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My Secrets of Beauty

By Mme. LINA CAVALIERI, The Most Famous Living Beauty



Mme. LINA CAVALIERI

No. 190--Food for Special Needs

If you are anemic feed yourself generously with thickened broths and thick soups. Chicken and game are rebuilders of the weakened system, and butter may be freely eaten. Much cream is desirable for the anemic. For them all kinds of fresh fish are nourishing. Baked fruits are friendly foods in these circumstances.

This is part of the valuable advice Mme. Lina Cavaleri to-day gives her several million readers. In her lecture on special foods for special physical needs she writes most instructively on good and bad food for the dyspeptic, good and bad food for the "liverish" person, and suggests a wise regimen for the nervous person.

By Mme. LINA CAVALIERI

WHEN the race becomes more intelligent and better informed about food building material it will be more beautiful and remain young longer.

Are you anemic? Then besides mild exercise in the open air, always stopping before you are tired, and massaging the body and face with feeding oils as lanoline and olive oil, feed yourself generously with thickened broths and thick soups. Ham and bacon and mutton, chicken and game are rebuilders of the weakened system, and butter may be freely eaten. For the anemic all kinds of fresh fish are nourishing. So are oysters. Eggs are rebuilding agents. So are bread and cakes, tapioca and hominy.

Much cream is desirable for the anemic, and chocolate, custards, baked fruits and jellies are friendly foods in the circumstances.

Avoid what especially taxes the digestion, as veal or pork, salt meats and heavy hashes. Bananas being among the most indigestible of the foods, should be avoided.

If you are dyspeptic don't eat many things at one meal. Two or three dishes are enough. If you have difficulty in digestion lie down before or after a meal. For you vegetable soups as tomato, asparagus, pea, and bean soups are aids. Oysters and fresh fish, plainly broiled, are among your dietetic friends. Squab and sweetbreads and chicken that has been broiled are best. Your meats should be short-fibred and broiled until they are tender. Eat eggs with state bread or dry toast. Eggs may be cooked in any way you wish except broiled or fried. Do not eat meats freely, and if you eat any butter let it be very thinly spread.

If you eat bacon be sure that it is crisp and thoroughly done. Well baked potatoes, tomatoes, spinach and oiled onions, peas, lima beans, asparagus and stewed celery and lettuce are edibles you should choose. Do not eat fruits that are either very sour or very sweet. The stomach of the dyspeptic is sensitive to extremes. Tea, if made very weak and drunk clear and hot, is beneficial. So are milk and cocoa or chocolate, if not too rich.

Shun raw celery and cabbage and radishes.

If you are gouty or rheumatic be careful not to eat stimulating foods and avoid all stimulating liquors. The gouty or rheumatic condition is caused by the deposit of acids in the joints, and you should study how to eliminate these from the body. Alcohol, sweets and strawberries add to them.

Eat very slowly of the following: Thin vegetable soups, fresh fish and raw oysters, white meats, as the breast of chicken; sweetbreads and pigs' feet. Take the whites of eggs, preferably raw.

Toasted graham or whole wheat bread is the best for your condition. Zwieback and graham gems are also helpful. For you celery, lettuce, cucumber, cabbages, young peas and string beans, spinach, those vegetables containing much water, are excellent. Juicy fruits as oranges, lemons, apricots, cranberries, pears, peaches, better stewed or baked than raw, are medicinal for you.

But eat no beef, no fried dishes, no ragouts nor hashes, neither turkey nor duck nor goose, no omelettes and no salt fish and no desserts—except fruits.

If you drink tea or coffee let it be weak. Buttermilk is better for you, and you more than any other class of person, should drink water in large quantities.

If you are liverish or are troubled by bilious attacks eat less heavily than you have been doing. Choose white meats and fish, and eat no fat part of the meat. Of vegetables eat much watercress and lettuce and spinach. Drink skimmed milk and that very slowly, and eat only raw or poached eggs. Cornbread or bread made from whole wheat flour and hot water in which you have squeezed the juice of a lemon or orange will help you back to a state of health. Eat neither cheese nor potatoes, oatmeal nor dried vegetables.

If you are neurasthenic never attempt the no-breakfast plan. It is better for you if you can have your breakfast in bed. The diet should be light. Meats, fish, eggs, green vegetables and fruits are a helpful diet. Milk can be taken if the stomach does not reject it. Tea, coffee, tobacco and alcoholic drinks are forbidden to you.



How I Made My Husband Happy This Summer

By MARION FAIRFAX (Mrs. Marshall)
(Author and Playright)

If you want to keep your husband happy in hot weather, give him those things to eat and drink that he likes, and that are good for him. You note the saving clause, "that are good for him." If he likes meats, let him have few of them and seldom, for however he clamors for them they are not good for him in hot weather. Don't let him eat meat oftener than once a day, better two or three times a week. Meat heats the blood and fires the temper. If necessary for his welfare substitute for the things he likes the things that are good for him. But if you can combine them so much the better. You will have averted the day of wrath.

Husband will expect his alcoholic beverages in Summer as well as in Winter, though he himself knows they add to the discomfort of hot weather. Wean him away from them by cooling drinks containing little or no alcohol. My husband I keep in good humor by serving on the veranda or in the dining room, according to our convenience, the following:



Mixing the Mint Julep

On a warm day this is delectable:

CUCUMBER LEMONADE.
Four lemons.
Four tablespoonfuls of sugar.
One cucumber.

Slice the cucumber lengthwise, keeping the rind on it. Rub these slices inside the pitcher, as an Italian cook rubs a dish with garlic before placing vegetables in it. Squeeze the juice of the lemons into the pitcher. Stir the sugar into the juice and pour in chilled, not ice, water to taste. The addition of the cucumber flavor adds distinctly to the deliciousness of the drink. If husband insists, add a dash of claret.

For a quaffing on a hot day this is incomparable.

Four lemons.
One pint of claret.
One teaspoonful sugar.
Mix the lemon juice and sugar as I before described. Add the claret and ice freely, and made strong or weak as desired.

One of the most complete pictures of masculine good humor I ever saw was that of my father, a Southerner, making a mint julep. Perhaps you do not know that there are two schools of mint julep makers in the South, and that there are rival claims as fiercely contested as the seats of the 32 in the recent convention. One school contends that the mint



A Salad Will Appease Him.

should be spread over the top of the glass that the drinker may enjoy the full fragrance of the mint. The other school heatedly maintains that the mint should be crushed in the bottom of the glass, where it is mixed with the sugar and increases the pungent flavor of the drink, sacrificing the pleasures of the nose to those of the stomach. My father was an ardent follower of the crush school. He taught me to make the mint juleps in the way with which I regale Mr. Marshall, the one true way my father would say.

THE MINT JULEP.

One-half tumbler of crushed ice.
One tablespoonful of sugar.
One large bunch of mint fresh from its bed.
Crush the mint with the ice and sugar.
Add the spirits to taste. Then fill the glass with the rest of the mint and ice.

I always keep a quantity of cold tea on hand in my Summer home. Cold tea is the best foundation for all the fruit punches. This can be easily prepared.

One large cup of mixed tea.
Juice of a large fresh lime.
One pound brown sugar.
One quart sherry.

Boil the lime juice and sugar together to form a syrup, flavoring them with a spoonful of any favorite preserve from your pantry. Remove from the stove. Pour in sherry and choppe ice.

If Mr. Marshall shows any warm weather testiness, he is quickly appeased by a pear salad.

PEAR SALAD.

I cut three large, ripe pears into narrow, lengthwise strips, sprinkle over them a dash of rum and serve with French dressing.

It is green corn time, and to me green corn is the backbone of the Summer edible season. Corn only has

Easily Identified.

AFTER the tennis match, the ladies' team returned in triumph in a char-a-banc.

Perhaps it was their shrill delight at their success that frightened the horse, but, anyway, he bolted.

After a thrilling few minutes the vehicle dashed into the bank at the roadside, and sent all its occupants flying in a heap.

What a scene it was! No one was hurt, but there was a perfect sea of waving arms, feet and heads. And out of the very dust came a squeal: "Help, oh, help! Save me, somebody! Mine are the green shoes and stockings!"

A Pinch of Salt Needed.

Young Lady—You say you were on a raft for six weeks, and had nothing to eat but mutton. Where did you get the mutton from?
Old Salt—Well, you see, miss, the sea was very choppy.

Fellow Feeling.

"I don't understand why you like a little short creature like me," said Miss Sawedoff, the millionaire.
"Oh, I do," said Hardup. "I've often been a little short myself."



Use Your Roofs for Your Health's Sake

By ADA PATTERSON

THIS is the time when, every day, we meet persons who have renewed their youth. With a new brownness of cheek and brightness of eye they smile their gratitude when we say, "How well you look," and they answer, "I have had such a delightful vacation."

What element of that vacation has made them over from pale, tired, irritable persons who slept little and ate capriciously, into rosy, springy, steady-nerved folk, who slept dreamlessly for eight or nine hours and enjoyed their food without question? It was air—fresh, clean, pure air.

This, the one essential, indisputable element of a true vacation, might have been found at home. Instead of climbing mountains or sailing across seas for it we could have reached it by taking the elevators or the stairs to our own roofs.

"When you get above the sixth story of a city building the air is practically as fresh as in the country," said a missionary of health, a physician who could carry all the drugs he ever uses in his glove, but who carries with him always a heavy cargo of common sense. The higher the purer is a proverb concerning air. The further above the disease clouds that swirl about the streets in almost invisible veils of dust the safer.

An inspector of the Health Department of New York says she is satisfied that there would be one-third less deaths in every large city if its dwellers adopted the roof habit. It is a habit easily formed if one is once convinced of its need and its benefits.

There is, for example, the value that the roof has been cleaned for us by Nature's chief house-cleaner—sunshine. The sunlight has penetrated the corners of the roof. It has destroyed by its power the menace of the disease germs that lurk in dust. And if we go to the roof while the sun is still shining it performs the same office for our bodies. Knowing this the management of city hospitals are moving their patients to the roofs for daily and sun baths, and architects are planning porches to be screened for out-of-door sleeping apartments in Summer and glass-covered for sun parlors in Winter.

Sun, the great purifier, does his work as effectively on the roofs of cities as on the country roads.

In midsummer roofs have the value of furnishing a lower temperature. It is, so tests have proven, at least ten degrees cooler on the roofs than on the streets below. Many a sickly infant's life has been saved by carrying it each day to the cooler roof.

The roof is a refuge for tired nerves, for there the multiple of sounds of a city die away into a distant chorus, and instead of the distracting sights of the streets there are the stretch of sky and the calm of sun and stars with their suggestion of endless quiet to the jangled nervous system.

There is a moral value, too, in the going to the roof habit. Grown-ups find there what the city dweller needs—time and chance to take stock of himself—to find whether he is drifting and in what direction he should



Children Thrive on the Roof.



Many a Sickly Infant's Life Has Been Saved by Taking It Daily to the Roof

steer. Children are spared the demoralizing influences of many street scenes.

The danger of falling from the roof, fear of which besets the timid and those of unsteady nerves, can be removed by railing in the roof space, when high brick or stone protection is missing, with a rough board fence. The menace of the too strong rays of the sun does not exist if a small, cheap awning of a sheet be stretched above the part of the roof occupied by the health seeker on the healthiest days.

The extension roofs so common in city dwellings a few thoughtful housewives are transforming into out-of-door dining rooms. Here breakfast is served. Here some of them entertain their friends at luncheon or at tea. Ingenuity triumphs easily over the small obstacle of distance from the kitchen and a narrow staircase. One clever housekeeper drew her tea things up in a small flat basket through the big clean chimney of a fireplace to the roof. Another asked each person going to the roof to carry a few articles when he would otherwise go empty handed, and these were placed upon a table behind the largest chimney awaiting the convenience of the mistress of the house for arranging them.

Those who have made the most of the opportunities offered by the roof as a health preserver have contrived to supply that part of the home with water. At a slight expense the water pipes have been carried a story higher and fixtures have been added for turning the water on at pleas-



A Hammock on the Roof is as good as One in the Country.

ure. In this way the roof can be sprayed, adding to its coolness and that of the atmosphere.

A rough table—one that has grown too shabby for use below—a few chairs that are no longer smart, and a hammock or a couch from which the splendors have departed, will furnish the roof with all that is needed. If the sense of beauty clamors for satisfaction and the purse permits there can be finer furnishings, especially if there be some one of the household vigilant and thoughtful enough and watchful enough to put them in a safe place when it rains. But, however shabby the roof furniture, the sense of beauty can be pleased and that sense cultivated by growing plants. Rough boxes from the grocer's, filled with earth, and ten cents saved by self-denial when you pass an ice cream parlor, spent for flower seeds, plus attention from the grower, will make a corner of the roof a beauty spot.

Such an experiment has made of what was a year ago a surface of blazing red tin an eye rest and inspiration to a hundred neighbors in the dusty Forties in New York. The plants that have been grown are tall ones. From the neighboring windows searching eyes see the wind stirring hollyhocks and cool vines of morning glories. The vines creep about the uprights of a rough six-pillared frame, over which is stretched a green awning. The once eye-assaulting red of the roof has vanished into the coolest of colors—green. One descends among the vines and tall, flowering plants the outline of green wicker chairs.

Some sensitive souls complain that they cannot endure the vista of roofs and chimneys. But in Summer most of the chimneys are inactive. And beyond the roofs is the horizon, and further on perhaps a glimpse of the river or plain or hill or sea, and certainly the friendly stretch of the most beautiful roof in the world—the sky.

Beauty Questions Answered

F. C. writes: "I have read your beauty hints in the newspapers every Sunday for years and have been greatly profited by them. I would like very much to learn from you how to remove a red spot that has settled in my eye, marring the white, and close to the iris. I have tried a number of things but nothing seems to do it any good."

The red spot is a sign of inflammation and that indicates some strain of the eye. First remove the strain. Give the eyes all the rest possible. Sleep more than usual. Give up sewing and reading for a time. Take a midday nap if you can. If not close the eyes as often as circumstances will permit for a few seconds at a time. Keep them closed while on a train. Study how to get the best light you can on your task. Avoid the direct light upon the eye. Bathe the eyes with an eyecup in a mixture of

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| Joric acid | 1 oz. |
| Rose water | 6 ozs. |

Keep cool bandages as cold tea leaves or fir-needled ice on the eyes. Rest, rest, rest, the eyes. If a few weeks of this cure do not clear the spot from the eye consult an oculist for the trouble may be a deep-seated one.

J. S. sends a plea for advice as to how to gain flesh. "I am eighteen years old and painfully thin," she says.

Rest more, sleep longer, worry less, and eat more and more slowly. Drink milk with and between your meals