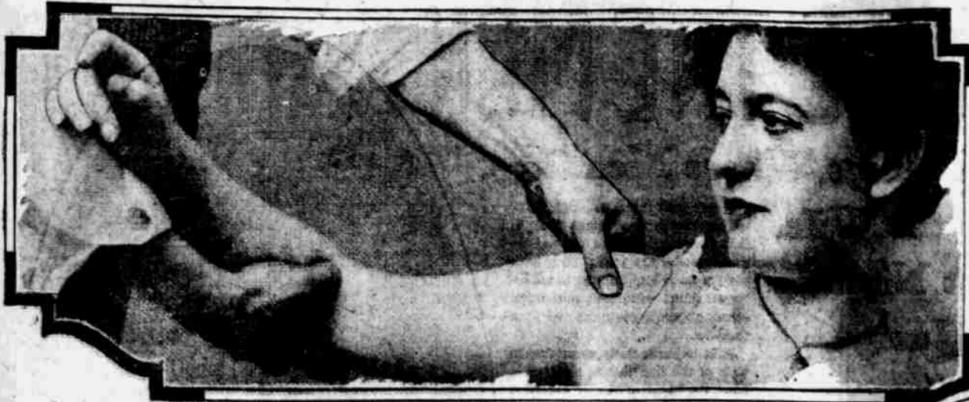


# THE OMAHA SUNDAY BEE MAGAZINE PAGE

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## MY SECRETS OF BEAUTY

No. 160 - BEAUTIFYING THE ARMS AND SHOULDERS,  
By Mme. Lina Cavaleri, the Most Famous Living Beauty.

"If arms are large bathe them daily with an astringent, as white wine vinegar, which whiten as well as reduces."

MME. CAVALIERI continues her brilliant and practical series of articles on self culture by a timely chapter on how to beautify the neck and how to make the arms attractive by making them round and white, and plump only in proportion to the figure.

She tells what shall be done to whiten the yellow neck, what should be done to plumpen the thin one, and what for the "scraggly" and aging one. She gives valuable advice on how to reduce the coarse arm and how to build the scrawny one. She gives directions as to how to rid the arms of the masculine appearance caused by superfluous hair.

By Mme. Lina Cavaleri

At this time most girls are looking anxiously to their necks, shoulders and arms. Winter is particularly unkind to all of these parts of the body. The neck is always the softer when fashion decrees high collars. It is best to compromise with fashion by letting the collars and gimpes be of thin, soft material. When this is not possible the collars can be lined with white, even though you baste pieces of soft muslin or silk inside the collar for yourself. It is worth the effort to keep your neck clear, soft and white. Dark collars communicate their color in an ugly, shadowy rim that is anything else than attractive. Or they cause a yellow stain difficult to remove.

Should you see this unwelcome appearance, add to the daily scrub with a complexion brush and pure soap and warm water an application at least once a day, preferably before retiring, of this:

Distilled witch hazel... 1 ounce  
Rose water... 1 ounce  
Bichloride of mercury... 5 grains  
Moisten the yellowed skin with a sponge or a piece of absorbent cotton saturated with the foregoing.  
The tight collar, besides robbing the neck of its natural fairness by disturbing the circulation and lessening the supply of blood to those parts, causes premature wrinkling of the neck. The best cure is to wear high collars not at all or as little as possible. At least do not wear them at home. Free your neck as soon as possible and nourish the starved muscles by feeding them liberally with a cold cream. Or a paste made as follows has the same effect, besides whitening the skin:

Liquid honey, one tablespoonful.  
Juice of one lemon.  
Whites of two eggs.  
Mix these with enough fine oatmeal to make a fairly thick, smooth paste.  
This is the season for revealing the arms. If they be painfully thin or embarrassingly plump those qualities are shown in the low cut, short-sleeved gowns. The beautiful

arm halts midway between these extremes. It should be frankly round and plump, but not fat. That it should be smooth and soft and white goes almost without saying. It might have all these desirable points, yet fall of beauty because it does not taper at the wrist.

If the arms are thin, gentle exercises and much light massage with oil, almond and olive in equal parts, with a few drops of benzoin for whitening the mixture, should gradually increase their size and curves. If they are too large, vigorous use of the exercise should reduce them, especially if they are bathed daily with an astringent, as, for instance, with white wine vinegar, which whiten as well as reduces. Thin arms can be softened and fed by wiggling loose, oily bandages about them at night. In the same way rough, red elbows may be beautified.

Many of my correspondents complain at this season of goose flesh. This lotion, of Italian origin, will make them smoother, and should, in good time, entirely remove the rough appearance.

Use this freely on the arms after washing them and before they have been thoroughly dried:  
Rose water, one pint.  
Tincture of benzoin, one fluid drachm.

Tincture of tolu, twenty drops.  
Often a girl dislikes to bare her arms because there is on them a thick, dark growth of superfluous hair, unwelcome because, my correspondents sadly declare, it makes them "look like monkeys." This depilatory powder, if used most carefully, will remove that hairy covering for a time. I most earnestly warn you, however, to be exceedingly careful in your use of it. Remove it the instant it begins to smart. If you do not your arms may be permanently disfigured:

Starch... 6 ounces  
Quicklime... 5 ounces  
Orpiment... 1/2 ounce  
Crush each of these into a fine powder. Mix them well and keep them in a tightly closed jar or bottle.  
When the depilatory is needed pour a teaspoonful into a saucer.

Add enough warm water to make a thin paste. Spread this on the hairy parts of the arms with a dull paper knife, or any smooth, flat instrument with a blunt edge. When the smarting begins scrape off the paste at once. The hair should come off at the same time. Better apply to the skin, whether it seems inflamed by this treatment or not, a healing lotion, as equal parts of witch hazel

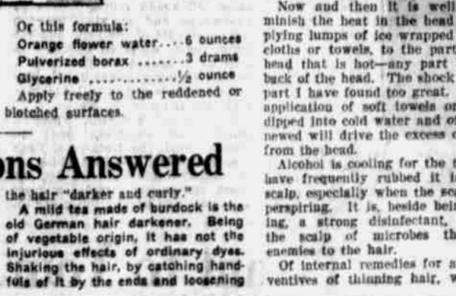
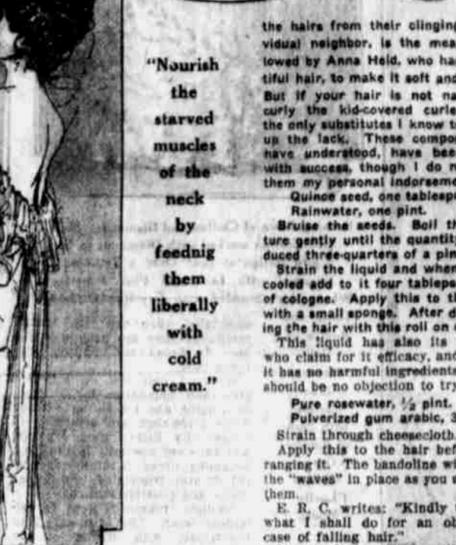
and glycerine.  
What I have said of keep the neck and arms in good condition applies to the shoulders. Carry the body well and your shoulders will be firm and graceful. Carry the head well and both shoulders and neck will be of attractive outline.

The shoulders and arms, if disfigured by blotches or redness, will be improved by the use of:  
Elder flower water... 6 ounces  
Glycerine... 1/2 ounce  
Pulverized borax... 1/2 drams

Or this formula:  
Orange flower water... 6 ounces  
Pulverized borax... 3 drams  
Glycerine... 1/2 ounce  
Apply freely to the reddened or blotched surfaces.

### Beauty Questions Answered

C. R. writes to ask a brief description of face massage.  
The best face massage is a gentle slapping with your own palms that has been covered with cold cream. Fifteen minutes are enough.  
L. K. wishes directions for making



"Nourish the starved muscles of the neck by feeding them liberally with cold cream."

the hairs from their clinging, individual neighbor, is the means followed by Anna Held, who has beautiful hair, to make it soft and fluffy. But if your hair is not naturally curly the kid-covered curlers are the only substitutes I know to make up the lack. These compounds, I have understood, have been used with success, though I do not give them my personal indorsement:  
Quince seed, one tablespoonful.  
Rainwater, one pint.  
Bruise the seeds. Boil the mixture gently until the quantity is reduced three-quarters of a pint.  
Strain the liquid and when it has cooled add to it four tablespoonfuls of cologne. Apply this to the hair with a small sponge. After dampening the hair with this roll on curlers. This liquid has also its friends who claim for it efficacy, and since it has no harmful ingredients, there should be no objection to trying it:  
Pure rosewater, 1/2 pint.  
Pulverized gum arabic, 3 ozs.  
Strain through cheesecloth.  
Apply this to the hair before arranging it. The handoline will keep the "waves" in place as you arrange them.  
E. R. C. writes: "Kindly tell me what I shall do for an obstinate case of falling hair."  
Now and then it is well to diminish the heat in the head by applying clumps of ice wrapped in soft cloths or towels, to the part of the head that is hot—any part but the back of the head. The shock to that part I have found too great. Or the application of soft towels or cloths dipped into cold water and often renewed will drive the excess of blood from the head.  
Alcohol is cooling for the time. I have frequently rubbed it into my scalp, especially when the scalp was perspiring. It is, beside being cooling, a strong disinfectant, ridding the scalp of microbes that are enemies to the hair.  
Of internal remedies for which is preventive of thinning hair, and is

the precursor of baldness, a well known physician gave this:  
Tincture of jaborandi.  
Take five to thirty drops in water, four times a day.  
Also this:  
Sulphurous acid, 2 ozs.  
Syrup of orange flower, 2 ozs.  
Take a teaspoonful in water three times a day.  
Syrup of hypophosphites, 5 ozs.  
Aloin, 2 grains.  
Take one teaspoonful three times a day.

Of local applications I recommend for falling hair that is "dry" this:  
Mercury ointment, 2 ozs.  
Oil of ergot, 2 ozs.  
If bald spots appear after illness improvement has been quickly shown when this preparation is used:

Glycerine, 4 ozs.  
Rectified spirits, 1 pint.  
Sublimed sulphur, 1/2 oz.  
Tincture of cantharides, 1/2 oz.  
The best way to apply this is to wet the bald spots with it three times a day, rubbing it in well with a soft, old tooth brush.

Stimulating to the new hair that has been coaxed to grow and which is of infant like weakness when it first appears is:

Deodorized alcohol, 1/2 pint.  
Oil of mace, 1/4 oz.  
Apply in the same way as the foregoing.

When the hair comes out too freely try shampooing daily until the possible destructive microbes have been banished.

V. R. says: "I am fourteen years of age, and I weigh 125 pounds, and would like your advice as to how to become thinner. I feel as though I am ridiculed by every one. Also kindly advise me how to rid myself of dark freckles."  
If you were full grown I should advise eating but one meal a day, exercising much out of doors and sleeping an hour or two less a day. But since you are of a growing age I will not take the responsibility of such advice without your first consulting a physician. If you are at fourteen full grown, as are some persons, this advice will apply.

Dark freckles should be treated as lighter ones. This is a harmless bleach. Apply it to the freckles with a camel's hair brush. If it reddens and stings the skin, do not be alarmed.

Lactic acid, 2 ozs.  
Glycerine, 1 oz.  
Rosewater, 1/2 oz.

Afterward allay the burning by applying any soothing cold cream. This remedy, known as Marchand's, has been most effective in hundreds of cases of obstinate freckles that I have known:

An ounce bottle of hydrazone. An ounce bottle of glycerine. First bathe the face thoroughly with warm, soapy water. Then with soft camel's-hair brush apply to the skin the hydrazone, weakened by mixing it with an equal quantity of water. Allow it to dry on the skin. Though a stinging, itching sensation follow, this need not be alarming. Then gently apply the glycerine in the same way.  
Do this every night and morning until the freckles have disappeared. After that make the application at least once a week to prevent the return.

A. H. B. asks for "hints about premature gray hairs."

Those hairs are in themselves hints that your scalp is not in good condition. The farmer prepares the soil before he sows his crop, and after he has sowed the crop he cultivates the soil. Look well to the soil from which your hair grows. Keep the skin cool and moist and loose from the scalp. If the scalp be dry and scabby take frequent shampoos and after each rub juniper line thoroughly into the roots of the hair. Many have faith in the hair-growing qualities of vaseline. My objection to that is it is of mineral origin. I prefer cosmetics made from animal fats or vegetable oils.

Massage your scalp every morning until the skin moves easily upon the scalp. Brush it gently once a day with long strokes, giving it at least one hundred strokes. Use a cooling hair lotion. This is cooling and stimulating:

Rosewater, 5 ozs.  
Brandy, 2 ozs.  
Castor oil, 1 oz.  
Ammonia, 1 oz.  
Or, if your hair is oily, this is better:  
Alcohol, 5 ozs.  
Cocoanut oil, 1 1/2 ozs.  
Tincture of nux vomica, 4 drams.  
Tincture of alcoholic cantharides, 2 drams.  
Tincture of capsicum, 1 dram.

### The Cannibals

"DEAR DEAR!" remarked Mr. Jacobson Jones, as he dropped the newspaper upon his knees and gazed at his dear wife, sitting on the opposite side of the fire-place, "what an extraordinary case!"

"What is dear?" asked sweet Mrs. J., as she leaned back in her chair to the sound of crackling wood.

"Why—a report here of a ship that was wrecked near Terra del Fuego, where the cannibals are, you know, dear. The Fuegians killed and ate the males, it appears, but absolutely refused to eat more than one of the five females who were among the survivors of the wreck."

"In—deed! I should have thought they would have preferred to eat ladies. They are so much more tender than men, aren't they?"

"Well, I don't know. It seems, according to this account, that the two men they ate had nothing on but flannel shirts and linen trousers, which the savages munched up with the men. The one woman that they ate—"

"Ah!"

"Had on her, in addition to her stuff-clothes, about a pint of hairpins, a wire corset, a bent-stem dress-improver, seven oxidized silver bangles, a convalescent belt, with steel chainlinks, scissors, button-hole, cork-crow, etc., brass-tipped heels to her boots, girl!"

"Good gracious, how they must have suffered!"

"Eather! Listen to this: For five days after the chief of the tribe never moved or spoke, but has since recovered and celebrated his convalescence by burning forty children as a thank-offering. He has since sworn, and made his tribe swear, never to eat another white square."

## How to Make Your Room Efficient--By Prof. Charles Barnard

HERE is the plan of a bedroom suitable for a young man. It shows the shape of the room, the position of the door and the windows, and shows that the furniture is arranged for the comfort and convenience of the person who may occupy the room at night.

The room is in a country house and we may imagine that it is the home of a young commuter. Every week-night, some time between ten and twelve, he goes to the room, and what he says and does while getting ready for the night and getting ready for his train in the morning make a story that may be sad or amusing—just as you look at it. He enters the room tired and as

a result careless, and puts down his watch and then hunts for the old-fashioned key—can't think where he left it, walks all over the room looking for it, stops before the mirror to see if his necktie is clean, finds the key—just where he left it—and then hunts for his pajamas—can't think where he left them. Oh! They are in the basket from the laundry that came home that day. Drops his things anywhere and, at last, gets to sleep.

Suddenly he discovers it is daylight and springs up, hunts for his watch. He is late. Runs to washstand. No water. He picks up the pitcher and runs to the bathroom. Door locked. He waits, fuming and fretting for three minutes—at last, gets the water, washes in a hurry. No towels—looks in drawer; none there. He runs to door and calls:

"Mother! Sister! Somebody bring me a towel. Oh, Thank you. Where in—what did I do with my—where has it been to?"

He walks, walks, and walks from table to closet, from chiffonier to washstand and back to the mirror. At last he reaches the dining room, 49 minutes after he got out of bed. On the table is a letter—"Can't open it now—no time to bother with it must get a bite and my train."

Late that night he finds the unopened letter in his room. It says, "Please call," somewhere downtown at once, "and see about—a better job."

Now, what is the matter? Is it the room or the furniture or is it

the young man? Look at the plan of the room again. The position of the bed between the windows is right. The washstand and the mirror are both right, because near the high dormer window, with a good

light for washing and the best side-light for the mirror. The two chairs are in the best places for use, night or morning. The space between the bed and the chiffonier and the two tables makes an excellent dressing

room, with a good light and everything in easy reach.

Look at the plan again and let us imagine that a different kind of a man has the room. At 10:20 he enters the door, follows route marked N, and turns to the left and places the lamp and his stemwinder on the small table by the door. Then, in two steps, he reaches the other table, where he takes from the drawers fresh handkerchiefs, collar, cuffs and tie that he will need in the morning. Two more steps brings him before the chiffonier for whatever clothing he thinks he will need to-morrow. He then walks round the foot of the bed, leaving the clothing on the foot of the bed and placing the small things in easy reach when standing before the mirror in the morning.

Now for bed. Every piece of clothing is hung on its hook or placed in closet or on the chair in a certain regular order, so that it can be taken up in the morning without a single lost motion. As soon as it is light he begins at the place where he left off the night before and taking up each piece in reverse order he washes and dresses, crossing the room but once. He follows route marked M and picks up his watch just as he goes out the door of his room. He is glad to note that he has plenty of time to get a breath of fresh air out of doors, look at the nail and perhaps help mother bring in breakfast, and best of all, he has a good half hour to himself before

the day's work begins.

His time here was worth more in the morning than at night, and he made a list of all the things he must use in the morning and then arranged the things in the order in which they would be used, beginning with the towel and ending with the wash-bow. He then "routed" the room so that he could enter the door, turn to the left and pass the small table, the chiffonier and the second table and then walk round the foot of the bed to the washstand and then walk to the closet by the head of the bed.

This trip was continuous and without a single backward step. It is shown on the plan by the dotted line marked N. In the morning he reversed the route, as shown by dotted line marked M. Very soon he had a place for everything along each route and arranged in the order in which they were laid down or taken up. Within a week he had committed all this to memory and could do everything in the right order at a good speed and without a mistake as a matter of habit. The inefficient man took forty-nine minutes to get down late to breakfast. The efficient man who took all the trouble to make the routemap came down in twelve minutes, had a good breakfast, looked at his mail and the paper and, by starting early and having no lost motions, gained half an hour every morning—three hours clear gain every week and his own time—twelve precious hours a month—eight whole days in a year saved.

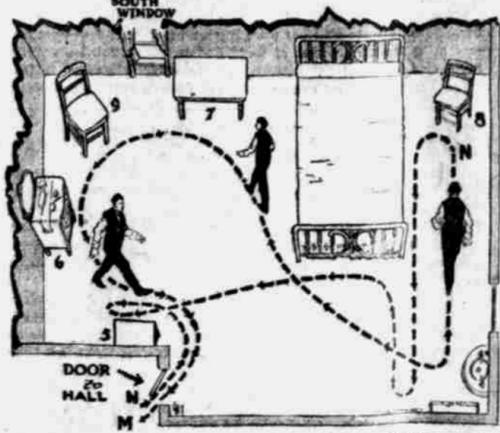


Diagram Showing the Route of the Efficient Hall-Roomer.

N, his route on entering and leaving his belongings where they will be handy in the morning; M, his simple route while dressing and on leaving for his day's work.

### Precautionary

MR. LAW was feeling weary, jaded, and in need of a change. "See that you get plenty of baths and of good food, Mr. Law," said his medical adviser to him, "and find out some quiet country cottage where you can take a thorough rest."

"So I wrote," says Mr. Law, "to a certain old farmer, and in the course of my letter I asked the old farmer if there was a bath in his house."  
"In reply he said:  
"If you WANT a bath, you had better talk to me before you come."