

THE GRACEFUL GIRL BECOMES THE GRACEFUL WOMAN

THE LITTLE GIRL WHO WANTS TO PLAY GOLF CAN STRENGTHEN HER ARMS THUS.



THIS IS MERE PLAY FOR THE LITTLE GIRL WHOSE MUSCLES ARE TRAINED

Simple Course of Gymnastic Training to Remedy Defects of Clumsiness

IS THERE a little girl in your family? Then take her and practice with her the exercises which will make you supple and light of foot. You can learn from her and she from you.

Grace is a quality which cannot be fully analyzed. To know that a woman is graceful requires only a glance. To realize that she is awkward can be told almost without looking at her.

There are people who carry about with them an atmosphere of grace. They move easily; they touch you lightly; they do things without appearing to do them. Their every act bears a note of subtle attractiveness which you characterize as grace.

You may notice this in so small a matter as the handling of a book. Look how prettily one woman will manage the pages, turning them in so dainty a way that you look and look again, just for the very delight of watching her. Another will rest the book against her stomach, tilt it nervously, and when she turns the leaves it will seem as though it were an effort of muscle for her to do so.

A certain teacher of grace, a man who had studied under a pupil of the great Delsarte, advised a woman who wanted to go on the stage to first study herself before a looking glass.

The woman, wishing to be graceful, inquired how and to what extent this could possibly be of benefit to her.

See Yourself as Others See You.

"Take your breakfast tray," directed the instructor, "and place it in front of your cheval glass, about six feet away, and you will understand my meaning."

The next morning the woman did as directed. She ordered her maid to place the meal upon a small table, and there, where she could see herself, the woman ate her breakfast.

Later she said to her instructor: "I had no idea how hideously ungraceful I had become. When I seated myself it was as though I had doubled up like a jack-knife, and the manner in which I handled my elbows was awful. When I drank I noticed that I craned my neck forward like an ugly duckling, and that when I turned the leaves it will seem as though it were an effort of muscle for her to do so."

The instructor put her through a course of gymnastic training, with the result that he very soon had her able to rise and to be seated, to stand, to walk, to use her elbows and her neck as though all

were parts of a pretty creation, rather than vehicles of awkwardness.

There may be women who cannot have large oval eyes; and there may be women who cannot be as tall as the ideal Japs; there are undoubtedly those whose mouth is not at exactly the right proportion to the face; and there are women whose ears do not look like sea shells.

To remedy such defects as these certainly does take time. And it may be that they cannot be entirely overcome, even after a long course of beauty training.

The woman who wants, and lacks, oval eyes, must learn how to make them look a little larger, and she must get the trick of brightening them. The woman who is too short must lose weight and gain in straightness so that she will look taller. The girl with the big mouth must learn to bow that member so that it will look a great deal smaller and of a prettier shape; and the woman whose ears protrude will have to wear an ear cap and to tint her ears pink by natural methods.

Time and patience and endless thought are all the price of these things. And not only must one expend time, patience and thought but one must keep on expending them.

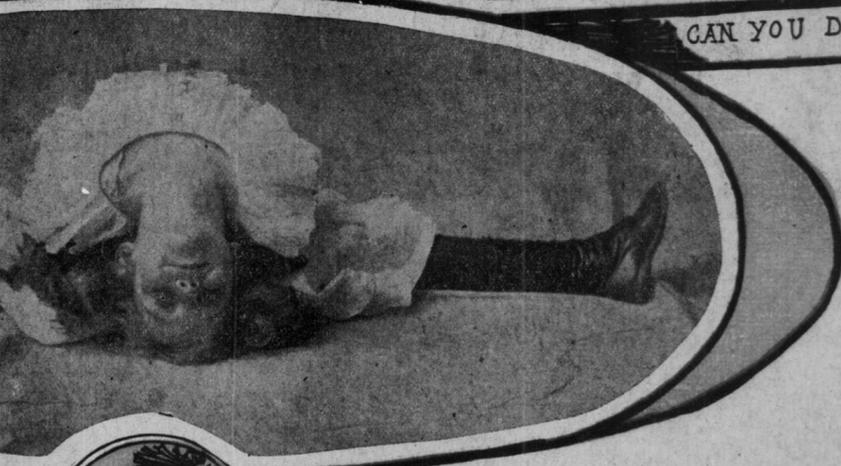
The story of Penelope is not an idle one for the woman of to-day. Penelope did her work over and over again patiently day after day. And the woman seeking for beauty and awaiting its coming must be contented to do her work over and over again.

The potent and attractive charm of grace is something that does not require the forethought that must be devoted to the changing of feature. It is much easier to learn how to turn your head gracefully than to learn how to change the shape of the nose upon your face. Both can be done, but the trick of grace is so quickly learned that it is a wonder that any woman should neglect to get it.

Have you ever seen a perfectly graceful person? They say that Bernhardt is a French type of perfect grace, and that Mrs. Leslie Carter exemplifies the Amer-



CAN YOU DO THIS?



A PLEASANT WAY TO REST A MOMENT

Successful and Brilliant

PERHAPS the most brilliant and successful match-maker among royal ladies was the late Queen Louise of Denmark. No mother ever made more brilliant matches for her own daughters than did the consort of the aged King of Denmark, and it must be added, no mother ever had three more charming daughters for whom to find husbands.

As everybody knows, the flower of the family, Princess Alexandra, is now Queen of the British realms; her sister, Princess Dagmar, was united to the late Emperor Alexander III of Russia, and another sister, Princess Thyra, found a husband in the Duke of Cumberland.

But the late Queen of Denmark did not confine her match-making to members of her own family, for she loved nothing better than to scheme to bring together any young couple whom she considered suited to each other. In these matters her sound common sense, great experience and singularly keen perception of character proved of the utmost service.

Indeed, it is common knowledge in the Danish capital that many of the happiest and most successful marriages in the country - not only among the higher classes - were brought about by the tactful Queen Louise.

The present Queen of Portugal's marriage was brought about by the pretty scheming of her mother, the late Countess de Paris, and Mme. de la Ferronayes.

When the Crown Prince, as the King then was, refused to marry an Austrian Princess the Comtesse determined to bring about a union between him and her daughter, Princess Amelia.

To this end she sent to her accomplice at Lisbon, who was often visited by the Crown Prince, a large framed portrait of the beautiful Princess, which was placed in a conspicuous position in the drawing-room, where it would be certain to attract the attention of the royal visitor.

It had not been there long before he wanted to know whose portrait it was, and, needless to say, his hostess gladly enlightened him. In due course she had the satisfaction of seeing the artful match-making scheme of the Comtesse become an accomplished fact.

When the shrewd Empress Catharine of Russia undertook the delicate task of selecting a wife for her son Paul from among several German Princesses, she proceeded on somewhat original lines. On the occasion of a trip of them paying her a visit she carefully observed their general deportment and the manner in which they alighted from their traveling coach. The eldest of the three Princesses was careless and slipped, the youngest showed such a lack of dignity as to bounce out of the carriage without making use of the steps, while the last to alight alone stepped gracefully to the ground.

The Empress at once decided that only

can ideal, Langtry is bewitching just from this very charm. Though the mother of a married daughter, no one would think of calling her old.

Maude Adams is very wonderfully endowed with a graceful, almost swaying body, and Annie Russell is another stage woman who is noted for her grace. Marie Corelli, that Venetian type of blue-eyed beauty, leads all London captives when she will condescend to go into the literary society of that town, and Amelia Rives is delightfully bewitching with her peculiar hands and the way she poises her throat.

The woman who will learn how to tilt her chin without craning it forward; the girl who will learn to walk with the bust thrown out; the woman who can step along the pavement without wagging her body, and the lady who can enter a drawing-room and depart from it without annoying her friends with her angles, these are the ones who will take the beauty medals every time.

No woman is ever too old to learn to

be graceful. It is a something which is as attainable for grandmas as for granddaughters. The woman of seventy took up the bicycle and rode it with her grandchildren, showing all the grace of mount that could be desired; and the woman of seventy can to-day learn how to be as graceful as the girl of seven.

Perhaps it must be admitted that there is a grace, a sprinkling quality of youth, in the girl of seven which is not in the woman of seventy. But there are those who dispute this. They say that childhood has its awkward moments, and that age can be graceful every minute of the twenty-four hours.

Be this as it may, it is certain that the woman who wants to be graceful can practice her beauty exercises with the girl of five or six with good results.

The little maid who begins to be graceful at a very early age and who understands that she must continue to practice her exercises if she would be a pretty woman later on will certainly grow up a model of grace and a marvel of beauty.

One of the loveliest and most graceful girls of New York society, one who is as well known in San Francisco as in Gotham and better known in London than in either, is famous as an athlete. Like Miss Helen Gould, she owns a proprietary right in a ladies' gymnasium, and every day when she is in town she jumps into her bloomers and blouse and gets to work practicing with the dumb-bells.

Miss Gould a Gymnast.

For Miss Helen Gould to lean forward until she touches the tips of her fingers to the ground without bending her knees is no feat.

And Miss Gould, without one pretty feature except her lovely dark eyes, is accounted quite a beauty just because she is so very graceful. It is a pleasure to walk with her, and a double pleasure to merely sit and look at her. Mrs. George Gould, who was Edith Kingdon, was noted for her grace, and each winter as she sits high in her box at the Metropolitan Opera-house she is a sight for the opera-goers, a rare poetic treat, a symphony in movement and in poise. Her half-dozen little ones are given daily lessons in grace.

Take the nicest little girl of your acquaintance and get her to practice with you every day. Buy for her a pair of very large wooden dumb-bells, hollow and light, and get for yourself a smaller pair, but of metal.

The weight of the bells is something which each individual must determine for himself or herself. What is easy for one woman is impossible for another. That which one man can do without effort is beyond a second. People's muscles are constituted the same, perhaps, but they do not work out in the same manner as the method of life influences all.

If you are a woman who has handled nothing heavier than a crochet hook then you will find a pair of light dumb-bells best. But if you are used to swinging the golf club then you can swing a heavy pair of bells without feeling the fatigue of it.

Do not judge your own strength by that of your neighbor. You may be larger than she, yet not half so strong; you may be smaller, yet not half so wiry. Be a law unto your own self. Study your peculiarities and arrive at grace.

The little maid who practices with you will give you many a pointer. It is she who will suggest the poses of youth; she who will show you what it is to be lithe; she who will give you an idea as to what extent the human body can be trained along muscular lines.

And what is the reward? Why nothing less and nothing more than that of a beautiful carriage. You will learn to turn your body; to swing your head; to manage your hands and feet, and to use your elbows so that you will be called graceful, and more than this no woman, unless she be a great professional beauty, will desire.

Time, Patience and Thought Will Bring Perfection to All Who Desire It

Match-Makers of Royalty

the last mentioned Princess was eligible for her son's hand and heart and in due course of time she became his wife, for no other reason than that she knew how to bear herself with grace and dignity.

In regard to the late Queen Victoria it may be mentioned that no royal lady had a hand in bringing about her marriage to the very amiable and popular Prince Consort, who predeceased her by more than thirty-nine years. That was one of the happiest achievements of King Leopold I of Belgium, who must have been a matchmaker of no mean abilities, considering the number of other eligible suitors who were aspirants for Her Majesty's hand.

Respecting the late Queen herself she was known to be an ardent matchmaker and did not confine her operations in this character exclusively to royal circles. A very amusing story is told of the way in which she found a wife for the rather eccentric Lord Palmerston, who can scarcely be described as a ladies' man.

The then Premier, Lord Melbourne, was a widower, and Lord Palmerston, occupying the post of Foreign Minister, difficult as seemed in store regarding the reception of the wives of other eligible suitors. This prompted her Majesty to ask Lord Palmerston why he refrained from taking to himself a wife, and the Foreign Minister pleaded that he did not know any one who would have him.

Queen Victoria replied that there need be no difficulty about that and calmly undertook to produce a lady who was ready and willing to become his wife. His Lordship could do nothing under the circumstances but acquiesce, and Lady Cowper was accordingly brought from Rome to become Lady Palmerston.

Her husband would have been the first to acknowledge that never was there a happier match, and it was also a good example of the late Queen's fine judgment.

In the years when the present German Emperor was a somewhat impetuous young Prince it was desired by his mother that he should marry and settle down. Accordingly an album full of portraits of royal Princesses who were open to engagement was put in his way and every effort made to induce him to indicate his choice.

Indeed, it was said that the Prince was not allowed a moment's peace, and in a fit of desperation one day he dashed into his mother's boudoir and thus delivered himself: "Look here, mother, for heaven's sake select out of that album any woman you consider fit to be your future daughter-in-law and I'll marry straight off, for with all the eternal nagging I have had for the past three months I am almost insane."

The Empress Frederick was surprised as well as pleased and the present Emperor was suggested there and then.

