



FOR THE GIRL WHO HAS BEEN SITTING ALL DAY AND IS TIRED IN THE BACK

DO THIS WHEN YOU HAVE A STUFFY FEELING AS IF YOU COULD NOT DRAW ANOTHER BREATH

THE FENCER WILL SOON FIND THAT SHE STANDS BETTER THAN BEFORE

How to exercise, how to diet, how to dress and what to do to be slender in the hips and flat in the abdomen. Rules by an expert in physical culture for gaining strength and beauty.

ALMOST imperceptibly, and wholly without realizing it, a woman puts on hips.

To take them off is a laborious matter and one that is attendant with difficulties and often with dangers. The dangers lie in reducing the weight by improper methods and in getting rid of fat too fast.

Before beginning to reduce see if your heart is in good condition. Ascertain if you have any organic difficulties. Be sure that you are in good shape physically. It is best to consult a physician for this.

Fat people are usually troubled with palpitation and with swelling of the feet; they have quick pains in the side and they do not walk easily. Shortness of breath and choking sensations afflict them at the slightest exertion.

These may not be the signs of disease, but only the result of fat and if so all

science of fencing and you will become devoted to it. "Interest," continued he, "is the keynote of proper exercise. Unless you like your sport it will be no sport to you and you will get out of practice from lack of interest."

The woman learned to fence and now she is one of the best fencers in the country. Incidentally she took off the superfluous weight in her hips at the rate of two pounds a week. Remember that it takes longer to take it off than it did to put it on.

Do not practice over half an hour a day, for too much exercise is worse than

table. But take sparingly of everything and eat meat only once a day.

Insomnia, which is a constant trouble with people who are too stout, will not bother the woman who is trying to reduce. She will be so tired that she will sleep anyway.

There is an old French remedy for insomnia, which is here given, but without recommendation. Each reader can peruse it and decide for herself whether she will try it or not.

A Cure for Insomnia. The victim of insomnia takes a large pair of stockings and dips them in cold

How to be Pretty

Marian Martineau

ILLUSTRATED BY HER OWN POSES



AN EXERCISE FOR THE TIRED OUT SCHOOL GIRL

will disappear when the weight is lowered.

Fat settles around the stomach and hips in the case of women over thirty, and particularly does it increase below the waist, where a woman is held in by her corset, so that she cannot exercise. If her health has been poor she will become very bulky below the belt line and the enforced sitting or lying down will only tend to increase this.

For Looks and Health.

It is very seldom that a really stout woman feels perfectly well; and it is for the improvement of her health that she should reduce her weight as well as for the bettering of her looks.

There are people who put on fat very quickly. A certain very well known publicist discovered that she had increased her weight fifteen pounds. All her fat seemed to be lodged in her hips and to her dismay her belt bands and skirts would not meet around her.

Making a hasty trip to town she consulted the director in a ladies' gymnasium and this gentleman told her, by all means, to get a pair of fells. "Now," said he, when he had placed the foil in her hands, "you may fence with me."

"But," said she, "I do not know how to fence."

"Never mind," he replied, "interest yourself in the handling of the weapon and soon you will want to study the

none at all. Practice always with your corset off and let your hands be loose. Open your throat, unbutton and breathe long deep breaths.

In fencing one should wear very light easy footwear. Silk stockings are advised and light underclothing, silky and absorbent.

A Dietary for the Fat.

As a dietary while reducing the hips take for breakfast two baked apples without cream, one lamb chop, if you must have meat, one cup of coffee and one slice of toast.

For lunch eat soft-boiled eggs and bread, browned in the oven, with fresh fruit. If dinner is in the middle of the day eat little meat, but partake freely of vegetables. At night eat cooked fruit and toasted bread, crackers, eggs in any form, and do not drink over one cup of tea or coffee.

On going to bed take a teaspoonful of phosphate of soda dissolved in hot water, and in the morning repeat the dose. Take this four times a week.

This dietary is rather severe, but it is very similar to the one observed by Dr. Banting when he reduced his weight 100 pounds, and it is a diet that will work wonders on the woman whose hips are too large for comfort or beauty.

But there are less rigid dietaries. And if you cannot very well indulge in a separate bill of fare from the rest of the family you can eat what is on the family

water. While they are wringing wet she draws them on her feet and pulls them up to her knees. Over these she puts on a pair of very heavy wooden stockings, two sizes too big for her. She then goes to bed and throws a blanket over her feet, so that they are covered by two pairs of stockings and a blanket.

Those who have tried it say that gently the drowsiness of sleep will steal over them and that soon they will glide off into dreamland.

It sounds like a good way to catch cold, but the French old wives who have tried it for years deny this and declare that the perspiration induced by the wooden feet will not only put you to sleep, but will drive all weariness and cold from your system.

Let her who is sufficiently daring try it and report her progress. The woman who wants to reduce can take hot milk, chocolate and hot drinks generally in moderation. But she must not drink a whole cup or glass at once, as so many stout people do, and she must not drink between meals. Water and fluids of all kinds are great fat producers and you can put on flesh quicker with drink than with food.

The body bending exercises are very good, but they are difficult and they sometimes make you very dizzy when you first begin them. Fencing, on the other hand, does not tire you as the stooping positions do and you can rest frequently

and find amusement withal.

The bath after the fencing exercise is one of the most important things. Let it be a tepid one with a little finely powdered oatmeal scattered in the water to make it milky. Have the water not quite as hot as you can bear it. Take a few gymnastic exercises before the bath and afterward, but do not lie down to rest after you have finished.

Large hips are made larger by lying in bed and for that reason the woman with a tendency to corpulence should get out of the habit of dropping down on the sofa for a few minutes' rest. Instead of doing so let her, if her feet pain her, change her shoes, and it is well anyway for her to do this twice a day. Let her sleep not over seven hours a night and let there be no naps in the middle of the day.

For tired feet there is no remedy better than the oatmeal and hot water bath, after which the soles can be rubbed with vaseline. Feet that feel as though they are on fire will be cured by rubbing them with sweet oil which is slightly warmed.

The milk bath, made famous by a certain beauty, is a good thing for the stout woman if she will exercise afterward. But she must not lie down for a siesta, or she will put on flesh, more rapidly than the fencing exercises can take it off.

In the olden days there were famous beauties, as now, and these women preserved their outlines not in the newer sports, for they were not known then, but in walking and in the natural exercises. It is doubtful if they even knew of the body-bending, yet they kept their liness and preserved their figure into middle age.

I have always been of the opinion that the woman who goes out to work daily is not as tired at night as the woman who

ings and evenings; so with the bookkeeper and the girl who is in the trades. The dressmaker, milliner, manicure and professional woman all have hours of work and hours of play.

The school teacher has perhaps the hardest work of all, for during the hours of duty there is a great nervous strain combined with physical effort. The school teacher must use all her senses at once and keep her body and brain moving. If she stands at the blackboard she must use her arms, keep her head turning, her ears must be acute, her eyes looking in front of her and behind her at the same time and her mouth must be busy talking. There is nothing more trying than this.

Keeping Young and Pretty.

The woman who stays at home has one advantage. If she is ill she can humor herself; if tired, she can adjust matters to suit her muscles; if she wants to work she can do so, or she can rest. Should the light in the room not suit her she can darken or brighten it; she can open and close the windows and she can sit in a rocking chair.

So, after all, perhaps the balance is against the woman who works, for duty with her is stern and she knows that she must do her work steadily or drop out.

Now, the question of how to keep young and pretty, healthy and lithe, is one that interests her, for she feels that not only her comfort depends upon this, but her success as well. The woman who is slender, active, comfortably healthy and actually good looking has a much better chance than the woman who is fat and heavy, sickly and dyspeptic, with a poor complexion.

The woman who is employed must exert her mind and her judgment in order to keep herself as she should be. She must let the brains that are making a living for her be of assistance to her in the beauty question.

If she is obliged to sit at a typewriting machine all day she will find herself exhausted at night, with a pain in her side from too much exercise. Her legs will feel cramped, though her arms will be tired. Walking is not the right exercise, nor is sitting of any avail.

A private gymnasium in New York City which is patronized by professional women who are earning good salaries makes it a rule that all shall begin the night's practice with Indian club work, but it is surely the strangest exercise with the clubs you ever saw. Instead of swinging the clubs the pupils use them in other ways. The first exercise calls for a resting of the weight upon the clubs. These are placed upon the ground and the pu-

Exercises for the professional woman and the woman who is in the trade and who comes home at night tired enough to drop. — Inexpensive toilet creams, and lotions that cost very little.

Next the pupil throws aside one of the clubs and rests upon a single club with one arm, while the other is thrown into the air and the foot and leg are thrust out. This is very restful for the back and gives one a pleasant, clear, light feeling, as though one had begun to breathe again.

For the woman who has been over a desk all day and who is tired with stooping and writing, the swinging of the clubs is most beneficial. The clubs are not, however, swung violently. They are lifted into the air and tapped together over the head, then lowered and tapped again. They are held out at arm's length and the simplest of all movements are described with them.

Now, in Indian club swinging, there is a science. The learning of the movements is a task fraught with difficulty, and those who attempt it will tell you that fencing is mere play compared to the learning of the art of Indian club swinging. Do not, therefore, in your quest for beauty and strength, go into the intricate and trying task of the true club-swinger, but be contented with using your clubs as gymnasium implements rather than professional weapons.

The lungs and chest grow narrow in the case of the woman bookkeeper, or the woman accountant or writer of any kind; and even though the bust may become fat from going so long without sufficient exercise, at the same time the lungs are contracted and often painful.

Let the woman employed over her backs get into a gymnasium suit at night and let her exercise for fifteen minutes with the windows open, be it winter or summer. Throw back the shoulders, swell out the chest, lift the arms and breathe full deep breaths.

Professional women are rarely of good figure. They are too full in the abdomen, and this is caused by their sitting precivilities. They are pudgy in the hips and the belt line is too high in front.

For this the evening exercise will be a sovereign remedy.

PRACTICE, THIS TO REDUCE THE HIPS

stays at home and works. The stenographer has her noon hour and her morning weight.

She must take a beauty bath in cold cream every night.