did you ever notice the perfect repose of religious and other thoughtful, well-disciplined people? One often speaks of the former as beautiful when, speaking from an artistic standpoint, many have irregular features and pronounced defects. One can also notice a repose and immobility of countenance in the well-trained servant or a clever rogue, but one seldom speaks of them as

beautiful, even though their features may be regular and their complexions good.

Why? Because in the case of the religious and studious people the most abiding emotions are of the higher order, peaceful, intellectual and uplifting. The emotions of the latter are exactly the opposite and are disturbing influences mentally, even if the face is trained to remain impassive.

This illustrates, in a way, what a wonderful effect the intellect and habits of a person have upon the face and features. It also demonstrates that people who really try to gain beauty of face and form will, unconsciously, gain in other respects. For one of the first steps toward the acquirement of beauty is to cultivate a taste for the good and beautiful things of life. One can judge a good deal of a person's character by what that person admires.

People who have not trained themselves to recognize real beauty are apt to mistake fashion for beauty. That, perhaps, accounts for some of the wild and weird effects one notices in the tout ensemble of many girls and women one sees, any one of whom might be charming if she dressed her hair according to the standpoint of beauty as adapted to her own personality instead of in the exaggerated and, for amateurs, impossible fantasies of fashion. I have seen pretty girls made almost hideous by such mistaken efforts to look smart. Considering that their natural good points, although disfigured and obscured, were still apparent in spite of frizzled or plastered hair and bedaubed faces, one can understand how very beautiful they would be once they could comprehend what real beauty is.

One of the first lessons in good taste and judgment in this respect is to learn to recognize grace, beauty and refinement in those who are

universally acknowledged as possessing these qualities. Not long ago I saw some girls who were not skilled models trying on fashionable gowns. The girls were pretty and the gowns were artistic. Yet the two combined in a most unlovely manner. The effect which the modiste desired to produce was absolutely lost. To begin with, every one of the girls seemed possessed of the idea that the most graceful manner of displaying her figure and the lines of the gown was by posing with her arms akimbo. The gowns were rather full, loose and short waisted. I did not order one for, try as I would, I could not dispel the picture produced upon my mind of a scrub woman, with her hands on her hips, at a back yard fence.

Artists have told me that the charm of womanly contour is in the sweep, or long curve, from armpit to ankle; that the accepted standard of feminine beauty requires that the shoulders be slightly drooping, the torso full, and widest at the hips, and that the front line from the breast bone over the abdomen should show first a gentle and then a fuller outward curve.

Dress is a decoration, but as only natural lines are pre-eminently beautiful no artistic designer will ever build a dress so that it even appears to alter them. No dress is beautiful nor becoming that suggests a personal deformity.

A woman's hips should be as broad as her shoulders. It has been said, however, that grace of motion is a finer quality than perfect proportions, and that a woman with a poor shape can be graceful as well as fascinating if she understands the art of dressing so that every muscle has full play and perfect ease of action.

In ideal beauty there should only be fat enough to round all surfaces to smoothness. Any muscle that is firm, healthy and constantly used will have no place for fat to accumulate. Unused muscles cultivate fat. When a person is fleshy it is impossible to be either graceful or beautiful. Fortunately, there is such a thing as reducing.

One year of good exercise will do more for a woman's good looks than all the cosmetics and beauty medicines that could be prescribed. It is possible, also, to add years to one's life by breathing properly. Take long breaths as often as you can think of it. Habitual deep breathing arches the muscles of the chest, throws back the head and shoulders and compels an erect posture.

When the scenes were being photographed for "The Beautiful Beggar," I was particularly impressed with the proud manner in which some of the women of Jerusalem who appeared in the pictures carried themselves. I was told that their regal bearing was the result of balancing water jugs and other articles on their heads. Their long, richly-be-silvered scarfs which hang in straight lines from their heads almost to their ankles and which weigh several pounds, also necessitate an extreme stateliness of head poise.

Priscilla Dean

LIVESTOCK TOTAL IS LESS THAN A YEAR AGO

LINCOLN, Jan. 31.—According to the January 1 livestock report issued by the bureau of crop estimates and the state bureau of markets and marketing, the number of horses on farms is estimated to be 1,018,000, compared to 1,049,000 last year and 1,008,000 in 1910. Approximately 951,316 horses were taxed by assessors as on hand April 1, 1919. However, this does not include all colts, which, according to the census, may be estimated at something like 100,000 head. The average value is considerably less, being \$75.00 compared to \$87.00 a year ago. The total number of horses in the United States is 21,109,000 compared to 21,482,000 a year ago and 19,833,000 in 1910. The average value is \$94.39 compared to \$98.45 a year ago.

Mules number 106,000 head compared to 109,000 a year ago and 83,000 in 1910. Assessors' reports of number taxed April 1, 1919, total 95,973. The average value is \$109.00, which is the same as last year. The total number of mules in the United States is 4,955,000 compared to 4,954,000 a year ago and 4,210,000 head in 1910. The average value is \$147.10 compared to \$135.83 last year.

Number of milch cows is 601,000 compared to 602,000 last year and 614,000 in 1910. The average value of milch cows is \$83.00 compared to \$85.00 last year. The number of milch cows in the United States is 23,747,000 compared to 23,475,000 last year and 20,625,000 in 1910. The average value is \$85.13 compared to \$78.20 last year.

Other cattle total 2,911,000 compared to 2,940,000 last year and 2,318,000 in 1910. The number assessed April 1, 1919, was 2,235,385 compared to 1,517,790 assessed in 1910. However, young calves are not assessed in either case. The average value is \$45.30 compared to \$49.90 a year ago. The total number of other cattle in the United States is 44,285,000 compared to 45,085,000 last year and 41,178,000 head in 1910. The average value is \$43.14 compared to \$44.22 last year.

Sheep total 323,000 head compared to 294,000 last year. Assess-

ors' reports of the number taxed April 1, 1919 were 218,958. The young lambs are not assessed. The average value is \$11.10 compared to \$11.90 last year. The total number for the United States is 48,615,000 compared to 49,863,000 last year and 52,448,000 in 1910. The average value is \$10.52 compared to \$11.61.

The number of swine is estimated to be 3,566,000 compared to 3,825,000 last year and 3,436,000 in 1910. The number assessed April 1, 1919, was 1,804,856 compared to 1,680,480 assessed in 1910. The number on April 1, exclusive of young pigs not assessed, is no doubt much lower than on January 1, which accounts partly for the difference in figures.

Young spring pigs are not assessed. The average value is \$20.90 compared to \$26.50 last year. The total number of swine in the United States is 72,909,000 compared to 75,587,000 last year and 58,186,000 in 1910. The average value is \$19.01 compared to \$22.02 last year.

—\$2.00 a year—and worth more.



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| " | 60-80, | " | 50c |
| " | 80-\$1.00, | " | 75c |
| " | \$1.25-\$1.50, | " | \$1.00 |
| " | \$1.60-\$2.00, | " | \$1.50 |
| " | \$2.25-\$2.50, | " | \$1.75 |

Alliance Candy Store
Phone 27

PUBLIC SALE

Having sold my farm and decided to move to California and quit farming, I will sell at public sale on the Chas Bauer place, located 3 miles north and 4 miles east of Alliance, on

Wednesday, Feb. 18

Commencing immediately after free lunch at 11:00 o'clock, the following described property:

67 Head of Live Stock 67

CONSISTING OF

59 HEAD OF CATTLE 59

Eight steers coming two year old; 10 steers coming one year old; 8 heifers coming two year old; 7 heifers coming one year old; 16 cows; 4 calves; 6 milk cows, 4 milking now, three have been fresh a month; 1 red Durham bull, 3 years old.

8 HEAD OF HORSES 8

One span of gray mares, 8 and 9 years old, weight 2800, an extra good pair; 1 black mare, 9 years old, weight 1300; 1 bay mare, 10 years old, weight 1400; 1 sorrel mare, smooth mouth, weight 1050; 1 gray mare, smooth mouth, weight 1200; 1 buckskin saddle horse; 1 colt coming two years old.

FARM MACHINERY

Two McCormick mowers, 1 good as new; 1 eight foot McCormick binder; 1 Dane four-wheel sweep; 1 new two-wheel sweep; 1 twelve foot Emerson hay rake; 1 six-section steel harrow; 1 seven foot disc; 1 six-shovel John Deere cultivator; 1 Dowden potato digger; 1 top buggy, good as new; 1 wagon and rack; 1 wagon and grain box (nearly new); 1 Clover Leaf manure spreader; 1 hay stacker; 1 potato planter; 2 sets work harness; 2 saddles.

GRAIN AND HAY

200 bushels of oats; 200 bushels of seed barley; 50 bushels of snapped corn; a few bushels of macaroni seed wheat; some alfalfa hay.

One heating stove and other articles too numerous to mention.

One gas barrel and one King Economy separator.

TERMS: Eight months' time will be given on bankable paper, bearing 8 per cent interest from date. Sums of \$25.00 and under, cash.

Charles Bauer, Sr., Owner

H. P. COURSEY, Auctioneer
Alliance, Nebr.

FRANK ABEGB, Clerk
First National Bank