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My Secrets of Beauty

No. 193—An Humble Aid to Beauty
By Mme. Lina Cavalieri, the Most Famous Living Beauty

MME. CAVALIERI writes to-day of the aid a broomstick may become to beauty. "Jesting?" she writes. "Not at all. I wish to convince you that that everyday tool for keeping your home clean is a means of making yourself handsomer."

She explains that to sweep vigorously and thoroughly is to cause the blood to rush to the muscles of the forearm and shoulders and back. "More valuable than any of these," she adds, "is that sweeping causes you to bend the body at the waist, thus strengthening the muscles that are weak in most women—those of the abdomen."

The proper use of the broomstick will straighten a bent back and round shoulders."

By Mme. Lina Cavalieri.

HAVE you ever thought, dear girl or woman reader, that the broomstick is an aid to beauty? Jesting? Not at all. I wish to convince you that that everyday tool for keeping your home clean is a means of making yourself handsomer. Indeed, yes.

Sweeping itself is an admirable exercise. It gives a variety of activity by causing several of the least used muscles to stretch and contract. Sweep vigorously and thoroughly and you will feel the rush of blood to the muscles of your forearm, to the muscles surrounding your shoulder blades and to those at the small

of the back. And, more valuable than any of these, it causes you to bend the body at the waist, thus strengthening the muscles which are weak in nearly all women, those of the abdomen, muscles which, allowed to become weak and flaccid, cause that part of the body to sag, giving an unlovely prominence with the ugly bulge at the hips which caused a visiting artist from Europe to sneer:

"Ah, the great American figure is not, as I thought, the Almighty dollar. No, it is the unexercised forms of the women."

The American woman has learned to develop and keep in control the upper half of her figure. Fine chests, with a graceful line from the shoulder to the bust, have grown common among American women. Many of

them have mastered the not difficult art of deep breathing, so expanded the chest, developed the lung power and perfected what may be termed their upper halves.

But the glaring defect remains—the clumsy, conspicuous lower half of the body, which can only be made pliable and symmetrical with the rest of the body by exercises, among which note this simple one I have named, sweeping. Any household exercise that causes you to bend at the waist to the floor will keep the hips and abdomen in control, and in time diminish their size.

raised, to some extent, by sweeping, even though the broom be swathed in a damp cloth, by keeping your lips firmly closed. Dust is nearly always disease laden. While the dry disease germs might continue their way through the air without causing breeding of disease, the darkness and moisture and the weakness of your lungs, to which they find their way through the open mouth, will stir them into new life and you will be the victim. Never, in any circumstances, inhale through the mouth. Occasionally to rid the body of an excess of carbonic acid gas you may safely exhale through the mouth to still further purify the body. Never, never, take in air through the mouth. Don't allow the nose to become lazy. To inhale air is its duty. Force it to perform it. And aid it by keeping the nostrils free from clogging substances.

The broom stick will serve its best purpose for you by being shortened, cut to a length of two or two and a half feet, according to the "reach" of your arms. Grasping the stick firmly, with a hand at either end, hold it high above the head and draw the air in deeply, filling the lungs to their capacity with full draughts of air. When you have filled every cell of the lungs with the fresh air hold the stick firmly above the head, count silently at least five. This done, drop your arms slowly, your hands still clenching the stick, in front of you, below the waist. While doing this expel the air gently until you feel that the lungs are almost empty of air.

It is not enough to say to most persons: "Shallow breathing is a bad habit. Correct it." The active human mind is an interrogation point and demands the courtesy and satisfaction of an answer.

Well, then, the results of shallow breathing are these: Sensitiveness to all the conditions that cause colds, and a disposition to allow colds to deepen into consumption or widen into pneumonia. Shallow breathing makes the liver lazy, and soon the body is bile flooded, the eyes becoming dull and the complexion yellow and lifeless. Clogged stomach and intestines are the marks of the shallow breather, for the body engine has not enough oxygen draught to burn up the fuel that has been thrown into it as food.

It is only the deep breather who enjoys life to its full and shows her enjoyment of it.

Beauty Questions Answered.

L. S. says her face has been disfigured with liver spots for a year and asks counsel as to their treatment.

Liver spots are often caused by anæmia. Physicians term it chloasma. They are more common in men than in women. Often at the time they begin to appear in the complexion the skin exudes more oil than usual. Besides a "run-down" condition of the system, they may be caused by extreme heat or excessive cold. Often a radical change of climate may occasion them. An undue pressure that disturbs the circulation, as a tight hat band, may be the chief cause. This lotion, applied with a sponge or camel's hair brush once or twice daily to the spots, is effective in many instances:

Witch hazel..... 3 ounces
Rosewater..... 3 ounces
Chloride of ammonia..... 1 dram

One of the stronger sex also makes appeal in this letter:

"Will you kindly tell me what is good for pimples? I haven't many, but fear an outbreak. I use peroxide of hydrogen undiluted on my face and it has turned my hair light in front. I'm going to take my first shave soon and I'm afraid that will spread the humors beneath the skin all over my face."

I advise internal remedies. Drink water freely, ten to twelve glasses a day, and eat much fruit and vegetables. That will drive from the system the humors which cause eruptions on the face. A week of this self-treatment will cause improvement. A month of it will work wonders for your complexion.

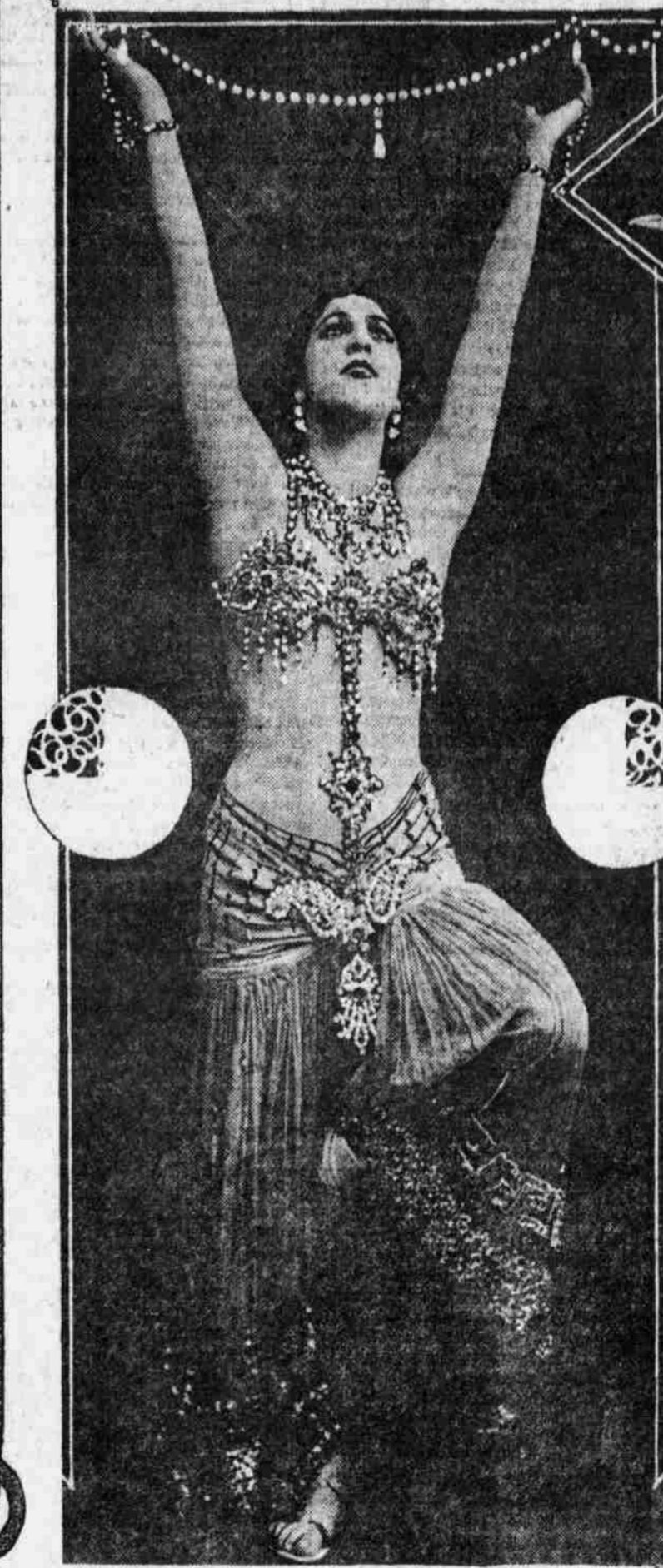


Mme. Sahary Djeli, in a Pose Showing Disjointed Right Arm.

\$500,000.
Joints



In This Pose Djeli's Hip Is Partly Dislocated, Producing an Effect Which Fascinates Her Paris Audiences.



A Pose in an Oriental Dance; Both Djeli's Shoulders Are Forced Out of Position.



Mme. Lina Cavalieri.

How Could He?

MR. WILLIAM SIKES had found what, in his opinion, was a snug crib. It was a country mansion, and the mode of access was easy. He waited till midnight, and then approached the house. Grasping the ivy, he slowly and carefully climbed up the side of the house till he reached the level of the first floor window.

Holding on to the sill with both hands, he stopped to picture the wealth that was about to become his. His mind dwelt on the jewelry and plate that was so nearly within his grasp. Then his dream was abruptly broken by the opening of the window. A female head appeared.

"Hands up or I fire!"
Woman was ever unreasonable.

For this reason, if not for that of neatness, never lose an opportunity, if your figure has the defect I mention, to stoop to pick up a bit of paper or lint, or a scrap of cloth, from the floor.

Stoop from the waist. Don't resort to that trick of the indolent or the awkward, falling upon the knees when you pick up anything. Stoop in a graceful posture. Learn it.

If the defect in your figure is the other sort, the broomstick is still your friend. But use it in a different way. If you have a weak, narrow chest, if you are round shouldered, you should apply yourself to development in a different direction and your sweeping should not be the main object, but an incident, of your broom handle exercise. And if you are of this habit be sure to protect your not robust lungs from the dust

WHEN Paderewski had each of his ten valuable fingers insured against fracture or dislocation that would interfere with his piano playing, the procedure was so novel that news of it was flashed around the world.

Now what would you think of a situation exactly the reverse—of a celebrated public performer who insured her joints, not against dislocation, but against the efforts of nature to restore joints already dislocated to their normal state?

That is actually what the celebrated Paris dancer, Sahary Djeli, has done. It is as though she had said to her insurance agent:

"My dislocated joints—my dislocated shoulders, elbows, wrists, neck, knees and ankles—are my fortune. If accident or nature puts me together again I am lost! My vocation is gone! I shall starve. For without my valuable dislocations I would be as a hundred other dancers—no novelty, no big salary pull left in me!"

And so Sahary Djeli, who is a very pretty and graceful, dark-eyed girl, with a well-trained gift for dancing, has taken out an accident policy for each of her joints.

She made her mark in Paris as a "danseuse Hindoue"—that is a Hindu dancer—because of certain extraordinary poses and gestures she used while dancing in Oriental costume. "Salome," as

dance and as opera, was then the rage, and Sahary Djeli did as all the other character dancers did—interpreted the scene where the daughter of Herodias dances before King Herod Artipas, and finally receives John the Baptist's papier mache head upon a charger.

She rather outdid the other Salome dancers by adding her dislocations to the conventional category of poses and contortions. In that scant costume, after throwing off the last of the seven veils, her special hip dislocation added a variation which the Parisians found fascinating. This emboldened her to present wrists and elbows without their customary natural alignment.

Alas! soon she discovered that these charming dislocations exacted a penalty from nature. Nature made reprisals in certain painful inflammations—nature's preliminary to healing those abnormalities which had come to be Sahary Djeli's bread and butter.

"Mon Dieu!" said she to her maid, "if I lose my serious dislocations I shall lose my engagement! Come quick! Dislocate me, or we starve!"

And so Sahary Djeli is the only dancer—probably the only woman dancer in the world whose joints are insured against "accidents" that will render them normal and like the joints of the rest of humanity.