

TO BE BEAUTIFUL.

The Question of Cosmetics and Other Aids to Nature Discussed by Evelyn Malcolm.

Description of a Visit to a French Salon, Where Clear Complexions Are Made to Order.

Simple Mixture for Clearing and Smoothing the Skin—Dangers of the Use of Arsenic—Ideas of Beauty.

New York, March 19.—[Special correspondence of the Independent.]—The Hot-tentot belle hangs a bangle in her lip and paints her nose sky-blue; the Malay beauty files her teeth close to the gums and stains them black; the Sultan's favorite paints her eyelids and colors her finger-nails with henna.

The enlightened woman does none of these things, of course. She understands the law of beauty better than the benighted Hot-tentot, better than the indolent beauty of the harem. Nevertheless, according to her light, she follows the same instinct, and "for ways that are dark and for tricks that are vain" to enhance her beauty or hide her blemishes civilized woman is not one whit different from her less fortunate sisters.

This sweeping statement admits without doubt of many exceptions. It would be a very sad state of affairs if there were no girls whose cheeks boasted of the freshness acquired only from innocent applications of cold water. Nevertheless in all the large cities of this country and Europe cosmetics form an important part of the average woman's toilet.

Every drug clerk will tell you of the large trade in pastes, powders and hair washes. A certain manufacturer of Paris does an enormous business in his face powder alone.

Arsenic is sold under different names, and its effects may be noticed every day on the faces of very young girls, who, it appears, are the only ones silly enough to buy it. These arsenical preparations remove every spot and freckle from the skin if taken in sufficiently large doses, and leave it not only smooth, but dazzlingly white—the whiteness of wax, not a natural flesh tint. If continued they shatter the constitution and eventually destroy every vestige of former beauty. If commenced and used only for a short time health may be saved, but the still preserving its waxen appearance, slowly turns yellow, deepening in color till it reaches a genuine jaundice hue. The moral is—shun arsenic in any form as you would a plague. Your physician will tell you, although it is sometimes given as medicine, it is never given in quantities sufficient to affect the skin. When it does the result is ruinous.

Not more than three years ago there was a small store on Sixth avenue, New York, kept by an old and very interesting Frenchwoman. She sold everything that could possibly be required on the most artificial woman's toilet table.

One winter night, during the ball season, I stopped in to buy some manicure articles and found her just commencing operations on a "subject," as she called customers of this kind.

The subject's eyes were closed as she lay back in a chair in a curtained niche. At a sign from the French woman I took a chair at a little distance, where I could not be seen, and watched her proceed. It was certainly as astounding as interesting. She first dropped a silk sponge in warm water and bathed the face and neck, and then dried very gently with a soft cloth. This done, she covered every inch of skin from forehead to bosom with a grease that resembled white glue; over that she rubbed in a delicate flesh-colored powder; then pencilled brows and lashes with a tiny camel-hair brush, shaping the eyebrows with her practised thumb and forefinger; touched the edges of the lids with a faint-blue powder, drew a delicate network of veins on temples and shoulders, colored the cheeks a faint but enduring pink, the lips a deep red.

That was all. The subject stood up at length, a veritable work of art, and looked in the mirror with complacent admiration. The work was certainly done with an astonishing nicety, but in the simulated, unchangeable blush there was nothing of nature, and her smile, as she hurried out to the cab waiting for her, was as false as the shadows under her eyes.

The Frenchwoman gave her shoulders an eloquent shrug, as she dropped the easily-earned ten-dollar bill into her cash box.

NO OBJECTION TO A LITTLE POWDER. One so often hears the expression, "Surely no one can object to a little powder."

There are not many who do. A little powder is innocent and harmless. But a girl often commences with "a little powder to take the shine off," but ends by carrying a powder puff in her pocket, with which she dusts herself at every opportunity, apparently blissfully unconscious that her nose seems made of chalk.

As for rouge—one does not meet many women in a day's walk who have not at least a smudge of color on the cheeks. The masculine eye cannot detect it always, but a woman is never imposed upon. A natural color shows through the skin, and there is no rouge; no artist can give this effect but nature.

Then should not a woman take further interest in her appearance than to be clean, to have her hair well brushed, her nails trimmed? She certainly should. A woman should do everything reasonable to improve her face or form—but cosmetics, besides being vulgar, are injurious, and instead of improving tend to destroy good looks.

Cleanliness is the first essential to preserving beauty of skin and outline. The entire body should be bathed every morning. If a person is too delicate for this a sponge bath will answer almost as well, and can never injure if the body is well dried after it. Diet comes next. Avoid greasy soup, rice gravies, pastry, etc. Don't eat much butter. Never drink beer.

Fresh air and exercise are the only cosmetics which will have a lasting effect. American girls do not walk half enough. If they have a short distance to go, say a mile, even half a mile very often, they take a car. English and Irish girls think nothing of walking ten miles.

According to some this climate is too trying to permit of such exercises, but at least three miles a day in fine weather cannot be too much if one feels well. A very simple and excellent way to make the skin clear and smooth is as follows: At night use the prepared mixture of vasoline and cold cream on the face and lips; rub it in well with the fingers, then wipe thoroughly, as sufficient is left in the pores without leaving the face greasy. In the morning wash with plain brown soap, rinse carefully in warm water and then in cold; this softens the skin but keeps the muscles firm, and if a little bay rum of the best quality is used after the skin becomes as smooth as a piece of velvet. In drying the face rub it upward. This is said to prevent wrinkles, or at least postpone them, but its truth can only be tested as time goes on.

Powder can be used if desired. The least injurious is the simple—plain drop chalk. To improve the night brush it for twenty minutes every night and braid loosely on retiring.

Washing the hands in water diluted with vinegar will make them white.

Two good recipes for removing freckles

are: The juice of watermelon or slices of fresh cucumber.

Nothing, however, will be of much benefit to the skin unless the first principles of health are observed and the stomach is kept in good order. A woman with a cold in her head can never be interesting either—therefore beware of getting your feet wet, and don't go out in cold weather with underclothing fit for a spring day and a little jacket weighing about three pounds.

Don't expect to have bright eyes if you use them much at night or walk in the teeth of an east wind without a warm veil over your face.

To be graceful, don't wear grotesque bustles and tightly drawn skirts.

The most ungraceful animal things in the world are men and women. And yet God meant them to be graceful. Everything in nature is so. If you have ever watched a kitten's movements, she circles a buzzard makes in flying, the repressed strength in the dignified step of a mastiff, the dainty, arch movements of a thoroughbred's neck, you must know this. But men and women have degenerated in their motion; they are careless. They patter or slouch or limp or shuffle, as a general thing, from sheer thoughtlessness. According to some writers on the subject women should be feine in movement, taking the cat and the panther for models in the act of walking.

To avoid a jerky step, practise a continuous movement from the waist, not from the knee, lifting the foot parallel to the ground not bringing it down heel or toe first. This may not give the "pantheresque" "padding" so often ascribed to heroines in novels, but it will enable the walker to get over the ground with an easy, light, motion.

A lively expression is a great attraction, and the homeliest face is never uninteresting with it. Let the eyes portray what the lips utter, and don't let a smile play about the mouth while the eyes remain unsympathetic and expressionless. Maintain a "beaming" face which is none of the best there may be some air of probity and trust, as, on the contrary, I have seen betwixt two beautiful eyes, menaces of a dangerous and malignant nature.

EVELYN MALCOLM. REPUBLICAN FACTIONISM.

The Old Stalwart-Featherhead Fight Ready to Break Out Anew.

F. P. Powers' Washington correspondence: And so President Harrison is going to administer on the political estate of James A. Garfield, deceased, and the two most conspicuous members of the Garfield cabinet have returned under Harrison to their old places, and the Blaine interest is dominant everywhere, just as it was eight years ago. This is a queer turn.

Everybody here is wondering where the fight is to be, for every one assumes that history will so far repeat itself that there will be a fight somewhere. Eight years ago the state department got full possession of the executive mansion, and the two had a fight with the senate chamber. On this occasion I think the senate chamber is more than half ready for a fight with the state department or the executive mansion or both.

President Harrison is a good deal more independent and force of character than Garfield had, and to that extent Mr. Blaine will find himself less the autocrat of the administration than he was eight years ago. But the cabinet is pretty evenly divided between the president and the secretary of state, and the republican senators are resentful toward the president, not very friendly to the secretary of state, and coldly neutral when not hostile to the secretary of state. To-day, as eight years ago, there are two republican factions in New York; now, as then, a New Yorker of the dark horse variety has been taken into the cabinet in the interest of harmony, and now, as then, the moment the postmasters and collectors begin to be appointed the trouble will break out.

From Francis Wharton to Walker Blaine. New York Herald: Francis Wharton, who was examiner of claims at the time of his death, was one of the most remarkable men this country ever produced. His opinion on any grave legal question, national or international, was so greatly respected that a thoughtful lawyer always regarded it perilous to disagree with him. He was a giant.

Between Wharton and his successor, Walker Blaine, there is the same difference in point of size that there is between Jumbo and a Jersey mosquito. Wharton might fall, like Lucifer, "from morn to noon, from noon to dewy eve" and then not get half way down to the intellectual station of young Blaine.

There is no disparagement intended in this statement of fact. Walker Blaine is said to be a genial, simple minded youth, who will do the best he knows how, the chief difficulty being that he doesn't know how. When he steps into one of Francis Wharton's shoes he will be "lost to sight, to memory dear."

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