Mydellesth No. 193 --- An Humble Aid to Beauty

By Mme. Lina Cavalieri, the Most Famous Living Beauty ME. 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.

TAVE 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 shoul-

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

"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

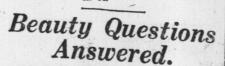
to develop and keep in control the upper half of her figure. Fine chests, with a graceful line from the shoulder to the bust, have grown common

> 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 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 least five. This done, drop your

> > 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 ansv

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 oxy. gen 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.



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

Liver spots are often caused by genemia. Physicians term it chioasma. They are more common in men than in women. Often at the time they begin to appear in the complexion the skin exudes more oll than usual. Besides a "rundown" condition of the system, they may be caused by extreme heat or excessive cold. Often a radical change of climate may oc-casion them. An undue pressure that disturbs the irculation, 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 be-neath 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 com-



Mme. Lina Cavalieri.

How Could He? MR. WILLIAM SIKES had found what, in his opinion, was a snug

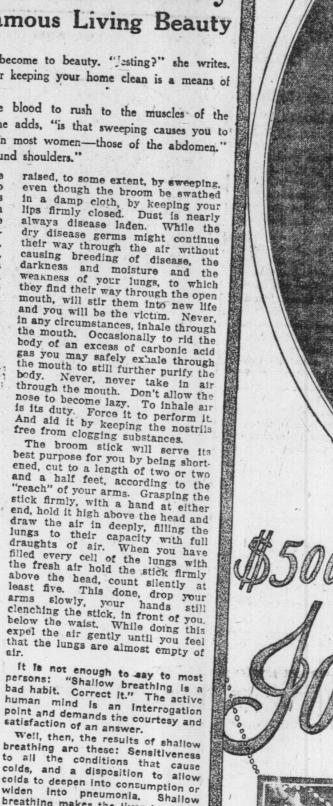
erib. It was a country mansion, and the mode of access was easy. waited till midnight, and then approached the house. Grasping the ivy, he slowly and carefully climbed up the side of the house till he reached the level of the first floor window.

Holding on to the sill with both hands, he stopped to picture the wealththat 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,

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 ig is 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 devglopment 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 . . .



with his piano playing, the procedure was so novel that news of it was flashed around the world. situation exactly the reverse-of a celebrated public performer who insured har not against dislocation, but against the efforts of nature to restore joints already dislocated to their normal state? brated Paris dancer, Sahary Djeli, has done. It is as though she had said to f' insurance agent:

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

That is actually what the cele-

In This Pose

Djeli's Hip

Partly Dislocated,

Producing an Effect

HEN Paderewski had

against fracture or dislo-

cation that would interfere

Now what would you think of a

each of his ten valu-

able fingers insured

Which Fascinates Her

Paris Audiences.

All so Lanary Diell, who is a very pretty and graceful, dark-eyed girl, with a well-trained gift for cancing, as a cout an accident of her joints. She made her take in Paris as a "langeuse Hindoue"—that is a Hindoue danger—because of is a Hinda 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 Saha ry 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 outdle 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 ac en veils, her special hip dislocation added a variation which the Parisians found fascinating. This emboldened her to present writ's and eibows without their customary ratural align-

Alas: soon she discovered that these charming dislocations exacted a penalty from nature. Nature made reprises in certain painful inflammations nature's rreliminary to healing those abnormalities which had come to be Sahary Dieli's bread and butter.

"Mon Dieu!" said she to her maid, "if I lose no serious dislocations I sh: ose my engagement! Come quick! Discocate me, or we

And so Sahary Djeli is the only dancer Trobably the only woman woman dancer in the world whom joints ar insured against "accidents" that will render them normal and like the joint; of the rest of hu

having a Miss Flo

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girls yes

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women.

Notwit day, wit of the str cessful Forester was the and the hibition Especial number of three ing that amongst now beg of roses by Sir late, Mi Baines, Howarth tion Pa Jardine, Mrs. Yat The fo ners: Peonie

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John T.
clety's s
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C. B. H. George Roses, Temple:

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Fenten.
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- Roses.
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