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My Secrets of Beauty

No. 154 - ADVICE TO THE AWKWARD GIRL

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



"This exercise teaches grace while developing the muscles of the upper half of the body."

By Mme. Lina Cavalieri.

If I were to give but one rule to avoid awkwardness I should say "Forget yourself." To think much of yourself is to be self-conscious under all circumstances and to be self-conscious is to be awkward. The most graceful women I have ever known were those who were least conscious of self.

The good old rule of the toilet applies to grace. "Make a careful toilet, setting forth with skin, teeth, hair, feet, every part of the body in perfect condition. Then forget all about it," is the rule. "Train your muscles to obey your will, then forget all about them," is a good rendering of this rule, as applied to grace.

The most graceful women are those who, to use another old phrase, "do not feel the body." These women are alert, birdlike persons, quick of movement and seemingly weightless. Yet some of them, judged by the mere standard of pounds, are persons of considerable weight in any community. But their bodies do not encumber them. They are no handicapping weight because their owners are not conscious of them. They forget them.

First train your body to obey you, then train the servant to its training, as you do to a servant carefully trained. Concerning this training I should give a little time each day to the training you believe to be necessary. If you are still in your teens or in the early twenties, this will be easy because the muscles are still pliant.

It is not necessary to adopt any long, involved system of exercises nor to take a course at a gymnasium to train yourself to grace. Make your muscles obedient to your will by using them in frequent repeated exercise. Keep in your mind the ideal that every movement should make a picture, and an attractive picture. Remember that the curve is the line of grace. Form no square or sharp corners by any movement of yours.

Ball playing, not in the rough, tumbling, masculine way of the diamond, but in the feminine way of your own room, develops the habit of delicate, feminine movements.

To develop unaccustomed muscles hold the arms aloft in a curving line and toss a ball lightly from one hand to the other. To do this it is necessary to watch the ball and this trains the head to the graceful, upward, birdlike poise,

TODAY Mme. Lina Cavalieri gives advice to the awkward girl which can be well applied to the awkward grown-ups of either sex. She advises training the muscles to obey your will, then forgetting all about them. She gives sympathetic instructions to those who do not know what to do with their hands.

that is characteristic of many beauties, giving them their alert, weightless look.

The threefold value of ball tossing is apparent in its correcting three of the principal awkwardnesses of the body, bad carriage of the head, angular movements of the arms and sunken chest and shoulders. Most women bend the head unbecomingly. Now and then we see a woman who looks exquisitely Madonna-like when her head is bowed in a gentle, pensive attitude. But this is the exception. Nearly every woman looks best with her head held high. It gives a clean-cut line to the jaw, a becoming upward tilt to the chin and an alert expression to the face. Besides, it expresses the attitude of the present-day woman. Spiritedness, not submissiveness, is her slogan.

But when the head is bent it should be bent in a becoming curve from the shoulders. Here again ball tossing is an aid.

Holding one hand behind you, and tossing the ball with the other, try to catch it. This exercise teaches grace, while developing practically every muscle of the upper half of the body.

Occasionally we see a girl whose hands are awkward. This is principally because she remembers them, because she is constantly thinking "Hands, hands, hands. Oh, my hands!"

This condition can be remedied by forgetting she has hands.

But to help her to forget them and to give her confidence that they will not betray her into awkwardness she should practise bending them at the wrist, not aimlessly, by shaking them as though she would shake them loose from the wrist, but holding the hand in the guiding grasp of the other, she should bend them back and forth, and side to side, to make the wrist pliant, training the lazy muscles to quick obedience to the will.

Some girls I have known to suffer torments of self-consciousness because they were sure they did not appear to advantage while pouring tea at an afternoon function, or while serving the cup of morning chocolate or afternoon dinner coffee. To cure yourself of such self-consciousness practice is required. Practise at home where criticism will be, at least, friendly.

Girls have told me that they were

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Mme. Lina Cavalieri.

very unhappy at teas or luncheons where they had to assist the hostess because their hands were of either two shades, both of which are dreaded—red or yellow. Both of these undesirable states can be improved by the same method. The hands are yellow through lack of circulation; red because the blood has congested in them.

Gentle pinching of the hands will stir sluggish circulation in the case of the yellow hands, and will relieve the congestion in the instance of hands that look red and swollen.

Spread cold cream thickly upon

them or soak them in a bowl of olive oil before beginning the pinching and wear large, loose, kid or rubber gloves to bed. The perspiration this will cause sometimes whitens the hands in a night. In extreme cases the process should be repeated until improvement is noted.

Beauty Questions Answered

Agnes writes: "Please tell me what to use in hard water to make it soft for the face?"

Benzoin, borax and ammonia are all softening in their effect upon water. But they must be used sparingly, because they have a strong action upon the skin as upon the water. A half dozen drops of tincture of benzoin or four drops of ammonia, or a pinch of borax are enough for a bowl of water. The ammonia and the benzoin are whiteners as well as softeners of the skin. Were I you, I should not rely entirely upon these drastic toilet aids, but would use clean water if possible. If not, I would be vigilant in stormy days

in catching and melting snow, and in setting out a vessel or tub for rain water.

S. R. says: "Can you give me a formula for a good face cream that will not grow hair? Also something to remove hair from the forearms? Does benzoin whiten the skin? Please help me, dear Madame, and greatly oblige an ardent admirer."

This cold cream contains no animal fats and should not cause a growth of hair on the face:
Cold cream 2 ozs.
Orange flower water 2 1/2 ozs.
White almonds 1 1/2 ozs.
Strained honey 1 oz.
Pound the almonds into a paste,

"Gentle pinching of the hands will stir circulation, if the hands are yellow, and relieve congestion if they are red."

then stir smoothly in all the other ingredients.

This is another non-hair-growing cream; one of the best of the standard emollients:

Essence of cucumber 1 oz.
Juice of cucumbers 1 oz.
Spermaceti 1 oz.
White wax 1/2 oz.
Olive oil 1/2 oz.
Almond oil 1/2 oz.
Yes, benzoin whitens the skin.

Buy one of the depilatory powders you can get at almost any drug store. Make a thin paste by pouring a little water over a teaspoonful of the powder. Spread this paste on the arm, and as soon as the skin begins ever so slightly to smart, scrape off the paste with the dull edge of a knife or the handle of a spoon. The hair should come off with it. This will not, however, prevent the return growth of the hair. If the hair on your arms is dark you can bleach it by washing them in equal parts of water and peroxide of hydrogen.

Many correspondents complain that they are unable to find nose clamps. They are not yet in general circulation, but they can be secured in Paris and New York. They are for sale in some toilet parlors and rubber goods houses. I have already described how a dull, blunt-edged wire can be twisted into a shape to fit the nose and, wrapped in fannel, be fitted upon

the lower part and worn at night, or a part of the night, to eventual improvement in the shape of the broad nose.

D. D. S. asks how to reduce an upper arm that is too large.

If the upper arm is too large because of the size of the muscles I fear it must remain so. If the size is due to fat, vigorous arm exercises, long continued, will make them smaller. Pinching the arms, gently, of course, helps to remove surplus flesh.

C. R. writes: "My skin is not clear. I am getting blackheads. I use nothing but cold cream and a little powder. What shall I do?"

First, look to your powder. Use only that which is pure, and if you have any doubt, make the powder yourself. This is a good formula:

Starch 4 ozs.
Pulverized orris 1 oz.
Pulverized camphor 1/2 dram.

Crush these into a fine powder. Sew the mixture in a cheesecloth bag and dust it lightly over the face after bathing and before going out.

If you are using a pure powder and your skin is still not clear I fear you have neglected it. In other words, you have not kept it clean. Dust, if not removed from the face, will lodge in the pores, giving it a brown, unkept appearance and causing blackheads.

Steam your face and remove the

blackheads by gently pressing out. Keep your face well cleansed by using good cold cream and warm water and spang and they will never return. A complexion brush will help.

R. B. S. asks: "Is there a chin reducer on the market which you can recommend?"

The rubber straps worn about the chin at night to make it perspire and so reduce its size I approve. As I have before said, these can be made at home. Provide yourself with a piece of stout rubber three inches wide and ten or twelve inches long. Fasten tape to the ends and tie it beneath the chin and around the head at night.

A. C. R. writes: "Will you kindly inform me of a good salve for a man to put on his face at night who has to shave every day?"

Zinc ointment or any pure cold cream should relieve the irritation.

The Reason Why

THE case looked black against the defendant. It was a breach-of-promise suit, and out of the mouths of various witnesses it had been proved that he had on no fewer than 1,367 times kissed the fair lady.

Now the defendant himself was in the box, and very skillfully the counsel put the question to him. Had the witnesses spoken the truth regarding his osculatory performances?

"Yes, that's right," he admitted. "You see, I had to do it."

"Had to do it?" belittled the counsel. "How, sir? What do you mean? Will you kindly explain to the jury?"

"Well, you see," the young man answered, not in the least embarrassed, "I either had to keep on kissing her, or else let her sing, and—er—well, I preferred to keep on kissing!"

Reasonable

IT was at the dentist's, and Pats was the object in the chair—a miserable, dejected, forlorn object to wit.

The operation was ended, and the dentist was ostentatiously cleaning his forceps and smiling at the result of his muscular efforts.

"I must charge you five dollars," he said at length to the suffering patient, whom he had treated with more force than skill.

The unlucky victim turned upon his persecutor:

"What! Five dollars! Why, you promised to charge me only one!"

"Yes," agreed the tooth-tugger cheerfully, "that in truth was my contract price for the performance."

"Well?" queried the tormented one. "But you yelled so loudly that you've scared away four other dollar patients!"

A LONG CUT.

Jack—Your dog will never go for my pigeons again.

Flo—Why not?

Jack—I have cut his tail off.

Flo—Well, that will not make any difference.

Jack—Ah! but I cut it off up to his neck!

CONTRARY! MY WORD!

Brown—Your wife seems to be a contrary sort of woman.

Smith—Contrary! Why, whenever I ask her to darn my stockings she knits her brows.

Germany is building eighty-eight war vessels at the present time: France, twenty-nine; the United States, fifty-four, and Holland, thirty-two.

"Have the goodness to circulate," is the phrase used by the Madrid policeman when he requests you to "move on."

Have Your Picture Taken with a Tiger—or While Asleep

ARE you about to have some new photographs taken—of yourself, of your "angel child," or of your wife? And don't you dread the ordeal? Doesn't it bore you to even imagine those same old conventional poses, with the facial expression so plainly indicating the command to "Look pleasant, please!"

Isn't your family album full of those atrocious, horribly faithful to contours and yet conveying not the slightest hint of the real original, character or personality?

You know the reason for this—the camera man's victim, with his head in a vise to keep it from moving, and required to fix his eyes in a certain direction at nothing in particular, is about as miserable, self-conscious and vacant-minded as it is possible for a human being to be.



A Portrait of the Little Russian Princess, Marie Kirilowna, Taken in the Fashionable New Style, with the Face in Repose and the Eyes Closed.

Painted portraits escape this fate because the portrait painter, day after day, views the sitter at a dozen different angles and in a hundred different moods. The result is a faithful composite of the complex physical and mental attributes, each one of which is a legitimate part of the individuality.

The reason that "gallery photographs," taken with the utmost attention paid to detail, are so much less life-like than even inferior "snap shots," is thus explained: the snap shot photograph shows the subject "in action" as he really was at the instant the exposure was made.

Then why not contrive to approach the same result by the more leisurely methods of the gallery? Why not give the miserable victim something besides himself to think about at the fatal moment, something to interest him and show that there is a mind behind the mask?

Have your picture taken face to face with a tiger, for instance. Even have yourself photographed while you are asleep—for even in the latter case you will escape that silly expression of self-consciousness.

Fortunately, at last, that is just what the photographers are beginning to do—as illustrations on this page indicate. A few weeks ago this newspaper reproduced interesting results of persons photographed with their shadows—a fact that is having quite a run in Paris. That, however, is merely a curious novelty that does not overcome the real difficulty.

Photographers can hardly be expected to keep live tigers and other wild beasts in their studios as a means of animating their subjects, so they are exercising their ingenuity in "setting the stage," so to speak, in a way that will inspire the sitter to pose, and look, like a live, thinking human being.

Children have such lively imaginations that it is found that a painted tiger to contemplate at the psychological moment of the plate exposure does wonders in the way of giving naturalness to the unprinted expression. The child's mind is on the tiger and not on itself.

In several large cities of Europe really fine results have been obtained by photographing children in the appearance of sleep. A pretty example is a "sleeping" photograph of little Princess Marie Kirilowna, of Russia. Lighly robed for bed, with one arm folded under her head on the pillow, while the other hand grasps the stem of a rose whose perfume she was breathing when slumber came. Nothing could be more graceful and natural.

For adults—who may have secret reasons for doubting the charms of their sleeping attitudes—London photographers have had considerable success with what they call "self-sense attitudes." That is, you sit or recline in the characteristic attitude that is easiest to you, put your mind in the same attitude, and invite the camera to do its worst.



A Novel Effect Produced when a Child Is Posed Before the Camera in the Presence of a Painted Tiger. Children Have Lively Imaginations, and So This Child's Expression of Wonder and Interest Is Positively as Natural as Though the Beast Were Alive.

NOT EXACTLY.

Your tickets were complimentary, were they not?"

"Well," replied the man, who had seen a painfully amateur entertainment, "I thought they were until I saw the show."

A DREAM.

Grace—You'd never dream the number of proposals I've had this Winter.

Ellen—No, dear; but I'm sure you dreamed most of them.

PITY THE POOR.

Cleopatra—No, sir; I respond only to the appeals of the deserving poor.

Openhand—Who are the deserving poor?

Cleopatra—Those who never ask for assistance.