HOW THE BACHELOR GIRL MAINTAINS HER GRACEFUL FORM.

BY MARION MARTINEAU

American Woman Is Noted All Over the World for Her Erect Poise, Easy Carriage and Trim Figure.

HOW TO MAKE THE CHEST FULL.

This sounds very much like a miracle, yet it can be done.

It is one of those things, however, that must be performed by the individual, not by any one else.

It cannot be done by massage; it cannot be done by preachery; it cannot be done in class work; it cannot be done in any way except by the individual personal effort of the person who wants to improve her figure in this manner.

To add to the chest and to make the figure full, there is only one very effective course.

The bust can be developed by a certain kind of diet and by a course of physical culture.

The girl who takes fattening fluids, who drinks chocolate preparations, who eats plenty of easily digested food, will grow wide across the chest.

Eating all you want of one thing is very good for the person who wants to grow fat.

And there is another remedy for the thin-chested girl, and this is the one which consists of the eating of food late at night just before retiring.

The woman who wants to add to her weight should never go to bed hungry.

ETHEL BARRYMORE FIGURE.

The girl who is too slender, the girl who [illegible] the Ethel Barrymore figure, must [illegible] bending exercises; she must try to [illegible] her arms well; she must seek the [illegible] which are the lines of poetry and of [illegible] tion, and she must learn the body [illegible]

If you want to learn the body [illegible] you are a slender girl, just go out [illegible] the street and watch the first procession that goes by.

Study the motions of the drummer [illegible] and see with what ease he moves.

The drummer boy, famed in [illegible] song and in pretty verse, is the [illegible] of ease and the picture of poise. He is compelled to walk perfectly erect, [illegible] at the same time he must move his [illegible]

This insures a certain facility of [illegible] ment which is most beneficial to him [illegible] most productive of grace.

Grace is a quality which can be [illegible] quired, a something which can be learned.

No matter how awkward you are, [illegible] can learn to be graceful, and no matter how slow and diffident you may be, [illegible] can learn to overcome all this.

Awkward people always hesitate before they act, and when they do act it is with a quick, ungraceful motion, a lunge, which is as distressing as it is funny, and [illegible] funny as it is distressing.

After the awkward squad has practiced the drum beat, and has brought its muscles into full play, it is time to practice the less violent exercises.

And of all the exercises known there is not one which equals in good results the of the simple arm exercise.

The arm motions will broaden the shoulders, open the lungs, insure deep breathing and at the same time develop grace.

One of the most effective of the hand and arm exercises is that of stroking the chin.

The best movement is that which is commonly practiced for the reduction of the double chin. This is a motion which is performed with the back of the hand and with the whole arm.

The hand is placed under the chin, with the wrist just at the tip of the chin.

The entire hand is now drawn across the chin, stroking it with a quick, vigorous motion, using the palm of the hand.

LITTLE BEAUTY EXERCISES.

This motion is the one that is recommended for the reduction of a double chin, and of all the known remedies there is not one that is half as effective.

A chin that is doubled and laid in many folds can be driven away in this manner, and the fat can be gradually made to disappear from the neck until it resumes the long, graceful curve which it once had.

The exercise of stroking the chin is one that is recommended for the arm also, for it brings the arm into a strained position and forces it to perform motions which are unusual for it. This in itself is good, for it brings a new set of muscles into use.

In reducing the weight, as well as in adding flesh, it very often happens that the same set of exercises will perform the work in both cases.

Vigorous exercise will take off the fat, and vigorous exercise will also develop muscle, and as it does this it will add to the weight. Of course, the new fat will be a hard fat, but it will be beautiful in its outlines.

The woman who follows an outdoor sport is usually a very graceful woman.

She who golfs, who rides the wheel, or who wields the tennis racket, or who swings the croquet mallet, is the woman who is graceful and supple.

Men are, as a rule, much more graceful than women, because men are out in the open air more than women, and are more active.

The woman who takes to the rocking chair at 9 o'clock in the morning, and who sits all day, getting out for anly a few minutes, is not the woman who will preserve her figure.

WRITTEN FOR THE SUNDAY REPUBLIC.

The American girl bachelor is known for her fine figure.

From North Pole to South Pole, and from ocean to ocean, she is famed for the elegance and grace which is the envy of the women of other nations, as well as an impossibility for them.

If you were to ask the bachelor girl the secret of her art, the inner story of her grace and bearing, she would tell you that there was no secret about it.

"I do not try to be graceful," she will declare. Though, if she be a truthful girl bachelor, she will add: 'Yet I endeavor in all possible ways to make as much of myself as I can."

That is the secret of it all.

She tries to make as much of herself as she can. And she keeps on trying, and trying, no matter how near to perfection she may have come.

There was an American girl bachelor who lived in a family of five girl bachelors.

They kept house in a flat and had one delightful little parlor and one delightful little coterie of friends.

But this one girl bachelor—the tallest of the lot—was afflicted with a lack of grace.

She was young and pretty, but, oh, so awkward!

She had the Ethel Barrymore figure without the Ethel Barrymore art of carrying it off.

She stooped, she was hollow chested and her arms were hung upon hinges. It was too bad, for she was so pretty otherwise.

But this girl was not discouraged.

With a bachelor girl's persistence she took stock of her deficiencies and resolved to remedy them.

"Physical culture is what I need," she said, "and physical culture I will have." So, like a bright girl, she kept her eyes open for opportunities.

One day, while walking along the street, she saw a boy beating a drum.

He was a vigorous boy, beating a vigorous drum, in a vigorous way. But what impressed her was not the drum nor the way of beating it, but the boy himself.

Erect, lithe, strong in the arms and broad of shoulder, the little fellow seemed to take life and grace from each drum beat.

A DRUM CORPS OF TWO.

"I will get a drum," said the bachelor girl, "and study physical culture in that manner." And she did.

Organizing a little class of two, consisting of herself and another bachelor girl—a girl who was too stout—she obtained two drums and set to work.

The drum drill took place twice daily and soon became a feature of the life in the flat.

For awhile it must be confessed that there was very little result beyond that of a great deal of din. But after a time the results began to be visible.

The girl who was a little too stout began to lose her flesh, and to grow more supple in her arms and better along her belt line.

As for the tall, thin girl, she was positively transformed by the exercise.

Her shoulders broadened and were still growing broader with each drum beat, while her arms grew rounded and her whole figure gathered grace.

A thin girl, who is flat in the chest, slender in the waist line, limp across the shoulders and hollow backed has very little chance in beauty's contest.

She may have a pretty face, but what is a pretty face when there is no figure with it? The body must be good or the face counts for very little.

The girl who is too thin is as badly off as the one who is too fat, and perhaps a little worse.

She must put on flesh, and this is one of the most difficult of all things to do. She must add to her pounds with discretion, and must put on the fat just where it should be placed, and nowhere else.

There have been physical-culture experts who guaranteed to increase the weight in a perfectly satisfactory manner.

They declare that they can make the chin round, the neck and shoulders full, the chest wide and plump and still keep the waist small and the figure supple.

A LITTLE TALK ON FAT.

Fat is made of food, all advices to the contrary notwithstanding.

And the fat woman is the woman who takes food into her system.

She drinks water, she sips tea or coffee, she munches candy, or she keeps a jar of crackers handy.

She is never without something to put into her mouth.

The thin woman, on the other hand, undergoes long fasts, and when she does eat it is to take something which is not very fat-producing.

Maybe she takes a slice of toast and a cup of unsweetened tea.

Perhaps she eats a chop, maybe an egg, or she takes a salad or something sour. But seldom, very seldom, does she indulge in the ice cream which her fat sister loves, nor does she take to the rich layer cakes and the abundant preserves.

Jams and sweets are very often rather distasteful to her, though she can eat fruit and meats.

It is, after all, a question of diet.

Though the stout woman has the great misfortune to be so constituted that the most of her food goes to the formation of fat rather than to the nourishment of the system.

She is usually very weak in her muscle and she is short in her breathing, and, too requently, she is dizzy in her head and in bad shape generally.

Her food goes to fat instead of to muscle building.

It is really too bad that all cannot be built just according to their own ideas of beauty and grace. But since there are those who are a great deal too thin, it behooves them to study their own cases and try to remedy the defect which is so objectionable to themselves if not to others.

As a matter of fact, the slender girl has things pretty much her own way, for she can, to a certain extent, remedy her defects by a proper system of exercise and by correct dressing.

She can so proportion her figure as to show off her slender waist to advantage, while her thin chest can be made to look full and her hips be trained into gracefulness. But it is a difficult matter to disguise the figure entirely.

LETTERS FROM ANXIOUS READERS.

G.—Let me heartily thank you for reducing my weight, which was 220 pounds. I lost at the rate of three pounds per week. This did not inconvenience me in any way, and I felt better and lighter every day of my life.

My clothes now hang on me like a bag, but I am happy.

H. G. F.—Tell me how to take superfluous hair off my cheeks.

They are covered with a soft down. Shall I cut it?

By no means. For this downy growth try bleaching the hair with peroxide of hydrogen. Add a little ammonia, as ammonia kills the hair.

You might pull it out with the salve stick, and then apply the bleach as it begins to come back.

Superfluous Hair—Your letter was received. Your name will not be printed, but I would like to devote a special talk to the subject.

Overweight—It is too bad you are so heavy. Don't worry. Your name will not be used.

You require such complicated directions that you must have a whole talk devoted to you.

Grace T.—How can I enlarge my bust? I am as flat as can be, and this flatness makes me very awkward.

I do not wonder that you feel awkward. Try drinking cocoa. Try the exercise.

Try standing up straight; and try, by all means, the deep-breathing exercise.

G. L.—I am troubled with a poor complexion, blackheads and pimples. My skin is sallow, and I am not good looking at all.

Your case is very similar to that of another reader, who wrote for a complexion remedy.

Have you tried steaming the face by the application of hot water? Then put on a thick layer of soap jelly. Wash off with hot water, with a little borax powder added.

Miss H.—I have tried your soap jelly treatment for the face with the most glowing results.

My cheeks are fairly pink with color now. You are a great benefit to the women readers of your paper.

Poor Skin.—My face is very oily after I use your lotion. Yet, if I do not use it I am a sight with wrinkles.

To keep the face from being too oily take a piece of cotton and remove all superfluous oil. Do this just before going to bed.

Beatrice.—An old family servant used to make a honey bleach for the hands. She died, we have lost the formula. Have you ever heard of it?

Take a cup of strained honey, add a cup of rose water and beat well.

To this add a few drops of myrrh and enough bran to make a thick paste. Split a pair of gloves up the back. Line them with the paste, sew them on the hands.

Grace J.—My face was a sight with enlarged pores. But, by following your directions I have entirely freed my skin of them so it is smooth and fine again.

Miss X.—Can Christian Science cure me of rheumatism? I have long been an invalid. I would be so glad to get your opinion.

I am not a Christian Scientist, and would, therefore, advise you to consult some one who is informed in this matter.

Miss H. J.—How can I take hairs out of a hair mole?

Pull them out. Then apply an acid to keep them from returning.

Lemon juice will do it in some cases. In others it requires weak ammonia.

Mrs. Y.—I want to ask you several questions, but do not want my name to appear in print.

Do not be afraid. Your name will not be printed. This rule has never been violated.

Advice in this column is free for the asking. MARION MARTINEAU.

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