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## MY SECRETS OF BEAUTY

**M**ME CAVALIERI talks to her large audience of readers to-day on a theme of importance to all women, and it may be truthfully added, to all men. We often hear the complaint "I am losing my figure." The slenderness of youth is lost in the enveloping blanket of flesh that years bring to some, or the roundness of youthful contours disappears before the guantness of age. How to avoid both these evils is included in to-day's valuable advice on "How to Improve Your Figure."

### No. 163 - TO IMPROVE THE FIGURE,

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

By **Mme. Lina Cavalieri**

**I**T is well to scan your figure occasionally in the mirror—to satisfactorily do this you need a full length mirror—and decide what are its flaws and how to rid yourself of them.

Perhaps you have a disfiguring stoop. Rid yourself of this, if necessary, by wearing shoulder braces. You can buy strong, reliable ones at most drug stores, and you can make them for yourself with two strong stitched bands of muslin to which cross pieces are attached. Fasten these to your corsets by safety pins. Perhaps that apparent stoop is due not to actual bending of the shoulders but to a roll of superfluous fat that accumulates just below the neck on women who have attained thirty years, or even before. Remove this unsightly blemish by several methods. First, throw away your pillow and lie with head and feet on a level. Form the habit of standing very erect. Stretch your arms sideways and on a level with your shoulders and twirl them rapidly backward.

There are always several preparations which can be used to advantage if applied outwardly. Bathe the shoulders every night with this, rubbing it thoroughly into the shoulders:

Greeks and you will comprehend the beauty of the hip line in the natural figure. They are neither over heavy nor too thin.

The bones should be well covered, but there should be no fat creases and no loose hanging skin. If there is too little flesh applications of olive oil will increase it. But the fault in the American woman's figure is that she is unduly developed about the hips. For this figure blemish it would be absurd to bant, for her whole body would diminish under it and the hips remain proportionately as large as before. Massage and exercise are the hope of the woman of overdeveloped hips. Rub briskly and firmly, with a strong slapping motion, this mixture, prepared especially for each application.

Unsweetened butter, one tablespoonful.  
Tincture of iodine, 20 drops.  
Long corsets that are not too tight keep up a continual stent

"Swing the right leg slowly and firmly sidewise raising the foot as high as you can."



friction that helps to some extent in reducing the hips, but these should never be worn so tight as to compress the inner organs nor constrict the muscles. Better too redundant hips than an interference with the circulation, which may cause varicose veins or other serious complications.

These exercises are simple, but will be found exceedingly helpful



Mme. Lina Cavalieri.

In the same fashion with the left. Third, stand with the weight on one foot and raise the other leg slowly, until it is on a level with the trunk. Lower the foot and repeat this exercise many times until you begin to grow weary. Then change the weight to that foot and repeat the exercise with the other leg. Fourth, stand as I at first described, the body straight, the chest and head high, the heels together. Raise the hands sidewise above the head, bringing the tips of the fingers together. Then, in the posture that swimmers take before they dive, bend slowly forward, keeping the knees straight, until the finger tips reach the ground. Repeat this until fatigue warns you to stop. Never exercise until weary.

"Raise the hands above the head, finger tips meeting, in the posture swimmers take before they dive."

If persevered in, in diminishing the hips:

First, stand perfectly erect; the knees should not be bent. The heels should be held together. The palms of the hands should rest firmly upon the hips.

Second, swing the right leg slowly and firmly sidewise, raising the foot as high as you can. This should not be suddenly or violently done. Rest the weight of the body firmly on the left foot while so doing. Kick thus slowly a half dozen times or more, until the muscles begin to be weary. Then shift the weight to the right foot and kick

### Beauty Questions Answered

S. D. asks: "Will you please tell me something that will make my eyes darker? They are a light brown and have dark brown spots in them, which look quite funny."

You cannot change the color of your eyes, dear child, but you can accentuate their color by taking especial care of your eyebrows and eyelashes, so that they will grow longer and thicker and lend their shadows to the eyes. Brush them every night and morning with an eyebrow brush to keep them free from dust. The brush may be dipped into lanolin at night. There will be plenty of time for the lanolin to be absorbed by the skin during the night.

F. R. inquires: "Will you please publish an inexpensive but effectual remedy for a red nose? Also one for pimples."

For the red nose, loosen all your clothing, even to your garters, and wear larger collars, hose and gloves. For pimples, avoid rich food and sweets. Eat vegetables and fruits. Drink water freely. The old-fashioned Spring remedy, taken internally, sulphur and molasses, an equal part mixture, should help to clear your blood, which must be freighted with impurities. Occasionally steam the face to rid it of its impurities, but when you have accomplished this end, stop the face steaming, for it makes the skin flabby in time, and encourages wrinkles.

E. W. asks what she shall do for an oily skin, especially on the nose where the pores are large.



"Stand with the weight on one foot and raise the other leg slowly until it is on a level with the trunk."

This is a drying lotion and tends also to draw together the relaxed pores:

Rose water ..... 6 ozs.  
Elderflower water ..... 2 ozs.  
Tincture of benzoin ..... 1/2 oz.  
Tannic acid ..... 10 grains  
F. R. sends me a look of hair of the beautiful golden shade we read about but rarely see. She says she

wants to wear her hair parted, but the roots of the hair being darker than the ends the result is unbecoming, giving her a piebald appearance.

Shampoo at least once a week. Use the juice of two lemons in a quart of water for the shampoo. Occasionally substitute for the lemon juice a tablespoonful of ammonia. Rub this well into the roots when washing the hair.

### Turned Him Down

"Do you really mean it, Mr. Spooner, when you say I am the best girl in the world?" asked a young lady of an ardent admirer.

"Indeed I do, Dora," responded the young man. "I say it again—you are the best girl in the world."

"And the loveliest, I think you said?"

"The loveliest without doubt."

"I think you said something about my accomplishments, too?"

"I did. I said they excelled those of any other girl."

"I believe you called me sweet?"

"A sweeter woman never breathed," quoth the ardent lover.

"You used the word 'perfect,' too, did you not?"

"I did. I look upon you as the pink of perfection, propriety, and modesty, the empress of my heart, the peerless one among the beautiful creatures of your sex, a maiden adorable, enchanting, and worthy of the hand of the best man on earth. Say the word that will make me the happiest man on earth, my own Dora."

"Before I give you an answer, Mr. Spooner, I should like to ask you one question."

"A dozen, if you like."

"One will be enough. Don't you think that you have a great deal of assurance to expect a woman with all those excellent qualities to marry such an ordinary man as you?"

Mr. Spooner is still a bachelor.

### Test of Caste

"Now, mind," said her mother to little Doris, who was going to school for the first time, "mind you are very careful with whom you play. I want you to be friends only with nice little girls and boys."

Little Doris was a good girl, and she went off to school remembering all her mother had said.

When she came back her proud parent asked her how she had got on.

"Oh, mamma," she cried, "I've made friends with such nice little girls."

"But, Doris," said her mother, "I've told you I don't like you to make friends with any one unless I know them myself."

"I know, mamma," replied the little girl, "but I'm sure they're very nice."

"Oh! And what makes you think that, dear?" asked her mother, somewhat amused.

"Well," replied the small one in a dejected tone, "the family possesses two motor cars."

### Automatic

THE timid husband and the equally timid wife sat huddled together on the deck of the great liner, which was taking them far away from the shores of England.

The sea was not nearly so calm as it might have been, and the ship was rolling badly. After a while the timid ones began to grow pale. A muttered conversation took place between them, and the woman walked slowly towards the captain's bridge.

"Please, sir," said she, addressing the man of blue cloth and gold lace, "can you tell my husband what to do if he has an attack of seasickness?"

The old salt looked at her solemnly for a few moments, winked his eye, and then replied:

"It isn't necessary to tell him. He'll just do it!"

### Hopeless

THE local member of Parliament was eloquent to put it very mildly. In his own opinion, at all events, he was equal to the finest word-deliverer who ever existed.

On one occasion he visited a farming district in his constituency, and let himself loose in a flood of language that completely bewildered his audience.

At the close of the proceedings the member approached Giles, one of the most rural of his rural friends.

"Well, Giles," said he, "what did you think of my speech?"

"Sir," replied the honest yeoman, "you might have typhoid and recover; you might have pneumonia, and get over it; you might have scarlet fever and shake it off; but, hang me, if you ever get lock-jaw, you're done!"

Then the member went away and began to puzzle it all out.

### Good Advice

FATHER BERNARD VAUGHAN gave some advice to young men in a humorous address on the Minnetonka.

"Popularity, popularity among the ladies, is a great help to any young man," said Father Vaughan, "and there is nothing like generosity to make a young man popular."

"I heard a lady praising a young man the other evening."

"He is so generous," she said, "he takes mother and I out to dinner nearly every week. We dine on him."

"Then she smiled and added:

"In fact, we table d'hôte on him."

Apt.

"What do you do here?" asked a visitor to the circus of the dwarf.

"I amuse the people in a small way," replied the little man.

## Seven Appetizing Ways of Serving Boiled Beef

By **A. ESCOFFIER**

**O**NE of the fundamental requirements of good economical French cooking is to know how to make soup from a piece of beef and then serve the boiled beef attractively afterward.

The soup made from the beef is called pot au feu, and should be the best of the simpler soups. The ways of treating the boiled meat are innumerable, and I explain only a few of the best of them to-day.

### Making the Soup.

THE following proportions are calculated for four or five persons. Place in saucepan about five pints of cold water and a piece of beef a little over two pounds, chosen by preference from the rump. Place the saucepan on a moderate fire, and as soon as the liquid gets hot and the scum begins to form take care to remove it immediately with a spoon.

When the liquid has boiled thoroughly place the saucepan at the side of the fire, so that the cooking may continue slowly. When the scum has been completely removed add an onion with two cloves stuck into it, the white part of two leeks, a bunch of celery, several leaves of chervil, two carrots, a turnip, and a mite of garlic and half an ounce of salt. Cover the saucepan and take care that it does not stop boiling for two and a half to three hours.

If you have a larger number of persons than that mentioned to dinner, and have used a larger piece of beef, the time must be relatively increased. At the moment of sitting down to table arrange the pieces of beef on a dish, surrounding them with the vegetables which have been used in the cooking. Pour the liquid into a soup tureen, in which you have placed slices of toasted or baked bread.

When you have eaten the soup you

serve the beef, accompanied by some simple dressing. For this purpose the best thing is either tomato sauce or horseradish sauce.

### Tomato Sauce for Boiled Beef.

**T**AKE five to six large and very ripe tomatoes, remove skins and seeds and chop them up. Then put them in a frying pan with two tablespoonfuls of olive oil and a pinch of salt and pepper and a little chopped parsley, and if you wish a very small piece of garlic. Let it cook gently, and serve without passing through a strainer. This is a useful economy.

### Boiled Beef a la Provencale.

**C**UT the beef in thin slices and arrange it on a gratin dish and cover it with tomato sauce a la Provencale, which has already been described. Put the dish into the oven and let it simmer for eight to ten minutes, and serve.

It is best to serve with the boiled beef Provencale a dish of potatoes, either boiled or cooked in the oven.

### Variations of the Beef Soup

**Y**OU may add as an additional garnishing to the family pot au feu a quarter of a cabbage, which you have previously passed through boiling water and tied up carefully with string. You may also add three to four boiled potatoes. In this case you must use at least a pint more of water, making six pints of water for about two pounds of beef.

The liquid of the pot au feu serves as a base for most of the soups. In a French household on the day when they have pot au feu they usually follow it with some poultry or game, according to the season, a green salad and a dessert of some kind.

### Boiled Beef Miroton.

**T**HIS is another popular dish from the pot au feu. Chop fine two or three onions. Cook them in a frying pan or in a saucepan with two good tablespoonfuls of butter or lard. When the onions have taken a fine color add a good tablespoonful of flour. Let them take a good brown color, and then moisten with a little beef liquid, in sufficient quantity to produce a rather thick sauce. Add a tablespoonful of vinegar, a bay leaf, and season with salt and pepper according to taste, and then let the mixture boil eight to ten minutes.

Cut the boiled beef in fine slices. Arrange them on a gratin dish, at the bottom of which you have put several tablespoonfuls of sauce. Surround the beef with slices of potato cooked in water. Place on the surface several capers or some sliced gherkins and a little chopped parsley. Cover it with the rest of the sauce, from which you

### Beef Sauté a la Lyonnaise.

**C**HOP fine two or three onions and set them to brown in a frying pan with two or three tablespoonfuls of lard or butter. When the onions have taken on a fine brown color add the boiled beef, which you have minced. Season with salt and pepper, add a tiny piece of garlic, and allow it to cook eight to ten minutes. Sprinkle the beef with a little parsley chopped fine, and moisten with a little stream of vinegar. To increase the size of this dish, and thus make it more economical, you may add to the beef an equal quantity of potatoes, which you have prepared in another frying pan.

### No. 20 of The Fine Art of French Cooking

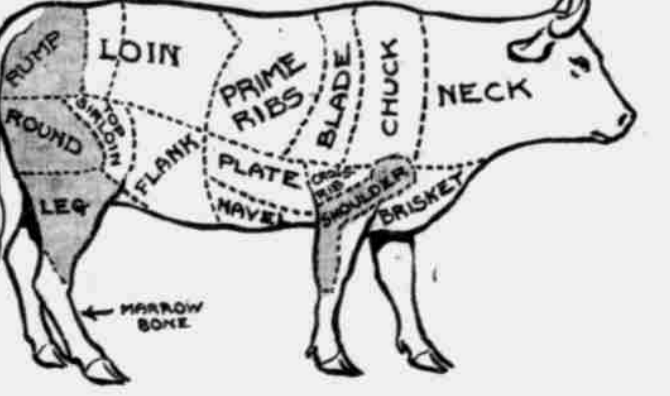
#### Salad of Boiled Beef.

**C**UT the boiled beef in little pieces. Take the same quantity of potatoes cooked in water, cut them into slices, and put the beef and potatoes in a salad bowl. Add a little parsley and mixed herbs (fines herbes) chopped fine, and if you like it, a little chopped onion. Sprinkle the whole with a vinaigrette sauce prepared in the following proportions: One coffee-spoonful of mustard, one soup-spoonful of vinegar, three soup-spoonfuls of olive oil, one coffee-spoonful of salt, and a pinch of pepper. Mix the whole together thoroughly and you will obtain a very good dish, which may form the principal feature of a lunch.

#### Horseradish and Nut Sauce—Novelty Recipe

**T**HIS is an excellent sauce to serve with boiled beef.

Remove the skins from some walnuts, chop them fine and mix with the same quantity of grated horseradish. Season this mixture with a dessert-spoonful of powdered sugar and a pinch of salt. Add the juice of two lemons and some fresh cream, in sufficient quantity that the sauce may be neither too thick nor too thin.



This Diagram Shows You the Location of All Cuts of Beef. The Shaded Sections Indicate the Cheaper Portions Used in These Recipes.