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My Secrets of Beauty

By Mme. Lina Cavallieri, the Most Famous Living Beauty
No. 233.—Secrets of Your Complexion.

THE palmist reads your hand, the doctor counts your pulse and sounds your lungs, but the average man glances at your face and instantly forms his first impression as to whether you are a desirable woman or not. Later on other things may cause him to revise his opinion, but first impressions usually stand, and they are usually right.

A man thinks he is attracted to you because you are pretty, but it is much deeper than that. Prettiness or beauty usually means a foundation of good lungs, heart, kidneys and liver, a well-balanced nervous system—in short, a healthy, normal woman who would make a good mate and mother.

A bad complexion usually indicates that the liver or kidneys are not doing their share of the work. The burden of their neglect, falling upon the skin, makes it sallow, oily or ruins its texture. All these are warning signals to man, who is repelled without knowing or caring why.

Absence of wrinkles, fineness of features, velvety skin, all play a part in our estimate of facial beauty. And, really, a woman has so many different ways of being pretty, even if it be only by the general expression, that we are almost tempted to say that there is no ugly woman.

Moreover, even though we may not alter a crooked nose, or change a distorted feature, there are many ways of modifying and helping the effect.

only such softening ingredients as the following:

Olive oil 250 grammes
Rose water 250 grammes
White wax 15 grammes
Cocoa butter 15 grammes
Oil of roses 10 drops
Melt on a fire the wax and cocoa butter, mix in the rose water, stirring constantly. Last put in the olive oil and oil of roses.

On the contrary, persons with fatty skins should use an astringent cream, such as this one:

Oil of sweet almonds 100 grammes
Rose water 100 grammes
White wax 30 grammes
Tincture of benzoin 20 grammes
Powdered alum ... 5 grammes
Oil of bergamot... 1 gramme

After cleansing the face with warm water, spread the cream with a bit of damp cotton, and rub in gently, rubbing from the end of the nose toward the hair, upon the temples and around the eyes, not too hard. On the cheeks the motion should be from the mouth toward the ears, and lastly rub in on the chin.

Dry with a bit of cotton and powder with a puff, not with a cloth, or use a rabbit's foot. Cucumber pomade is very agreeable to use; it is easy to make according to the following formula:

Pure astringe 100 grammes
Fat from veal kidneys 25 grammes
Cucumber juice 150 grammes
Powdered starch ... 8 grammes

Melt the astringe and veal suet, then add 15 grammes of the cucumber juice and mix well. Let this stand for a day; then add the rest of the cucumber juice. Melt again over a slow fire and add the powdered starch. Put into jars.

Washing the Face.—Before you wash your face see to it that the hands are perfectly clean. Be careful not to wet the hair. As the skin of the face is very tender, use only filtered or boiled water, but use the water cold and be sure that it is not "hard." Rain or river water is best. If you have none, add a pinch of borax in the mornings, Winter or Summer.

Use your face in cold water. Use a bit of cotton wadding as a sponge and throw away after using once. In this way you will avoid the contamination of the towel. It is a good idea to add to the boiled water a few drops of tincture of benzoin or a little eau de cologne or toilet water vinegar.

Washing with warm water has an excellent effect in the evenings before retiring, as the skin is thoroughly cleansed, but this tends to stretch the skin.

Warm water is recommended to persons with fatty skins, as well as to the timid who have a tendency to blush easily. Very warm water is efficacious in cases of redness of the skin and pimples. When washing, do not rub the skin, but pass the water over it lightly. Then wipe off the moisture with a fine cloth or cotton batting. One thing to be avoided in the toilet of the face is soap, which makes the skin shiny, and in which are many injurious elements.

Some prefer creams made with cocoa butter, like this one:

Rose water 50 grammes
Cocoa butter 100 grammes
Plain wax 50 grammes
White spermaceti... 50 grammes
Olive oil 20 grammes
Tincture of benzoin 10 grammes
Tincture of myrrh... 5 grammes

Melt the wax, the white spermaceti and the cocoa butter in the olive oil. Then place all in a marble mortar to allow it to congeal, after mixing well. Add the rose water, tincture of benzoin and tincture of myrrh, stirring all in thoroughly. Put into jars.

Here is the formula of the famous Bully Vinegar, which was invented at the beginning of the nineteenth century:

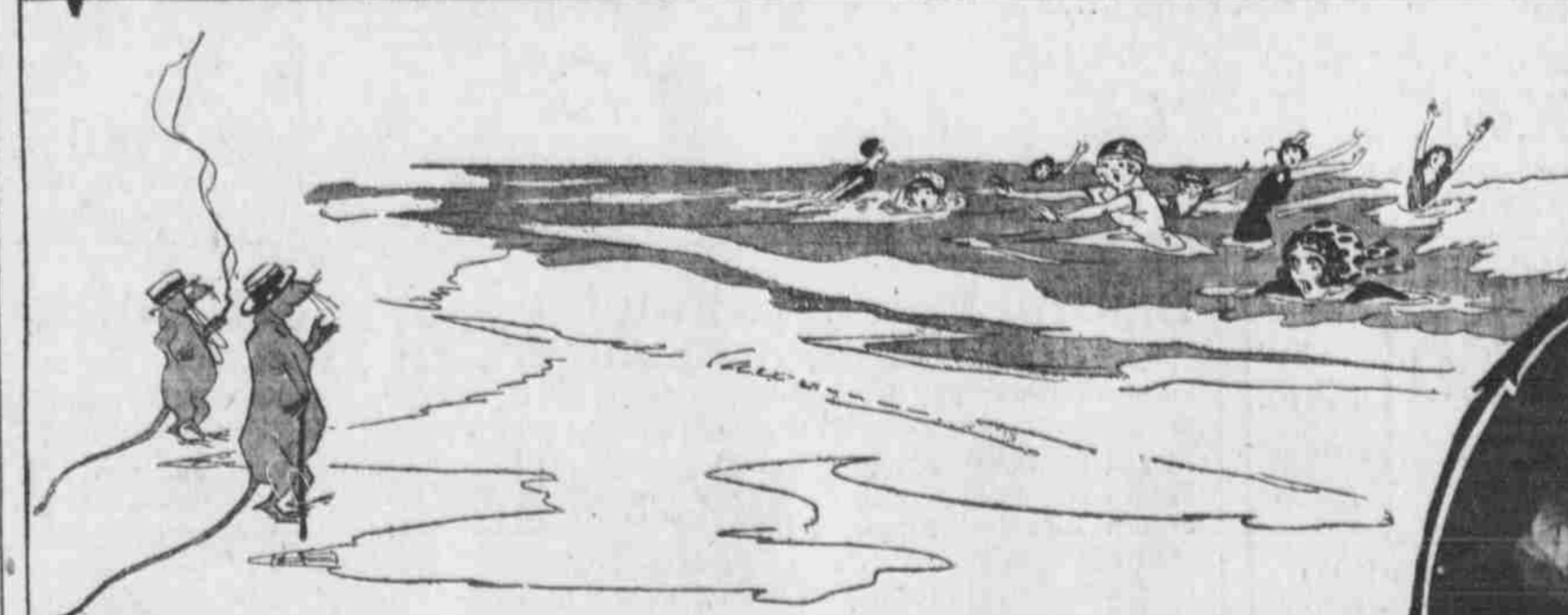
Water 7 quarts
85% alcohol 4 quarts
Oil bergamot 30 grammes
Oil of lemon 30 grammes
Oil of bitter orange 12 grammes
Oil of rosemary ... 25 grammes
Oil of neroli 4 grammes
Balm-mint alcohol... 50 grammes

Shake all well together in a large demijohn, and allow to stand for twenty-four hours; then add:

Balsam tolu 60 grammes
Tincture of benzoin 50 grammes
Tincture of cloves... 60 grammes
Tincture of storax... 60 grammes

Shake up well once more and add two quarts of good vinegar. Allow to stand twenty-four hours, then filter. A few drops of this vinegar will make the water used for the toilet milky and perfume it. After you have finished washing is the time to use special lotions and creams and powders by which the toilet of the face is completed.

VACATIONS FOR ANIMALS.



"Never let your white mice run loose at the seashore," says Ira Ehrlich.

Very New Humane Movement Which Aims to Give Every Dog His Day and to Relieve Psychologically the Tedium of the Lives of Cats, Horses and Birds

WOMEN of wealth and prominence connected with the Humane Society of Philadelphia are earnestly and persistently advocating the enactment of a law requiring the owners of animals to send or take them away on a vacation each year. As earnestly and persistently Mrs. Jacob Ehrlich, president of the Horse Aid Society of New York and founder of the Drivers' Club of New York, composed of 500 teamsters, whose purpose it is to help the horse through teaching the driver humane treatment of the animal, advocates an animal vacation. The society is doing excellent work in this direction, at its new clubhouse, 27 Seventh avenue, New York.

Mrs. Ehrlich believes your horse, your dog, your cat, your pet pig and white mice, need a vacation as greatly as you yourselves require the annual letting down, the yearly relaxation from toil, or change from surroundings. Take them to the country for a month, if you can; for two weeks at any rate.

Keep them away from the seashore. They require the grass and trees and fields. As earnestly as you give the horse a field of lush grass for his stomach and soaking pots for his burning, tired feet. Take his shoes off.

Be sure to take the cat's own cushion along. Put the birds where they can see the trees and carpet their cages every day with fresh grass.

Provide them with companions of their own kind. Animals need society as greatly as we do. The dog that has lived in a flat all winter and has guarded your house from burglars and against fire is "all tired out." He is on the verge of nervous prostration from close attention to duty, and should go where he can be quite free from care.

Tell the monkey's boarding mistress to only half fill his cup with milk or water. There's a scientific reason.

These and other facts are contained in Mrs. Ehrlich's vacation gospel for pets.

"I am working to the same end and concentrating chiefly on the horse," said Mrs. Ehrlich, "although I send all my pets to the country. I found my parrots greatly improved by their vacation when I paid them a visit at a farm on Long Island yesterday.

"I am demanding that a horse shall have at least every seventh day of rest at his home in town and that he should have at least two



"Every bird needs to see the trees and stretch himself."

cruelty to the beast. Suppose that any middle-aged man or woman were told to run two miles. If he or she were not accustomed to running, the effort might kill either. The horse's Sabbath should be one of rest. He has enough exercise during the week and should be allowed

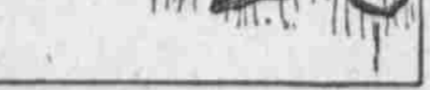


"Dogs get as tired of their owners as wives of their husbands."

Sunday, especially for a pleasure Sunday, when he would have to break his gait. If the day is hot, the family want a breeze. The way to get a breeze is to force the horse to trot. And if he isn't used to trotting, this is arrant cruelty. I would have every one sent to jail who makes an animal break his gait.

"When Summer comes, the horse should be sent to a farm. Not to the seashore. The horse that is forced to wade in the surf loses more by his shivering fear of the waves than he gains by having his feet washed. I see no healing in the seashore for animals. The sea air is overstimulating to them. Dogs seem to lose their senses at the shore. They go crazy, as it seems, and because they jump wildly about their owners seem to think they are getting the air's worth." He should remember the physician's injunction: "Twenty minutes a day for four weeks are enough for consecutive sea bathing." The limit of endurance for human beings is a fair gauge for animals.

"Horses, dogs, cats, monkeys, birds, even white mice, need the grass and trees and the healing of the earth. When I turn my dogs loose on the ground in a yard in the country they actually eat the earth. I have seen a spaniel devour two teaspoonfuls of earth. Cats need grass. They



"Give the monkey freedom and only half a cup of milk."

to stay in his stable on Sunday. When he awakes, a bucket of fresh water should be ready for him and he should have his breakfast of four or six quarts of oats. He should have a second meal about three o'clock in the afternoon. There should be a law preventing taking out a working horse on



Mrs. Jacob Ehrlich, Who Believes in Vacations for Animals.

tree in one corner of the field, for the horse needs to avoid the direct rays of the sun as surely as we do. He suffers as much from headache as do we. The water in the soaking tubs should be changed at least once a day. So should the mud.

"The soaking tubs may be made of a vinegar barrel cut in half. Sink them into the earth so that the upper part will be on a level with the grass. The horse turned out to grass will show improvement in a few days. An old horse with fallen feet, the hoofs loosened from the legs, became a different-looking animal and was worth twice as much to his master.

"Animals have the same psychological need of rest as their owners. The dog that lives cooped in a flat with us continuously grows as tired of us and is as greatly in need of a vacation as are husbands and wives. Husbands and wives get on each other's nerves. So do we upon the nerves of our dogs. The dog's duties have taxed him. He has given alarm in case of fire. He has slept with one eye open for burglars. His nerves have been taut. He needs a complete change. He ought to be sent away from the family and boarded in the country. He should be sent where he can have dog companionship, and where a family will be kind to him. He should be allowed to play at will in a large yard or field, and if he can go hunting, all the better. He should have twice as much to eat as usual, for he is rebuilding his body and renewing his strength.

"Monkeys are nervous animals and need a change from their human associates, so it is well to send them away in the Summer. Instruct their boarding house keepers to give them double rations and let them play among trees and grass. Tell their feeders to never give them a cup more than half full of water or milk. Invariably a monkey will spill half the contents of the cup. Why do you suppose they do that?"

"Perhaps they've seen their masters spill soup or beer over their shirt fronts, and monkeys strive to be nearer than their masters."

"I think it is a throwing back to the time when their ancestors used to brush the soot from the pools in the ancestral jungles."

"What of a vacation for white mice, or guinea pigs, or rabbits, or snakes?"

"Ugh! I love animals, but don't understand that any persons but of decadent taste could bear the society of a snake. Normal pets should have normal treatment, the grass, the trees, the fresh, sweet country air, and double the amount of food."

Idle Thoughts.

Fan—A thing to blow warmth off with.

Fool—A person whose opinion differs from our own.

Fact—To leave unsaid the wrong thing at the tempting moment.

Repartee—What we might have said ourselves if the other fellow had not been so quick.

Committee—A body of people who waste hours and keep minutes.

Disputation—A term signifying many, but not signifying much.

Reputation—A bubble which a man bursts when he tries to blow it for himself.

Dust—Mud with the juice squeezed out.

Salt—Something that makes the potatoes taste nasty when you forget to put any in.

Synonym—A word you can use when you don't know how to spell the other one.

Friend—A person who knows all about you and likes you just the same.



Mme. Lina Cavallieri.

It is really the triumph of art, and where the face is concerned we can never know too much about helping ourselves to overcome defects.

Use of Creams and Powders.—It is not enough to buy a fashionable cream or powder, no matter how broadly advertised, as bringing back lost youthfulness. Before you select a cream or powder to be put on your face, see that it is adapted to your skin. Besides it is necessary to know how to apply creams and powders with discretion and skill.

For instance, if your skin is dry, select an oily cream, containing

More Than He Expected.

Husband and wife had a little tiff. He buried his nose in a morning paper, while she gazed out the window with persistent intemperance. Thus an hour and thirty minutes passed. A lady named by Husband dropped his paper and looked at her admiringly.

"Ah," he said, "that's a snee woman. And a widow too. Don't you think she's handsome?"

"Yes, rather. You seem to like widows."

"Indeed I do. They're charming." Husband evidently thought this would pique his partner. But it didn't.

"Alfred," said she, tenderly, placing her hand softly on his arm. "Alfred, I was in the wrong a little while ago, when I became angry with you, and I'm sorry, so sorry. Will you forgive your little wife?"

"Certainly. Don't say another word about it."

"And will you grant a little request I have to make of you, hubby dear?"

"Of course. Anything that lies in my power."

"You say you think widows are charming?"

"Yes, I did say so, but—"

"Then make me one; that's a good husband. Oh, I shall be so happy."

His Toast.

At the close of the wedding breakfast, a gentleman noted for his lack of tact rose, causing keen anxiety to the bridegroom, who knew his failing.

"Ladies and Gentlemen," he cried solemnly, "I propose the health of the bridegroom. May he see many days like this."

Well Informed.

Scene—A village post office.

Caller—"Anything for me?"

Postmaster—"I don't see nothing."

Caller—"I was expecting a letter or post card from Aunt Megs, telling what day she was coming."

Postmaster (calling to his wife)—"Did you see a post card from Mrs. Metcalf's aunt?"

Wife—"Yes; she's coming on Thursday."

Loaded.

"Excuse me, madam, can I see the head of the horse?"

"No, you can't. It's upstairs, being slept off."

And she slammed the door.