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## My Secrets of Beauty

By Mme. Lina Cavalieri

**T**HE headline on this page is in no way misleading. It means exactly what it says. This article will deal with the theme of growing young.

Haven't you seen persons to all appearances lose ten, fifteen, even twenty years of their lives in a relatively short time? If not I fear you have not closely and interestedly observed the people about you. The experience is by no means uncommon. It has happened under the eye of every person who has clear vision.

What has happened to Mr. Brown and Mrs. Smith, who, at acknowledged fifty or fifty-five, begin to look thirty-five or forty, or forty?

They look as though they had tapped some new and inexhaustible spring of vitality. Why and how?

Everyone would like to look and feel, which is to be, young again. How shall it be done? It is in part a matter of will; in part a matter of habit. But most of all it depends upon the way you look at that sum of things we call life.

Mr. Brown may have secured his new lease upon life by a sudden success in business. This by no means always follows, for with his new success might come new and heavy responsibilities; and responsibilities, or a keen sense of them, are aging. Or it may be the success of a son or daughter. I have known parents to grow suddenly young again when their children were graduated from college. The heavy drain of expenses has been lifted. The young man or woman is facing life's warfare equipped for the battle. The parent is happy in this fact. And with happiness comes renewed youth.

Mrs. Smith may have won a new husband and be looking at life through the glorifying lens of a happy marriage. Or she may be one of those women to whom her chosen work makes far more appeal than does any man, and recognition may come for that work and with the recognition happiness, and after happiness youth. It is a safe and sound proposition that happiness always brings a greater appearance of youth.

You have only to study yourself in the mirror to prove this. Recall something that gives you happiness and note how the face curves into

rounded outlines, the eyes brighten, the face takes on a delicate pink. Bring to mind something that annoys you, something that has deeply hurt you. You will be amazed at the lightning-like change to dull eyes, sagging muscles, drooping lips and sallow skin. Now imagine either of those moods permanent, and what is the difference in appearance? Ten years at least, perhaps more. This is an object lesson in the youth-working effect of happiness.

I quite understand that there will be a chorus of objections. Light, sweet sopranos and rich, deep contralto voices assail me with: "But there is a great deal of sorrow in the world. How can we escape it?"

You cannot. Sorrow and death are the fleetest runners. Both will surely overtake you. But sorrow can be met, faced and overcome. It is in the power of everyone to make every sorrow that visits her a transient one. Will and philosophy and putting self into the back-



## No. 151 - How to Grow Young, By Mme. Lina Cavalieri, the Most Famous Living Beauty.

**I**NSPIRING, instructive and helpful is Mme. Cavalieri's lecture to-day on the art of growing young. She tells of instances she has seen of this reversing of the calendar and describes how it may be done. Persons of either sex or any age may with profit read this uniquely interesting article.

Let me explain to you the physiology of happiness as a beautifier and a youth-giver. Happiness causes the heart to beat more firmly and steadily and this stimulates the circulation. Through the veins run the rivers of life, the blood. Whatever causes them to run more rapidly and steadily renews the tissues of flesh and muscles—in fact, makes the person over.

So for the physiology of growing young. Now for the psychology. A leader of thought, author of many books, says: "The life forces will inevitably create in the likeness of the pattern or picture that is provided by the mind." I believe this. We become like what we most think about. If we make a picture of ourselves as continuously young that thought will help greatly to re-fashion our bodies and to illuminate our faces with the spirit of youth.

M. O'B. asks: "Won't you please tell me how to develop my bust? A simple, cheap remedy, for I am a poor girl."

There is no better developer for the bust than swimming. If you are not able to take this exercise give more attention to deep breathing. The hanging bar exercise is good. Have your father fasten a strong broomstick above and at the outer edge of the door sill in your bedroom and practise drawing yourself up and down by this every morning.

Pat olive oil or cold cream lightly into the bust before retiring.

F. J. E. writes: "Being a great

should, if only to have a common topic of conversation with their husbands or brothers, fathers or sweethearts, and even their friends. Newspaper reading can become a habit. Form it.

Do you know what the great men and women of the world have thought? Find out by reading and re-reading a few good books. Never mind about the best sellers. The best sellers of to-day are likely to be the waste basket stuffing of tomorrow. Know Dickens and George Eliot. Cultivate acquaintance with Thackeray. Learn the French complexion of thought by reading two or three of Victor Hugo's powerful novels. Pick up a volume of Shakespeare and read a page of it anywhere. You will be sure to find a nugget of truth or a flash of fun on any haphazard page. Study something. I know a woman who enlarged the scope of her life, pushed outward its confining walls, by learning four words of French every evening while brushing her hair before retiring. In a short time she was able to read a little French. After awhile she could spell out the



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Mme. Lina Cavalieri.

This applied to the arms will bleach and in time weaken the hair so that it may fall out:

Peroxide of hydrogen..... 1oz.  
Spirits of ammonia..... 1oz.

Bathe the arms freely with this every day.

I. R. wants to know what to do for flat feet, large knees, large limbs and thick ankles.

For the flat feet I should go to a shoemaker who makes a specialty of making shoes for such feet. For the knees I should call on my patience to endure what cannot be helped. For the limbs that are too fat I should walk much, hoping that the fat would melt away in perspiration and be succeeded by solid, but less bulky, muscle. For the ankles I should depend upon the bootmaker to give a semblance of slenderness. Perhaps the walking which will melt away the flesh on the limbs will somewhat decrease their size.

### Good for Business

"SUCH a perfect gentleman!" gushed Miss Softwin. "It was so good of you to introduce him to me last night, dear. We had a most delightful and interesting conversation after the concert was over."

"Yes!" calmly queried Miss Knox, who was cynical enough to know that there was something more to come. "And after hearing me sing," said Miss Softwin, "he told me—quite seriously, you know—that he would give anything if he had my voice. He said it was worth a fortune. I'm sure he was perfectly sincere in saying it, too." "I'm certain he was," retorted Miss Knox hopefully. "Perfectly sincere! You see, dear, he's an auctioneer."

### When He Awoke

THEY were all workers in the mill. But it happened that John worked in a neighboring town, and in consequence was not on holiday when the rest of the family were.

Before they left, his parents gave John strict instructions to set the alarm and rise at 5:30 prompt, for they knew John's little weakness in the matter of rising.

But John promised faithfully to be up and doing early each day, and they left him with the alarm.

For a week the family disported themselves by the sea, and early on the following Sunday afternoon returned home. Every blind in the house was drawn and every door was locked, though they had written John to tell him of their coming.

They hammered on the doors, and at last a bedroom window was opened slowly, and John's head appeared.

"Hello!" he said sleepily. "Back again? What's happened? Did you go and miss the train?"

### The Donkey

FOR many long, weary hours the jury-men had been locked in the room trying to agree upon their verdict. The judge had sent messages to them, but in vain.

There was only one man who refused to agree with the remaining eleven. They argued with him, pleaded, threatened and implored, but in vain.

For the twentieth time the usher came to the door and asked if they had agreed yet.

"No!" bawled the foreman. "And we're not likely to for some time with this!"

"Perhaps I had better bring supper to you, sir," suggested the usher. "Shall I bring twelve suppers?"

Once more came an angry negative from the man inside the room.

"No!" the foreman bawled. "Bring eleven suppers and one feed of hay—or thistles!"

### To Gas Consumers

HE was an economically-minded old gentleman, ever ready to listen to any plan whereby a penny might be saved.

Wherefore, when he saw a bold notice in the paper, which read, "How to Save Gas Bills," he studied the matter carefully.

"Are your gas bills heavy?" asked the advertisement. "Do you wish to save them? If so, write us at once, enclosing a P. O. order for one dollar, and we will send you full particulars of our simple plan. Don't delay! Send at once!"

And after some little debate about the P. O. for one dollar, the economical one decided to invest. It might be the means of saving him hundreds!

The letter was duly sent, with money enclosed, to the philanthropic firm which wanted to help others.

He waited expectantly for the promised particulars. Two days, three days passed, but on the morning of the fourth the fatal letter came.

Eagerly the old man tore open the envelope and read the printed slip it contained.

"To save gas bills. Buy a scrub-board and bathe them in it—neatly!"

"Press the muscles upward. Sagging chin and cheek muscles give the aspect of age."

ground are ultimate cures for every grief.

Everyone can be happy by willing to be happy and maintaining a keen interest in the affairs of life. The narrow existence is the aging one. The broad life—by which I mean the broad outlook upon life—is youth-giving. An authority has said: "The way to renew youth is to increase your mental activity."

Suppose you are a hard-working woman with small means and a small circle of friends. Suppose that you live in a small town. You know it has been said that God made the country, the devil the small town. You fancy that you cannot possibly, in your limited environment, be either attractive or happy. You can be both. You think that the manner of your life will make you old early. Change your manner of life by changing your manner of thought. Widen your outlook.

How? Do you know what is happening in the great, active world? Find out by reading a good newspaper. I know many women do not read the newspapers; but they



Mme. Lina Cavalieri in Walking Costume.

classics. If her pronunciation was not perfect it mattered little. There was no one to speak French with her in the hamlet where she lived. But she opened a new world for herself by her knowledge of the French classics. And all the neighbors noticed that Mrs. Martin was growing younger and prettier every day. Of course she was, for she had acquired a new interest and was living a larger life. The real life is that of thought.

"Most persons look ten years younger with the face upturned and the chin held high."

admirer and constant reader of your secrets of beauty, I write to ask you to give me some of your good advice. I have been troubled with the blemish of superfluous hair for about two years, which annoys and worries me dreadfully. I have been pulling them out, but this only makes them worse. They have developed now into a thick growth of hair. I am very much afraid of depilatories and have also seen bad effects from the electric needle, so if there is any cure you could recommend I would be very grateful to you.

The electric needle sometimes fails. So do some of the depilatory powders. But here is one which is effective, though it must be applied

through quicklime until the lime is saturated with the liquid. This is the formula, which has the endorsement of the great French specialist, Dr. Monin:

Barium sulphide..... 30 grams  
Glycerinated starch..... 15 grams  
Pulverized starch..... 15 grams  
Essence of lemon..... 15 drops

Mix well. Spread it over the part of the face or body where you are afflicted with superfluous hair. Allow it to remain until it begins to smart. Scrape it off with a dull instrument, as a blunt ivory paper knife, or remove it with cotton saturated with oil, or wash it off with soap and water. Apply cold cream or olive oil thickly to relieve the irritation that follows.

If the superfluous hair happens to be on the arms it can be removed by rubbing the afflicted surface with a cake of pumice stone that has been dipped into water. Do not rub deeply or you might injure the skin. After this treatment rub cold cream into the skin.