

She colored and I was afraid I had hurt her.

"I never say anything of this kind unless I am asked, but as you asked me, I could not say that I thought you were too old at 40 to wear a large hat if you wished."

Age does not mean anything when we speak of beauty today. But a fine carriage, a good figure and complexion, clear eyes, heavy, vigorous hair and pearly teeth are beauty necessities to the woman who would be beautiful if she be 20 or 40.

The Venus slouch that Ethel Barrymore introduced to the American girl can be blamed for very many ugly women 20 years hence.

No woman over 30 can afford to slouch. If she is inclined to flesh, a roll of fat will form itself across the back of her shoulders, her abdomen will protrude and she will lose every bit of style she ever had and probably add a few more gray hairs to the head of her dressmaker.

You must make the bony structure of your body carry your weight. Stand in front of your glass and raise yourself on tiptoes, then settle back lightly on the balls of your feet and will find that your shoulders have resolved themselves into their proper position, that your bust is raised, your chin is up, and if you hanker after youth you will see that years have dropped off your body.

Now settle back on your heels. Immediately you will see that you are resting your weight principally on the soft, fatty walls of your abdomen, your chest is sunken and your shoulders rounded. If mothers would only understand this simple exercise the makers of shoulder braces would have to go out of business.

Take heart, dear women who wish to wear big hats—take heart and take exercise, walk on the balls of your feet and you may soon be able to wear a hat as large as that worn by Mrs. Galt when she accompanied the president, her fiancée, to the ball game the other day.

Perhaps it will give you more encouragement to know that Mrs. Galt is plump, 39 and beautiful.



Idah McClone Gibson