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My Secrets of Beauty

No. 144 - HAVE YOUR OWN
PERFUME - By Mme.
Lina Cavaleri, the
Most Famous Living
Beauty



By Mme. Lina Cavaleri

If you use perfume choose one that expresses you. Use it judiciously and use no other.

Rather puzzling advice this? Let me explain. There are perfumes that express us. For instance, there are kinds of fragrance that suggest and harmonize with the blonde. There are other of the fragrant odors that belong exclusively to the brunette. This is no whim, but a fact with a foundation in science. A practical perfumer who was also an eminent chemist once expressed his surprise at my choice of violet essence for my toilet table.

"But violet is the mode." I defended my choice with this excuse of woman.

"But it is not you," he retorted. "You are individual enough to dress your hair in the way that is becoming, despite the fashions. Why not have the same courage as to perfumes?"

"What is my perfume?" I asked. "A bouquet," he answered. "That is a compound, a mixture of many perfumes, as, for instance, attar of roses."

THE AMERICAN BOY

No. 1—The Boy and the Law

By THOMAS TAPPER.

ANY boy whose lot it is to be an American citizen is, in many respects, fortunate.

To begin with, as he is often told, every office in the land is open to him. This indicates that his rights and privileges are many. It should also remind him that the same rights and privileges belong to every other citizen; and, as there are somewhat over ninety millions of them, he is one of a very large family.

Hence, one of the first facts the American Boy should get into his head is this one of the rights of others. Let him get that fixed in mind, and he will always be so certain of his own rights that he will never need to talk about them.

Once the American Boy knows that he shares his rights and privileges with many millions of citizens, he will realize how necessary it is to fix these rights and privileges in a definite way. This comes about by establishing a number of agreements and conditions, the purpose of which is to give to every one in the great citizen family an equal right with all the others.

These agreements and conditions constitute, or make up, our laws. There are a great many of them. Few of us ever read them at all, and only one in thousands ever tries to know them all.

Laws Are Necessary.

It is sufficient if the American Boy knows that laws are necessary. This is so, because the American family is a large one; and a large family can act and move only according to some form of agreement. In fact, the great American family has to be regulated just as road traffic must be. A driver who knows that he must turn to the right when he meets another driver keeps out of trouble; but if he does not know this, he may be sued for damages. And the suit would be brought against him because he failed to keep the agreement we have all made, called "Keeping to the right."

There are many laws of which the average American boy may never hear. Such, particularly, are international laws. Other laws are strictly national in their purpose. Still other laws are operative only within the State that passes them. Then there are laws purely local in effect.

There are many agreements that act more or less like laws. A man may buy a piece of property and agree not to erect a house on it costing less than ten thousand dollars. It is a law of a kind, that the American boy shall be at school at nine a. m. The moment he reports at school, many other laws immediately begin to govern him. The American boy agrees to these laws, because it is made plain to him—or should be—that it is the laws of the schoolroom that permit school business to be done well and quickly. In fact, school laws are very wonderful in their effectiveness; and effectiveness is the purpose of all law.

The law of the schoolroom requires the boy to be prompt. This is not tyrannical, but ordinary business sense. When many people are working together, definite law for beginning and end brings system into their operations. A boy in school has a definite place, or desk, assigned to him. If a group of boys scrambled every morning for places, the business of the day course would begin promptly at nine a. m. Hence,

"And why?" I persisted.

"Because," he returned, "you are a brunette."

And again I asked why.

"Brunettes give off individual odors that counteract the simpler, more delicate perfumes. There is more ammonia in the exhalations from their bodies than there is in the blonde. Ammonia kills any delicate fragrance. The brunette should therefore choose the rich, heavy fragrances, especially those that come from the East."

He gave me the formulae for two perfumes which he considered typical for the dark-haired, dark-eyed woman, or for any woman who is more nearly brunette than blonde. Every woman is rather more brunette than blonde, or rather more blonde than brunette. There is no actual medium or so-called "betwixt and between" type. A woman leans slightly toward one of the extremes. Whatever the direction of this leaning should govern her choice of an individual perfume.

These are the typical brunette perfumes recommended by my friend who knew:

Alcohol.....150 grams
Oil of rose..... 10 decigrams.
Ambergris..... 5 grams
Musk..... 4 grams

Oil of asters... 25 centigrams.
Musk..... 12 centigrams.
Russian Eau de
Cologne..... 12 grams

Blondes should select a specific perfume. That is, they should adopt a perfume that is made directly from a flower or that imitates the odor of a single flower. For them the violet is the ideal perfume.

The law of "each in his own place" is also based on system.

Another law of the schoolroom requires the boy to be still while the school is in session. If there are forty boys present, any one of them can appreciate the value of this law by saying to himself "the other thirty-one are keeping still so that I can keep my thoughts on my work."

Law Governs Work.

Hence, any work requiring the presence of many people must be governed by Laws. Even a ball game is impossible unless the "rules of the game" be observed.

There are many agreements which we live up to every day that are not written Laws, but they are Laws just the same. A boy who agrees with his father and mother to be out not later than nine o'clock has established a Law and given his word not to break it. The father and mother do not expect to send a policeman for him at nine o'clock, nor do they expect to go out and bring him in. They rely upon a certain quality in the boy himself to fulfill the law. This is his honor.

In fact, every Law there is appeals to our honor to obey it for the good of others, as well as for ourselves. A Law can make no other call upon us than this. Thus, the American Boy ought to learn as soon as possible that a Law is not a horrible restriction, but an honorable agreement. And its purpose is to give everyone an equal chance to work or play.

Now, Laws are enforced by many men and groups of men; police, judges, juries, courts and the like. This is necessary for two reasons. Some people disobey the Law through ignorance of it. This is no excuse, so the courts and the officers teach them what the Law is. Others, unfortunately, break the Law wilfully. The court takes them in hand and imposes fine or imprisonment to protect all other citizens. The Law-breaker has not kept his agreement, and as a result he has broken the Law of the other citizens suffer.

No boy need read all the law, nor any of it. For that matter, for two reasons: First, the intent of the law is not to hinder and threaten him, but to help and guide him. Second, if he will go about his daily affairs, trusting to his honor and his common sense, he will practically obey all laws, for they are the result of honor and common sense.

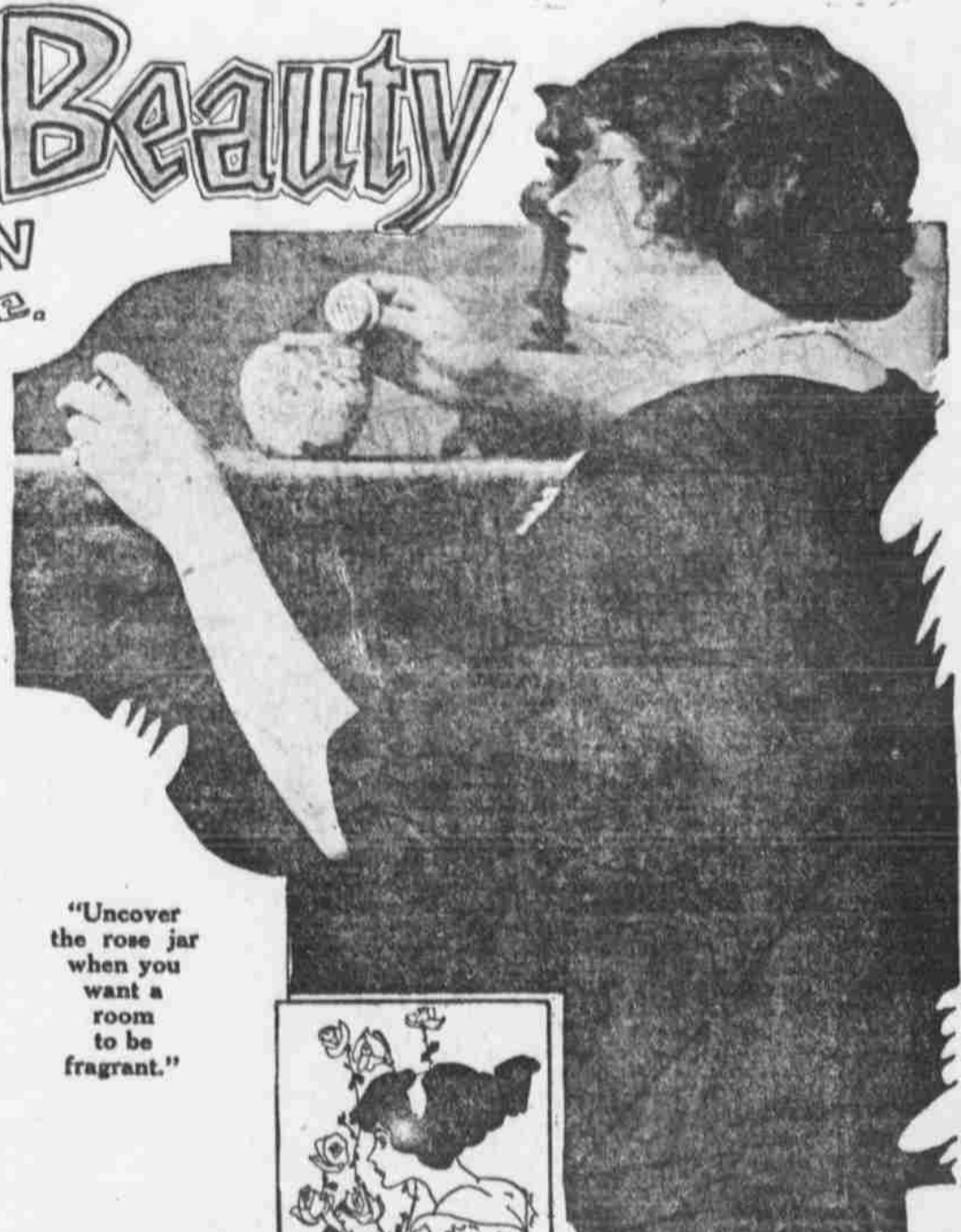
But every American boy should at some time read two documents that are fundamental to our law and order. They are (1) the Declaration of Independence, and (2) the Constitution of the United States. These will show him how valuable are common sense and honor, and every American boy should be proud to possess plenty of both of them.



Mignonette, lily of the valley, heliotrope, orange blossom and rose geranium and carnation are perfumes for the blonde.
This formula she can follow with good results for an individual perfume:
Oil of orris..... 25 centigrams.
Russian Eau de
Cologne..... 25 grams
Heliotrope..... 25 centigrams.
Oil of amber..... 2 grams
Having selected your perfume arrange to always convey a suggestion of it. Let your cold cream or the oil or lotion used for your body

"Let the oil or lotion used for massage be perfumed with a few drops of your favorite fragrance."

Mme. Lina Cavaleri.



"Uncover the rose jar when you want a room to be fragrant."



"Sew sachet powder in the hems of your gowns, and the revers of your jackets."

sachet powder in the bureau drawers containing your intimate clothing.

Sew sachet powder in the hems of your gowns, and the revers of your jackets.

Use an atomizer to sprinkle the liquid perfume among your furs and leaces.

Sprinkle a little of the powder among your stationery in your writing desk.

But do not follow an old and vulgar custom of scenting your handkerchief. Perfume calls attention to whatever you are doing as a beauty patch calls attention to the feature nearest which it is placed. A girl with a large mouth does not fasten a beauty patch near it. If she has fine eyes she places



"Sprinkle a little of the powder among your stationery in your writing desk."



the black spot on the cheek close to the eye, or if she have a fine, straight nose the beauty spot is placed close to that. Now when you use your handkerchief for the purpose for which it was invented you perform the act as noiselessly and unobtrusively as possible. That is the time you do not wish to attract attention. Yet with the appearance of your handkerchief the perfume on it is diffused, and challenges attention to your act. In common with many others I consider the perfume used on a handkerchief wasted.

If you like perfumes use them, but moderately, never to excess. Men profess not to like perfumes, but do not let that deter you. I have found that is an affection with most men, and that in fact they like a suggestion of perfume to hang about a dainty woman or to cling to the draperies in her apartments. A word about perfuming an apartment. One of the most charming means, having a hint of poetry about it, is to have a rose jar on the mantle or bookcase. Uncover it now and then when you want the room to be especially fragrant. Burn incense, the Oriental woods, or the domestic sort. There are incense tablets that are delicious, though I do not advise exhaling the fresh air of a room with too frequent or plentiful use of them. A little sachet powder may be sewed into the hem of silk curtains. It may be sewed into the filling of soft cushions. If I wish to perfume my apartments quickly I open the doors of the closets in which hang my perfumed gowns and furs, and the tiny streams of fragrance, a soon give the room a sweet odor.

If you add a little pepper or a few cloves to your sachet powder it makes the perfume stronger and more lasting. A crushed stick of cinnamon not only serves this purpose but it is a hygienic agent, purifying the air. The physicians of ancient days used it as a disinfectant.

To drive away a harassing headache most women like to keep a bottle of cologne about. Here is a formula by which you can make your own:

Oil of orange.....15 grams
Oil of cedar.....14 grams
Oil of lemon.....14 grams
Oil of bergamot.....10 grams
Oil of lavender... 7 drops
Oil of cloves..... 4 drops
Oil of cinnamon... 8 drops
Tincture of amber... 6 drops
Oil of neroli..... 2 drops
Oil of rosemary... 1 drop
Tincture of musk... 6 drops

This formula is a useful one to the brunette girl, especially one whose favorite flower is the Jacqueminot rose:

Pulverized red rose petals..... 2 ounces
Carmine.....10 grains
Tincture of musk... 1/2 dram

Mix with three enough gum tragacanth to shape them into little balls. Pierce them with a darning or knitting needle.

This is a charming, odd aromatic that can be used as a burning paste or bath perfume, or takes the place of toilet water. A "bead" dropped into the water in which you wash your hands perfumes them and gives them a rosy glow.

Some girls choose as their favorite perfume one that harmonizes with the idea of their favorite color. The girl who likes blue chooses the violet, one who prefers mauve selects the scent of lavender, and the girl who surrounds herself with yellow chooses the orange or citron scents, as the girl who likes the fragrance of the carnation furnishes her own rooms in pink, besides nearly always appearing in this color or having some touch of it in her costume.