

Copyright, 1912, by American-Examiner. Great Britain Rights Reserved.

## My Secrets of Beauty

### No. 165-NEEDED MARCH ADVICE

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



Mme. Lina Cavaleri.

**M**ARCH, from a beauty standpoint, is the most devastating month of the year. Mme. Cavaleri has written special directions for the care of the hands and face at this time.

this, for it increases the quantity of carbonic acid gas expelled at one breath. But never, never, never, take in the air through the mouth. The lungs are like a defenseless garrison open to any attack by the enemy, impure air. The impure air uncleaned by the filter of the nasal passages, pours into the blood and contaminates the whole body. The hands, too, have suffered from winter exposure and must be protected or, at least, to show signs of being misshapen. In this case grasp the unfortunate finger between the thumb and forefinger of the other hand and gently bend it straight. Continue this exercise daily, for the recovery is gradual. This exercise will stretch the contracted muscles, whose contraction loosens the joint and encourages a new growth of cartilage to pad the joints. If the hands are reddened use this

ed or, at least, to show signs of being misshapen. In this case grasp the unfortunate finger between the thumb and forefinger of the other hand and gently bend it straight. Continue this exercise daily, for the recovery is gradual. This exercise will stretch the contracted muscles, whose contraction loosens the joint and encourages a new growth of cartilage to pad the joints. If the hands are reddened use this

**"Feed the skin well before retiring."**

pat an emollient into the skin. Remove most of it with a soft handkerchief or piece of absorbent cotton, and leave the rest to be absorbed. The average length of time required for the skin to absorb oil or cream is two hours. If the skin be unusually dry, it will hungrily absorb the needed emollients in much less time.

Before going out of doors pat cold cream lightly into the skin and afterward dust powder upon the skin. This mask will protect the skin against the much-feared March winds, so coarsening to skin defenseless against it.

Also feed the skin well before retiring, as I have often directed. Either of these unguents will serve well the purpose of protection against March winds:

Oil of almonds, one tablespoonful.  
Rosewater, two teaspoonfuls.  
Tincture of benzoin, one teaspoonful.

**Yoke of one egg.**  
Keep this and all other face lotions or creams in a cool place to prevent their becoming rancid.

This is cheap and easily made:  
Almond oil ..... 1 oz.  
Rose water ..... 1 oz.  
White wax ..... 1/4 oz.  
Spermaceti ..... 1/4 oz.

Still another nourishing lotion is this, much used in Europe:  
Rose water ..... 3 ozs.  
Glycerine ..... 1 oz.  
Russian leinglass ..... 1/2 dr.  
Oil of rose ..... 6 drops.

Almond oil, or coconut oil alone, or a mixture of these in equal parts, with a little perfume added, if desired, are good face cleansers as well as skin feeds.

Occasionally a skin shows too much oil. Cold weather less than warm makes this manifest, yet at no season is it becoming. Sometimes this is peculiar to a family or individual. Often it is the result of debility, or too much rich food, or of not thoroughly cleansing the face.

I advise any one troubled with an oily skin to drink water freely; to eat much fruit; to bathe more carefully and frequently, and to take plenty of exercise in the open air. It is



**"Massage the hands with oil or cold cream twice a day."**

the custom in France and Italy to bathe the face night and morning with cheap wine to drive away this greasy aspect. Those who have naturally fair skins bathe the face in white wine. Brunettes use the red wine for their darker complexions.

In March the bilious tendencies brought about by the richer foods and the lesser exercise of winter become apparent in a yellow skin. This is embarrassingly evident in the arms.

An efficacious external treatment is to bathe the arms freely in peroxide of hydrogen. Not only will this whiten the skin, but it will lighten the color of the growth of superfluous hair, first whitening and in time weakening and possibly killing the superfluous hair. "After washing the arms in peroxide of hydrogen, wrap them in soft muslin or flannel bandages saturated in the peroxide."

At this time pay especial attention to the deep breathing exercises that you have doubtless neglected during the winter, deterred by fear of the cold air. This fear is groundless, because the air is filtered, if you breathe, as every one should, solely through the nose, by the tiny hairs in the nasal passages. The air is also warmed on its long journey to the lungs. Taking the air directly into the lungs is, of course, dangerous, but this should never be done. As well make bread of unfiltered flour. The nose is the air sieve of the body. If, while doing the deep breathing, you keep the hands high above the head, the back of the hands pressing against each other, the posture will facilitate the inhaling. If you prefer to exhale through the mouth there is no objection to

**"After washing the arms in peroxide of hydrogen, wrap them in flannel or muslin bandages saturated with peroxide."**



ected against the March winds. A good corrective and preventive is to massage them in oil, or massage them with cold cream, twice a day. Perhaps tight gloves have caused some of the fingers to become crook-

paste for several nights, slipping large, loose gloves over the hands:  
Rose water ..... 3 ozs.  
Honey ..... 2 ozs.  
Yellow wax ..... 1 oz.  
Purified myrrh ..... 1/2 oz.

### Beauty Questions Answered

C. M. D. writes: "Will you kindly inform me through your newspaper how to get my hands nice and soft, as they have always been up to about two months ago? They have become rough and seem to crack easily in the palms. Now they are so dark that it seems impossible to get them white again. When they are cold they seem to shrivel. Why is this?"

Your hands shrivel because they are, or have been, cold. It is a principle of physics that cold contracts and heat expands. Protect them as much as possible from the cold. Wear woolen gloves over your kid, or chamois, ones. Do not wash them in either cold or hot water, but in lukewarm water, and when you have partly dried them with a towel pour into the palm of one a teaspoonful or more of the following whitening and softening preparation:

Rosewater, 2 ounces.  
Glycerine, 2 ounces.  
Benzoin, 1/4 ounce.  
This is also a softening and whitening preparation:  
Witch hazel, 1/4 ounce.  
Violet ammonia, 1/4 ounce.

H. F. L. says: "Will you please let me know about the beef and hot water treatment for reducing flesh, to which you recently referred? Do you know anything to put into the bath water to help? Also should one wear bands all the time, or only at night, for reducing the chin? I have a very big double chin and would like to reduce it. I never wear high collars."

The beef and hot water treatment for overweight originated, I believe, with a New York physician and is known by his name. Those whom I know who have followed it have eaten as much beef as they wished. It was cooked in any manner they liked, except frying. This was their only food. They drank as much hot water as they liked. They were very successful in reducing their flesh. The danger, according to some physicians, is that the exclusive beef eating leaves large quantities of uric acid in the body, which may develop rheumatism. Bicarbonate of soda in the bath aids reduction of weight. The more soda you use the more speedy the reduction. Chin bands may be worn any time you wish, but they are not decorative and you would probably not care to wear one in public. At night, or in the privacy of your own room during the day, they bind up sagging muscles and gradually melt away the pendulous fat of the double chin.

B. K. inquires: "What can I do for deep lines under my eyes and for a neck that is in a flabby state?"

Puffiness under the eyes is a sign of low vitality. Often it indicates a trouble with the kidneys. If it is the first, care of the general health should rebuild the relaxed tissues. If the kidneys are affected and the disease is not in an advanced stage much water drinking should relieve the conditions. At Carlsbad the physicians insist that every visitor drink at least two quarts of water

a day. Few persons drink enough water. Two quarts or more are needed to wash the poisonous waste from the system. Besides following these hints, wrap a soft handkerchief around a small lump of

### Fate's Loom

THE hands that with the half-lights play  
So guardedly, where candles beam.

Weave in a phantom dismay  
Wreaths of regret and dream.  
And yet so light and quick they stray  
O'er thread and shuttle that they seem

To open up a pleasant way  
Where winds through wild flowers stream.

Their shadows on the curtains sway—  
As if to reach in heading scheme  
Where gardens, once a flame and gay,  
Blink at the moon's big gleam.  
Heedless, the fingers move away,  
And click in irony supreme—  
Only their silhouettes betray  
The beat of Time's old theme.

### Ticklish Customer

THE wholesale grocer was carefully explaining matters to the commercial traveler whom he had recently engaged, and the C. T. was making himself as nice as he could.

"Mr. Binks," said the boss, "your predecessor was not up to his job. His affairs were all tangled up. He was a muddler."

"Yes, sir," replied the new hand meekly, as though he was sorry, but couldn't help it.

"That being the case, Mr. Binks," said the wholesaler pompously, "it is up to you to get order out of chaos."

For a moment the commercial looked puzzled. Then a beautiful smile spread itself across his countenance.

"Sir," said he eagerly, "I don't happen to know Mr. Chaos, but I'll get an order out of him, if I have to go and live with him!"

### Held Him Back

BILDAD is very proud of his prowess with his fists, and upon occasion is a trifle quarrelsome because of his assumed powers. It was rumored that he and Dubbleigh had had a quarrel at a little dinner recently given, and Tompkins, desirous of getting at the truth of the matter, broached the subject at the club.

"Yes," said Bildad, getting very red in the face, "Dubbleigh and I nearly came to blows. I would have licked him, too, if I hadn't been grabbed from behind and held back."

"Really," said Tompkins, "who was it grabbed you from behind and held you back?"

"Dubbleigh," said Bildad, gloomily.

### Youthful Logic

THE teacher in elementary mathematics looked hopefully about the room. "Now children," she said, "I want you to think very carefully before you answer my next question."

The small pupils sat eagerly awaiting it, wild-eyed, and in some instances open-mouthed.

"Which would you rather have, three bags with two apples in each bag, or two bags with three apples in each bag?" asked the teacher.

"Three bags with two apples in each bag," said a boy in one of the last seats, while the class still debated as to the best answer.

"Why, Paul?" asked the teacher. "Because there'd be one more bag to burst," announced the practical young mathematician.

### Lost!

A STRAPPING German, with big beads of perspiration streaming down his face, was darting in and out of the aisles of a large emporium in Broadway.

His excited actions attracted the attention of all the assistants, and they hardly knew what to make of it. A bustling young man of the clothing department walked up and asked:

"Are you looking for something in men's clothing?"

"No," he roared, "not men's clothing; women's clothing. I can't find my wife!"

### Giving Her a Tip

THE two ladies had been to the opera at a local theatre, and going home in the car they discussed the evening's amusement.

"I think 'Lohengrin' is just splendid!" murmured the lady in the large hat as she handed the conductor a nickel for her fare.

"Do you?" asked her friend in the purple velvet, with a superior smile. "I think it's not bad, but I just love 'Carmen.'"

The conductor blushed all over his plain features.

"Sorry, miss," he murmured apologetically; "I'm married. You might try the driver, though; he's a single man!"

### All Starters

Downs—Why is it your friend Chownee is always down at the head? Does he lose his money on horse races?

Jownee—He never bets on a horse race. He loses more money on the human race.

"Eh?"

"He has nine children."

### Masks for the Flounders

IT was Dr. Francis B. Sumner, of the Government Fisheries Bureau, who recently devised a scheme for putting masks on flounders. It was not, however, because there was to be a flatfish fancy ball, but in order that a scientific problem might be solved.

The flounder is the chameleon of the sea. He lives on the bottom, lying not on his stomach, but flat on one side, with his face twisted in such wise that both eyes are on the same side of his head. In-

ciently, he changes his color from time to time, for concealment's sake, to make it match the color of the bottom.

Dr. Sumner was anxious to find out the nature of the mechanism by which the color changes were accomplished, and, with this end in view, he placed flounders in glass jars, the bottoms of which were covered with pebbles or sand, or in other cases with painted patterns. These latter were easily obtained by painting the patterns on disk-shaped glass plates of the proper diameter, and putting them in jars.

Photographs of the fishes were taken, with the backgrounds thus varied, by means of an overhead camera, which was pointed vertically downward. As a result, it was found that the flounders were able not merely to match colors, but even to copy the patterns of the artificial bottoms on which they rested—say, for example, a bottom painted in black and white squares.

The experiments proved that these changes were due to movements of pigment granules within the color cells of the flounder's skin; secondly, that such movements were controlled by the sympathetic nervous system of the animal; and thirdly, that they were responsive to impressions received through the eyes—in other words, impressions of sight. Flounders

artificially blinded no longer changed their hues in the manner described.

Evidently when a flounder finds himself on a grayish bottom, he notes the fact by vision and makes himself to match. If the bottom is of pebbles and variegated he changes the colors of his coat accordingly. He will even turn almost blackish mud, or blanch himself to whiteness if there be suitable occasion.

But Dr. Sumner wanted to find out how far the color changes were influenced by the flounder's observation of the hues of his own body. His experiments were made mostly with a Mediterranean species which has eyes set on stalks, like those of a crab, so that it can look around and see itself to advantage. Accordingly he fastened masks of different colors upon a number of specimens, and watched for results. As yet, unfortunately, these have not been determined.

Some species of flatfishes are much cleverer at color disguise than others. For instance, the common European sole is exceptionally expert in this way. But it seems to be uncertain whether these fishes adopt this mode of concealment mainly to escape the attention of sharks, cod, and other enemies, or to avoid recognition by the small fry on which they themselves prey.

### For Its Sake

HE was something in the furniture line, and his special mission in life was to repair broken chairs and sofas and best damaged tables—"as per estimate, to your very esteemed instructions."

She was a young person interviewing the furniture maker concerning a mahogany table.

"But, madam," he demanded, "what ever has happened to the article? What are these scratches and small marks round the edge?"

"What happened to it, indeed?" replied the Y. P. "Why, the baby insisted upon cutting his teeth around the edge of that table, and very well he did it, too!"

"Then the furniture maker smiled, for he, too, was a family man."