A BEAUTY CULTURE

Our Grandmothers Practiced the Most Approved Methods Without Knowing It.

They Grew Supple and Round From the Exercise of Daily Household Duties.

In the days when women were just women—not bachelor girls, nor women with a career, nor women who owed a duty to themselves—scientific beautifying of the figure had hardly been heard of.

There were, of course, many time-honored recipes for preserving the complexion, and you may be sure our grandmothers would never have thought of

Alike results obtained by use of the broom and the clubs.

stepping out of doors without hat or sunbonnet. Fine complexions they had, too, not the roughened skin, the wrinkled forehead, the eyes surrounded by crows-feet, the faded hair, which many a girl of twenty nowadays owes to reckless hatlessness and the wind and sun.

The one conscious effort at beauty culture fifty years ago was more a matter of development than anything else. It was intended to secure an erect, flat-backed

The modern girl "reduces the abdomen" in one way; her grandmother did it in another.

figure, and it involved some pretty severe training in the matter of backboards.

But as for deliberately setting out to develop the neck, arms, shoulders, chest or any part of the body, our grandmothers would have opened their big eyes wide at such nonsense, though they were unconsciously practicing a system of beauty culture, which was in many ways quite equal to the modern method.

Instead of standing erect and raising the arms straight up above the head and then letting them fall a certain number of times in order to develop the neck,

Similarity in leg movement.

shoulders and upper chest and to ventilate the lungs, our grandmothers simply hung out the newly-washed linen in the fresh air and as much sunshine as heaven provided. For the same good purpose was the washing of windows and the standing on tiptoe to chase unwary cobwebs out of ceiling corners.

To keep down the weight and reduce the waist measure, in place of bending double till her fingers touched the ground the prescribed number of times, they

Our grandmother straightened her spine by hanging out the laundry.

gathered chips from the woodshed floor, which further served the purpose of quickly lighting the fire.

The useful art of sweeping in a well ventilated room as a developer of the arms and shoulders is not excelled by any of the numerous beauty exercises for the same purpose practiced nowadays and it has the advantage over them of making the house clean.

Instead of the arm exercise upon the floor for reducing the waist measure and strengthening the hip muscles, grandmother just scrubbed, which she also found an excellent thing for stimulating the circulation.

And then, when the upper part of the body had received proper attention and

The same kind of exercise.

the house was fresh and sweet as lavender, she seated herself in a low rocker and gave the baby a ride on her foot, which proved to be a leg exerciser of the first order.

She didn't know a thing about athletics and would have considered them quite beneath her notice if she had and so she was not rawboned and muscular—she was even rather sloping shouldered and not often above the middle height—but she did her innocent beauty exercises with the regularity which their nature demanded and with the housewifely interest and modest pride which their visibly good results justified.

So all unconsciously, wrist and arm, neck and shoulder, waist and hips developed and pleasant womanly curves which made her so lovable even if she wasn't very independent or progressive.

FRENCH VIEW OF ROOSEVELT

"An Athlete, a Warrior and a Statesman," "Brave, Honest, Far-Seeing and Modest."

A Free Translation from Le Figaro.

Talking with a young man who had lived for six years in the United States, I asked him:

"How about President Roosevelt? What do the people—those outside political parties and cliques—think of him and say of him?"

"Roosevelt," said he quickly and earnestly, "Roosevelt is held in high esteem and much liked."

"Why?" I insisted.

"Because he is brave, honest, far-seeing and modest."

"H'm," I said, "here are four cardinal qualities placed in a succession which pleases me. But is there nothing more?"

"Nothing more? Well, he has captured the imaginations and fired the hearts of the people because that he, a man of the better class, of Dutch ancestry and from an old New York family, rich and cultured, married and the father of six children, a high executive official in the navy department, did not hesitate in the last war to give up all in order to go to the front with his 'Rough Riders' and risk his life without being obliged to do it. That has greatly impressed and greatly touched all."

"But then his attitude toward the negroes and his speeches on the trusts—have they not hurt his chances of election?"

"In my opinion, not at all. He is both respected and loved."

I became silent, but I envied those monarchical nations like England and Germany, and those republican ones like Switzerland and the United States, who love themselves and respect themselves in loving and respecting their rulers, hereditary and elected.

The United States are a gigantic empire. We know it, but we do not know it enough. * * * Imagine a population of nearly eighty millions of people distributed among forty-five states flexibly yet strongly federated in a single nation under the folds of the starry flag. Imagine this great people moved by a spirit which has five sources: the strength of soul of the first colonists who exiled themselves to preserve their liberty and their conscience; the strength of temperament of the later immigrants, the seekers after fortunes; the comparative ease of great success in a country of inexhaustible resources; the joy of a liberty which finds no limit in at once the most flexible and the strongest of constitutions, and above all the intoxicating dream of a planetary hegemony reserved, it would seem, to the North Americans!

And then at the head of this great people moved by this elan imagine a man of 44 years (on Oct. 27, 1902), at once an athlete, a warrior and a statesman, possessing in an equal degree the sense of the ideal and the practical, the sense of justice and the sense of power and animated by the highest sentiment of his mission and the mission of his people.

Such is the position of the United States in the world, and such is the position of President Roosevelt in the United States.

THE ROLLING STONE

It May Get a Fine Polish as It Goes but Lands at the Bottom of the Hill.

New York Tribune.

"I wonder why it is that young men in this country, in learning a trade, do not follow the fashion of the apprentices of France and Germany?" said a young man who had just returned from Europe, where he had spent $2,000 or $3,000 of his father's money in seeing the sights.

"I suppose they would if they thought it would do any good," said his roommate, who had never been abroad, and who, despite not having had a college education, was working his way ahead in the bank faster than his companion.

"Do any good! Of course it would do answer. "For instance, in France these them good," was the somewhat hasty answer. "For instance, in France these apprentices roam from town to town, working for one master, then for another, and picking up the best in each place. They get a chance to see the world, too. But here in America a fellow settles down in one office or store or shop, and there he stays."

"It would take a good part of a man's life walking over the United States," said the roommate.

"Ride on bicycles, then," said the much traveled young man.

"A rolling stone gathers no moss," said the poor youth, seeing that argument was of no use.

"But it gets a fine polish," ejaculated the other, smiling to himself.

"Yes, and lands at the bottom of the hill," quietly remarked the roommate.

AND HE WAS SINCERE.

Yonkers Statesman.

Patience—Did he wish the engagement ring on her finger?

Patrice—Yes; he wished he'd have the money to pay the first installment when it comes due.

A HEARTFELT DEFINITION.

Detroit Free Press.

"Say, pa, what is an adult?"

"An adult, Jimmy, is a person who doesn't kick out a good pair of shoes every two weeks."

AT THE GLOVE COUNTER

Chicago News.

"I notice that you have a full hand," remarked the young clerk who was fitting Tenspot for a new pair of gloves.

"A full hand?" mutter the latter, absently. "Great guns! Why couldn't I have had it last night?"

COMPARISON.

Washington Star.

"I suppose you like your automobile better than you did your horse?"

"I don't know," answered the man who is never truly happy. "The difference, so far as I have observed, is that a horse gets to going and you can't stop it, while an automobile stops and you can't get it to going."