

THE OMAHA SUNDAY BEE MAGAZINE PAGE

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MY SECRETS OF BEAUTY

NO 166 THE CARE OF THE CHILD.
BY MME. LINA CAVALIERI, THE MOST FAMOUS LIVING BEAUTY.

MME. CAVALIERI believes that it is possible to train a child to beauty. After announcing her creed, she step by step proves its reasonableness. Again she demonstrates the superior value of her series of beauty lessons by telling in detail how to do this training of the beauty of the future.

By Lina Cavalieri

IT is possible to train a child to beauty and this training consists of two means. One is to teach the little one habits of personal daintiness. The other is to impress upon him or her while very young, the principles of health.

A third is to correct any defects by early attention to them on your own part if you are parent, guardian or teacher.

For instance there is the child whose beauty may be marred by outstanding ears. The ears can be pressed back against the head by a compress made at home and worn at night. A bandage easily made in the house consists of a long, folded strip of strong muslin, twisted first around the head beneath the chin, then around the neck, then over the crown of the head, the ends of the strips of muslin being drawn rather tightly over the ears and fastened to one of the lengthwise strips by safety pins.

If you find the child often breathing with difficulty he probably suffers from that growth at the back of the nostrils called adenoids. Take him to a physician and have them removed, so preventing a long train of disasters, mental and physical, whose signs are: that strained, drooping countenance we know as an adenoid face. Don't let any charlatan try to convince you that they can be cured in any other way. The single way to remove adenoids is by a surgical operation. Look to the fact that the child's teeth have a good start. A little watchfulness will cause the first set to be drawn in good time for the second to come in straight and strong. Then teach the little one to take pride in their whiteness. Furnish a pure, fresh powder or paste, or let her use a powder for next, and so on, alternating. Teach her to brush the teeth up and down, not across, and to brush them inside as well as out, and along the crowns. Help her to form the habit of always rinsing her mouth with warm water, or with warm salt water, if there be an acid tendency of the mouth, after each meal. Teach her that the mouth must always be rinsed with water into which a pinch of borax or of bicarbonate of soda has been dropped, after eating either fruits, which are acid, or candy, which soon resolves itself into acids.

Teach her that it is as necessary to be pure of mouth as of speech. Train her to be proud of clean nails and to be ashamed of gray or black rimmed ones. Teach her early to trim her nails and to keep them spotless, and keep the cuticle pressed back from them. Teach them that soiled hands are a disgrace to a little girl and offensive in a little boy.

Appealing to the pardonable vanity that is in little children, teach all that much of the expression of the face depends upon the arch and smoothness of the eyebrows, and show them how to train them by twice daily brushings.

Teach her to watch the dainty movements of her pet canary and her favorite kitten and emulate their table manners. Birds handle their food delicately, and kittens seldom fill their mouths overfull. The little girl will want to be as fine as her pets, and unconsciously will develop pretty table manners. Teach him not to be afraid of fresh air. Teach him the contrary by telling him the story of "The Black Hole of Calcutta" and of the beautiful boy who was gilded to head a procession and who died after his brief glory because his pores had been closed by the gaudy stuff with which he was decked. Bogle stories are permissible if they frighten children into care of their health by leaving their windows open two or three inches at night and by wearing their clothes loose.

Don't let the children in your charge study to the point of eye-strain. Teach them to use the ears to save the eyes. Let them learn by listening. It was prophesied by a writer on health that in time the phonograph that now grinds out rag time airs to the lessening of the standard of popular taste will have records which tell the classic short stories of biography, fiction and history. Don't allow a child to overstudy. Better a well-developed, rosy-cheeked little one who knows no Latin nor higher mathematics than a squinty, anemic who knows both, but who doesn't know the way in the woods to the woodchuck's nest nor how to defend himself in a schoolboy fight. Teach them to love the life in



"Train the eyebrows by twice daily brushings."

Mme. Lina Cavalieri.



"Teach her to brush the teeth up and down not across."

the open. If you live all year in the crowded city, the roofs, at least, are available to you. And in some part of your home, even though small, you can put up a crude gymnasium. For instance, a horizontal bar, with a mattress drawn under it for precaution, will give the little ones great fun, besides being a developing agent. Break the children's unpleasant

facial habits in the forming. Show a little girl how ugly and old she looks by flashing a mirror before her eyes while she is frowning. Show her that the frown of concentration is as ugly as the frown of anger and train her to solve a problem with smooth brows. If she twists her mouth unpleasantly when she talks, tell her of it, and if that doesn't cure her, call the mirror to your aid.

BEAUTY QUESTIONS ANSWERED BY MME. CAVALIERI

H. G. asks me to publish a formula for an astringent that will reduce the size of the large pores in her face. In the same page she makes a confession: "I have been steaming my face a great deal and I thought perhaps it was that which enlarged the pores."

You are quite right about the cause of those enlarged pores. I have repeatedly said in my articles on beauty that I was opposed to face steaming, except as a last resort, when the pores were deeply clogged with dust. The evils of face steaming are two. It causes the skin to relax, stretch and become flabby and eventually to form wrinkles. And it so relaxes the pores that some of them refuse to draw together again, leaving unsightly holes in the face.

Apply with a piece of medicated gauze the following:

Camphor water 1/2 pint
Glycerine 1/4 ounce
Borax 1/8 ounce

H. L. F. says: "My face is beginning to get a little heavy looking. The cheek muscles are beginning to sag. Also my shoulders are beginning to grow a little heavy. What do you advise?" Much exercise out of doors and abstinence from rich foods. A chin band of rubber or of strong muslin worn at night will help to support the muscles, also prevent one of the habits which produce sagging cheek muscles. Form the habit of holding your head high, with chin a little uptilted. The application of cloths wet in cold water makes the muscles firmer. Many pat the face with ice. Others pass the ice over it with long upward strokes from chin to forehead. The ice should be wrapped in cotton or in a piece of muslin.

H. R. D. propounds these queries: "First, how can I whiten my skin? Sec-

ond, how can I prevent redness at the tip of my nose? Third, how can I make a broad nose thin? Fourth, how can I cure blackheads?"

A red nose is caused usually by excessive use of alcohol or by some form of indigestion or imperfect circulation. Loosening your clothing wherever it is tight, whether it be in collars, garters, belts, gloves or shoes. Eat plain foods, little meat and many vegetables and salads and much fruit. Drink water very freely.

You will improve the shape of your nose by gently pulling it, beginning at the bridge, between the eyes, and pressing the cushions of the thumb and first finger against the sides of the nose and drawing them slowly, gently, but with firm pressure, to the tip. Dip a soft complexion brush into green soap, which you probably know is a liquid, and scrub the parts affected by blackheads. The more obstinate of them may have to be pressed gently out with the fingers or a comedone extractor. Afterward apply cold cream to heal the skin irritated by the treatment.

J. C. M. writes: "I am deeply interested in your articles. I have been reading them from the very first. I am desirous of a cold cream recipe, also one for a lotion to close the pores after facial massage."

This cold cream is a good food for the skin:

Oil of sweet almonds, 80 grams.
Cocoa butter, 16 grams.
Spermaceti, 16 grams.
White wax, 8 grams.
Camphor water is an astringent. This mixture serves the same purpose:
Camphor water, 1 pint.
Glycerine, 1/2 ounce.
Pulverized borax, 1/4 ounce.

Why a Good Chef Is Worth \$10,000 a Year

By an Ex-Chef.

SOME people are still astonished when they hear that a good chef draws a salary of \$10,000 a year. It can easily be shown that a chef who serves a large hotel may easily be worth this sum or more.

Many New York hotels are paying from \$10,000 to \$15,000 a year for their chefs.

The good chef must be a naturalist, an economist, a disciplinarian, a butcher, a hygienist, a chemist, an artist, a sculptor and an epicure. He is a naturalist because of his intimate knowledge of all kinds of meat animals; birds, both wild and domestic; fish, crustaceans and shell; of fruits, vegetables, spices and condiments.

He must know in what season each kind of food is at its best; in what country or section it is produced.

He must be an anatomist because it is necessary to know the location of every bone and joint in animals, birds and fish, which he handles. In some dishes small birds, such as quail, have all their bones removed, and this requires a special knowledge of anatomy.

He must be an economist, because on his ability in this way depends the profitability of the hotel. He knows that potatoes, be they ever so cheap, should be peeled with as little waste as possible. A large hotel uses about fifty bushels a day, and the net profits will be increased \$3,000 to \$4,000 a year by a chef who uses potatoes economically as compared with one who doesn't.

Then there are cases where five dozen eggs will answer the purpose of ten dozen, provided they are properly handled by the chef, and the dish be in no way impaired. The same principle applies to milk, cream, butter and hundreds of supplies that pass through the cook's hands daily.

He must be a disciplinarian, because the success of the hotel depends upon each man doing his work promptly. If a banquet is scheduled for a certain hour, it is impossible for the chef to be over-sending every department at the same time. He must have trained his men to do their work promptly without over-seeing.

This kitchen discipline is vital, for if anything is made ready too soon its attractive appearance and flavor are injured. If it is late, the trouble is equally serious. Each course is prepared by a different department and must be finished on the moment, so that it may be sent to the merry banqueters without interruption of the scheduled time of service.

The chef in a great hotel like the Plaza, of New York, has upward of a hundred skilled assistants, with as many more unskilled ones. The skilled include sauce cooks, roast cooks, fry cooks, pastry cooks, vegetable cooks, ice cream makers, confectioners, butchers, carvers, salad makers, etc.

The chef must be a butcher, because he must know how to cut up large pieces of meat into steaks, chops, roasts, stews, etc.

He must be a hygienist in order to understand the dishes that will agree with his patrons. In compiling a menu he avoids bringing dishes together that combine badly. He must understand, to take a simple instance, that lobster and ice cream together have a destroying influence on the digestive ferments.

In storing foods the good chef knows that raw fish must not come in contact with iron or tin; that

butter or milk must be kept in separate compartments, cheese in another and meat in another, and extracts, olive oil and syrup must be kept in a dark, cool place or their delicate flavor will be impaired. He must be a chemist, in order to understand the nature of food and the process of digestion. He knows that there is no healthy digestion without fermentation, and that disordered fermentation will cause ill health. Buttermilk when taken into the stomach will create an entirely new fermentation. The lactic acid bacteria present in buttermilk will check the disease-producing bacteria and restore the stomach to its normal condition. In the preparation of certain

saucers including Bordelaise and piquante, evaporation plays an important part in producing the necessary flavor. Others, including Bearnaise, Hollandaise and Mayonnaise, are made by emulsifying the ingredients. If they are not sealed at the proper temperature the cook's work has gone for nothing.

A respectable soup is best made by evaporation. The fresh cut vegetables are placed in a saucepan, to which is added some clarified butter. The pan is covered hermetically and placed over a slow fire, which extracts the juices and the stimulating salts from the vegetables.

Ignorance of the laws of chemistry is responsible for the tasteless beef soup so frequently served.

Too Many on One

THE Brightbridge Mounted Infantry were turned out on parade. Their cattle were not exactly of the race-horse pattern, as they were only hired from the local cab proprietors and omnibus merchants.

But of all the ancient mounts that ridden by Trooper Slasher was the worst, and was awarded the biscuit by an overwhelming majority, without even a show of hands.

"Go-hood gracious!" gasped the captain, staring at the ancient charger.

"Whatever have you got there, Trooper Slasher?"

"A horse, sir," replied the trooper.

"I see he's cast a shoe," said the officer.

Trooper Slasher agreed.

"What you know it, and you don't get him shod?" stormed the person in command.

"Well, sir," remarked the trooper, "you see, he couldn't carry more than three shoes!"

They Sank

IT was a cold night and the boys were sitting around the fire in the smoking room of the hotel telling "tall" stories.

"When I was in Ireland," said one funny man, "my landlady made a cake."

"Well, I tried this cake and then I threw it on the fire. The fire went out."

"The landlady had some ducks, so I thought I would revenge myself by giving it to her."

"Yes," came the chorus. "We all know that story. The ducks died."

"Oh, no, they didn't," came the reply. "That's where you're wrong. The ducks went for a swim and they sank!"

And then there was a painful silence.

From Bad to Worse.

Chairman (at concert)—Ladies and gentlemen, Miss Discardant will now sing "Only Once More."

Sarcastic Critic—Thank goodness for that!

Chairman (coming forward again)—Ladies and gentlemen, instead of singing "Only Once More," Miss Discardant will sing "For Ever and Ever."

Collapse of critic.

Free Tip for Barbers.

Jones—That barber seems to be doing a rushing business.

Smith—Yes; he has invented a hair tonic that smells exactly like petrol.

Jones—But—er—I don't see the point.

Smith—It tickles the vanity of his patrons. They go about smelling of petrol, and this gives the impression that they own motor-cars.

A Great Athlete

MICKY and Pat had been at school together, but had drifted apart in after life. They met one day, and the conversation turned on athletics.

"Did you ever meet my brother Dennis?" asked Pat. "He has just won a gold medal in a Marathon race."

"Dennis?" replied Mike, "sure, and that's fine! But did I ever tell you about my uncle at Ballythomas?"

Pat agreed that he could not call the gent to mind.

"Well," said Mike, "he's got a gold medal for five miles and one for ten miles; a silver medal for swimming, two cups for wrestling, and a lot of badges for boxing and cycling."

"Begorra," said Pat, "he must be a great athlete, indeed?"

"Dennis," came the reply, "and you're wrong! He keeps the pawnshop!"

He Missed It.

He—If I'd known how sarcastic you were I never should have married you.

She—You had a chance to notice it. Didn't I say, "This is an accident," when you proposed to me after four years' courtship?

Up-to-Date Jokes

Archdeacon Fisher was not without a little vanity in respect to his sermons, and once received a quiet hint from Constable on the subject. Having preached an old sermon once, which he was not aware that Constable had heard before, he asked him how he liked it.

"Very much indeed, Fisher," replied Constable. "I always did like that sermon."

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Jamie, having come into possession of considerable wealth through the death of relatives, was thus addressed by one of his neighbors:

"Ay, Jamie, it was a good thing for you that your rich treas' was waur back afore ye."

"Well," said Jamie, "I'm nae the sure about that—but it was a good thing that they de'd afore me."

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Visiting Curate: "I've just been speaking to your neighbor, Mrs. Noggin. Ave you on calling terms with her?"

Mrs. Littlejohn: "Yes. She called me no body, and I called her a bottle-necked old druggist!"

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"Ah, here is a letter from the old folk."

"What does it say?"

"Come home; your tailor is dead."

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"My wife made me what I am."

"Have you forgiven her yet?"