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My SECRETS of BEAUTY

No. 156 - MIDWINTER BEAUTY

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



"The nails can be softened by soaking the fingers in olive oil for five minutes."

By Mme. Lina Cavalieri

At this season the complexion, the hands and the lips begin to show the blemishes caused by a long winter.

The lips are liable to lose their smoothness and redness, for the skin of the lips is so delicate that it shrivels and cracks under the influence of continued cold. To keep the lips smooth and prevent the chapping and cracking, I advise the use of this old and good remedy, for good remedies, like good wine, are apt to be old:

Beeswax, 1/2 ounce.

Olive oil, 1 ounce.

Place the two in a small stone vessel or pan, with a handle, and hold it over a lighted candle. Hold it there long enough to let the beeswax dissolve. While it is still warm apply it freely to the lips. Each time you use it be sure first to heat it in the manner I have described.

At this time apply a lip salve frequently to the mouth, always before going out into the cold air and before retiring. If the lips tend to look shrivelled, pat a little of the salve into the lips several times a day besides. This remedy, easily made at home, admirably serves the purpose:

Rose water, 2 ounces.

Olive oil, 2 ounces.

Spermaceti, 1/2 ounce.

Put all in a porcelain kettle and let them simmer over a slow fire. When cool turn it into a jar and keep in a cool place.

This is another excellent salve:

Cocoonut butter, 1 ounce.

Caster oil, 1/2 ounce.

White wax, 1/2 ounce.

Tannin, 10 grains.

Color, if you wish, with a few drops of carmine.

Do not use vinegar, alcohol, nor other strong astringent, for the lips, to redden them. Do not pinch them for that purpose. The last state is worse than the first. Anoint them with salve and very gently pat them with the tips of the fingers to stimulate the circulation. This is all that can safely be directly done, beside the use of a small quantity of carmine in a pomade. The best permanent way to redden the lips is to exercise, bathe and breathe correctly, so that the circulation of the blood shows in the lips as elsewhere.

Occasionally at this season I have seen fever sores. Anaemia may cause these, or they may be the aggravation of a simple sore or scratch. Chiefly, though, certain foods disagreeing with you may cause them, for instance shellfish, sausages or acid fruits. These are sufficient, except in aggravated cases:

Dip a camel's hair brush into castor oil and moisten the sore with it. Or apply a little collodion.

An old-fashioned remedy is to pass a needle through a flame to sterilize it and with this extract the pus. Then bathe the wound in

NIFTY.

"How does this noted healer, who cures his patients by touching them, differ from a regular physician?"

"Why, he touches them before he cures them."

SENSELESS.

Dolan was digging a deep hole in the ground on a very hot day. A minister came along, and, spying Dolan at the bottom of the hole, said:

"My dear man, are you not afraid the heat will affect your brain?"

"If I had any brains I wouldn't be down here," said Dolan.

A BILLPOSTER.

"Did that patient you were telling me about respond to your treatment?" asked the doctor's neighbor.

"Not yet," replied the physician. "I've sent him four bills already."

medicated cotton, dipped into warm vinegar.

The hands are chief sufferers from this season. Better make a paste to spread over them at night, after they have been bathed, and before drawing on the old gloves. This is a paste in common use among Parisiennes:

Powdered toilet soap, 30 grams.

Oil of almonds, 100 grams.

Eau de cologne, 100 grams.

Or this:

Powdered soap, 1 pint.

Olive oil, 1 pint.

Mutton suet, 1 teaspoonful.

Put on stove and leave there until they come to a boil. Let cool and while lukewarm add a half pint of brandy. Pour in a few drops of your favorite perfume.

A simple way to soften the hands that cold has hardened is to bathe them in honey after their scrub in soap and water.

Hands are likely to redden under the influence of the winter cold. This will keep them fairer and give them a more refined appearance.

Use oatmeal instead of soap. Directly after washing the hands, and when they are only partly dried, wash them plentifully in this mixture:

Glycerine, 2 ounces.

Ammonia, 1 ounce.

Rose water, 1 ounce.

The nails are quite sure to reveal some of the winter blemishes. They will grow cracked and uneven.

This can be prevented by rubbing cold cream around and over them. They can be softened also by keeping the fingers immersed in a bowl of olive oil for five minutes or longer every night before retiring. Or strips of flannel dipped in oil can be wrapped around them.

As the winter advances the cold begins to have a perceptible effect upon the hair, which grows harsh and brittle. As soon as this condition shows, or, anticipating it, apply this tonic after a brisk rubbing of the scalp with the cushions of the fingers for from five to twenty minutes, until the skin of the scalp is loose from the skull, and is aglow

Beauty Questions Answered

D. L. writes: "Although a young man I have always read with keen interest and admiration your beauty articles for women. I now take the liberty to ask advice of you."

"For the past few years I have been afflicted with thick lips. This is not natural, as I did not have them when younger, but most probably got them from playing a musical instrument with a band. Is there any way in which I can get them back to their normal size? I will greatly appreciate an answer, which, I am sure, will benefit many others besides myself."

Doubtless you have heard the old story of the woman who repeated the words "prunes and prisms" to make her full, relaxed lips smaller? Absurd as the story sounds, there is at the bottom, as is the case with most absurdities, a foundation of truth. Lips look full sometimes because their owner has permitted them to relax, giving him the appearance of having a loosely hung mouth. Keep the lips tightened. Determination will accomplish this, as it will most objects we desire to attain. Besides this training of the muscles by a firm compression of the lips, full lips may be reduced to smaller compass by bandages worn around the lips at night. The bandages will be more effective if they

with renewed circulation. Remember that the blood is the river of life, and that the hair needs to be watered by it as generously as any other part of the body.

Sage tea, 1 cupful.

Whiskey, 1/2 pint.

Quinine, 25 grains.

Steep the tea for a half day. Strain it and add the whiskey and quinine. It should be used daily until the hair shows marked improvement.

The eyes are often weakened and inflamed by the cold. This eye-water applied, three or four drops at a time, by an eye dropper freshens and strengthens the eyes.

Be careful not to use more than I have prescribed at a time, and use only the clear portion.

Melted snow, rain water or distilled water, 1 quart.

Sulphate zinc, 30 grains.

have been well saturated with an astringent lotion.

This astringent is one of the strongest. You must yourself determine whether it is strong enough to irritate your skin. If it is you must use another.

Camphor water 1/2 pint

Glycerine 1/4 ounce

Borax 1-16 ounce

Witch hazel is a mild astringent. Any alcohol mixture has an astringent quality. Tannin is a strong astringent, but should only be used in a weak solution.

E. K. L. inquires: "Will you please tell me what to do for my nostrils? I have noticed that they are growing larger and that makes my nose look broader. Can anything be done to make the nostrils smaller or to make my nose a better shape?"

Some persons with a wide flare of nostrils comfort themselves with the theory that large nostrils are a sign of good breeding. They indicate, according to some students of human nature, descent from a long line of "good family." There may be some counter arguments set up against this but to my mind it matters little, at any rate. What is really consoling is that large nostrils are the sign of powerful lungs. The wide nostrilled person has

large lung space and is practically sure to never die of consumption, although he may of pneumonia. If you are young, and something in your letter tells me you are, there is hope that you may train your nose to be narrower and more pointed. Coax it in that direction by pinching it gently between the thumb and first finger many times a day. I said "gently" because the nose is sensitive and rough usage

might permanently redden it. I have before called attention to nose clamps, which may be purchased at some drug stores and beauty parlors. I have also recommended a coarse, blunt-edged wire wrapped with flannel and bent to fit easily over the lower part of the nose, not too tightly to interfere with breathing. These may be worn at night. French and Spanish peasants, persons living and working on the

"Study your face closely at this season, for it may begin to show the blemishes caused by winter."



Mme. Lina Cavalieri.



"Apply a lip salve to the mouth before going out into the cold air."

farms, use clothes pins for this purpose.

E. B. asks: "What will remove wrinkles and blackheads?"

Rest is the best of wrinkles removers. Avoid those tricks of expression which cause wrinkles. If you frown when you talk or draw your mouth sideways when you laugh, or create wrinkles about your eyes when you laugh, stop so doing. If you don't know whether you have such bad facial habits, ask a friend to tell you. Or if you don't wish to do this study yourself before a mirror. Before retiring study your mirror to see where lines have formed and gently pat cold cream or cocoonut, olive or almond oil into the parts where the wrinkles are forming.

Blackheads may be removed by scrubbing the face briskly with a face brush or wash cloth upon which green soap has been poured. When the skin has been well softened, press out the blackheads with a comedone extractor or squeeze them out between your fingers wrapped in an old handkerchief or other soft cloth.

Steaming the face until the skin is quite soft, then extracting the blackheads as I have described, is another method. Always apply some oil or rub gently in some cold cream so that the treatment will

leave no unsightly holes or gaping pores in the face.

G. L. M. asks: "I would be very thankful if you would give me some simple exercises for the development of the hips."

Standing on one foot and swinging the other with a long, pendulum like motion from the thigh, then reversing, and so on, is a good hip developer. The exercise should be slowly and frequently practised. Rubbing fresh butter, lard, olive oil or lanoline into the skin in that region helps to enlarge the hips.

From Anxious comes this request: "What can I do to remove the growth of hair on my face? It is hard for me to use the electric needle, because I have this fuzz, which is black and very noticeable, on my cheeks, chin and upper lip. The cost would be too high, and I have too much of it on my face."

"Would pulling the hair out and applying peroxide of hydrogen remove it? Can you advise me of anything that will permanently remove the hair?"

Science has discovered nothing that will permanently remove hair except destroying the root. This electricity does, if skillfully applied, and sometimes the experiment has to be several times repeated. Using the tweezers to pull out the hairs, one by one, has been successfully used, but this, in the case of the hair being thick, might lacerate the face. Peroxide of hydrogen diluted and applied often would bleach the hair, so making it less noticeable.

And Now It Is the "Literary Dance"

FROM the old Italian ballets that filled the stage with "premiere assoluta," half a dozen stars and a score or two of coryphees, all in short, fluffy skirts and wearing fixed smiles, it is a broad leap to the performance of the Wiesenthal Sisters, who—according to the Vienna verdict—represent the highest development of the dancer's art.

In between came Isadora Duncan and her school of barefoot, Grecian dancers; Maud Allan and her followers illustrating in the dance such characters as "Salome" and such abstract ideas as certain musical compositions are supposed to create; the Ruth St. Denis type of East Indian and other exotic dances, and the Russian dancers with their wonderful portrayals of almost every human emotion.

The further advance, credited to the Wiesenthal Sisters, might be described as "literary." These three beautiful and graceful young women are the daughters of a celebrated artist, and are said to have placed their art on a higher intellectual plane than it ever occupied prior to their advent before the public.

For popularity—to captivate the mass of theatre-goers—their bird dances were designed, and appear to have well served their purpose. Evidently the idea was borrowed from Rostand's play of "Chantecler," for the feather costumes worn immediately recall the hen pheasant, though in the dance this plumage, instead of remaining neat and pheasant-like, is decidedly, though gracefully, fluffy. But even in these bird dances it is said that the Wiesenthal Sisters quite amazingly convey to the beholder the character and mood, as well as the plumage, of the originals they are representing—in short, give the dance a "literary" value.

Grete, Elsa and Berta, the Wiesenthal Sisters are named, and they do not confine their professional activities wholly to dancing. For ex-

ample, while Elsa dances in her character of "The Spirit of the Wind," she prefers her music to be furnished by Grete at the piano. Meantime Berta recites to the audience a pretty little story of the moods of the wind as they are interpreted by her dancing sister.

This is a new departure with dancers, which the intellectual element in Vienna audiences are said

to appreciate very highly. When Grete does her "Spring Song Gambol" Elsa does the piano part, and in this case Berta's little lecture on the meaning of Mendelssohn's famous composition may be expected to fill a long-felt want—for,

whatever musical enthusiasts may say, instrumental music presents to the listener no concrete ideas, tells no story—or, rather, tells almost any story you think it fitted.

While the Wiesenthal Sisters wear simple and graceful costumes on classical lines, they do not go to the extent of appearing in their bare feet. Sandals are the limit in that direction. Their dancing is described as wonderfully graceful. Most of the moods they depict are gladness. Their faces are wreathed in natural smiles and their movements recall the naturally graceful gambolling of happy children—particularly in their dance together, called "Spirit of Sunshine."



Berta Wiesenthal, Shown in Two Poses of Her "Bird Dance." The Three Wiesenthal Sisters Who for Two Years Have Been the Craze in Vienna, Borrowed Their Dance from Rostand's "Chantecler."