School for Home Gymnastics

Exercises for the Development of the Hips and Thighs

WHILE the ideal figure in the world of art and fashion today is tall, slender and willowy, there is an utter absence of angles.

Merely because a woman has good height and is sparsely built does not place her in the fashionable class. Her figure must not only be of symmetrical proportions, but possess those long, graceful, sweeping curves which characterize the ideal figure.

Starting at the shoulders, the line passing over the bust must be full and round, tapering to the waist, then gracefully curving over the hips and sweeping away to the feet. The exquisite beauty of such figures is best appreciated when studying the lines from the back or profile.

HERE IS THE SECRET.

The right kind of exercise and proper nourishment are the two mediums that will accomplish the ideal figure, both for the angular, undeveloped woman and her sister who is burdened with her too weighty avoirdupois.

I am frequently asked why I recommend the same exercises in some cases for both stout and slender women. My answer to that question is simply this: What constitutes fault in a figure is that it is either too fat or too thin, and both conditions may be attributed to improper nourishment.

The thin woman does not get enough flesh-building foods, whereas the stout woman over indulges her healthy appetite for them. On the other hand, the lack of proper exercise permits the deposit of fat in and around the muscles, thus destroying well defined lines that make for beauty. Leanness is due to a lack of stimulation by properly diversified movements—exercise.

Of course, there are constitutionally slender and stout people, which is usually a question of inheritance, but not always. Yet both classes may work up to an ideal figure when each pursues a caurse according to its needs.

FOR THE HIPS AND THIGHS.

Lift the right leg to one side as far as possible, keeping the knee straight and instep on the stretch. Lift the right leg ten times, then repeat movement, using left.

The second exercise is in imitation of a horse pawing. The knee is brought upward then downward, with a circular motion, the toe just touching the floor in the downward movement. Exercise with each leg ten times. Both of these movements will make the ankle and knee as well as the hip supple besides developing them.

TO DEVELOP THE CALF MUSCLES.

Women who have slender, shapeless limbs should devote much attention to this exercise, for the bathing season is only a question of a few months.

A very simple exercise is to rise on tip-toe, holding this position for a few seconds then lowering the body again. Try this alternately, first with one foot, then with the other, and finally both. This exercise, if persisted in, will certainly do much for developing and rounding the calf muscles and is so easy that it may be performed almost anywhere.

Walking upstairs when properly done, is an excellent means of developing these muscles, so also is mountain climbing, but it will be some months before we are able to scale the giddy heights.

The tip-toe exercise makes the feet and ankles supple and corrects an awkwardness of gait that some women possess. Try it, taking deep inhalation before your open window in the morning.

TO STRENGTHEN THE WAIST MUSCLES

Many women, complain of that tense, tired feeling about the waist. Various causes may contribute to this condition. Women accustomed to sit or stand all day are the ones likely to be so affected. Too much indoor living and lack of vigorous exercise will also do it. When the corsets are worn too tight and not enough freedom given to the muscles, a similar condition arises.

This weakness of the muscles is disastrous internally, the pelvic organs, the kidneys, liver and bowels all suffer in consequence.

A simple exercise to strengthen and develop the muscles is pictured in the third sketch. Stand with feet close together, bend the body slowly forward without bending the knees, allowing the arms to hang loosely at the sides. After lowering the body as far as possible, raise it a few inches, then bend forward again. Try this exercise five times, then maintain correct standipg position.

Remember to breathe deeply as you take these exercises, inhaling at the start and exhaling as you finish.

ADRIENNE.

Inconsistency of the Gentle Sex

IT is always interesting to see ourselves as others see us; therefore the readers of this article may like to hear what a man has to say about women. Of course, women are illogical. That is what helps to make them so charming! I don't believe that even Senior Wranglers and feminine Masters of Arts really act up to the logic they have to learn and write essays about. When they have to do something in what I may call their official capacities, they may be ever so logical, but in private life they are just as illogical as other women.

Just imagine what life would be if the fair sex were to be strictly consistent! There would be cold reasoning for everything said and done, everything would be exactly according to the book, and life's tenor would be so even that a man would want to go back to the simple life and live among uncivilized beings for a change. It is all right for men to be consistent, which, of course, they always are; but if the ladies are to follow the example, their society will lose much of its attractiveness.

A man may sometimes complain that his wife is not consistent, but if he were to examine the matter in cold blood, he would say that he wouldn't have her different for the world! Certainly he wouldn't! A cold, calculating, logical woman would soon pall on the mere man.

There are many misguided married men who do not understand how to appreciate inconsist- [redacted] of their superior three-quarters. [redacted] ught not to say "three- [redacted] mpound words always [redacted] tulated, in a weak mo- [redacted] r for not being logical; [redacted] nsistent!" She replied: [redacted] are you!" That reply [redacted] self in a moment. She [redacted] eachment, then practi- [redacted] d to make out that she [redacted] se I was as bad. How [redacted] it.. such an opponent? [redacted] good-tempered; there [redacted] done, and, if you are [redacted] ot try to do anything [redacted] o be anything different [redacted] , if we men take the [redacted] e shall find that life [redacted] nt if the fair sex were [redacted] e keen logicians that [redacted] r to make them. Just [redacted] all things will seem [redacted] o, women have grown [redacted] s we men are! It [redacted] t!

Mlle Adrienne Replies to Her Correspondents

Mlle. Adrienne requests her correspondents to write only on matters pertaining exclusively to hygiene, beauty and little things of the toilet.

All letters must be legibly written on one side of the paper. Where private correspondence is necessary, a self-addressed and stamped envelope must accompany the letter. As this supplement is made up several weeks in advance, correspondents must necessarily wait that length of time for their answers.

ADRIENNE.

What Is Beauty?

ROSAMOND.—Beautifying of the right sort—the kind on which we dilate here in the beauty department—is almost entirely a matter of cleanliness, health, firm muscles and good, hard horse sense. If there is anything in life more necessary than health we'd like to know what it is—and health is merely the more matter of fact name for beauty. Some folk, particularly masculine ones, seem to have the notion that beautifying means a deep-seated affection for rouge pots and leaning toward "bought" hair and complexion whitewashes. It is a pity that there are not missionaries whose business it is to point out these delusions which are so tenderly cared for.

Things Which Injure the Skin

ALICE.—Wax is not a skin food, neither is spermaceti; yet both find places in many recipes. They make the skin stiff, yellow and coarse. Benzoin, borax, myrrh, are not skin foods, but are often used as ingredients because of their astringent character.

Gaseous Inconvenience After Eating

RODNEY B.—The subject is delicate, but the intense annoyance caused by the condition to many of the most refined and estimable persons justifies its consideration here. One or two charcoal tablets taken a little while before a meal will be helpful. Drinking at meals should be avoided, as it is apt to occasion "rumbling." Choose dry dishes, and shun soup. In fact, when the sufferer goes habitually into society one of the best pieces of advice is: Eat your substantial meals in strict privacy, and make merely a pretense of eating when in company.

Massage for Fat Face

MRS. S. K.—A surplus of fat on the face is reduced by severe massaging. Use cucumber lotion cream. Wash the face at night in very hot water to open the pores, apply the cream and then rub hard. Begin under the chin and rub up toward the ears. Then place the finger tips just below the cheek bones and rub toward the temples. This, if done constantly every night, will wear off superfluous flesh in several weeks. Always rub up.

Hair Tonic for Baldness

SUSAN McD.—Your system evidently is sadly run down and in need of iron. The latter taken internally I think would benefit you, but that a physician must describe.

A tonic that should improve your hair is made of one-half ounce of tincture of cantharides, one pint of rectified spirits, one-half ounce of sublimed sulphur and four ounces of glycerine. Mix and use three times a day, moistening the bald spot and massaging gently. Shake the bottle before using.

At night wipe the spot gently with warm water and pat until dry.

Wash and Curling Liquid

ROSEMARY.—A good drying wash may be made as follows:

Oil of cassia, one-half fluid drachm; essential oil of almonds, one fluid drachm; essence of musk, one fluid drachm; rectified spirit, two and a half ounces. Add after thoroughly mixing—three-quarters of a pint of distilled water, and one ounce of dissolved gum arabic.

A good "curling" liquid is made from lichen seeds. Boil in water, until reduced to half its bulk; then strain, and scent with a few drops of essence of rose, or violets.

Why Some Men Cannot Shave

SIMPSON.—A razor never cuts the skin unless drawn lengthways, as a saw is drawn. The only secret in shaving is that the razor is drawn without moving it one fraction of an inch out of its straight road. Of course a carpenter's plane is usually pushed, but barring that fact it is moved as a razor should be, neither to right nor left. It may further interest husbands and brothers to know that these truths apply in some measure to the use of the sword. A straight down blow does not cut nearly so deeply as one made with an accompanying drawing motion. That is why the best swords are curved; they make the cutting movement mechanically. But one can test the truth of these statements by simply pressing a carving knife on a joint of meat and noting how slight the resulting cut is.

Father Time Sculptures Our Faces

LOUISE.—A fair face is a pleasant thing to behold, and they who are so fortunate as to possess it should be taught to look upon it as on any other talent, to use as not abusing it. Every woman has the right to make herself as good-looking as she can; nay, more, she owes it as a duty to society to do so.

Yet beauty, which is purely physical, is a frail thing at best, and the faded beauty which has nothing behind it, which is only a wreck, is pitiful indeed. The woman who, having been taught that not being pretty she must, in order to hold her own with the world, learn how to be entertaining and useful, and who has taken the lesson widely to heart, has much the advantage of such a one in the long run. For Time is a merciless artist in faces, and as the years go by he carves a line here, softens an outline there, until at last under his touches the soul within, be it good or evil, shines out clearly through the face.

Care of the Hands When Chapped

MRS. S. J.—For "chaps" I have found glycerine and rose-water a most excellent preventive. It should be rubbed on immediately after washing the hands, whilst still moist, then dried off with the towel.

Do not hold the hands to the fire, or expose them to extreme cold if possible. Wear gloves as much as you can when taking part in dusting or any household work; this will save the hands a great deal. Also, when washing up dishes, you will find it a great help to use a small mop, or the cloth tied on the end of a stick will answer equally well. A little soap in the water, or soap extract, will also prevent much greasy unpleasantness as far as the hands are concerned, while its polishing and cleansing effect on the crockery is another great recommendation.

Action of Color on the Skin

BEAUTY DEVOTEE.—All shades of violet are irritating, or, if another term is preferred, stimulating. The "ultra-violet" shades have a very powerful action. Now this does some skins good, more especially those that are cold, pale, and anaemic. On the other hand, floral skins, and those inclined to tenderness under slight causes, may be injured by violet. For these skins red is quite harmless, and rather beneficial. Red is good for skins subject to popular eruptions; but it is of no service in treating old pimples that remain as hard lumps, and will not suppurate.

Thin Necks and High Collars

CLARA T.—The girl who affects very high collars has to pay later with a neck prematurely old and yellow and scraggy. Tight collars are the chief cause of discolored necks. Pressure impedes movement, the muscles of the neck waste or atrophy from disuse, and the skin becomes yellow and unhealthy, and even wrinkled from lack of air and light.

After a few months of constantly wearing a high stiff collar, the prettiest neck loses its soft roundness and whiteness. The neck even more than the face shows evidence of advancing years. Give it exercise, fresh air and light, and it will keep young and plump and white for many years.

For Nervous, High-Strung Women

SAGE BUSH.—The same health rules will not do for all alike. The nervous, tired, emaciated woman needs plenty of food and plenty of sleep, while her more robust sister probably needs plenty of work and exercise, and less food and less sleep. There is such a thing as eating and sleeping one's life away. Slender, high-strung women are usually extremely active, mentally as well as bodily. They think and act quickly. This uses up their strength, and they need nourishing food and absolute relaxation to restore them to the normal condition. There's no doubt that a quiet temperament, self-control and patience will keep one in a healthy condition. Every fretter must soon become a dyspeptic. Worry has a certain effect upon the appetite, irritating the sympathetic nerves of the stomach. Eight hours sleep will do for many individuals, but some men and women need more sleep than that.

ADRIENNE.

Choosing Flowers for Invalids

WHEN choosing flowers to send to a sick friend, remember that the two necessary qualifications are that they have only a faint odor, and that they are of some variety that is lasting. Some flowers last very much longer than others.

Carnations probably give more satisfaction than any other flower in this respect, and the odor is very refreshing. Roses, lilies of the valley, and violets are all suitable for a sick-room, but they do not last fresh for very long.

They will keep much better, however, if they are removed from the sick room every night, and this should always be done with any kind of flower. Put them into a cool place, and cut the stems, then fill the vases with fresh hot water into which a pinch of salt has been added. This will not make the fragrance last, but it will freshen the flowers and make the colors look brighter.

Always remember when calling upon any one who has been ill, or who is still ill, that your visit must be a very brief one. Do not talk about illness or sorrow of any kind, and do not ask the symptoms or experience of the invalid during his or her illness. Talk of something bright, cheerful and amusing.

Little Aids to Beauty

THERE seems to be an impression that the use of coarse towels is good for the skin; this is a mistake; a coarse quality of cloth will roughen the face and neck; while it is, perhaps, better in bringing about the pleasant glow after a cold bath on the rest of the body. Soft, old damask is the best of all to use in wiping the face, neck, hands and arms after the thorough cleansing that should be given every night. And when one has been exposed to an atmosphere of dust and grime a thick coating of cold cream, allowed to remain half an hour and then wiped off with a soft, old cloth, will bring such an astonishing lot of that dust and grime with it.

It is considered a mark of beauty to have eyelids of olive shade, just a little darker than the complexion. This slight shadow brings out the clearness of the eye, the white against the olive skin, and the pupil in sharper contrast. Unless a certain amount of make-up is used when a woman appears upon the stage her face appears flat and expressionless. The blue paint about the eyes gives more decided lines to the face. One of the charms of Maxine Elliott's beauty is the clear complexion, with dark olive eyelids and luminous soul windows that are so large and beautiful.