

THE GIRL YOU WOULD LIKE TO BE

By Katherine Morton.

"A WONDER IN COSMETICS—YOUR OWN MIND."



Wrinkles of Over Conscientiousness.

Self Conscious and Consequently Awkward.

The Strained Look Denotes Anxiety and Unrest.

When all is said and done, when every cosmetic, every beauty wash, every mechanical and other artificial device has been tried, each woman must reckon first and last with her own spirit and mind if she wishes to be beautiful. Every woman's character is engraved on her face; it is this which makes it beautiful or otherwise. Her mental attributes show in every gesture, particularly in her walk and bodily postures. Her complexion may be a thing of rose tints and creaminess, her features perfect, but if she lack beauty of expression a plainer face full of noble and lofty purpose takes on an interest which she of the lovely complexion cannot hope to command, at least for any length of time. Women have begun to realize that beauty is a matter of spirit and mind together. For this reason in many cities psychophysical culture classes

are forming for the purpose of developing the outer person by the united action of mind and body. Almost every nowadays goes through some kind of bodily exercise, either to reduce or develop her figure. Usually she does the movements mechanically, her eye on the clock, her mind on whatever she is going to do when she gets through with these tiresome exercises. Her interest and her energy are divided, and the work does her little or no good. The way to derive real benefit from physical culture, or any kind of beauty culture, is to be intent on what you are doing and so train the mind at the same time as the body. For instance, you look at yourself in the glass and note that your forehead is creased with numerous horizontal lines. Every time you think of your duties that are to be done your eyebrows unconsciously

go up and these lines appear. They are the lines of the scrupulously conscientious person. A woman with these lines engraved in her face takes her work too hard—worries and frets about her capacity for doing successfully what she undertakes. She works twice as hard as she needs to, and attends to every detail of her house or her business personally. Now, these lines can be removed—for the time being, at least—by massage, by wearing adhesive plaster bandages at night and by other treatment, but nothing in the world will keep them away unless the excessively conscientious woman is willing to eliminate a few cares about "things." It may seem unreasonable, but there are always a few cares that can be eliminated, a few burdens which the conscientious woman is carrying along which belong to others, yet are rob-

bing this overpainting woman of the youth and comeliness which belong to her. These horizontal lines in the forehead merely give to the face an anxious and rather unhappy look. They do not destroy its charm altogether, as do the fretful lines, the lines that indicate a love of malicious gossip or the cynical look which ages the face and makes even the most regular features unattractive. One has to be very frank with one's self, and be willing to admit that the frowning creases of the mouth are not the fault of nature, but rather the result of a discontented spirit. When the spirit changes and becomes more cheerful, the face will lighten up at once. The expression of the face and of the whole body is the result of the dominant thought of the mind.

This dominant thought in the minds of most women over 25 is the fear of old age. I have received the most pathetic letters from girls who were anywhere between 25 and 30, and were already thinking themselves "well on" and aging. This is real torture to the one who has to endure it. No woman need look old or be old until she is ready. I know women of 70 who attract the eyes of the young because of their club members and grandmothers, and no one ever stops to realize their years, so charming and attractive are they. The woman who fears age is the one who will succumb first to its imaginary evils. A woman, like a man, is as young as she feels, and she will look it, providing, of course, she takes a certain amount of care of herself.

There are two great factors in a woman's life which add years to her looks; one is worry, the other is "nerves." Both of these must be con-

quered from within. "Nerves" can be soothed and quieted by massage, therapeutic and outdoor treatment, but there must be the desire to control them. As for worry, so much has been written on the subject of this great enemy to beauty, yet every hour we see men and women worrying about trivial things, and expressing their strained attitude, the frown, the compressed lips—all these are the attributes of the woman who worries. The nervous tension never relaxes in many of our American women's faces. Even during sleep the forehead is still contracted. No wonder that indelible lines write themselves upon the fair expanse of the forehead of the woman who worries. She must train her brain not to worry, just as she would try to develop any muscle of her body, beginning with the small wrinkles and gradually tackling the big ones. She should remember that it is useless to worry over what can be mended, since all one's strength is needed for the mending; and it is equally useless to worry over what can't be mended, since all one's energy should go to changing the old unpleasant and worrisome conditions.

The energy which is spent in worrying over trifles, whether one can or cannot catch a certain car, for instance, would, if preserved, keep many a nervous woman in health. All this wasted nerve-force shows in the lined and haggard faces we see about us. We waste our energies trying to do too many things. We exhaust ourselves thinking of one thing while doing another. The woman who goes on a day's shopping and forgets her luncheon in the excitement of bargain hunting has only herself to blame if she comes home fatigued and exhausted. The human body is a machine and mind and will play upon it as they like.

Nature may not have made each one of us perfect, but she has given to each possibilities which can be developed. No matter how old you are, you can improve yourself outwardly by training your mind to do your bidding. If your face is seamed with lines made by a habitual contraction of some muscle, learn to relax that muscle and gain control of your face and your body. If the lines in your face speak of fretfulness and irritability, sponge them out by a deeper method than mere manual massage; cultivate a peaceful and amiable quality of mind in place of the others. Women go to dancing lessons to learn to be graceful. It is an excellent thing for many reasons, but chiefly because a knowledge of dancing gives to a woman the assurance of her own grace. Many women are "awkward from sheer consciousness. Girls are often "gawky" because they are afraid of their own bodies, and presser itself in graceful attitudes, whether the person happens to know about Delsarte or not. Physical grace is an expression of mental poise. Nervous, fussy, anxious people are seldom graceful; they consume their energy in fretful, fitful movements. Anxiety or sorrow weakens the entire system. They will turn toward helping others, but are stricken with herself, while the other will let her sorrow engross her to the exclusion of all else. The first woman's grief will leave her more selfless, the more beautiful; the second's will bear the stamp of selfishness. As long as there is life there is hope for the beauty seeker. No circumstances can

daunt her, since women have become famous for the magnificent way in which they have battled for beauty against the heavy odds of disease, old age, adverse circumstances, worries and troubles of every and all kinds. And what others have done you can do, too, for the secret of beauty lies in each soul to be brought forth and made to shine out for all to see, the voice and spirit of a noble and loving woman.

RECIPIES.

SUPERFLUOUS HAIR—AND OTHER TROUBLES.
I. Alice M.—G. P.—C. R. F.
The only permanent cure for superfluous hair is the application of the electric needle to the very roots of the hair shaft, but you can keep the growth in check by applying the following paste:
Supplide of strontium, 2 drams; oxide of zinc, 2 drams; powdered starch, 2 drams. Mix thoroughly and keep dry in well corked bottles until wanted for use. Take enough to make a paste and add warm water to it until the proper consistency is secured. Spread over the hairy surface and allow to remain for from one to five minutes according to the nature of the growth and the susceptibility of the skin. It should be removed, as in every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a mild cream or a bland oil applied to prevent irritation.
Vocal culture, arm exercises and deep breathing will help develop the chest together with this tonic, which has been highly endorsed:
Liquid extract of galega (goatsrue), 4 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, 40 grams.
The dose is two spoonfuls with water before each meal. Drinking malt extract during meals is advised.

REMOVING BROWN SPOTS.
Here is a good lotion to apply to the brown spots, but you should endeavor to keep your system in better order, take more exercise and drink water freely between meals. Your hair will be less oily if you use the formula given below. For the brown spots:
Oleate of copper, 15 grains; ointment of oxide of zinc, 50 grains.
Rub into the spots morning and night. Wash off in the morning with warm water and a bland soap.

LOTION FOR OILY, DAMP HAIR.
For greasy, moist hair the following is an excellent drying lotion. If used daily it tends to produce a crispy condition and a cubra shade of color.
Powdered bicarbonate of soda, borate of soda (also powdered), 4 ounces each; one ounce each of fluid ounces; alcohol, 2 fluid ounces; tincture of cochineal, 4 fluid ounces; distilled water, 16 ounces.
Mix and agitate until solution is complete.

TREATMENT FOR BLACKHEADS.
Get the correct camel's hair face scrub brush—a bland soap, a good cream or toilet cream of superior merit—there are many of them—and a few ounces of hot water. Wash the face with the soap, then press the brush into the pores. If the black points are very distinct press them out; if not, scrub the face morning and night with the brush. You may have put a bit of the soda about a fiber in size to each quart of hot water; soap the brush, press it into the pores, and you going to use it for your hands, and scrub the face thoroughly.
HOW TO USE THE CAMEL'S HAIR FACE SCRUBBING BRUSH.
Immerse the brush in water as hot as can be pleasantly borne. Soap it well, just as you would your hands, about to use it for your hands. Scrub the face thoroughly, taking especial care of the places that most require cleansing. Rub the face with the brush until you get all the soap out of the pores. Dry carefully and apply a cream or balsam; any good emollient will answer.
(Copyright, 1906, by T. C. McClure.)

AMERICAN DEFOREST WIRELESS TELEGRAPH COMPANY IS NOW REGULARLY TRANSMITTING MESSAGES.

Wednesday, March 7, in the presence of a number of invited guests, the first public demonstration of the Los Angeles-San Diego Wireless Telegraph communication was given. This trial was a perfect success, and messages were exchanged between the Mayors of Los Angeles and San Diego, between the Chambers of Commerce and the newspapers, besides many private ones. For over a week now, messages have been exchanged daily, and the system is working without a hitch. Yesterday the Wireless Company had a particularly thorough test, as all of the long distance telephone wires were down, and many people availed themselves of the opportunity offered by the local manager of the De Forest system to send messages free of charge.

The De Forest system is being used more and more, and apparently there is very little trouble experienced in sending messages under any conditions. The De Forest Company owns over 90 patents covering the art of wireless telegraphy in all its details, and also owns the patents of the electrolytic receiver, and the fundamental patents of the magnetic detector, which is the standby of Marconi system, and they cannot operate a detector in this country without infringing the De Forest patents.

The U. S. Signal Corps has purchased 14 sets of the De Forest instruments, and 20 United States ships are also using the De Forest wireless telegraph. They are daily proving its efficiency and value, the stations in Alaska having proven to be particularly serviceable, as they are not subject to commission by the heavy winter weather.

A new place where the value of a wireless system is being demonstrated is in the giving of train orders. On the Chicago & Alton many locomotives

have been equipped with the De Forest receiver and are able to keep in constant touch with the train dispatcher, who is also using the De Forest instrument. In this manner, every train on road could receive orders at any instant, and accidents would be almost an impossibility. The movement of trains would be far safer than under the most perfect block system. Reports of successful work of the De Forest system, both in this country and in Canada, are being reported frequently in the daily press. Recent facts achieved by the new station at Manhattan Beach station are the most remarkable of all, and afford conclusive evidence that transoceanic communication will be established as soon as a high-power station in Ireland shall be completed. On December 26, the Manhattan Beach station and St. Louis were in perfect communication; at 11:30 p. m. St. Louis sent a message, which was immediately answered by Manhattan. Another remarkable feat of wireless telegraphy occurred recently during a conversation between Manhattan and Pensacola. The Government De Forest station on Colon, Panama, overboard the conversation perfectly. The distance between Manhattan and Colon is 2150 miles. This proves that transoceanic communication is perfectly feasible.

The Los Angeles and San Diego stations are not equipped for long distance transmission, 500 miles being their limit, but stations are now being built at San Francisco and Honolulu, which will enable the exchange of messages between those two points. These two stations just opened are merely the beginning of an extensive coast system, which will eventually extend from Alaska to San Diego, and maybe through the Mexican coast cities to Panama.—Los Angeles Financier, March 14, 1906.

AMERICAN DEFOREST WIRELESS TELEGRAPH CO. STORM AT LOS ANGELES.

De Forest Wireless Telegraph Saves Communication With San Diego. Los Angeles, Cal., March 27.—Storm conditions are greatly improved in Los Angeles today. The day dawned bright and clear and the indications are that the storm has passed. The railroad conditions with the exception of the Salt Lake are also greatly better. The Salt Lake has lost upwards of 70 miles of travel capacity in California and Las Vegas, and it will probably be Thursday if not later before trains can be sent through. In the meantime, the company is declining to sell through tickets to Salt Lake, and passengers will be routed over the Southern Pacific by way of Sacramento.

All communication to the south with San Diego is cut off with the exception of the De Forest wireless. Reports from outside towns indicate that all immediate danger from floods has passed. The damage in several localities will be considerable. The greatest damage, perhaps, has been in Riverside county, where the San Jacinto river has ruined many ranches and destroyed crops. Idylwild, in that county, is completely shut off from all communication with the outside world owing to the destruction of the stage road several miles in length. On this road two large bridges are carried out, entailing a loss of \$15,000.

The loss in this city will not be large aside from the damage done to Sunset and Echo parks, which were practically inundated. The damage there will amount to several thousand dollars. The street department figures its damages resultant from the storm also at several thousand. Trains on the Southern Pacific are moving in all directions, but very slowly. The track is washed out in several small places, but it is thought these can be quickly repaired and all trains are being sent out with orders to proceed slowly and make no attempt to observe regular running schedules. The roadbed is very safe and the company will take all precautions. The Santa Fe is not so fortunate. Its line to San Diego and the south is still badly affected. There are several serious washouts, and it is not likely that the line will be opened before Wednesday.—Deseret Evening News, March 27, 1906 (page 1, column 2).

NO DECISION AGAINST THE DE FOREST WIRELESS CO.

U. S. Supreme Court Clerk Issues Statement Showing No Case Against Concern Is Pending—Reported Injunction Is Erroneous.

(By Post Wire, Longest in the World.) Worcester, Mass., March 24.—The following statement to newspapers was sent out tonight by President White of the De Forest Wireless Telegraph company: "The following official letter speaks for itself and is an answer to the erroneous article published Friday, March 23, in the Denver Post. It is in the interest of fair play I request that you give the same prominence to the denial: From the United States supreme court that you gave to the original article: "Office of the clerk, supreme court of the United States, Washington, March 23, 1906.—Alvazam White, Esq., Washington, D. C.: Dear Sir—Replying to your letter of this date I beg to say that no case between the Marconi Wireless Telegraph company of America and the De Forest Wireless Telegraph company of America has ever been decided by this court, nor is there such a case now pending on the docket of this court. (Signed) H. MCKENNEY, Clerk Supreme Court of the U. S."

From The Denver Post, Sunday, March 25th, 1906. Top of Page 3, Section 1.

DENIES THERE IS ANY WRIT ON DE FOREST WIRELESS

Clerk of United States Supreme Court Says Injunction Story Is Erroneous—Abram White Declares De Forest Company Has All Needed Rights.

(Special to The Herald.) Washington, March 26.—The statement given out and published in various papers throughout the country that the United States supreme court had handed down a decision against the American De Forest Wireless Telegraph company is found upon investigation to be untrue, inasmuch as there is no case pending in which the American De Forest Wireless Telegraph company appears as a party to the suit.

Upon the publication of the statement, Abram White, president of the American De Forest Wireless Telegraph company, who is now in Washington, wrote to the clerk of the United States supreme court asking for an official communication concerning the matter, to which he received a reply that no case between the American De Forest Wireless Telegraph company and the Wireless Telegraph company of America has ever been decided by that court, nor is there such a

The American DeForest Wireless Telegraph Co.

is in receipt of the following correspondence: 131373 Navy Department, SRSR Washington, D. C., Enclosures, March 13th, 1906, Gentlemen—

1. The bureau is in receipt today by mail from the Canary Islands of the enclosed copies of messages received on the "Glacier" from your Cape Hatteras station in January and the distances at which they were received.

2. The bureau wishes to express its appreciation of the courtesy extended by your company to the drydock expedition. Very respectfully, WM. S. COWLES, Chief of Bureau of Equipment, American De Forest Wireless Tel. Co., Commonwealth Trust Bldg., St. Louis, Mo.

DISTANCES.

Jan 14th, 1,108 miles to Cape Hatteras.	Jan. 15th, 1,188 miles to Cape Hatteras.
Jan. 14th, 1,359 miles to Jupiter Inlet.	Jan. 16th, 1,290 miles to Cape Hatteras.
Jan. 14th, 1,526 miles to Key West.	Jan. 17th, 1,369 miles to Cape Hatteras.

The American DeForest Wireless Telegraph Co. is working successfully daily over land and sea, and is handling a constantly increasing commercial business. Send for illustrated literature.

A STRIKING LESSON.

An impressive lesson in the value of wireless telegraphy is afforded in an Associated Press dispatch from Los Angeles. After speaking of the great floods in southern California and the damage they wrought, the dispatch goes on to tell about the wiping out of the telegraph wires, and adds: "All communication to the south with San Diego is cut off with the exception of the De Forest wireless. A great deal of commercial matter in addition to the Associated Press news is being transmitted to San Diego by that method. The wireless is handling all business without difficulty."

There is a story between the lines of this message. Notwithstanding the great force of the storm, notwithstanding the fact that it blotted pretty nearly everything movable off of the map, the wireless telegraph system remained in working order. It was not affected in any way by the raging elements. The fact will go a long way toward putting an end to the talk about any possible unreliability of the system.

And readers cannot fail to note with interest the great advance in rapid communication that is marked by wireless telegraphy and the De Forest system. It is only a few years, comparatively, since the first message, "See what God hath wrought," was flashed from Washington to Baltimore. In those days the achievement was regarded as something bordering on the supernatural. Today we have messages exchanged over many miles of space absolutely without the use of any wires whatever, and with the greatest speed and reliability.

Viewing the wireless miracle, for it is little short of miraculous, one is inclined to wonder what the century that is yet in its infancy will bring forth in the line of man-wrought wonders. Perhaps something even more marvelous than our wireless telegraphy will be brought forth, but, with the incredulity that has characterized each generation, viewing new wonders since the world was young, we are inclined to believe that ours is the greatest, that nothing better worth while will emanate from the mortal mind.—Salt Lake Herald, March 23, Editorial.

DE FOREST COMPANY SWAMPED WITH BUSINESS

Los Angeles, March 26.—All wires of every description are down between Los Angeles and San Diego today, and the only means of communication is by wireless telegraph. The De Forest company was completely swamped by a flood of commercial and news matter. The Associated Press was able to get through a summary of the day's news by wireless, and in the same way received news of the storm conditions in San Diego county. The distance between the two cities is about 140 miles.—Deseret Evening News, March 27, 1906, Page 1, Column 1.