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## My Secrets of Beauty

### No. 150—"ANOTHER CHAPTER ABOUT THE NOSE,"

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



"Using the first two fingers of each hand, massage a thin, bony nose."

By Lina Cavaleri.

MANY inquiries showing how many persons are interested in the subject have moved me to write another chapter about the nose.

No, my dear many readers, you cannot change the size of the nose. If nature gave you a large nose there is no safe way to reduce its size. You can, however, especially while still young, greatly modify its shape.

This is true if your most prominent feature happens to be fat and flat. There are numerous nose clamps adapted to various sizes and needs. They are for sale at drug stores and at the shops of instrument makers. But in lieu of them you can yourself twist a strong piece of wire, blunt at its ends, into the shape you need, and, after wrapping it in felt to protect the nose from the metal, fit it on the outside part of the nose wherever you wish to modify its shape. For example, if your nose is very broad and flares at the nostrils, fasten the wire at the lower part of the nose. If it is too broad at the middle attach the improvised clamp at that part of the nose. Keep it on as long as you can with comfort. Rub cold cream freely into the nose before using the clamp and afterward. In country communities in France I have known pretty, growing girls to successfully use clothepins in this way. First wrapping them round with pieces of clean white flannel that has been soaked in olive oil.

Massage of the nose will go far toward narrowing the nose that is too wide. Take the lower part of the nose gently between the thumb and first finger and by a succession of pinches work slowly down from the tip to the flare of the nostrils. This will not only, if long enough continued, make the nose narrower, but it will make it a little longer.

If, on the contrary, the nose be thin and bony, massage will improve it. But in this case use the first two fingers of each hand and, beginning at the middle of the bridge, press downward with the fingers and outward at the flare of the nostrils, using plentifully a fattening cold cream or coconut or olive oil.

There is an art called rhinoplastics, reshaping of features, by means of which a nose that is badly in need of reshaping may be made over. By this means even missing parts, lost during an injury or missing from birth, can be replaced. Surgeons have successfully replaced bits of missing cartilage to improve the shape of the nose. In England and America defects in the shape of the nose, as, for instance, a sunken bridge, can be remedied by injecting paraffin in a liquid state and letting it harden under the skin. This must be done by surgical means, and I cannot too emphatically remind you that you must be sure of your surgeon.

Perhaps you have formed the unbecoming habit of crinkling your nose when you laugh. Foolish persons have referred to this as a piquant habit. On the contrary, it is vulgar, as is all grimacing, and it forms wrinkles as surely as the habit of crinkling the flesh about the eyes forms crowfeet. So stop the crinkling to avoid the wrinkling, and if the wrinkles are in process of forming or have formed, press lightly upon the muscles about the nose, with the first three fingers of each hand. Dip the finger tips into cocoa butter, if it agrees with your skin. If not then into coconut oil or any cold cream preferred. After pressing gently these muscles



at the sides of the nose pat them or slap them rather firmly and quickly with your palms. The pressing makes the muscles firmer and the sleeping brings the blood flowing in a flood to that part of the face. Always remember that wherever wrinkles are forming there is a lack of circulation, and whatever increases the circulation feeds the tissues and makes the face fuller and firmer.

If the pores of the nose are enlarged apply often this astringent, using a piece of old linen or muslin,



"You can make your own nose clamp by twisting wire, blunt at the end, to fit the nose, covering the wire with felt."

If your nose be often or distressingly red, perhaps, in addition to the reasons suggested in a previous article, your heart or kidneys may be affected. Or a polypus may have formed within the walls of the nose. I have known avoidance of fish and sausage to cure what seemed a chronic case of red nose, showing that the seat of the trouble was the digestive apparatus. In some instances I have known electricity applied to the nose to adjust the circulation that had been disturbed and so effect a cure. This was, of course, done by a physician. Should any one else attempt it she would doubtless do far more harm than good.

In cases that are not aggravated this may check the redness:

Eau de Cologne . . . 15 grams  
Powdered borax . . . 11 grams  
Water . . . . . 5 grams

Or this:

Orangeflower water 20 grams  
Rosewater . . . . . 20 grams  
Borax . . . . . 2 grams  
Moisten cotton with these and lay on the nose several times a day.

S. M. D. writes: "Will you please recommend something for a soft, flabby, dry, blotched, pimply skin on the face and neck? My face and neck are exceedingly dry, flabby and wrinkled."

That is what you Americans call "a large order." If you have given the matter any thought you must know that all these conditions do not proceed from the same cause. Or if they do that cause is the undeniable one of neglect. I should say that if your skin presents that varied appearance, you are not well or that you have not been well. The skin quickly reflects the state of health. If my skin looked like that I should first go to a physician and ask him to prescribe a tonic.

If you are not able to do this, for I see that you live in a remote part of the country, treat yourself in intelligent fashion. Eat nourishing foods, as rare roast beef and green vegetables. Drink much cool water between meals, sleep in a well ventilated room and take plenty of active exercise, especially out of doors. This should in time remove one cause of your discouraging complexion, indigestion, which doubtless accounts for the blotched appearance and the pimples. If your skin is dry it is because it is not well supplied with oils. That lack you can remedy by patting nourishing oils or creams into it at night before retiring, or during the day before going out and exposing the skin to the sun and wind.

Here is the prescription for a cream you can make yourself:

Sweet almond oil, 5 ozs.  
Rosewater, 2 1/2 ozs.  
White wax, 1 oz.  
Spermaceti, 1 oz.

Mix the oil, white wax and spermaceti in an earthen bowl. Let them melt together in this bowl, set over a kettle of water, say a tea kettle. When they have thickened to look almost like cheese, pour into the mixture drop by drop, rosewater and stir with a silver spoon. Stir into it a dozen drops of your favorite perfume. Place it in jars and keep in a cool place.

If it is not convenient to prepare this you can feed your skin well with pure coconut oil or olive oil.

**A RISING STAR.**  
Farmer's Wife—I hear your son is making money out of his voice at the opera.  
Byes—That's right, mum.  
Farmer's Wife—Where did he learn singing?  
Byes—Oh, he don't sing. 'E calls the carriages.

**HE KNEW SOMETHING.**  
Miss Rogers—How did you imagine anything so beautiful as the angel in your picture?  
Artist—Got an engaged man to describe his fiancée to me.

TODAY'S chapter of the series of instructive beauty talks by Mme. Cavaleri is on a subject which will interest every reader. Few persons are satisfied with their own noses. Could each one make over his or her face, every one would probably begin with the nose. There are few modern noses that approach the standards of beauty set by ancient sculptors. Mme. Cavaleri advises how to improve this most prominent feature.

There is some prejudice against the use of much olive oil because some experts believe it makes the skin yellow. One beauty expert asserts that all preparations that are yellow make the face yellow. I will not go so far.

As to the softness and flabbiness of your skin, that is in part due to a probably anæmic condition of the system. For local treatment I suggest splashing cold water freely upon the face several times a day. A more thorough and effective way is to place cold cloths upon the face. In the most fashionable beauty parlors ice is applied to the face, gently "ironed" over it after massage, or the patting and slapping which have succeeded the older massage. The same treatment is successfully applied to the neck. For the relaxed skin and for the probably relaxed muscles under it, a chin band of muslin or rubber is useful. It can be worn at night.



Mme. Lina Cavaleri.

#### Advice

HE was only a young commercial traveler, and had not been on the road for many months. When, therefore, it changed that he found himself short of funds, he scarcely knew what course to take.

After much hard thinking, he resolved to let the office know his sad plight. From the nearest post office he dispatched a wire:

"Have run short of ready money. Please write me here."

But the following morning brought no reply to his appeal. Patiently he waited for the second post, but nothing came.

Again he resolved to wire, this time more urgently.

"No money. How shall I act? Wire reply."

Almost before he had reached his hotel again the telegraph boy had brought a reply. Hastily the young commercial tore open the envelope, and read:

"Act as if you were broke!"

#### Going the Pace

THEY had never stayed in a big hotel before, but both Jenkinson and his wife enjoyed it. No half-measures for them—they went the whole hog, and missed nothing that was going.

"We'll have dinner here to-night, dear," said Jenkinson, as they discovered a new dining-room in the hotel. "Hi, waiter!"

"Yes, sir!" And the white-fronted ones dashed forward.

"We want dinner," said Jenkinson. "Dinner for two."

"Certainly, sir. Which will you have, table d'hôte or à la carte?"

That puzzled Jenkinson. But he was not the man to show ignorance. For a moment he pondered, but only for a moment.

"What do you think, dear?" he said, calmly. "Oh, hang the expense! Waiter, you can bring us some of each!"

#### No Fault of His

HE was large, robust, and in the full flush of manhood. From his ragged whiskers to his patchy boots he was strong and lusty.

Round his neck he carried a placard, upon which appeared the inscription: "ONLY SIX MONTHS TO LIVE."

The said, cruel statement touched all who observed, and through its agency the beggar gathered to his family coffers £1 per diem.

A Bristolian, who helped the man liberally in Bristol, came across the fellow in Cardiff. He was still wearing the same placard, though it was five years later.

"You ought to be ashamed of yourself!" exclaimed the benefactor. "Only six months to live? Rot! You said that years ago!"

"Well," growled the beggar, "it isn't my fault. If the doctors make mistakes I can't help it."

Among the coffee-drinkers a high praise must be given to Bismarck. He sipped coffee unadulterated. While with the Prussian army in France he one day entered a country inn and asked the host if he had any chleery in the house. He had. Bismarck said: "Well, bring it to me; all you have." The man obeyed and handed Bismarck a canister full of chleery. "Are you sure this is all you have?" demanded the Chancellor. "Yes, my lord, every grain." "Then," said Bismarck, keeping the canister by him, "go now and make me a pot of coffee."

Do you think an actor who is severely wounded in Act II ought to walk before the curtain and make a speech?

"No! I think he ought to be carried before the curtain on a stretcher."

Guest—Look here: this mirror is so fearfully dirty that I can't see my face in it.

Hotel Servant—It strikes me you ought to be thankful for that, instead of making trouble about it.

#### BOOK SHOP.



ENTERPRISING.

"I've called my new novel 'The Last Word,'" he said.

"And of one thing I'm perfectly sure—"

The girls will be eager to buy it because

It's just what they're all looking for."

Accumulated in the mines of the world there is enough coal to create fifteen billion horsepower for 12,000 years.

The invention of a Birmingham engineer enables a passenger in the fastest train to talk with anyone on the telephone system.

Prof. Sir E. Ray Lankester calculates that, by research, prevention and cure every epidemic disease could be abolished within the next fifty years.

In Norway electricity is much cheaper than steam-power, on account of the great waterfalls and mountain torrents that are harnessed to machinery.

Petroleum gives us asphalt paving, permanent ink for printing, dyes of brilliant hue, and all kinds of rubber articles which without the oil could not be manufactured.

Oil is pumped immense distances in pipe lines; one of these lines is 500 miles in length.

Grain, animals, ornaments, slaves, iron and copper have been used as money by many nations. The use of cattle as currency has been extremely common.

#### HOPELESS.

She—Do you think marriage a failure? He (aged nineteen)—It begins to look that way. I've been rejected twelve times.

Church (under confidentially)—That woman I just seated is Mrs. Stuckup. She had me sent round to the back door one day when I called at the house on a business errand. Made me transact the business through a servant, too. But I've got even with her.

Friend—You have given her one of the best pews in the church.

Usher—Wait half an hour. She's right where a stained-glass window will throw a red light on her nose.

"The giraffe has a tongue eighteen inches long," said Mrs. Talkmore.

"And knows how to hold it, too," growled Mr. T., who had had a long certain lecture the night before.

Neighbor—Halloo, Jenkins! How are you? Haven't seen you in the garden for quite a time, and you never come and see the wife and me now. What is it?

Jenkins—Well, the fact is, old chap, that it's not through ill will or bad feeling, or anything like that, you know, only you and Mrs. Possum have borrowed so many things from me that when I see your place it makes me feel quite homesick.

#### Out from Obscurity

JONES had had a leg up in the world and was mighty proud of his new position. Not long since he met a man who in his submerged days had been his chum, but who had remained in the old rut.

"Hallo, Brown!" said Jones, smirking at his friend. "You haven't been to see my new house yet. Can you come on Friday?"

Brown expressed pleasure at the thought.

"Yes," continued Jones, "we're having a small party. It—my daughter's coming out, you know."

Brown scratched his head meditatively. His mind wandered. A stab of sudden recollection came to him.

"I've just remembered, old chap," said he. "Our Jim's coming out on Friday. He's had fifteen days."

Jones looked pained.

"But," added his old friend, "how long's your daughter had?"

#### Poor Papa

WHEN Grover Cleveland's little girl was quite young her father once telephoned to the White House from Chicago and asked Mrs. Cleveland to bring the child to the phone.

Lifting the little one up to the instrument, Mrs. Cleveland watched her expression change from bewilderment to wonder, and then to fear. It was surely her father's voice, yet she looked at the telephone incredulously.

After examining the tiny opening in the receiver the little girl burst into tears. "Oh, mamma," she sobbed, "how can we ever get papa out of that little hole?"



**COURAGE NEEDED.**

"A hero my husband must be," she cried.

"He surely would be, he surely would (Her temper I well enough knew),"

Mrs. Blowitt—I see by this magazine that wearing hats makes one's hair gray.

Mr. Blowitt—Well, the expensive ones that you have been wearing have made my hair gray.

First Disputant—Then I'm a Hart?

Second Ditto—On the contrary, my dear fellow, you have just spoken the truth.

"This is a hard world," said a shabby chap. "A man can't get a job unless he's got a new suit."

"No," said his companion; "and he can't get a new suit unless he's got a job."