

Mlle. Genee Tells Parents How to Teach Their Children to Dance

The Famous Danseuse Explains Bar Practice and the First Four Positions for Beginners.

By Mlle. Genee.

FIRST LESSON.

EVERY well formed child should learn to dance, and it is possible for fathers and mothers, with the aid of the suggestions here given, to teach their little children steps and movements which will make them strong and graceful.

Not only is dancing the best form of physical culture, particularly for women, but it helps both boy and girl to overcome the painfully awkward period known as the ungraceful age.

The girl or boy who knows how to dance, and who has been trained from childhood in grace and suppleness, will not be conscious of its arms and legs when these embarrassing members grow too long and lank.

Dancing has a reflex action on a child's mentality. A little dancer who knows that she has mastered some part of her art and controls some of the muscles of her little body has more poise, more self-possession, than the child whose arms and legs are flung about at random without thought of grace or beauty.

To learn to control one's body perfectly is what dancing teaches us, and the mind.

When I say that well formed children should know how to dance, I do not mean that those to whom nature has and the exhilaration of dancing when with a club foot who goes to dances and has many partners. Though she cannot rival her more favored friends in the art, the persistence which she has practiced in learning to dance has gradually overcome her slight limp, and has also made her less conscious of her affliction.

I began my studies in dancing at the age of eight, and that is not too young for other children to learn.



Mlle. Genee.



FOOT AND LEG EXERCISES HOLDING THE BAR.

Mlle. Genee and two pupils.

THE CURTSY

on the tips of the toes until the feet are stronger and the leg and instep muscles well developed.

Many people believe that because a dancer stands on the tips of her toes and because her feet are strong and muscular that they are differently or better not as well formed as others. This is quite erroneous, however. The child who learns the correct use of its feet in dancing who always wears well-shaped shoes and slippers, need never fear blisters of any kind. The feet of the best dancers are usually perfect. And if they show the slightest blemish or malformation the dancers have themselves and not their art to blame.

The little dancer should be especially careful about wearing well-shaped shoes or slippers made of carefully prepared leather.

A child's costume for dancing exercises should consist of short skirts with knickerbockers between and flat soles turned around the ankles.

If a bar is not available in the home the back of a heavy chair will do. The chair should reach to within shoulder height of the child. The exercises should be gone through on a wooden floor, but resin is not necessary until actual dancing begins.

These are the positions, and parents can put their children through them with ease. A half hour's practice at a time will accomplish wonders, and not fatigue the child.

slightly inclined forward, hips a little back. The forward inclination is very slight, just enough to cause a tendency in the heels to rise from the floor. The head should be erect and the legs straight, one arm grasping the rod and the other hanging by the side with the elbow bent slightly.

turned outward so that the arms will present a gently curved line, the feet should not drop straight, but the legs should curve easily inward. This is the normal attitude of the body when dancing and should be preserved at all times.

Stand with the feet close together, with the heel of one in the middle or hollow of the other. This is called the

third position right when the right foot is in front and third position left when the left foot is in front.

Stand on one foot, the other extending in front as far as the toe will reach, with the leg straight.

Stand on one foot, extend the other directly to the side as far as the toe will reach. Point the toe down and keep the leg straight.

Stand on one foot, the other extending in front as far as the toe will reach, with the leg straight.

Stand on one foot, the other extending in front as far as the toe will reach, with the leg straight.

Stand on one foot, extend the other

backward as far as can be reached by the toe. Change positions in all these exercises, advancing first one foot, then the other.

Holding firmly to the rod, practise these positions, pointing the toe in front, at the side and behind, without touching the ground and holding the leg up and out from the hip. Practise this until perfect balance is achieved.

These are the fundamental positions in dancing, and once they have been learned the different steps are easy to acquire. If the child is endowed with an ear for music, the task of course is easier. But many children, supposedly without a sense of rhythm or a liking for music, have learned to dance and have acquired both the sense of rhythm and the love of music by learning the motion, which is one of the universal sources of pleasure.

Another home lesson in dancing by Mlle. Genee will appear in The Evening World of Monday.

Making Over a Woman Building Up a Wreck

MISS AYER'S PROGRESS IN

The Woman in the Mask Has Gained Three Pounds and Is Seven Years Younger.

By Margaret Hubbard Ayer.



forming is begun and a constant excessive waste of tissue is stopped.

The woman with the Mask was suffering not so much from extreme thinness as she was from unequal distribution of weight. Her hips, for instance, were too large for the very slight bust and chest measurement.

In the three weeks of treatment the nervous indigestion has completely given way; the diet on which she is placed agrees with her perfectly, as she likes it. She has had no drugs or medicines of any kind, and nothing but the most natural means have been employed to help her regain her health and youth.

One of the first things she had to do was to wear a brace to keep her shoulders back, lift up the chest box, and in this way not only increase the lung capacity but give the fermented gases in the stomach a chance to escape. The brace has helped her digestion as much as it has helped her lungs, and that, together with deep breathing exercises and the use of the spirometer, has increased her breathing capacity by ten cubic inches.

The breathing exercises are also helpful to fill out the hollows in the neck. These hollows, that are commonly called salt and pepper boxes, are entirely due to insufficient respiration. No matter how thin the person otherwise may be, these particular hollows do not exist where the lungs are well developed.

The habit of deep breathing is a good deal more necessary than massage to fill out the hollows under the eyes, and if I could only impress this on all the hundreds of women who complain to me about these two defects—hollow eyes and protruding collarbone—and could make them understand that the practice of deep breathing and the habit of using the lungs to their limit are more important to overcome these defects than skip food or massage, I should congratulate myself.

The woman with the Mask is a woman of many social duties. She is exceedingly well known here in New York. That is the reason why she refuses to be photographed without a mask. And during her treatment she could not very well call a halt on all her social obligations. Her life is as busy a one as that of the average business girl, and her hours are longer, but she has tried to get to bed at least before midnight every night, and that also has told on her appearance, and some of the tired lines have vanished just from rest. Others have given way to massage and electricity. Next week we are going to make the most resplendent and beautiful ones. They are made by surgical magic, and I hope that she will cut a hole in the mask and let you see the before and after pictures, and they will not be touched, either.

Her complexion was always sallow and yellow colored, due to an almost chronic improper function of the organs, which she attributed more to the unkindness of fate than to her own negligence in the matter of diet, breathing and ordinary care.

Her diet, which has had to be complicated with more than usual thought, was suggested by a food expert, and since she began the treatment she has eaten only natural foods, most of them being uncooked as well.

On this diet she has now gained three pounds, which, while in no way phenomenal, is very satisfactory all around, as it shows that a habit of health

Here Are French Hats for Easter You Can Make Yourself



UGUETTE

ANTONNE

By Lillian Bonnetta.

HOW do these Easter hats strike you? They are among the very latest French ideas and they have not yet reached the shops here. But you can be ahead of the shops; you can make these hats yourselves from the suggestions here given, and at much less expense than if you purchased them from a Paris avenue milliner.

The Antonne, an advance French shape, is made of Milan straw, pink ribbon in light and dark tones, and American Beauty roses and green rose leaves.

To make this hat you can get a straw frame and sew wire to the edge and centre of the brim and bend shape according to illustration. Get three yards of light rose ribbon and three yards of darker shades than the rose. Make six folds, each eighteen inches, before folding three of the darker shades of ribbon and three of the light; the one in the front of the ribbon and the other in the front of the ribbon; ten yards of soft blue ribbon to make two choux. For the front get it

in darker tones than materials. A soft fold around the crown and narrow ruffles around the brim wings complete the hat.

Tales of the Plains

By Buffalo Bill (Wm. F. Cody).

New Series—No. 1.

Custer's Fight at the Washita.

Most people have heard of Custer's last fight, but today I am going to tell you of one of the earlier battles that taught the Indians to hate and fear that old commander and friend of mine. It is the story of his Washita battle.

In the winter of 1868 Gen. Sheridan planned to sweep down on a big band of Indian marauders led by the notorious chief, Black Kettle. This old roundhead, Black Kettle, had succeeded Roman Nose, whom Forsythe's men killed. He was the craftiest and most successful villain of the lot. With similar hands headed by Little Raven and the famous Santana, he had gone into winter quarters somewhere in a hidden ravine. This march we learned, Sheridan sent Custer to attack him there.

Custer and his regiment, with good scouts at their head, started from Camp Supply, in Indian Territory, on Nov. 21, 1868. Through deep snow, with a temperature far below zero, the command marched. They crossed the Canadian River on the 23d. The ice was not thick enough to carry them. So they smashed it and waded the ford. The companies took turns in breaking a road through the slits of snow. They knew the general idea of one of the Indians and brought news from far in front that he had smelted smoke and heard the distant barking of dogs.

A halt was called. The men were forbidden to smelt above a whisper or even to stamp their feet. Half-frozen, they waited. Some dropped asleep, leaning against their horses, while Custer made his plan of attack.

Custer outlined his commands to my old chum, "California Joe," the scout, and ended by asking: "What do you think of our chances?" "Well," drawled Joe, "We'll make the house or split the timber."

The men were aroused, divided into parties and sent to approach the camp from various sides. Custer hoped to hem in the Indian encampment so none could escape. Major Elliot was sent around to the rear of the camp from the left. Capt. Myers was to go to the right and connect with Elliot. Thomp-

son took the left of the charge and Custer with four companies the center. A bugle call was to give the signal for attack when Custer should judge time enough had elapsed for all the different parties to reach their places.

The men crept on as silently as ghosts, through the walls of snow. At about an hour before dawn Custer whispered to his bugler to sound the charge. The man raised his bugle, but before it reached his lips the silence was split by a rifle shot from one of the Indian sentries. The next instant the bugle sounded the charge.

The fight was on. It doesn't take an Indian long to wake up. In a moment the braves were rearing on their hind legs and snorting their nostrils. They did not hold trees, rocks and drifts and turned their little ravine into a rifle pit. At the first volley Capt. Hamilton and Barneitz fell dead. For over an hour the battle raged. The Indians were so charged that it was impossible to charge them in a mass. A few of them had in one gully and blazed away from its banks as the troops. The soldiers centred their fire on the gully until the worse seventeen lay dead. Forty more held the ravine till every one of them was shot down. Black Kettle and 103 of his warriors were killed in that Washita fight. The village was stormed and its stores of winter provisions, etc., destroyed. These included 1500 buffalo robes and tons of dried beef. Five hundred pounds of powder and 1000 pounds of bullets were seized. Fifty-three squaws and children were captured. The Indians' herd of ponies was rounded up—875 in all—and shot, so that the savages could not escape on them. It was a glorious victory, but not without cost. Besides Hamilton and Barneitz, five soldiers were killed and eleven wounded. A white woman and child (captives of the Indians) were butchered by the fugitives. Major Elliot, with fourteen men, had rushed away from the main command in pursuit of the flying savages and ran full into a larger Indian force which was coming up as reinforcements. Later a search party found the stripped, mutilated bodies of Elliot and his four-ton. Their horses had been shot down and they themselves had then been slaughtered by overpowering numbers as they stood fighting back to back. No body contained less than two bullet wounds. One that of brave Sergt. Kennedy, had twenty bullets in it. Arrows were stuck into all the mutilated corpses. The same winter Custer repeated the same trick on a larger village, destroyed it, captured Santana and released many white prisoners. Do you wonder the "hostiles" hated our General?