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My Secrets of Beauty

TIMELY advice is Mme. Cavaleri's counsel to make ready for your Spring walk. It is time to search your closet for a wrap that may be much worn but still heavy enough to fortify you against changes of weather. It is time to have your old overshoes repaired or buy a new pair. You should be sure you have a short skirt of easy walking length and not long enough to collect the moisture and accumulate the mud of the streets. Thus prepared begin your daily walks, if they are not already your habit. Or if they are, if from this time you do as much walking by Summer, be looking your loveliest and youngest. Mme. Cavaleri, not content with merely saying that walking is a renewer of youth, proves it.

By Mme. Lina Cavaleri

TO look and feel young, walk! In the youth of the year prolong your own youth by daily walks. If you have the habit of riding everywhere break it, for it is a bad one, and walk everywhere within the bounds of convenience or semi-convenience.

If you are shopping, walk to and from the store or from one to the other which you visit. If you are making informal calls, walk. You will make a far better impression by the brightness of your eyes and the radiance of the vitality you exude than by the greater elegance of toilet to preserve which you must drive or take a car. If you have some neighborhood errands don't climb into the stuffy cars to save time. Walk briskly in your destination. When you must go anywhere don't think instantly of a car that will carry you a few blocks. Form the habit of thinking of the walk and how it will immediately improve your appearance.

There is no means of freshening up and reawakening beauty instantly like the walk. "How well you look!" I have heard several exclaim at once as a woman entered the room, her head lifted, her eyes



No. 162 - Walking as a Renewer of Health

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

"If the girls who stoop, who are pale and dulled, with drooping lips, would walk they would seem five years younger"

imprint of years before they arrive. Walking is a youth renewer in the matter of developing the figure. If the anemic girls who write me asking for cosmetics for the skin would make it an invariable habit to walk every day they would have little need of the cosmetics, and if the girls who complain that they have stooping, undeveloped figures would take daily walks they would see rapid improvement in the figure. For walking teaches an upright carriage, with chest forward, chin up and shoulders and abdomen back. A good carriage apparently subtracts many years from those who have before lacked it. Walking further renews youth by giving a light, spry step. The walk is not only a betrayer of age, So make ready for your spring walks. If you have walked much in the Winter, walk more in the Spring. If you have taken one walk a day in the Winter, take two in the Spring. If you went out in the morning, in the Winter, go out twice, in the afternoon also, in the Spring. If you haven't formed the habit of walking, this is a good time to begin. Spring presents more objects of interest than any other season. No soul slumbers so deeply that it does not awake in response to the sight of growing things in the Spring. While the Winter walk was a necessity the Spring walk is a luxury. If you walked a mile in the Winter, walk two miles in the Spring. If you walked one hour a day in the Winter, walk two hours a day in the Spring. The gentler air of the Spring will make this easy. Besides, the body requires its annual housecleaning, and the sweet air of



Mme. Lina Cavaleri.

erably in capsules to spare the teeth discoloration. If you can afford it, go to a hair dressing parlor and take electric treatment for the scalp. This tonic is a good hair grower.

Lime water 4 ozs.
Glycerine 3 drams
Tincture of cantharides, 1/2 oz.
If the hair is especially dry, this is a stimulating tonic. All tonics should be massaged well into the scalp:

Almond oil 3 ozs.
Oil of rosemary 1 oz.
Oil of cinnamon 1/2 oz.
F. S. asks: "Will you kindly let me know if there is any application that will quickly develop the bust?"

I am besieged with letters concerning the treatment for this region of the body. I am asked in many letters each day how to enlarge the bust and in as many letters how to decrease it.

To enlarge them this method is a safe one. With a piece of flannel rub round and round lightly in circles. Continue this until the skin is warm and pink.

A valuable exercise for developing the chest is one which aids in deep breathing. Raise the arms high above the head, keeping the elbows straight.

Whatever exercises develop the chest will give the appearance of a larger bust. Many women look as though they have large busts when they merely have well developed chests. This appearance can be attained by persistent deep breathing.

G. B. requests a formula for a good cold cream and directions for mixing it.

Almond oil 2 ozs.
Rose water 2 ozs.
Spermaceti 1/2 oz.
White wax 1/2 oz.
Melt the spermaceti and white wax together in a vessel set into warm water. When they are melted pour in slowly the almond oil. Take it off the fire while the mixture is warm and while it is cooling stir into it, little by little, the rose water. Keep in a cool place.

J. E. N. writes me: "I would like to know of a rouge for day light. I would like a rouge that is like Nature's pink in the cheeks. I am desirous of getting it, no matter what the expense. I am a brunette and have a light skin and generally have no color. But when I have color, which is a deep blood red, my friends say it makes a great improvement in me. Send answer in a plain envelope, because my husband objects to rouge."

So, dear J. E. N., do I. If you must use rouge at any time avoid it during the day. Day light is a cruel searcher out of cosmetics.

M. McG. asks me to publish a formula for removing superfluous hair from the arms and face.

Before attempting any more powerful remedies, wash the affected spots in a mixture of equal parts of peroxide and hydrogen and water. This will bleach the hairs, making them less noticeable, and will weaken them so that in time they should die.

Disease Germs Instead of Bullets in War

IMAGINE a city of a million or more inhabitants besieged by a powerful army—as Paris was besieged by the Germans in 1870—and, instead of being started into submission, the city was devastated by a scourge of smallpox or typhoid developed from disease germs released by the enemy's bursting shells.

The war laws of nations have not succeeded in preventing the occasional use of the mutilating "dumdum" bullet. Evidently those laws are not considered very binding, for the British Admiralty are now engaged in investigating the "chemical warfare" system of shells which, falling among the enemy's army or fleet, will scatter germs of cholera, typhoid or smallpox among the defenders of a fort or the garrison and populace of a beleaguered town. Such horrors of death and destruction are the invention, it is stated, of a benevolent-looking old gentleman, with a white beard and a mild blue eye. His description of chemical warfare and the part his discoveries will play in it was conveyed to a party of retired officers as follows:

"Chemical warfare is at once the newest and the oldest form of fighting. It is an elaboration and a highly skilled adaptation of the Chinese 'shinkopoi' and the Greek fire of the Middle Ages.

"Did you come out well on Christmas morning, Willie?"

"Yes, sir. I got more things than any of my brothers or sisters."

"Indeed! How did that happen?"

"I got up two hours before they did."

The Short-Sighted Lady—I don't care for your bananas this morning, Mr. Jess. That seems to be the only ripe one.

Mr. Jess—That ain't a banana, mum; that's my thumb!"

"Its chief advantage is that, whereas modern weapons depend entirely on impact, chemical weapons do not. In other words, a shell in chemical warfare is near enough to kill a man if it lands a quarter of a mile away.

"Take, first of all, the fumes that blind. This is a discovery of mine I call 'blinding.' It was an accidental discovery with which I nearly blinded myself. So powerful is it that you could get enough inside an ordinary 303-in. Metford bullet to blind all the people in an ordinary 15x12 ft. room.

"Another feature of chemical warfare is the fog-shell. The ingredients in this shell turn the atmosphere into dense, heavy fog for hundreds of yards round the spot at which they burst.

"The fire shell is charged with material of somewhat slow combustion. Wherever it bursts the air all round is full of little blasting specks like a storm of red-hot dust. The temperature of the air would be raised to a degree at which human life could not endure, and all magazines would be exploded.

"Other chemicals I have which when burst in a shell would cause instant death from poisonous fumes, and there is the possibility—quite simple to conceive—of filling a shell with germs or bacilli, which would fill the enemy's atmosphere with dreadful diseases, poison their water supply, or set up an epidemic more deadly than any battle in the history of the world."

America lives a man of seventy-five who recently took a two hundred mile walk in three days, stopping only for short rests of a few hours. He returned home, having rid himself of a bilious attack.

Another seventy-year-old youth walked off the rheumatism in a ramble from San Francisco to New York.

Therein lies one of the greatest values of the walk. It eliminates lingering, self-made poisons from the system.

An excess of uric acid is just now the fashionable affliction. No one suffers from it who is an habitual walker. Rheumatism and gout are caused by the settling of deposits of poisonous matter are not permitted to form if there is a thorough elimination by means of walking and much water drinking.

Indigestion in its various forms can be corrected, especially in the earlier stages, by walking in connection with careful diet. Indigestion is a physical falling, especially peculiar to women. Walking, by bringing into play unused muscles and by making deep breathing necessary, as a walk always does,

relieves this condition. Whatever clears the internal organs clears the complexion. Whatever naturally clears the internal organs brightens the eyes. Whatever promotes deep breathing lays in a new stock of vigor, as we fill our cellars with coal in the Winter.

But the youth renewing power of walking consists chiefly in its replenishing the tissues, making new cells and muscles from new and fresh blood material. Walking is like tearing down the shutters and doors and loose old boards of a building and rebuilding it with fresh material.

The daily walk or walks are a boon to the nervous woman. I know no women who so require the tonic of walking for the nerves as American women, and I know few who take so little of it. A bad state of nerves is not only debilitating, but is aging. No woman can afford to humor and coddle her nerves. For nerves are another name for moods, and moodiness stamps the

but of habits. If you have a sluggish temperament it reveals itself in a slow and spongy walk. That was a keenly observant man who once said to another: "You could borrow money on your walk." The man to whom he addressed this compliment had a strong, erect figure, and a light, quick step with a long, powerful stride. It was a walk that begot confidence. The walk would give to a money lender reasonable security of the long life and ability of the pedestrian.

Spring will aid in this work by sweeping the lung cells clean.

If you are not an habitual walker, begin with a short walk and increase it a little every day. Always stop before you are tired.

Walk regularly, wearing stout boots, rubber overshoes when it is damp or raining, and being well wrapped to fortify yourself against sudden changes of weather, and a small, close hat securely pinned so that you will not add to your apparent age by making the frown wrinkles that always follow wearing a wobbly hat. A few young women walk bareheaded to improve their hair.

Dorothy writes: "My hair is falling out in handfuls. I have tried several hair tonics without the slightest improvement.

"As it grieves me greatly to find I have just one-half the hair I had a few months ago, I will greatly appreciate any advice you will give me."

I wish you had told me whether you are in your usual health. The vigorous constitution usually grows strong hair.

I would begin upbuilding the general constitution by eating more nourishing food, taking more rest, breathing more deeply and perhaps taking one of the iron tonics, preferably.

Do You Know That

Britain, France, and the United States together count put into the bag a trained army of nearly 8,000,000 men, with 4,700 guns. The joint navy would amount to over 900,000 men, and over 1,000 warships. Together the three countries own more than one-tenth of the land surface of the globe, and number more than one-third of its inhabitants.

Twenty of the prettiest girls of the village of Perry, Okla., are offering kisses to the general manager of the Oklahoma railway in exchange for a new station at their native village.

Candles That Grow on Trees

SEEDS of two very remarkable trees have recently come to the Government Plant Bureau through the hands of our agricultural explorers. Both of them might be called light bearers, though in ways somewhat different.

One of them is the "pill" nut tree, which grows in the southern part of the island of Luzon, and elsewhere else in the Philippines. It is quite a large tree, and its seed is described as extraordinarily rich in flavor. All the Americans in the Philippines think it the finest nut grows. When the nuts are roasted, if a lighted match be touched to one of them, it will "burn like a lamp" so rich is it in oil.

It is believed that the tree would thrive in Florida, southern Louisiana and Mississippi, where the climate is warm and damp—not very unlike the climate of the southern part of Luzon.

The other tree is a native of the Isthmus of Panama, and is one of the most remarkable trees of the tropics. It is known as the "candle tree," most appropriately, inasmuch as its aspect, when its fruits are ripe, is that of a tree whose branches are covered with candles much after the fashion of a Christmas tree.

So close, indeed, is the resemblance to wax candles that travelers, seeing the tree in bearing for the first time are often puzzled to

know whether the candles are real ones or not. The candle-like fruits, suspended from the bare stem and branches by short, slender stalks, dangle in the air, and give to the eye the impression of a vegetable candle-maker's shop.

"This impression," says Dr. Rose, the Government botanist, "is intensified as night falls and numerous fireflies move among the fruits. It is not surprising, perhaps, that the ignorant traveler should be informed by the more experienced natives that the fireflies perform the duty of lighting up these candles when illumination is required by the wild denizens of the jungle."

These peculiar fruits are juicy and have a peculiar apple-like odor. They are good to eat.

Beauty Questions Answered

∴ Tight-Fitting ∴

SOMEHOW mother had never quite cottoned to Angelina's young man. Many a time she had meant to have it out with him, and at last an opportunity arose.

"Mr. Simpkins," she began impressively "I am informed by an acquaintance that you are employed by a firm of pork butchers."

The young man looked pained and crestfallen, but quickly recovered his composure.

"Yes, that is so. But"—he faltered. "And," went on the old lady, trembling with indignation, "you had Angelina to believe that you were a con-tinuer?"

The detected swanker blushed again; but he was a quick-witted young man, and inspiration came to him.

"Well," he replied demantly, "and so I am. You see, I put the lights on the sausage."

Prompt collapse of mother and mutual forgive-and-forget when the laughter subsided.

Wrong Again.

Hostess (at the party)—Miss Robinson has no partner for this waltz. Would you mind dancing with her instead of me?

Hawward—On the contrary, I shall be only too delighted. I shall be only too delighted.

Then she cut him dead.