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My Secrets of Beauty

No. 146 - How to Take Care of the Mouth

By Mme. Lina Cavalieri, the Most Famous Living Beauty.

MME. CAVALIERI'S article is of special value to-day, for it deals with a topic of general interest. How and why the mouth should be kept clean, fresh and sweet, she treats from the viewpoints both of health and beauty.



Mme. Lina Cavalieri.

By Lina Cavalieri

NO one is well groomed who does not give careful attention to the toilet of the mouth. I use the word precisely as I intend, to signify the cleansing and "dressing up" of the mouth.

The first step in the very necessary process, necessary to both health and beauty, is to gargle. Every morning this should be most carefully done. I am sure that the daily morning gargle has nipped many a throat and lung disease at the beginning. It may even have saved many lives. Certainly it has been part of the cure of many diseases. The throat should be freed from the obstructions and droppings that have accumulated during the night, and to do this nothing suffices except the gargle. In some of the most advanced schools the morning gargle is part of the day's routine and neglect of it is punishable.

Into a tumblerful of hot water place a teaspoonful of coarse table salt. Let the salt dissolve before using.

Or dissolve in a tumblerful of warm water a teaspoonful of borax.

Or in the same quantity of boiling water let a teaspoonful of boracic acid dissolve.

Daily rinsing of the throat with

The NEW PLAY

By FRANCES L. GARSIDE.

IN England when a younger sister marries earlier than an older sister, the girl who is left on "father's hands" is supposed to put on green stockings, an article of wearing apparel more sombre in its suggestions in a country where to be a spinster is to be a disgrace than any widow's trappings. This little superstition, or saying, is the foundation on which is built the play by the title of "Green Stockings," in which Miss Margaret Anglin is appearing at the Thirty-ninth street Theatre, by far one of the most amusing comedies appearing in New York this season.

It is the rebellion of the oldest of four sisters who has put on green stockings twice and is confronted with the prospect a third time that causes the complications and laughs in the play. She didn't become a blue stocking as spins sometimes do in this country; she invented a lover, and the myth of her brain became a reality in accordance with the pleasing manner in which they conquer afflictions on the stage.

Celia Faraday, a hopeless spin, at the ripe old age of twenty-nine, discovers that every one pities her because of her failure to attract the men, and when her youngest sister reproaches her for remaining single and thus delaying her own marriage, Celia, in a spirit of wild rebellion, announces that she, also, is engaged.

An army officer, she says, asked her to marry him the week before when she was away on a visit, and called with his regiment for South Africa an hour after their betrothal. She has to give this flimsy hero of her brain a name, and christens him John Smith—Colonel John Smith, and her success in fooling her family, her joy in the distinction the proposal gives her, spur her on, and she writes him letters, the first of which her sister, without Celia's knowledge, thoughtfully mails. For eight months Celia is no longer at the beck and call of the family. She wears pretty clothes.

She spends hours in her room writing letters to the lover of her imagination, and time that was formerly spent in caring for others is devoted to self-adornment. There is no lovers' quarrel, no misunderstanding, no heartaches, in an engagement in which the lover has no real existence, and Celia blossoms out under the expanding influence of such



"Remove the coating of the tongue with a tongue scraper."

any of these will reduce inflammation and keep one of the grand passageways of the body cleansed.

Next, attention should be paid to the tongue. Purred or coated tongues are common but not for this reason less objectionable. The tongue should be cleansed as an essential part of the morning toilet. Scrape off the coating with one of the tongue scrapers now obtainable at any good drug store. I prefer the kind that are made in the shape of a small hook. With this you can reach far back into the mouth and scrape away the accumulation from that part of the tongue which is the source of most unwholesomeness, the extreme back of the tongue. When you have scraped off the coating, doing this gently, of course, so that you will not scratch the tongue, then make it bleed, rinse the mouth with any good antiseptic wash.

For example, equal parts of peroxide of hydrogen and water are

perfect love into a very attractive young person, and when at the end of eight months she causes to be inserted in the Times a notice of her fictitious lover's death she has become so popular that she can have her choice of a dozen lovers to take his place.

But there really was a Colonel John Smith with that regiment, and he receives the first love letter sent to South Africa and comes home to England to read the notice of his death in the papers and meet the girl to whom his ghost gives as much distinction as was given her by the lover of her brain.

Margaret Anglin makes such a funny and fascinating spin with revived hopes that she is altogether charming, but she is compelled many times during the course of the play to put her laurel wreath in two and give half to Miss Maude Granger, who, as the aunt from Chicago, is made an unwilling confederate of the girl. In the scene in which the aunt learns that John Smith isn't a fiction, but a man very much alive, her overwhelming astonishment and fear culminate in an attack of hysterics that produces more laughing than anything on the stage in New York today.

It is such a funny scene that the audience enjoyed nothing else during the evening that one little scene would repay it for the money invested. It causes the kind of laughter that shakes off every worry and apprehension and trouble; when it ends the women in the audience realize that they have laughed till they cried, and there is as free a display of handkerchiefs to wipe the tears away as if there had been an appeal to the sob squad. Miss Anglin has a splendid supporting company, including H. Reeves Smith, Stanley Dark, Arthur Lawrence, Ivo Dawson, Wallace Woodcomb, Henry Hull, Halbert Brown, Mrs. Ruta Holt Boucicault, Miss Helen Langford, Miss Gertrude Hita and Miss Maude Granger.



"Scrutinize your lips in a handglass."

lip softener by stirring into a jar of white vaseline a (teaspoonful of beet juice. This lip salve at once prevents the drying effects I have mentioned, softens the lips and deepens their color and perfumes them: Spermoceti ointment, 1/2 oz. Balsam of Peru, 2 grains. Alkanet-root, 8 grains. Oil of cloves, 3 drops. While applying this use the first two fingers of each hand and gently work the upper lip upward in the middle, giving it the arch so much admired. An essential part of the toilet of the mouth is to rinse it after each

meal, so that lurking crumbs will be removed from the mouth instead of lingering there to cause decay of the teeth. To help this result do not use toothpicks, which are liable to irritate the gums, but dental floss. And during the day have on your toilet table at home or on your desk in the office some agreeable mouth wash that is not so strong as to affect adversely the enamel of the teeth. This is a good one in case the mouth is feverish: Rosewater, 2 ozs. Tincture of orris, 1 oz. Alcohol, 1 oz. Oil of peppermint, 20 drops.

The Care of House Plants—No. 6

By M. B. Gleason.

THE Araucaria excelsa, or Norfolk Island pine, is becoming better known as a plant for home decoration. It has an evergreen foliage that somewhat resembles the hemlock. Its "needles" are plentiful and of a very dark green color. The branches are produced in whorls. Symmetry characterizes it in all stages of its growth. A young plant is a perfect tree in miniature. It

is sometimes called the Star pine because of its star-shaped whorls of branches. This plant needs a rich sandy loam. Water moderately and shower frequently, as the red spider is its worst enemy.

The Pandanus utilis, or screw pine, adapts itself to living-room culture, but care must be taken to prevent water from collecting in its centre or decay will soon set in. In showering be sure to lay the plant on its side so that no water will run down its leaves to the heart. Each leaf has sharp teeth along its edges, and some varieties are beautifully striped green and white. The Pandanus should not be kept far from the light, and should always be in a moderately warm room.

For halls and places where there is little light the Queen Victoria agave brings good results. It has a long, thick foliage of a pale green bordered with yellow. A year-old plant will often have twenty or thirty leaves two or three feet in length. It will stand considerable neglect and hard usage, but is appreciative of good care, like all plant life.

The English ivy is very easy to grow, and may drop gracefully or be trained to grow in a circle. The latter often makes the most decorative plant for house culture. Unless used in hanging baskets, pin the trailing branches to the earth with hairpins, and as the plant grows train it to follow the edge of the pot until it becomes quite a large plant.

Geraniums that have become scraggly during the Winter should be cut down in early Spring, and they will soon burst forth in strong foliage and be ready for early blooming. They require a moderately rich soil and plenty of water and sunshine.

An old piano lamp standard makes an effective plant stand, especially appropriate for ferns or ivy. Plants may be sprinkled without moving by taking a large square of heavy paper or cloth, cutting a round hole in the centre and making a slit from one edge to the hole. Slip this around the roots of the plant, and if the shield is large enough the shelf or stand will be kept dry when sprinkling is done.

WAITING! WAITING!

THE villagers gathered around the green. To put in a day of fun, the oldest inhabitant in the town had reached one hundred and one. But while they waved and cheered to see I noticed a little old gent whose face bore a worried expression and whose back was decidedly bent. "Why don't you take part in the revel?" I asked, and he said, with a sigh, "You wouldn't ask that if you knew, sir." "Well, tell me," I pressed him, "just why?" "That woman's my mother-in-law," he said. (And here he gave way to real tears.) "I've been paying her life insurance for 'Full half of her one hundred years."

cleansing. To this mixture may be added a few drops of menthol.

In case you use this, be sure to immediately afterward rinse the mouth with milk of magnesia or a solution of soda to counteract the effect of the peroxide of hydrogen upon the teeth.

The mixture of bicarbonate of soda and warm water is in itself a good mouth wash.

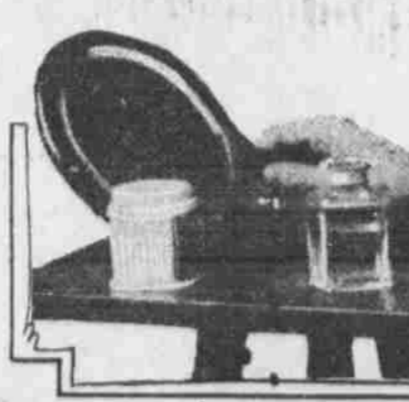
This done, it is time for the stomach bath of water that is so conducive to a sweet mouth, which never exists except in conjunction with a sweet stomach. If you prefer warm water, take two or three glasses, drinking it slowly; or, if you prefer cool water, drink the same quantity of that. I never advise drinking ice water under any circumstances. The juice of half a lemon in each glass of water helps to cleanse the stomach and corrects liverish tendencies.

This done, it is time for brushing the teeth. I prefer tooth pastes to powders, since they have not the same wearing action upon the teeth. This is a paste that you can make at home:

Precipitated chalk, 1 oz. Powdered white castile soap, 1/2 oz. Powdered orris root, 1/2 oz. Oil of peppermint, 10 drops. Glycerine, 1/2 oz.

Oil of jasmine or any favorite perfume may be substituted for the oil of peppermint, if desired.

Or, if you prefer to use a powder



Last, apply some emollient, as cold cream, to the lips."

now and then instead of the paste, here is a simple one, easily prepared: Powdered talc chalk, 2 ozs. Oil of jasmine or other orange oil, 2 drops.

Don't give a few hurried strokes to the teeth and think your task done. Brush them with even strokes up and down in front, then at the back, then along the upper edges.

Scrutinize your lips in a hand glass. Have they drooped during the night? Do their corners fall in an unbecoming and aging way, which is a bad habit of muscles, particularly the facial muscles, at night? Coax them upward. Smile at yourself in the mirror. Laugh. These tuck the corners upward. Think of something amusing or agreeable that will keep the corners upturned during the day. Or they can be coaxed

upward by curling the corners as a dandy twirls his mustache, by talking the lips gently at the outward corners between the thumb and forefinger and twirling and pushing them upward. Keeping on guard during the day against letting any emotion or mood of determination of the day draw the muscles back into their droop of the morning will help you to keep the mouth in its amiable lines. The eyes may be the mirror of the soul, but the mouth is the reflector of the disposition. The sweet-tempered woman nearly always has an attractive mouth, the ill-tempered woman almost never.

Last, apply some emollient to the lips, which dry quickly in the heat of a warm room or in the cold of the out of doors. A little country friend of mine made such an emollient or

"Rinse the mouth after

each meal so that lurking crumbs can be removed from the mouth instead of lingering there to cause decay of the teeth."

