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My Secrets of Beauty

No. 155 - The Decollette Season, or Care of the Hands, Arms and Shoulders - By Mme. Lina Cavalieri, the Most Famous Living Beauty.



"To keep the hands white and soft always apply a lotion after washing and before thoroughly drying them."

"Excessive growth of hair on the arms can be removed by pumice stone paste."

Mme. Lina Cavalieri.

shampoos encourages "fuffiness."

A. B. asks for a tonic to be used with massage to stop the falling of hair.

This is an old but good remedy:

Alcohol 4 oz.
Castor oil 1 oz.
Oil of bergamot 10 drops

The oil of bergamot is a strong perfume and may be omitted if desired.

A. M. complains of enlarged pores on the nose. Bathing the face frequently with witch hazel has corrected this fault, though scrubbing it with warm water and liquid green soap is better. This removes blackheads, after which the pores usually contract.

M. C. asks anxiously: "Will you please print a formula for some

kind of a tonic, whether cream or lotion, for a red nose? I don't really know what is the matter. It isn't red all the time, only when I am out in the cold, or when I get really excited, or my stomach is upset. I think it is poor circulation."

So do it, and you must look well to your clothing that it is not too tight. Loosen your stays, your garters, your sleeves and your collar and wear larger shoes and stockings and gloves. Avoid rich and spicy foods.

Bathe the nose frequently in warm, almost hot, water.

Inflammation often causes redness of the nose and in some cases it has been reduced by spraying the nose freely with an atomizer containing the following:

Hydrozone 1 tablespoonful
Tepid water 1 pint

If the nasal linings are extremely sensitive, increase the amount of water to weaken the mixture.

O. K. asks: "Please tell me how to take a red spot off the lip. It looks like a scratch. I don't know what caused it. I have often covered the spot with powder or chalk, but it was of no use."

Go at once to a physician and follow his advice.

H. R. D. sends this appreciation: "Your articles are the most wonderful I have ever read, and I have adopted all the suggestions I have been able to apply in this small town. In consequence I have been greatly improved in health and form. Will you advise me what I should do for a growth of superfluous hair on two spots on my face where there have been fever blisters? I should like a remedy that will prevent the hair ever returning."

Even electrolysis, the surest treatment, does not assure this. For even by the electric needle the root of the hair is not killed, and unless it is killed the hair will continue to grow. If you can have electrical treatment thoroughly done, by all means do so. If not get a physician's advice about it. I hesitate to advise any strong depilatory on a spot where there may still be some inflammation. Better the hair than eruptions that may develop into some serious affliction. If, however, you and your physician are willing to take the risk under the

circumstances, this may be cautiously used:

Sulphhydrate of barium, 30 grams
Glycerinated starch 15 grams
Pulverized starch 15 grams
Essence of lemon 15 drops

Apply this lightly to the skin. Scrape off with any dull instrument as soon as the skin begins to smart. Anoint the face with cold cream to relieve the irritation.

Safer, though not so powerful, is this, which will weaken the hair and lighten its color. Unless the hair be very strong it will cause much of it to fall. Wash the arms with

Peroxide of hydrogen 1 oz.
Ammonia 1 oz.

L. P. asks what may be done for disagreeing puffiness of the skin beneath the eyes

Rest the eyes as much as possible, and while resting cover them with light muslin bandages that have been wet in the following:

Pure glycerine 1 oz.
Tannic acid 20 grains

Apply this by means of absorbent cotton or a small camel's hair brush. Tannic acid is a strong astringent and should draw the relaxed skin together and give it tone and smoothness. Very light pinching of the relaxed skin stimulates the circulation and so gradually makes it firmer.

J. H. L. asks: "Kindly let me know how I can prevent my face from flushing unbecomingly. First, be careful of self. Second, be careful about your diet. Do not eat greasy nor spiced nor highly seasoned foods. Leave off tea and coffee and all stimulating drinks."

R. L. Q.: "I am very much troubled with perspiring feet and hands, which are a great bother. Will you advise something?"

My physician has informed me that some cases of excessive perspiration are so extreme that only X-ray treatment can cure it. But in ordinary cases this lotion applied to the palms and soles will relieve the unpleasant condition:

Bay rum 2 fluid oz.
Tannic acid 4 grains

If the perspiration has a strong odor permanganate of potash in proportions of one-quarter ounce to a quart of warm water gives relief.

"Every woman is concerned about her shoulders, whether they are too fat or lean."

MME. CAVALIERI has named this the decollette season, because so many girls and women are wearing, at this time, low-necked and short-sleeved gowns in the evening. In view of this, her advice as to how to keep the hands, arms and shoulders white and smooth and of becoming proportions, neither too lean nor too fat, is especially timely. Every one may read this chapter in the beautiful prima donna's instructive series with profit.

By Mme. Lina Cavalieri

AT THIS, which may be called the decollette season because so many girls and women are wearing low necks and short sleeves, a chapter on the care of the hands, arms and shoulders is especially timely.

But even those who do not cut away their gowns at the neck, nor amputate the sleeves for evening wear, are considering the question "How shall I take care of my hands?" as well they may at this time, when a draught of cold air on hands not well dried after washing and supplied by oils or creams may make them red and unlovely for the rest of the winter.

To keep the hands white and soft always apply after washing them and before thoroughly drying them, one of the following:

Glycerine 2 ounces
Aromatic ammonia 1 ounce

or

Glycerine 1 ounce
Eau de Cologne 1 ounce

At this time everyone should know a good formula for a paste for whitening and softening the hands. Either of these should be spread over the hands after cleansing them and before retriming. Large, loose gloves of worn kid or rubber should then be drawn off for the night. In the morning remove the paste with cold cream or olive oil and afterward wash them in tepid water. A few applications should wonderfully improve them. Even an application the night before a dance or dinner or any party at which you want them to look their best, will refine and improve them. These are the pastes.

They are much in use in France. The first three may easily be prepared at home. Here is one:

Peel and boil four large white

potatoes until they are mealy. Mash these in milk, pouring in enough milk for a fairly thick paste. This will make enough paste for both hands and arms. Two potatoes are enough for the hands.

This is easily prepared: Chestnut meal 1/4 pound
Mix with enough milk for a medium paste.

Another that is simple to make is:

Pure honey 1/2 pound
Three eggs.
Sweet almond meal 1/4 pound
Oil of cloves 11 drops

Use only the yolks of the eggs. Stir these well together and keep a jar in a cold place. Still another paste is made as follows:

Water 2 quarts
Sweet almond meal 500 grams
Pure liquid honey 25 grams
Orange flower water 25 grams

After heating the water pour in the rest of the mixture and boil until the quantity is reduced to one-half its original quantity. Then strain through cheese cloth and keep in a jar in a cold place.

Another of the pastes used so much in France:

Oil of sweet almonds 1200 grams
Grated white Castile or other toilet soap 100 grams
Glycerine 150 grams

The nails are liable to crack during cold weather and to grow dull. This paste rubbed on the nails with a chamcha will improve their texture and prevent cold weather brittleness.

Magnesia 10 grams
Glycerine 5 grams
Powdered carmine 15 centigrams
But I promised to tell you something about the care of shoulders

and arms. Every woman is concerned about her shoulders, whether they are too fat or too lean. If too fat they may be made thinner by persistent application of this, used at night, when it should be well rubbed into the unduly bulky part of the shoulders.

Glycerine 160 grams
Alcohol 46 grams
Grated white castile soap 12 grams

Iodide of potassium 10 grams
Distilled water 8 grams
Oil of lavender 25 drops

If too thin, this applied in the same way to the arms and shoulders, should make them plumper, as well as whiten them:

Almond oil 2 oz.
Olive oil 2 oz.
Tincture of benzoin 1/4 oz.

At this time the skin is liable to look, and to be, rougher than usual. A slight rubbing with a pumice-stone brush improves this condition, if the application is followed by applying cold cream.

Cold air quickly dries the skin by drawing out its oils. If your arms are too dry apply cold cream or any pure perfume oil plentifully at night before retiring, rubbing it in well.

If the arms are disfigured by an excess of hair this is worth a trial: Dilute oxygenated water 1/2 pint

Rose water 1 gill

Place strips of old muslin or linen in this mixture to soak. Wrap the soaked cloth around the arms. Pin the compress tightly with a safety pin and leave it on for a quarter of an hour. This is more conveniently done at night, but applications every morning and evening will more quickly bring the result. Sometimes this leaves the skin of the arms irritated. If so be sure to apply cold cream at once, rubbing it profusely into the parts to which you have applied the cream.

In Winter there is often more annoyance from perspiration under the arms than in Summer, because the cold often checks perspiration from other parts of the body, and the armpits become the chief vent for it. Do not try to stop the flow of perspiration at this point. Serious injury might follow.

Wash the parts daily with alum water made in the proportion of:

Pulverized alum 1 oz.
Alcohol 6 oz.

Dust beneath the arms often with powdered lycodium.

Always air your garments after taking them off for the night. Never hang in the closet a gown which you have worn during the day, but let it air well for the night, turning down the dress about the shoulders so that the part that covered the armpits is freely aired. Also change frequently the dress shelds. Wash them in warm water, into which a few drops of ammonia have been poured.

To develop the arms that are too thin, or to reduce the arms that are too fat, to the standard which Venus de Milo would have set had her arms survived, exercise as follows, taking up any books that do not weigh more than a pound. The exercises should all be very slowly taken:

Lift the books until they are on a level with the shoulders, the arms being extended rigidly at the sides, with elbows unbent.

Lift the books, bending the elbows until the books rest beneath the armpits.

Lift the books until they rest upon the shoulders.

Still holding the books, drop the arms to the sides.

Repeat all these until the arms become weary.

Should one arm be weaker than the other exercise it alone, as well as with the other arm. After the arm exercise rub the arms briskly with alcohol.

Beauty Questions Answered

G. F. C. makes inquiry: "Will you kindly advise me what kind of soap a brunette with an oily skin, inclined to acne, should use? Is castile soap an irritant to such a skin?"

Pure castile soap is not irritating to the skin, but I advise the use of soap only at night before retiring. I advise you to sprinkle a few drops of ammonia in the water in which you bathe your face. Afterwards rinse the face well in cool or cold water. Occasionally rubbing the face with oatmeal or bran after washing, or even using bran or oatmeal in the water, will help to rid you of the greasy look of the face.

These washes should serve your purpose well. Apply to the face after bathing it or cleanse the face with it after coming in from out of doors:

Elder flower water 1/2 pint.
Tincture of benzoin 1/2 oz.
Some persons troubled by an oily skin moisten the face often with

one of the toilette or aromatic vinegars with bay rum or rose water or cologne.

H. J. writes me: "Will you kindly advise me what to do to restore blond hair that is turning dark? I should like also to know something that will make the hair fluffy."

There is a tendency toward a darkening of the hair as we grow older, and this is far more desirable than what sometimes happens—the fading of the hair. The hair grows dark, we are told, as we grow older, since there is greater accumulation of iron and sulphur in the body.

Blondes have successfully kept their hair light despite the tendency of the darkness-bringing years by washing it in warm water to which has been added for each quart of water one ounce of bicarbonate of soda.

This is also a favorite of blondes: The Juice of three lemons.
Salts of tartar 1 oz.
Warm water 1 qt.
Keeping the hair dry by weekly

APPROPRIATE.



"We Part for Ever!"

HER locks were in wild disorder. Her face was flushed, and her eyes burning. She clenched and unclenched her fingers in an agony of despair. Unless her looks boded her, she was a deeply injured and desperate woman. Her indignation and anger were allied with keen despondency.

"Cruel one—oh, cruel one!" she cried, in anguished tones. "I have borne with you too long! You have injured me; you have tortured me, and yet I could not bear to give you up!"

"When first we met, how your eyes and smile attracted me!" she continued. "When you became my very own, how my friends envied me! But your understanding is too small for my large soul! You have ruined my standing in society! If I had never met I might have walked in peace! So now begone! We part for ever!"

There came a moment's convulsive breathing, a gritting of teeth, and a sharp sigh. It was all over. The tragedy was ended. By an almost superhuman effort she had pulled off her new shoe.

He Knew

"My beau's a conductor," the girlie cried; "And what is his name?"

The girls smiled in a knowing way. "Rob Nichols, that's it," said she.

PRODIGES.

Jones—Yes, sir, that boy of mine is a piano-player. Why, he can play with his toes.

Brown—How old is he?

Brown—I've got a boy at home who can play with his toes, and he's only one year old.

PUZZLED.

Molly (holiday-making in the country):

—I say, Mr. Hoats, do you mind if I ask a question?

The Farmer—No, my dear. What is it?

Molly—What I want to know is, when you've finished milking the cow, how do you turn it off?

The Scilly Islands produce yearly 700 tons of flowers for perfume making.

THE LINGO.

"I confess I can't understand what your baby's saying."

"It's a queer language, isn't it?"

"Yes, sort of early English."

A Cure for Snoring in Church

NO, the thumb-screw apparatus pictured here is not a relic of the Inquisition. It is the very modern invention of an English clergyman and is designed to cure the habit of snoring—in church or elsewhere.

If you are one of those unfortunate persons whose family includes an incorrigible, abandoned snorer, whose case has resisted every other remedy, you will welcome this latest of innumerable efforts to abate the worst nuisance you know of. Indeed, you probably will be disappointed to learn that this new remedy is painless.

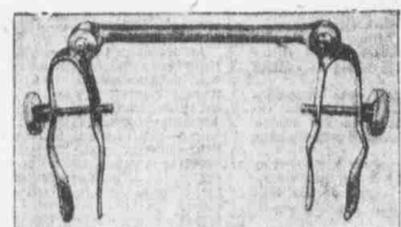
The Rev. A. Allen Barratt, Vicar of Claygate, England, inventor of the apparatus, says it is quite comfortable to wear—the object is not to punish, but to silence, the snorer. Of course, the snorer ought to be punished, but most persons will doubtless be satisfied to have him silenced.

As dirt has been defined as "matter out of place," so snoring might be explained as "misapplied vibrations." When the snorer is awake he seems to have the same command of his throat and nasal passages that decent and law-abiding persons have at all times; but no sooner does he drop into slumber than everything loose in those passages starts to flapping—like

Monday's wash on the clothes line—with audible results that no waking human being could achieve and live.

The most criminally guilty of all snorers are those who sleep on their backs with their mouths open. Indeed, it is impossible to snore with real success while breathing through the nostrils exclusively—the only natural way. As a matter of fact, persons with open and clear nasal passages, through which the air flows readily in and out, seldom breathe any other way—and never snore to the extent of making public and private nuisances of themselves.

Noting this, the Rev. Mr. Barratt constructed a device that would mechanically expand the nostrils during sleep and render breathing in the natural way so easy and pleasant that the snorer would find that he had been cured in spite of himself.



The Nostril-Expanding, Anti-Snoring Device Invented by an English Clergyman.

A metal bar which rests on the upper lip connects two attachments which resemble miniature sugar tongs, each fitted with a thumb-screw to expand or contract it. These, inserted in the snorer's nostrils and properly adjusted, solve the problem. The vicar-inventor declares that any sleeper thus decorated cannot possibly emit any nasal sound.