THE OMAHA SUNDAY BEE MAGAZINE PAGE

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

My Gerrets of Reauty NO.165-NEEDED MARCH ADVICE

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

ARCH, from a beauty standpoint, is the most devastating month of the year. Mme. Cavalieri 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 uncleansed by the filter of the nasal passages, pours into the blood and contaminates the whole body. The hands, too, have suffered from

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 If the hands are reddened use this

Winter exposure and must be pro-

cartilage to pad the joints.

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

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 complex-

In March the billous tendencies and the lesser exercise of Winter This is embarrassingly evident in the arms

ment 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.

or cream is two hours. If the skin be unusually dry, it will hungrily "Massage the hands wth oil absorb the needed emolitents in much Before going out of doors pat cold cream lightly into the skin and

"Feed the skin well before retiring."

pat an emollient into the skin. Re move most of it with a soft hand-

kerchief or piece of absorbent cot-

ton, and leave the rest to be ab-

sorbed. The average length of time

required for the skin to absorb oil

less time.

fenseless against it.

against March winds:

afterward dust powder upon the skin. This mask will protect the skin against the much-feared March winds, so coarsening to skin de-Also feed the skin well before retiring, as I have often directed.

Either of these unguents will serve well the purpose of protection Oil of almonds, one tablespoonful. Rosewater, two teaspoonfule. Tincture of benzoin, one tea-

spoonful. 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: Aimond oil1 oz.

Rose water1 oz. Still another nourishing lotion is this, much used in Europe: Rose water 3 . oza.

Glycerine 1 oz. Oll of rose..... 6 drops. Almond oil, or cocoanut 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 foods.

with peroxide."

brought about by the richer foods become apparent in a yellow skin.

tion 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, danger. ous, but this should never he done. As well make bread of unsifted flour. The nose is the air sieve o'. the body. If, while doing the deep



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. THE teacher in elementary mathe-

Mme. Lina

ice and pass it lightly beneath the eyes and over the flabby neck. This causes the blood to circulate more freely in those regions and the extra blood supply rebuilds the tis-SUCH.

M. G. requests the publication .of a formula for a good cold cream.

Spermaceti, 500 grams.

Oil of sweet almonds, 500 grams. White wax, 100 grame. Rosewater, 50 grame.

Provided you will reform in the matter of diet, eating less rich and greasy food and more fruit and vegetables, drinking much water and taking daily baths, with plent; of outdoor exercise, this prepara tion should be an aid in clearing the skin. But it is only an aid, for you cannot expect to clear a badly blotched skin from without until you have cleared it from within.

This is a good pasts for whitening and refining the skin:

Ground barley, 3 ounces. Liquid honey, 1 ounce.

White of one egg. Spread this evenly over the face at night.

Youthful Logic

So guardedly, where candles 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. o open up a pleasant way "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,

or cold cream twice a day."

the custom in France and Italy

lons.

An efficacious external treat-

sitting | the open fire. They know that the intense heat of the blaze will dry and shrivel the skin, and to preserve its moisture and delicacy they lift the saving hand screen.

By Mme. Lina Cavalieri

bridge of the year. Winter, a trying season, is behind; Spring

and Summer, more favorable to beauty, are before. March is the

bridge one crosses between, and a

The bridge may be even more

trying to beauty's eyes and com-

plexion and hair than the Winter

has been, for it is a hybrid month,

subject to the sudden changes that

fling one back from the gentle

promise of Spring into the rigors of

midwinter. It is the month when

an umbrella should never be out of

sight, and rubber overshoes should

always be, so to speak, within call.

or the opposite, are deleterious,

especially so to the complexion, a

fact which beauties have long rec-

ognized by holding a screen before their faces when they indulge in the

Sudden changes from heat to cold,

most uncertain bridge it 1s.

ALWAYS think of March, so far

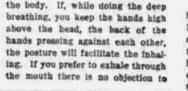
as beauty is concerned, as the

The person of naturally dry skin suffers most from the cold of Winter and the harsh, drying winds of March. The skin that is not plentifully supplied with natural oils, or in which the lack is supplied by good, nourishing creams, will look dry and show the first faint lines. if not the deeper creases, of actual wrinkles this test month, or bridge, of beauty's year.

The owner of such a skin should liberally feed it with nourishing oils and creams. If you find that you are to have a quiet evening at home, do not wait for retiring time, but

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, of 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



the Flounders Masks for artificially blinded no longer

in jars.

these

skin;

varied, by

cally downward.

found that the flo

ments of pigment granules within

the color cells of the founders skin; secondly, that such move-ments were controlled by the sym-

pathic nervous system of the ani-mal; and thirdly, that they were

responsive to impressions received.

through the eyes-in other words, impressions of sight. Flounders

TT 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-



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

She was a young person interviewing the furniture king concerning a maker-

"But, rundam." he demanded, "what-ever has happened to the article? What are these scratches and small marks round the edge?" ened to it, indeed?" repiled

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

hen the furniture fak

cidently, he changes his color from changed their hues in the manner time to time, for concealment's sake, to make it match the color described. of the bottom.

Evidently when a floundar finds Dr. Sumner was anxious to find himself on a grayish bottom, he notes the fact by vision and makes out the nature of the mechanism by which the color changes were accomplished, and, with this end in view, he placed flounders in himself to match. If the h of pebbles and variegated he changes the colors of his coat acglass jars, the bottoms of which were covered with pebbles or sand, cordingly. He will even turn almost black on blackish mud, or blanch or in other case with painted pathimself to whiteness if there be terns. These latter were casily ob-tained by painting the patterns on suitable occasion.

But Dr. Sumner wanted to find disk-shaped glass plates of the proper dameter, and putting them out how far the color changes. were influenced by the flounder's observation of the hues of its own Photographs of the fishes were His experiments were made body. mostly with a Mediterranean species which has eyes set on taken, with the backgrounds thus mostly varied, by means of an overhead camera which was pointed vertistalks, like those of a crab, so that As a result, it, it can look around and see itself to advantage. Accordingly he fastened masks of different colors unders were able not merely to match colors, but even to copy the patterns of the artificial bottoms on which they upon a number of specimens, and watched for results. As yet, uprested-say, for example, a bottm fortunately, these have not been inted in black and white squares determinate. The experiments proved that tese changes were due to move-

Some species of flatfishes are 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 enimies, or to avoid recognition by the small fry on which they themselves prey.



tected against the March winds. A paste for several nights, slipping 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-

large, loose gloves over the hands: Honey 2 oza. Yellow wax1 oz. Pulverized myrch 1/2 oz.

Beauty Questions Answered

C. M. D. writes: "Wili 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 it have eaten as much peef as they 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 follow ing whitening and softening preparation :

Rosewater, 2 ounces

Glycerine, 2 ounces. Benzoin, 1/4 ounce. This is also a softening and

whitening preparation:

let me know about the beef and hot water treatment for reducing flesh, to which you recently re ferred? Do you know anything to nut 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 colbeam.

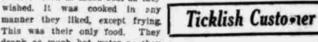
Weave in a phantom disarray Wreaths of regret and dream.

And yet so light and quick they stray O'er thread and shuttle that they seem

To open up a pleasant way stream.

Their shadows on the curtains sway-As if to reach in headlong scheme Where gardens, once affame and gay,

Blink at the moon's big gleam. The beef and hot water treat-Heedless, the fingers move alway, ment for overweight originated, I And click in irony supremobelieve, with a New York physician Only their silkouettes betray and is known by his name. Those The beat of Time's old theme. whom I know who have followed



liked. They were very successful T HE wholesale grocer was carefully in reducing their very successful in reducing their flesh. The dan- cial traveller whom he had recently enger, according to some physicians, gaged, and the C. T. was making himis that the exclusive beef eating self as nice as he could.

leaves large quantities of uric "Mr. Binks," said the boss, "your pre-decessor was not up to his job. His af-fairs were all tangled up. He was a velop rheumatism. Bicarbonate of muddler."

you wish, but they are not decova-you wish, but they are not decova-for a moment the commercial looked tive and you would probably not care to wear one in public. At might, or in the privacy of your pen to know Mr. Cheas, but I'l get an order out of him, if I have to go and bind up sagging muscles and grad-withink "I think "I be aggerly "I don't hap-the fare. "Do yout" asked her friend in the pur-ple veivet, with a superior smile. "I think the back of the superior smile. "I think the back of the superior smile."

bind up sagging muscles and grad-

ually melt away the pendulous fat Held Him Back

B. K. inquires: "What can I do for deep lines under my eyes and

for a neck that is in a flabby BILDAD is very proud of his provess state?" or a neck that is in a manapy tate?" B with his fish, and upon occasion is rufficess under the eyes is a sign sumed powers. It was rumored that he

of low vitality. Often it indicates and Dubbleigh had had a quarrel at a trouble with the kidneys. If it is little dinner recently given, and Tomp-the first, care of the general health kins, desirous of getting at the truth of the matter, broached the subject at the should rebuild the relevant faunce. the Birst, care of the general nembers 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 Carisbad the physicians insist that every visitor drink at least two quarts of water

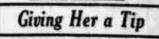
"Because there'd be one more bag to bust," announced the practical young mathematician.



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

Broadway, His excited actions attracted the attention of all the assistants, and they hardly knew what to make of it. A hustling young man of the clothing de-partment walked up and asked:

"Are you looking for something in men's clothing?" "No," he reared, "not men's clothing: vimmen's clothing. I can't find my vife!"



velop rheumatiam. Bicarbonate of muddler."
"Tes, sir." repiled the new hand meskly, as though he was sorry, but the more speedy the reduction. "That being the case, Mr. Binks," said Chin bands may be worn any time you wish, but they are not decova. For a moment the commercial looked."

"I think 'Lohengrin' is just splendid!"

men The conductor blushed all over his

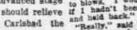
plain features. "Sorry, miss." he murmured apolo-getically: "I'm married. You might try the driver, though: he's a single man!"

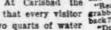
A Stiff Fight.

Old Gentleman-Well, my little lad, are you going fishing, or are you going

to gob Little Lad-I dunno yet. I'm just wrastling with me conscience.

Downs-Why is it your friend Chownes is always down at the heal? Does he lose





of the double chin. Witch hazel, 2 ounces. Violet ammonia, 1/4 ounce. H. F. L. says: "Will you please

state?"