

Aids to Grace and Beauty

by Priscilla Dean

Article Thirty-one

If you are one of those people who depend upon clothes for beauty—be careful in choosing your clothes.

I suppose you consider this needless advice, but often when we are most careful we are the most careless.

Don't pick a hat for yourself that you saw on Letty or a dress that you admired on Cecelia. How do you know that you will look well in the same clothes that your friends wear?

I was in a street car recently with a girl friend. Across the aisle sat a very pretty little girl in a black taffeta dress and a tight fitting straw turban. The turban was the most becoming hat I had ever seen—for her type, also the dress, but can you imagine my astonishment when I met my friend on the street a few days later with almost exactly the same dress and hat on? She looked like a sack of meal tied in the middle with a peanut on her head, for he it known, my friend is fat and thirty while the little lady from whom she copied her outfit from was thin and twenty.

If, like my friend, you are inclined to be stout do not wear dresses that give you shortwaisted appearance. Don't wear little tight fitting turbans either.

Lon waisted dresses, in dark colors with medium sized hats are the best and for heavens sake don't wear short knitted sweaters of brilliant hue. Try and stick to the one color scheme and you will find the results more favorable.

Clothes will do more for you than any cosmetics but like rouge and powder, they must be properly applied. Study yourself in the glass. If you are a little, short person don't wear an over exaggerated coiffure that will make you appear top heavy. A low knot in the back of the head will be far more effective and make you appear years younger.

If you have a high forehead you can comb your hair gracefully over, so that you will not appear scalped and if your forehead is low, comb your hair back in the manner that Geraldine Farrar always wears hers.

Stop and think of yourself, you have been to places where Mrs. P—the beautiful society woman puts in an unexpected appearance. Mrs. P—takes the floor the minute she arrives, and holds it for an hour or as long as there is anyone to listen to her she gushes on. It is "me" "this," "I," the other thing and me, myself and I, again. All are bored but Mrs. P— has a lot of money and can do pretty nearly what she pleases. To be invited to her set is considered quite an honor, so she is endured, long after every one has forgotten that she ever possessed such a thing as beauty. Her tongue and exotism blinded them to any physical charm.

Don't be an "I" hound! Incidentally don't be one of those people who ridicules everything. The person who ridicules everything is on the toboggan slide and he will end

by becoming an out and out grouch. You and I know men and women who never have a pleasant word to say for anyone, or a serious conversation of any thing.

Ridicule and sarcasm are often ended with would-be humor, and are sometimes decked out as puns. By and by, however, this bias toward ridicule and sarcasm gets to be a habit, and the coat of humor becomes threadbare.

Don't juggle with ridicule and sarcasm for people look beneath the veneer nowadays.

There is one important factor in the aids to grace and beauty that I hope you will not overlook, although it may seem very trivial and not worth while—that is walking!

Have you ever sat in the lobby of a fashionable hotel and watched the fashion parade? I'll bet you have. We all love to run into the Astorbilt or the Ritz-Plaza and look the cream of life over as it flows past, but how often do we get a good laugh or a thrill.

A very beautiful girl, dressed in the height of fashion passes us. We envy her face, her complexion and the beautiful white broadcloth suit causes us to gasp with awe—but cut the walk—she reminds us of a kangaroo with her jerky irregular carriage. Her whole appearance is spoiled by her lack of grace.

Another girl passes, just about the age and style of what is termed a flapper. She is just a bunch of cuteness. Her organdie is starched so it looks like paper and her big hat flops to and fro revealing glimpses of curly, fluffy hair that looks like spun gold in the reflection of the sunken lights. It's a very pretty picture and we wish our little sister at home could be adorned so prettily but there is one thing lacking—she is as round shouldered as a camel. Perhaps I should have called it the "debutante slouch" but whatever you call it, it is perfectly hideous. Her looks disfigured. All her pretty clothes and daintiness are spoiled—oh, for a pair of shoulder braces for our cunning subdeb.

One of the most beautiful women I have ever seen in a New York hotel or any other hotel, was a woman whom the world would call old. By that I mean she was at least fifty. Her hair was snow white and her eyes black. But there was something about her that made you forget her apparent age. That something was youthfulness and grace.

Her waist line would have made a professional model green with envy. Her black satin was made in lines that were perfectly simple and clung to her in a graceful, but not suggestive manner.

Her snow white hair was combed perfectly plain with only a knot lightly fastened with silver combs in the neck, and she was as straight as a soldier. Not the slightest suggestion of a slouch or stoop. She walked quietly, without a hop or catch. Her manner was easy and natural. If some of those younger girls would

only turn and look at her instead of powdering their silly, little noses, they would have seen a perfect model for them to follow.

The object of my telling you all this, is to impress upon your minds how necessary it is for you to have a graceful carriage. It is a very simple thing to do and will not cost a penny, as most beauty recipes do.

Practice two or three minutes a day walking to and fro in front of the mirror. Dance in front of the mirror if you wish. Don't be afraid of people laughing at you. It's better than having them laugh because you appear in public as if you were suffering from some sort of spinal trouble.

At the time Mr. and Mrs. Vernon Castle were at the height of their fame, about five years ago, they never performed a dance without first trying it out in a mirrored room. From those mirrors they could catch every angle—watch every step—watch every angle—watch every step—watch every angle—watch every step.

The first thing a stage director or picture director will have you do, is walk across the stage or set, when you apply for a position and he will be very frank in telling you just what he thinks of your walk. It is just as important to him, as whether or not, you have a pretty face and it's more important to you, if you want to make good.

So if you want to be graceful and appear beautiful, either on or off the stage—go back to your baby days and learn to walk.

Priscilla Dean

COAL FOR 7,000 YEARS

Estimates of how long it will be before we exhaust our natural resources, such as coal, iron ore and oil, continue, as they have for many years, to furnish employment for speculative scientists and others. The latest word on coal, from C. M. Darling of the government bureau of mines, is reassuring. He told the

railroad fuel association that we have enough coal to last at the present rate of consumption for 7,000 years. He put the total at 3,583,000,000 tons. The duration estimate is a mere matter of simple arithmetic, whatever may be thought of the estimate on quantity. Even if Mr. Darling is a couple of thousand years out or a few hundreds of billions of tons astray, any prospect of coal famine that this generation or the next need fear will be limited to such as we have experienced, due to failure to produce it to transport, says Pittsburgh Dispatch. The coal reasuring figures about the sort of estimate is that there has been no indication of verifying alarmists of the past who attempted by forecast to exhaust some of the mineral resources within a few score years. So far as nature is concerned, there is no reason to fear that man is within measurable distance of scraping the bottom of the coal bin.

Theodore Roosevelt two-cent piece will be additionally welcome if there are enough of them.

HE COULD HARDLY

PULL THROTTLE

That's what he was a victim of

Both rheumatism and indigestion before taking Taniae

"Before taking Taniae I was in such a terrible condition that I was nearly helpless," said P. Coffman, of Columbus, Neb., who writes on the Chicago, Burlington and Quincy Railroad.

"I suffered dreadfully from indigestion, and had such awful cramps in my stomach that it almost doubled me up. No matter how little I ate it caused me to suffer from gas and severe pains in my stomach.

"I was tired nearly all the time, my sleep was disturbed, and I was so weak that I could hardly work my throttle.

"One of my friends in Lincoln told

me now Taniae had fixed him up so I started taking it myself. My appetite began to pick up from the very first. I have taken three bottles, and no longer have a sign of indigestion and am feeling fine. My arm and shoulder are improving rapidly, and my sleep is sound and refreshing.

"My wife was troubled with rheumatism also, and it took only three bottles of Taniae to relieve her entirely."

Taniae is sold in Alliance by F. C. Houten, in Hemingford by Hemingford Merc. Co., in Hoffland by Valley Grocery Co.

NOTICE

Notice to the owners of property within Paving District No. 7 of the City of Alliance, in Box Butte County, Nebraska, the said district including and embracing the following described property, to-wit: Lots 1 to 3 both inclusive, Block 3, Second Addition to the City of Alliance, Nebraska; Lots 4 to 12 both inclusive, Block 1, Nebraska Addition to the City of Alliance, Nebraska.

You are hereby notified that said paving district No. 7 which includes and embraces the property above described, has been created by passage, approval and publication of Ordinance No. 292 of the Ordinance of the City of Alliance, Box Butte County, Nebraska, as provided by law.

You are further notified that if the owners of the record title representing a majority of the abutting property owners in such district, shall file with the City Clerk within twenty days from the first publication of this notice, written objections to the paving of such district, said work shall not be done in such district under said ordinance No. 292 but said ordinance No. 292 shall be repealed. If such objections be not filed against such district in the time and manner aforesaid, the mayor and council will forthwith proceed to construct such paving.

In advertising for bids for such paving, the mayor and council may provide for bids on different mater-

ials, and types of construction, and shall in addition provide for asking bids on any material or materials which may be suggested by petition of the owners of record title representing 25 per cent of the abutting property owners in such district, if such petition is filed with the City Clerk before advertisement for bids is ordered. On the opening of bids for paving in such paving district, the mayor and council shall postpone action thereon for a period of not less than ten days. During said period of postponement the owners of record title representing a majority of the abutting property owners in such district, may file with the City Clerk a petition for the use of a particular material for paving, in which event a bid on that material shall be accepted, and the work be done with that material. In case such owners fail to designate the material to be used in such paving in the manner, and within the time above provided, the mayor and council shall in any event at its option reject all bids and re-advertise, if in its judgment the public interest require.

The streets and avenues abutting upon said property within such district, to be paved, unless objections are made in the manner and form above stated, are as follows: All that portion of Box Butte Avenue in said city, extending nine feet each way both east and west from the center of said street between the north line of Ninth Street and the south line of Tenth Street in said city.

The date of the first publication of this notice is August 10, 1920.

A meeting of the mayor and council of said city of Alliance will be held in the council chamber of said city on the 1st day of September at 8 o'clock p. m. to consider such objections as may be made and filed as heretofore provided.

Dated this 7th day of August, 1920.

A. D. RODGERS, Mayor.
Attest:
GRACE H. KENNEDY,
City Clerk.
(SEAL)
Au. 10, Au. 31.



There's always room at the top
for Highest Possible Quality at Lowest Possible Price

Not Merely a New Name But a New Cigarette

THERE was room at the top for a new and better cigarette. And Spurs were made to fit in right there! Spur's decidedly new blend makes the Orient's choicest tobaccos and America's finest tobaccos yield more richness, aroma and mildness than you thought a cigarette could have. A new method of rolling (crimped, not pasted) makes Spur's good tobacco taste last longer. Spur is "class" all through—even to the smart "brown-and-silver" package, triple-wrapping, that keeps Spurs fresh and fragrant. If you're fed up with ordinary cigarettes, Spurs will give you a fresh start.

LIGGETT & MYERS TOBACCO CO.

If your dealer cannot supply you, send us \$2.00, and we shall be pleased to send you, by prepaid parcel post, a carton of 200 Spur Cigarettes (10 packages). Address: Liggett & Myers Tobacco Co. 212 FIFTH AVENUE NEW YORK CITY

You Should Eat HEALTH PASTRY

During this hot weather the home cook cannot be too careful of the foods she prepares for the family. Plenty of Rye Bread—or old-fashioned Corn Bread—makes the children grow better and feel better. And Dad likes them, too. Order a sack today—either large or small. Your choice of:

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