

How a French Woman Became Perfectly Beautiful.

By a Series of Painful Operations She Transformed Herself in Six Months from an Ugly Duckling Into a Swan of Exquisite Beauty—She Made Over All Her Features and Altered Her Figure from a Short Stub-biness Into a Tall Svelte-like Form.

With a devotion to beauty worthy a better cause she allowed herself to lie flat upon the floor and be strapped to a board. Here she lay—if the story of the maid is to be believed—for six months with scarcely any let up. She wanted the figure of a sylph, and she got it. She was fed through straw and ate as little as possible. Indeed, she could not move her muscles at all, for she had plasters on her face, paraffin on her forehead, and a bandage around her ears. She took just enough food to keep life going.

French woman, and on this account it is easier for them to acquire beauty. It isn't necessary to be strapped to a board for six months. You can exercise and become straight and pretty.

Instead of the paraffin treatment, which is not always feasible, there is the massage treatment, which any woman can perform upon her wrinkles. With her finger tips she can smooth them away. She can go at them with cold cream and rub them out of her forehead. She can succeed in driving them away from her brow entirely, and the same way with the crow's feet around her eyes.

As for the nose, it can also be massaged. But not a great deal can be done for the nose of a grown person. This has been shaped in childhood and must remain as it is. It can be improved a little by massage and manipulation, but not materially changed.

The face skinning can be massaged without the martyrdom of peeling the face. With a little treatment the old skin can be taken off and a new skin put on. There are several ways of doing this, and the best way is to try all the ways at once, so that they may work together and accomplish the desired result.

A woman whose skin was not good formed the habit of going over it every night with a carbolic face wash. She poured out a basin of water and into this she dropped a few drops of carbolic. She used fully a gallon of water, while the drops of carbolic numbered only eight or ten. The druggist is the best authority on this matter. This acts as an antiseptic to the face.

Face Steaming Renews the Skin.

Face steaming will renew the skin, but it makes it tender and one can scarcely go out the same day. But if one wants to try it the best way is to take hot cloths and apply them to the skin. They should not be hot enough to burn, but only to make the skin hot through and through.

When the face is thoroughly steamed it is covered with a lather of soap jelly, which is washed off with soft water and borax. And then a little good face cream is rubbed in. This can be done once a week with the best results.

The face can be made better as to its texture by going over it with the finger tips wet in a benzoinated bath. Take a quart of water and drop in enough benzoin to make it milky. Dash it on the face. Then massage it with the finger tips. The result will be a hardening of the muscles and a contraction of the open pores of the skin.

The treatment of the ears is a thing that should be done in childhood. But if one has neglected it, a great deal can be accomplished by pinning them back, as it is called, and by keeping them pinned back. There can be made a little nightcap, all of bandages, which are applied to the ears so

as to hold them in place. There are straps that hold back the lobes of the ears, keeping them flat against the head. In time the ears will be less protruding.

As for the figure, it is so easy to make it good and it is such a simple matter to straighten the shoulders, make the hips slender, and make the chest full, that one cannot help wondering why there are any poor figures in the world. The stout woman can diet and exercise. She need not lie flat upon the floor strapped to a board and she need not take her food through a straw. But she can be moderate and temperate in her tastes and her appetites, with the result that she will grow better in figure.

Lying flat upon the floor is fine exercise for the fat woman, if she will lift her abdomen and try to exercise her hips and abdomen. She will find it almost unbearable to lie without a pillow, owing to the fat that has accumulated on her back. But if she can lie flat without a pillow and can kick her feet in the air for a short time every day she will find that she is much improved by the exercise.

The French woman who became a martyr to her good looks wanted a delicate waist, and she saw-sawed the muscles of the waist and hips and abdomen for hours a day. It would be a good thing for every woman to do this fifteen minutes a day—every woman who is not in this manner shapely and make her waist nice and small.

It is an excellent plan to take stock of your defects and to go over them with an eye to curing them. But always remember that there is nothing in the world like moderation, even when one is trying to be beautiful.

white powder on dark hair that they soon appropriated the device as one of the arts of the worldly toilet. Out of this grew the use of dyes in the hair. The Roman women often used blue powder, and later, in 1800, Empress Eugénie set the fashion of using gold powder.

Rome under the empire and Greece during the time of Pericles were seized with a mania for golden hair. The belief and fops of the day devised several methods whereby black locks might be changed to golden yellow, but bleaching did not always succeed. Consequently, quite a trade was established with the hair faded tribes beyond the Alps, who sold their locks to Latin merchants, to be worn on the heads of Roman dandies.

Many a dame dampened her raven tresses in the strongest of muriatic acid and sat in the sun to bleach her hair to the coveted yellow. Others used lye and afterward anointed their heads with oil made from goat fat, ashes of the beech tree, and certain yellow flowers.

The Hittite barber, who passed down and out when people ceased to use powder in their hair, was quite a personage in his day. He went from house to house, armed with a soap bowl to fit the chin, powder boxes, pomatum, and puffs, was always a newswoman and a gratuitous scandal bearer.

When wigs were in vogue, the Roman dames had in their wardrobe as many wigs as costumes, and when the choice of a wig was made it was necessary to arrange the eyebrows, lashes and complexion in harmony. It was then that the slaves were specially charged with the makeup of the face—a delicate operation, called by Cleopatra, "Medicamenta candida et rubra." Imagine a husband possessing a wife of various hues and shades! Small wonder he was excused for going astray in that event. His fancy might have full play, and when he was seized with an unconquerable desire for change he would have merely to ask his wife to change wigs.

Devices for Beautifying Eyes.

There were some cunning devices in vogue among the bolles of the old world for giving expression to the eye. The most reckless of them were wont to place a single drop of that deadly poison, arsenic acid, in the bottom of a wine glass and hold it against the eye for two or three seconds. Or, more rashly still, they would take a small quantity—a piece not larger than a grain of rice—of an ointment containing that mortal drug atropia and rub it on the brow.

Each of these was supposed to give clearness and brilliancy to the pupil, and impart a fascinating fullness and mellowness to the eye. Certain slightly pungent and volatile perfumes, such as oil of thyme, were occasionally worn on the handkerchief, causing the eye to glitter and sparkle. The eye was made to appear large, full, and almond shaped by the use of a fine pencil dipped in antimonial sulphur, or Egyptian black, rubbed upon the lids along the angle.

But, after all, the surest means by which a woman may acquire and preserve the gift of pleasing, is to be young in spirit if not in years, and every bit as pretty as is possible with all the legitimate means at her command. If she is always kind and gentle, always ready to give to others the sunniest side of her nature, thus will she find that magic fountain of youth for which the fabled Spaniards searched, Florida in vain.



Gladys Parker Deacon's nose was straight like this after the paraffin treatment

An interesting case came up before the French courts the other day. A maid sued for her services, claiming that they had been unusually arduous and that she was entitled to double pay. "My mistress," said she, "compelled me to assist her night and day. She often told me that if she succeeded in becoming beautiful she would pay me anything I asked."

The Frenchwoman, who, by the way, is beautiful now, was formerly ugly. She had certain defects which she wanted cured. And she went to heroic ends to accomplish her purpose. She lived the life of an early Christian martyr for six months, with the result that she became lovely. She considered the time well spent, for all agreed that she had worked a great transformation.

According to the maid, these are the things she did:

She underwent face skinning. Her face was first rubbed with a kind of smarting antiseptic and plasters were applied to it. These were allowed to remain on several days until the flesh underneath them became sore. Gradually the plasters fell off, bringing the skin with them. The pain during this time was great, but her mistress did not complain. She wanted to be beautiful at any cost.

When the Frenchwoman began her treatment her nose was imperfect. It was inclined to turn up and one nostril was too thin. It made her nose ugly. To remedy this defect one nostril was stuffed with cotton and was kept stuffed for months. This made it the same size as the other. Meanwhile the nose was massaged into place.

How Her Ears Were Made Over.

The young woman's ears, which had been round and protruding, were laid flat to the head and held in place by bandages. Then the lobes were pulled down to make the ears long enough. This required six months' steady treatment, as the ears were thick and obstinate and inclined to resist being made over.

Not content with these improvements to the face it was required that the wrinkles be taken out of the forehead. This was done by stretching the skin along the line of the hair and drawing it up tightly. It was then secured with sticking plaster and kept in place by bandages until it had healed. When well the forehead was as smooth as the forehead of a child.

This young Frenchwoman, who wanted to go on the stage, was far from satisfied with the appearance of the bridge of her nose and the portion of her nose between the eyebrows. It was too depressed. Like Miss Gladys Parker Deacon, she wanted a classic profile.

So there was nothing to be done except to inject paraffin

Strapped to a board.

"At last I am beautiful" she said

Into it. And facial surgeons were called in for the job. It is not at all difficult, but it takes time and patience. The paraffin, which is made up with camphor and wax and an antiseptic, is put over a little flame and is made liquid. The needle, too, is heated. It is then filled with the waxy mixture, which is quickly injected under the skin.

Improving Nose with Paraffin.

The operation must be quickly performed or the paraffin will be cool and will refuse to flow along the line of the

needle. And this requires some art. As soon as it is under the skin it is molded with the finger tips. And more is put in. This is continued until the bridge of the nose is the right shape. It takes some time and a great deal of patience.

The paraffin operation has been performed upon many society women and in most cases successfully. All lies in getting the wax in under the skin at the right temperature. It must be soft, yet it must harden almost instantly.

It must harden so that it will be as firm as the skin, impossible to melt again or to dissolve. Indeed, it must be a part of one's flesh after a few weeks.

After getting her nose fixed with paraffin and such furrows were left around the sides of her nose and the temples filled in after the same fashion, this vain French beauty—for she had begun to be beautiful—turned her attention to her figure, which was too heavy and too short.

Men of Old Had Eye to Beauty.

The prophet, however, does not preach against the men, whose apparel was often more gorgeous than that of the women. Among the old Assyrians men paid more attention to their beards alone than women gave to their entire toilet. They were worn long and plaited, although it was quite common to see them divided into two or three rows of curls.

Solomon, wisest of kings, not only derived great pleasure from the glory of his own raiment but praised his numerous beloveds, especially for the care of their locks, black and beautiful as a raven's wing.

The first toilet, we may fairly assume, consisted in a plain bath without soap or towel, followed occasionally, perhaps, by a single adjustment of refractory locks with the fingers. This developed rapidly into a luxuriously appointed bath, and refractory locks were soon put to rights by an expert hairdresser. The enormous extent, the variety, the architectural beauty, and the completeness of many of these ancient baths, gorgeous even in the ruins, have excited the admiration and wonder of succeeding ages.

In days of old, skilled doctors and wise apothecaries were kept busy preparing strange potions, wonderful cosmetics, pastes, and pomades, which were secreted in alabaster jars on the toilet table of "mistress Mildred's dressing room" was the holy of holies, where the profane were not admitted, and here she devoted herself to the practice of delicate, innocent sorcery, by which she kept herself amazingly young and pretty.

"Balm of Gilead" First Cosmetic.

In ancient sacred writings we are led to infer that the Jews used quantities of precious ointments, spices, and waters, and many passages can be found in the bible referring to them. One of the first cosmetic applications of the orient is the "balm of Gilead" or "balm of Mecca," spoken of so frequently in the bible. It was expensive, being literally worth its weight in gold. Fifteen hundred dollars was the price per pound, but it was used only in minute quantities. Early in the last century it was still obtainable, and when Lady Mary Wortley Montague visited Constantinople she managed to procure a bit of this balsam, although it was scarce. On going to bed she rubbed it thoroughly upon her face, according to instructions, and the next morning her cheeks were red and swollen, as though she might have a dozen toothaches in the same place. She was much alarmed, but in a few days the swelling disappeared, and her friends assured her that she was vastly improved in looks.

Queen Leaves a Testimonial.

The most serene queen, Donna Isabella of Hungary, set great store by a lotion called tincture of rosemary, made with the best brandy and carefully distilled. She wrote the recipe for it in her book of hours, and added this note: "I, Isabella, gouty and infirm, used a flask of this water and it had such a wonderful effect that I seemed to grow young and beautiful. So the king of Poland wished to marry me, and I did not refuse him out of love for our Lord, who, I doubt not, sent me this flask by the hands of an angel in the garb of the old hermit from whom I had it."

The following is said to be the recipe for a cold cream used much in the time of the beautiful Gabrielle: "Take out the yolks of six hard-boiled eggs and replace by myrrh and powdered sugar in equal parts. Put the ends from which the yolks have been taken together again; then place the six eggs on a plate before the fire. Mix the resulting liquid with thirty-two grammes of fat pork. This mixture forms a pomatum, with which the face is covered in the morning. Let it dry and then wipe it off carefully."

Here is one dating from the time of the crusades—a beauty secret said to have been brought from Palestine by a brave knight who was beloved by the sultan: "Take out the yolks of six hard-boiled eggs and replace by myrrh and powdered sugar in equal parts. Put the ends from which the yolks have been taken together again; then place the six eggs on a plate before the fire. Mix the resulting liquid with thirty-two grammes of fat pork. This mixture forms a pomatum, with which the face is covered in the morning. Let it dry and then wipe it off carefully."

A most repulsive cosmetic but one which some Roman dames of antiquity esteemed as most precious, was the blood of the young hare.

During the sixteenth century the water in which beans had been boiled was used as a complexion wash, and this cholera for any reason were wont to powder their hair, so as to make it appear gray and give them a venerable look. The fashionable dames were so struck with the novel effect of

Willing to Endure All for Beauty.

That her health did not suffer was due to her ambition and the power of the mind over the body. She was determined to be handsome, and to become such was the greatest desire of her life. "I want to be beautiful; I want to be beautiful," she would say when tired and longing to get up and walk, or to lie in a comfortable soft bed.

But she persevered. And, at the end of six months, she rose, took a beauty bath, put on her clothes, which, by the way, had to be made specially to fit her, and was beautiful. There was no denying the fact that she had improved her appearance a hundredfold. From being a pudgy, scraggly round shouldered, pug nosed duckling, she had been changed into a beautiful swan. "Wonderful, wonderful," her friends exclaimed.

Now the moral of all this is that you can be beautiful if you want to be. And it isn't necessary to suffer martyrdom, either. Few persons are born as full of defects as this

Eat Drugs for the Complexion.

The eating of the drug arsenic has long been indulged in for the whitening of the skin. The constant use of this imparts a peculiar waxy whiteness admired by some, but it surely must interfere with the functions of the stomach after a time. Among the peasants of the Austrian Alps the use of arsenic has been common since time immemorial. They begin at the age of 18 or 20 to take small portions four or five times a week, and continue the habit as they grow older, increasing the quantity but not the frequency of the dose.

This tale is recorded of a certain woman who had been whitening her skin with "tincture of bismuth"—"magistery of bismuth," our grandmothers called it—and who chanced to bathe, while thus whitened, in the Harrogate sulphurous springs. If it be a fact that the woman in question went into a Harrogate bath of sulphurous water while skinpainted with bismuth magistery, then it must have been true what is recorded in the tale—that she, in one instant, turned as black as any Ethiopian wherever the pigment was laid on.

In the days of our own grandmothers, the panacea for all complexion ills was the application of a decoction made from soaking wild tansy in buttermilk, an extremely innocent and effective cosmetic.

Among the other things resorted to for the emphasis of personal beauty, was the use of black court plaster by the French. It was cut in various shapes and worn upon the face, the shape and position of each piece having some particular meaning. This is a country founded on the law of contrasting colors, the white effect being set off in bold relief by contrast with the black. The Chinese women affected black teeth, the Persians red, and the Japanese gilt. The Spanish and Italian women tinged the edges of their ears a pale pink. In some countries special attention was given to the finger nails. Excessively long nails are still considered a mark of beauty by the Chinese, and the Persians, being fond of rosy nails, tint theirs to the desired shade.

Among many ancient Egyptians, female feet were given a share of attention and care. Women walked little. Wives of Mussulmans lived retired lives within their homes.

Powdering of Hair Ancient.

The custom of powdering the hair dates back as far as the sixteenth century, and was first introduced by the nuns in French convents. Those who had occasion to leave the cloisters for any reason were wont to powder their hair, so as to make it appear gray and give them a venerable look. The fashionable dames were so struck with the novel effect of