

The Bee's Home Magazine Page

My Own Beauty Secrets By Anna Held How to Obtain a Beautiful Figure

(Star of John Corra's All-Star Varieties Jubilee.)
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"What would I not give to have a beautiful figure?"
Every day you hear this remark; every day you hear women exclaiming over their desire to add beauty of form to the list of their charms.
Madame, what would you give to have a beautiful figure? What is it worth while to give? Not your health or your strength, or your nervous force. You



How the Back Should Be Held.

must not feel that beautiful slender lines are worth so much to you that a month of starvation is to be contemplated. You must not diet and exercise and sacrifice disposition and temperament and strength and nerves to the desire for slenderness is a mode.

The beautiful figure is the natural figure that is healthy and muscular within reason. A sane diet, a sensible course of exercises, fresh air and bathing are all calculated to bring about gradually the desired to your heart.

Moderation, mes amies, moderation is the rule for the women who desire grace, beauty and healthy naturalness of figure.

Exercise with light dumb-bells morning and night is good for the development of muscles and the abolition of fat. Massage at the hands of a clever woman who knows her business hardens muscles and works off fat.

The figure of the day is slender, sinuous and supple. The joints must be

supple. The whole body must be pliant and willowy.

For this I recommend re-reading of my article on bathing. A cold shower every morning after ten minutes of vigorous exercise. Twice a week the hot bran bath. Absolute bodily cleanliness combined with the suppleness of the athlete who is always in training, are needed for the woman who wants to attain and retain a good figure. After the bath rub the body briskly with a coarse Turkish towel. This will supplement the massage treatments if you can afford them, and it will take the place of massage if the regular treatment is beyond your means.

Exercise every part of your body. If your waist is too large do the bending to the floor without bending the knees exercise. Touch the finger tips to the floor ten times the first day, increase five counts a day until you have reached fifty counts, and then increase ten at a time up to one hundred. For large hips kick with each foot alternately. As soon as you can elevate the toes above the head as do our petite danseuses, take the count from ten to one hundred as in the waist exercise. For fat at the chest or shoulder blades swing the arms in the shoulder sockets with the hands at the shoulders.

In this way study out exercises that will keep every part of your body active, supple and free from fat.

The Erect Poise.

Exercise every part of your body. If your waist is too large, do the bending to the floor without bending the knees exercise. Touch the finger tips to the floor ten times the first day. Increase five counts a day until you have reached fifty counts. Then increase ten at a time up to one hundred.

For added grace and suppleness practice in your own room when your clothing is loose many of the little dancing steps that you see on the stage and all about you.

Avoid sweets, rich sauces, pastries, starches, oil dressings, cereals, dark fish, veal, pork, cream and all made dishes and fried foods if you would be proud of your figure. Drink weak tea and lemon. Never relax just after your meals. Pay the price of eternal energy and vigilance, and without any injury to health or strength or the buoyancy that adds spring to your figure, you will be gracefully well built.

In the two pictures accompanying my little talk I have illustrated my own ideal of a belle figure.

Erect poise of body, firmly held head and throat are illustrated in the right-hand view. Learn to poise yourself on the ball of the foot, with the springy look of the athlete about to leap into action. Hold your chest high, so the lungs may breathe in air to carry oxygen to your blood and nerve to your every motion. Hold the hips back and the walls of the abdomen up. Do not sag or droop anywhere. Whatever the fat of the day, a firmly held, upright figure is always most charming, and a sagging, weary one makes the observer weary, too.

In the other figure I show you how the back should be held firm, flat, with the shoulders back.

In the human race, as in the art of dressing, you must ever keep in mind one principle—long, continuous lines make for grace. And long, unbroken lines are yours if you will but bathe, exercise and diet sanely and steadily. Nature builds slowly; do not try to aid her or to overcome her unfortunate tendencies in a week or a month.

What would you give for a beautiful figure? Give time and patience, and care, and season with fresh air and exercise and a sane diet.

Futility of Violence

By ELBERT HUBBARD

Here is a thought, penned in kindness, or Mi-Lady Militant, by one who believes in her cause, but who deprecates the methods of violence she advocates. The vicissitudes of violence are transient. Things done in hate have to be done all over.

And she who utters hand-rails with tar, puts mullitic acid into mail boxes, places bombs in an art gallery, burns hay barns, smashes windows, fetters the police, and is taken to jail, must face the consequences of her misdeeds, just as if she were a male man.

Two wrongs do not make a right. Even though the woman wins by violence, her victory is bought at the price of her womanhood. Righteous wrath is often an excuse for a bad temper.

Hatred of the wrong soon yields a disappointing return.

We become like the thing we hate—eye, nose, we are the things we hate.

Mi-Lady Militant hates the tyranny of the male, claiming that this tyranny exists. It has grown up out of the centuries, and has been fixed in the ages by usage. It was old when Abraham bartered with Laban for Rachel, and was a habit when Ruth gleaned the fields of Boaz.

To assert that the man of today is responsible for woman's status today is to place one's self on a par with the fabled fishman who attacked a Jew because, forsooth, the Jews crucified Jesus.

American women have been wise in not resorting to militant methods. Fighting men acquire the fighting face. The woman grows to look the part.

Her dominant attitude becomes one of supercilious contempt, not love. Eventually she is unloving, unlovely and unlovable, and the fighting attitude, continued, will disrupt any home, for when fighting becomes a habit an excuse for fighting is easily found.

Carlyle hated the wrong; Emerson loved the good. Which man would you prefer for a neighbor need not be asked.

The persistence of Mi-Lady Militant, and her perfect willingness to sacrifice herself for the good of the cause, is beautiful just in the degree that you admire martyrdom.

But please remember that martyr and persecutor shift places with lightning-like rapidity.

He who is willing to suffer and die for a cause will make you suffer and die for the same cause if he gets the chance.

Law protects the life and property of women, but not so much as it should.

This applies also, in degree, to men.

But to repudiate the law is to resort to anarchy in order to win a legal victory, is playing the part of a mental defective, or a minor.

Harm must follow such tactics, since it supplies in itself an argument why women should not be allowed to help make laws. The ability to abide by the law is the test of fitness for citizenship.

Before you are fit to give orders you must show your ability to take them.

To shoot up the law is no better than to shoot up the court house. If incendiarism is right, where shall it cease?

The fact that a woman is a woman does not license the crime of arson, nor make window-smashing part of a holy war.

Great reforms require great patience on the part of those who would bring reformation about.

When you ask for a voice in the making of government your voice must not be keyed too high, lest, perhaps, you inspire fear as to what may happen when you assume the power for which you seek.

Equality is all right, and it is at the door. But the thought of the supreme sway of a battling termerant tongue makes men pause.

Free the fighting face and the shrill falsetto. Avoid the clang and clash of tea pots flung with precision. "Ware the willowous wallowous feminine."

To win the vote is not all, any more than to win a husband and the end of the play. It is only a beginning.

To commit a wrong that right may follow is at least debatable.

Those born under the zodiacal sign of Taurus, the Bull, should not be allowed free run of china shops.

Possibly Aquinas is 51 per cent right on going slow. "Violence," said Edmund Burke, "is the weapon of weakness."

A Fashionable Fur Coat and a Gown

Fully Described by Olivette



By OLIVETTE.

The gown we picture today is a fancy of the moment in gay Paris.

If you are the sort of woman who discards her gowns after a very few wearings, by all means follow the model and buy the perishable but beautiful "velour frappe," as Paris calls its embossed velvet.

But if you are the sensible little woman to whom I delight to talk—if you get your gowns with the same idea of service as well as beauty, please purchase some less noticeable and startling material—duvety, broadcloth (the ever-serviceable), crepe de chine in a heavy weave or velveteen.

The color of our model is a delightful "prairie green." It is just as restful and rires from which it takes its name.

pleasing to the eye as the western prairie. Whatever material you choose, be sure you retain the delightful color of the original.

Let us suppose you choose green velvet. Make the bodice with a kimono having long and semi-fitted sleeves of velvet. The blouse of the bodice, the draped belt and the upper tunic of the skirt are of wood brown faille. There is a little yoke of white net which slips into a round bebe neck. Over this the brown faille turns back in narrow revers. The "basque" of the faille lengthens to a point front and back—and is filled to give a semblance of the pinaret effect. The skirt has a draped foundation, over which falls a full tunic of knee length.

On the left is a very wonderful coat of seal and marten. It may cost a thousand dollars if it is genuine seal and of real marten. But it will be as effective and just one-fifth as expensive if it is fashioned of one of the many effective imitations of seal and trimmed in akunk or soft brown fox.

The coat is cut to the knee, and is slightly raised and tightened in front. It crosses in surplice fashion and is edged with the becoming long-haired fur. The wide sleeves and just above the wrists. Because of the deep armholes this coat may be used for street or evening wear, for it will guard a soft, filmy gown as effectively as would a cape.

Pick Out the Dyspeptic

You Can Tell Them Anywhere and Especially if You See One Eat.

A Stuart's Dyspepsia Tablet Will Digest Any Meal.

One of the saddest sights at a royally rich dinner is to see a man or a woman unable to eat because of dyspepsia. It is really a crime to continue this martyrdom when all one has to do is to eat a little Stuart's Dyspepsia Tablet.

Just carry a tablet in your purse and after each meal eat it as you would a peppermint. It will digest the meal and surely convince you that food will not hurt you.

"Too Bad." One grain of the ingredients which compose Stuart's Tablets will digest 1,500 grains of fish, soup, coffee, ice cream, meats, vegetables and pastries. The whole idea of this great natural digester is to aid nature to do her work without exhaustion and it certainly accomplishes this result.

Stuart's Dyspepsia Tablets are our best known remedy for all stomach troubles. It is positively wonderful in the way one of these little tablets will digest a meal. And no one can realize it until one has used these "I Used to be Like Him" tablets.

Every drug store sells Stuart's Dyspepsia Tablets and sells them in huge quantities. No matter where you are located you may go to any drug store and buy a box that will last you a long time. Absolutely convince you dyspepsia can be prevented.

Many thousands of people use these tablets occasionally just to keep their digestion always perfect. If you stay up late or overeat then take a tablet before bedtime; there will be no horrible dreams or bad mouth taste. Go to your drug store now and buy a box and go armed against any kind of stomach trouble.

Washington's First Public Service

By REV. THOMAS B. GREGORY.

It was exactly 100 years ago October 31, 1783, that Lieutenant Governor Dinwiddie of Virginia started George Washington on the memorable journey through the wilderness to treat with St. Pierre, commander of the French forces who were threatening to close the Old Dominion, the gateway to the great west.



Of Dinwiddie's selection of his agent, John Fluker says: "History does not record a more extraordinary choice, nor one that was more completely justified."

Washington, at the time, was only 21 years old, and the fact that he was selected for so arduous a task proves that he must have stood wonderfully high in the governor's estimation on the score of courage and ability. It was a task that called for great resolution and self-possession, as well as tact and judgment, and in not a single particular did the young commissioner fall short of the performance that was required of him.

With the courage of a lion he negotiated the perils of the icy wilderness, baffled the designs of the lurking savages, delivered in plain unmistakable English his delicate message and returned to Virginia and to the governor unshaken and with his great task faithfully performed.

It was the great Virginian's first public act, and in the promptness and thoroughness of its performance it foreshadowed all that Washington was, later on, to do for Virginia, for the united colonies and for mankind at large.

The lad of 21 was, in substance, the mature man of 42, who, in the "times that tried men's souls," was wisely selected

Advice to the Lovelorn

By BEATRICE FAIRFAX.

He is Not Too Old.

Dear Miss Fairfax: I am 38 and am hoping company with a girl who is almost 35. He is very serious and does not want me to go out with any other boys. He has told me he loves me and often asks if I care for him. Is he too old for me and do you think I ought to give up all my younger friends for him, as he is out of town most of the time? GRAY EYES.

He is not a day too old for you, and there are many reasons why he is desirable.

He is serious. Remember, my dear, that these young boys are not. The giving up of the boy friends to whom he objects will prove no sacrifice if you love him. Unless you love him you wrong him and yourself by considering him a moment.

The Bride.

Dear Miss Fairfax: A and B had a dispute about whether it is proper for the bride or the bridesmaid to enter the church first. A says it is proper for the bride and B says that the bridesmaid should enter first. Which is correct? M. M.

Such little details are largely a matter of taste, but it is better for you to give the bride the precedence. Is it not her great day?

Little Bobbie's Pa

By WILLIAM F. KIRK

I asked Pa last night what Meditation meant. The teacher said that each of us should look up a word & tell her about it in the next day at school, & the word she gave me was Meditation, only she didn't spell it right on the slip, she spelled it Meditation.

Well, said Pa, that is a pretty hard word to give a boy of your age. I am not so sure that your mother would know the word if you asked her to explain it.

Indeed, said Ma. Well, Bobbie, let your father explain it if he is so wise, & after he has got the world all bungled up I will set you right.

Meditation, said Pa, is thought. It means the process of setting down sum-ware and reflecting on the queer things in this life, such as hobbie skirts & the lame duck dance with New York society has taken up. It means thinking, deep thinking.

That is what I thought, I told Pa. I heard an old farmer saying last night when he was sitting in front of the grocery store that he was meditating.

Of course, Pa said, there is different brands of meditating. Now, that old farmer was meditating enough to make his bed ask. I have often noticed a willow setting on a barrel in a grocery store & looking at a ripe punkin. He will look at that punkin for a hour & look wise. Anybody would think he was lost in thought. Pa said, but if he ever had a thought as wild fall off the barrel. That meditating simply means that the man is too lazy to go home & do the chores, & Pa. That's not the kind of meditating that Newton did & Socrates & the other wise guys. They thought, & they thought deep.

Can you meditate? I asked Pa. Oh, certainly, said Pa. Meditating isn't a hard job for a trained mind. It is just like morning exercise for a man like me. Only weak or untrained minds find trouble meditating, & they never try it much anyway.

A woman never really meditates, Pa said. A woman must start, but she wanders off far. If she started to meditate on the number of planets in the universe,

she would finish by meditating on the number of yards in a tailored suit. Women's minds is so nimble & alert. Pa said, that they cannot keep the road. They bound here & there like so many frightened rabbits, while the master mind of a man will talk up a subject & follow it thru to a logical conclusion. Do I make myself clear to you, Bobbie?

Not very, I told Pa. I think Ma is just as smart as you are when it comes to thinking & I think she spends most of her time thinking. She helped me to think out ten problems last night when you was at the lodge & then had a piece of her mind left to give you when you calm hoan singing with the Harvest Days Are Over, Jessie Deer.

I did sing a little last night, said Pa, but that was recreation for me, after a hard day of meditating. There is nothing but freshness up a meditator as much as singing. Pa said. After he had sung a few simple ballads at site he can start site out meditating the next morning just as if he wasn't tired the day before.

That is a very careful explanation, said Ma, but when you were singing last night I was doing sum deep meditating myself. If you sing next time you cum hoan from lodge you will have to change judges. Meditate on that while, said Ma.