

loria  
D. Denison

HOUSE.

has brought laughter and  
disgrace—but so has  
he. He over-rated his  
human experience but to  
on such a great genius is  
every drug store out of  
cause there is poison on  
We as human beings  
criminate and know. Is it  
the old Jewish stories of  
slaughter, and revenge  
and superstition and  
cruelty were under a  
they are freely given to  
in our schools and the  
marked on the cover.  
all place Demaupassant  
among the classic writers.  
their place in the ranks of  
sh genius along with  
Fontaine, Mallarmé, Roussau,  
with writers lost by transla-  
original there is a French  
lately indescribably fas-  
demaupassant has made the  
ion realize the dangers  
or very heart and by badly  
with a masterly clever-  
skened a social revolt in  
it will undoubtedly tend  
social conditions. Dickens  
similar service for Eng-  
English conditions were  
anyway there is a great  
otto "Honi soit qui mal

ing work and gardening is  
what have girls done that  
not know how? Wash-  
cooking meals, keeping a  
is absolutely necessary  
and has to be done to keep  
ple. What have our boys  
they should not know how  
girls be trained all round  
ry knowledge and industry  
when they show a special  
one thing more than an-  
then a chance to special-

marked the singular effect  
the lantern light strike-  
bellus' worn, flushed face,  
listened his lips nervous-  
difficulty he managed to  
et a wheelbarrow; there's  
art explosion literally cut-  
nds awake.

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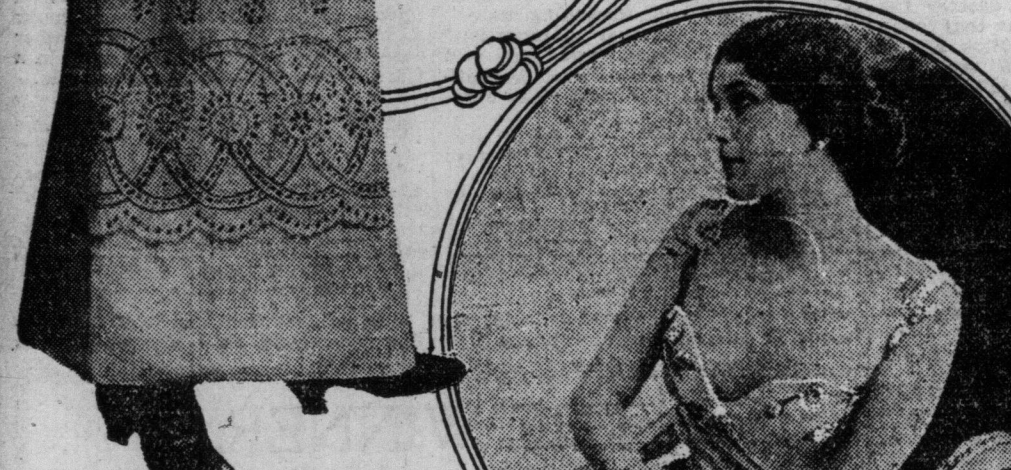
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# MY SECRETS OF BEAUTY

**M**ADAME CAVALLIERI writes interestingly to-day of that without which no woman is completely attractive—poise, which is the foundation of grace. She begins with the interesting proposition that gentlemen and gentlewomen are "poised people," and, as her subject unfolds, she practically proves it.

Madame Cavalleri is, as always, in her discussion of the large subject of beauty, practical. She gives common-sense directions how to sit, stand, and walk to secure that desirable attribute, a graceful carriage.



"A strengthening exercise, giving suppleness to the body, is this training game of ball."

By Lina Cavalleri.

**B**EAUTY is lessened by lack of grace, and grace is not possible without poise. To appear as a woman's body must be well poised. A clever writer has given for definition of gentlemen and gentlewomen a short, expressive phrase. They are "poised people."

A graceful poise of the body lends dignity to the bearing. It imparts a distinguished air, which lends emphasis to beauty as an exclamation point of italics lend emphasis to a word.

Mme. Lina Cavalleri.

A plain girl can attract admiring attention by her good carriage, and a pretty girl will attract only censure by a careless or slouching gait, poorly held shoulders, a lazily stooping back or shoulder blades reaching when they should be hidden.

Nothing makes me more impatient with a person than a poor carriage. We are born with good features, fine eyes, or a marble-like skin, but our carriage we acquire.

It is self-made. If it is bad it is our own fault. If you have not a perfect carriage acquire it, and begin this moment. First look to your shoulders. Con- trive somehow to lighten their real or imagined load.

If you have acquired the bad habit of stooping and your will power is not strong enough to correct the habit, secure the artificial aid of self-made shoulder straps. They are made from a band of strong muslin. Place the band around the back of the neck, letting the loose ends hang down in front. Draw these ends under the arms in front, beneath the shoulders. Cross the ends at the back. Bring them front and tie them tightly, or if worn next the skin it will be more comfortable to fasten them with a pair of nursery pins. This can be made tighter or looser, according to whether, when you are dressing, you know that the day will be one of vigorous exercise.

It can be adjusted, loosened for hard work, tightened if you are going for a walk or drive. It can be controlled by yourself as you are controlled by circumstances. These bands, usually about four inches wide, can be made of heavy muslin and stitched, or of heavy belting. The muslin ones, if not quite so strong, have the advantage of being easily and quickly laundered.

Wear this until your muscles have been trained to obey your will to stand straight. Then discard them. They are valuable, especially for children, in whom the will is slight, or is applied to lesser things.

It is a slow process. Don't expect to bring drooping shoulders to

## THEY WERE "HUNG UP."

"I like you Jim," said the practical girl. "But you've been a bachelor for so many years that I fear you have been into disgraceful habits. You must be awfully careless, for instance, about your wardrobe."

"My dear," answered the suitor, "I have you my word that every rag I am not wearing now is hung up."

She believed him and accepted him. But what he meant by "hung up" and what she understood by it were two different things.

AS TO ECONOMY.  
"You approve of economy, don't you?" "Yes," replied Senator Sorghum; "only so many of us are apt to economize on cigars we hand our friends instead of those we smoke ourselves."

AT THE SHOW.  
First Horse—I tell you, far from being outclassed, we are right in it with these birds.  
Second Ditto—How do you make that?  
First Horse—Because any aviator I'll tell you I take horse sense to fly.

What sort of a speech I'll make the banquet?  
"Not bad He was allowed only three minutes to talk, you know."  
The Bore—One thing I have always learned is that I may be buried prematurely.  
The Bored—How could you?

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## No. 116—THE VALUE OF BODILY POISE—By Mme. Lina Cavalleri.

the Most Famous Living Beauty.

a correct position in a few days or weeks. It may be that they must be worn for months, perhaps for a year or two. When you have discarded them keep them in some convenient place to be resumed over a slovenly figure by giving straight shoulders. And given straight shoulders the rest of the body unconsciously follows. The shoulders are the commanding officers of the body, so far as carriage is concerned.

Stand straight, with the left foot slightly in advance of the other and resting firmly upon the ball of the foot. Bend the trunk slightly forward and toss a small rubber ball in a half circle from one hand to the other. Shift the left foot back and the right one forward, and toss the ball from the right hand to the left. Bend the trunk slowly forward, continuing to toss the ball regularly from one hand to the other. Bring to an erect position, away it slowly from side to side, continuing to toss the ball. This is one of the most strengthening of exercises, besides giving suppleness to the body.

Be careful how you sit. Never sit on a chair so high that your feet do not touch the floor. This impedes the circulation, weakens the spine by throwing too great weight upon it, and interrupts the circulation of the blood. The feet should be permitted to rest flat on the floor. The

spine should be held nearly erect. The shoulders should be held well back and up. The shoulders should be held exactly even.

From Montreal comes the query: "Will you kindly give advice to a very worried young lady? I am eighteen years old, and while I have not a wrinkle on my face it feels strained and tight. It not only gives me a strained expression but also feels painful at times. My eyes are also affected by it. Sometimes they feel strained."

I should say that a nervous strain caused the corresponding strained expression of your face and eyes. I should consult a physician if that were a chronic condition. It only appears now and then it may merely indicate that you need a rest. A few hours' extra sleep will relieve that strain in such cases.

Resting in a reclining position in a dark room with a bandage of witch hazel across your eyes, will serve such purpose.

A local aid will be gentle patting into the skin of a good cold cream, as for instance the following:

Rose water, 2 ounces.  
Almond oil, 2 ounces.  
Spermaceti, 1/2 ounce.  
White wax, 1/2 ounce.

A New York correspondent asks how to treat blackheads and pimples. Blackheads are caused by the face not being thoroughly cleansed. A little dirt remains and this settles into the oil follicles. Gradually the follicles are distended. The dirt, being foreign matter, causes irritation, and the result is a pimple. Cleanse the face thoroughly with warm water and cold cream in the way I have many times described on this page. If some of the black points remain dip a piece of clean linen or cotton cloth into

Cologne, 1 ounce.  
Water, 1 teaspoonful.

"So you tell me that that mild young Swabian has become wealthy. Made his money out of drugs, you say?" "Yes; his grandam took an overdose of laudanum and he inherited the property."

She (at the amateur theatricals)—"What a fuss she makes about letting him kiss her!" He—"It shows that she is a born actress."

Boy—Please, mum, I've come for the reward you offered.  
Lady—Yes, but it was for my canary, not for the cat.  
Boy—Yes, but I've just seen this cat eat the canary, so I brought him along.

Princess Skin Food is a most reliable nourisher of the skin. Aided by complete massage directions, it removes lines and wrinkles, restores the withered skin, and keeps the complexion youthful-looking. An unequalled emollient. \$1.50 Test paid.

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## A Wise Man

A COUPLE of Kansas men were talking of fearlessness the other day.

"All this talk," said one of them, "reminds me of a peace officer I knew a number of years ago in Western Kansas. This officer was entirely fearless; in fact, he was the kind of a chap who would have charged hell with a single bucket of water. To look down into the barrel of a gun in the other fellow's hand was as much as he would do for him as to light his pipe. He was sent for one day."

"What's the matter?" he asked. "Cowboy in that room," said a citizen, designating the place. "He's wild and dangerous. He's looked himself in and we're afraid he'll break out and do us harm."

"So this officer opened the door of the room and looked in. The cowboy had a six-shooter in one hand and a stick of dynamite in the other, and calmly remarked that he would turn them both loose in case the officer came into the room."

"The officer considered the thing for a minute. Then he backed away and as he did so remarked: 'Let him sleep it off. They is times when a man who ain't afraid is a 0—n tool.'"

## Up-to-Date Jokes

A motor car came pelting down the high street of a little country town the other day, and in turning a corner at the bottom it collided with and knocked down a pedestrian who was carrying a basket of potatoes on his shoulder.

When he had recovered somewhat, a spectator said to him: "That was a narrow escape."

"Yes, so 'twas," replied the victim, groping for the potatoes. "Those I'd been carryin' eggs!"

"Our big old cook has a unique, not to say paradoxical, way of wiping the cobwebs away from her better half's brain when he comes in with said brain full of cobwebs."

"How does she manage?" "She gives him a bang or two over the head with her kitchen 'spider.'"

"I understand you have paid the mortgage of your place?" "Yes," replied Farmer Cornmeal. "Then why do you complain of hard times?"

"All the neighbors have done the same thing. That leaves me with money on my hands that nobody wants to borrow."

"I understand that in some cities votes recently sold as low as \$1 each," said the foreigner who is writing a book. "Yes," replied the practical politician; "and if we had bargained a little more keenly, we could have had them marked down to 88 cents."

"I saw old boy lend me an X." "Would if I could, dear chap, but there's an algebraic difficulty in the way."

"What is it?" "An X with me is an unknown quantity."

"Ha!" said the tailor when his assistant brought back the badly made suit from his customer. "This, indeed, is my approximate fate!"

"How so?" asked the assistant. "It is," answered the tailor, solemnly, "a fitting rebuke."

"How did you get that colored man to go through those Arctic hardships with you?" "I had to prevaricate a little," replied the explorer, reverently. "I told him that the North Pole was a chicken roost."

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The social prestige of Ideal Orchid is the result of years of refined usage by the discriminating class of society, who demand the very best. It is scientifically distilled, bringing out the natural loveliness of the true odor of the flower itself. Its rare delicacy of charm gives it a marked distinction and makes it preeminently a society favorite. Ask your druggist or send ten cents for sample to

Sovereign Perfumes, Ltd.  
Toronto

HE SIMPLY MUST.  
"So you think that Baron Fucash is likely to propose to me?" said the beautiful heiress.

"Yes," replied Mrs. Cumrox. "I think there is a probability. You see, his creditors are pressing him and he's got to propose to somebody."

"I had been away only a short time when Ethel wrote in a rather superior tone that she sent me a registered

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