

Health, Beauty



And The Home

TRUE Beauty Must Include Gracefulness By Lina Cavalieri

The Most Famous Living Beauty

TO be able to receive an introduction gracefully; to know how to stand in a drawing room, or to walk across a ballroom with just the right kind of poise and self possession, you must practice the proper walk and attitude within the privacy of your own room.

As you stand before your mirror, you should appraise critically your good and bad points. Five minutes a day given to the study of how to stand and walk gracefully will teach the dullest of us how it should be done. Try all the postures and attitudes you can think of. Play on the floor like a child, and you are sure to regain some of childhood's supple grace and innocent charm.

No matter how fine a woman's figure may be, if she stand or walk awkwardly, her beauty will not be appreciated. If you allow your entire weight to rest on your heels you will have a countrified appearance. If you rest your weight upon your toes, it will look mincing and affected. Nature has indicated that to keep the balance of the body, the weight must fall equally upon the balls of the feet.

A good walk is a thing of beauty. A bad walk is a pain to the beholder. A bird balancing lightly on the end of a twig is the best model I have ever seen for walking. He seems weightless. He vibrates with the joy of motion. The best walkers in the world are Spanish women. They move with a slight undulation that is exquisite. Their limbs move as though they have no weight. One of your clever American women describing the good walk said: "Move as though you lived altogether in the upper story." "The upper story" was that part of the body above the waist. The remainder, she classed as "the lower story." It was an

admirable hint. The upper half of the body should be evident in the walk. The lower should be merely a means to the end of walking.

The walk should invite attention only to the fine poise of the head, the perfect carriage of the chest, the straightness of the back. The limbs should be forgotten. A walk which attracts attention to them is always an awkward walk. The upper part of the body should be as free as though it turned itself upon a pivot.

The lower part should be regarded and utilized merely as a pedestal for holding the upper. In walking as in standing the weight should rest upon the ball of the feet. The toes should be turned slightly outward. The knee joints should move easily and the movement of the whole of the lower part of the body should be a stately and apparently unconscious motion.

Some women there are who stand well and walk well, who sit badly. Indeed, they do not sit. They lounge. The same law of balance should hold in all. That is, the weight should be evenly distributed, no portion of the body having to bear the lion's share of the burden.

As a rule, the comfortable attitude is the correct one in sitting, though this is not true of the lazy person who sits with chin lowered upon breast and abdomen thrust forward, as a caricature of the human form. Sit with the feet resting upon the floor or upon a footstool. Never let them swing without support. Sit straight, or rest against a straight-backed chair, with the lower part of the body pushed close against the chairback. This is a much better way to rest than the half-lying, half-sitting posture that is so ungraceful.

In standing, don't throw the hips far back. They should be straight, in easy line with the body. In

walking, do not swing the arms. In sitting, keep the crown of the head up and back. To test your carriage, pass the hand across the back. If the ends of the shoulder blades can be felt at a light touch of the fingers, the carriage is incorrect. The shoulders must be drawn farther back.

To the woman who wishes to enhance her natural grace, or who, having none, desires to add it to her charms, I advise first of all the study of great paintings and statuary that are models of line and poise. Line is important, but I have seen women who were all straight lines, to whom nature had given not one gracious curve, who were, nevertheless, graceful. The long, flowing lines of grace may be assisted by careful dressing, and this a dressmaker may do for us, but poise, which is a much bigger and better word than pose, including pose and much more, comes from within and may be self taught.

I wish that every woman who reads this chapter would pay a visit to the nearest art gallery and study, if there be one, a good copy of the wonderful Venus de Milo. Let her study it until something of the inward strength which gives it its wonderful balance and power and perfect symmetry is revealed to her. One of the secrets of that marvelous statue is the calm soul it expresses. Again and again I have said that serenity is the chief secret of beauty, and I point to the Venus de Milo in proof of my assertion. The nervous, distraught, ill-centered woman reveals her soul state by nervous, abrupt awkward movements.

Compose yourself inwardly and see with what grace and strength you stand before your mirror. Permit some emotion to disturb you, and note the ravaging, unlovely effect. Grace is poise and poise means a calm soul center.



"Play on the floor like a child to regain some of childhood's supple grace and innocent charm."

Especially Posed by MISS DOROTHY KLEWER at CAMPBELL STUDIO

Beauty Questions Answered

CAN you tell me what is wrong with my feet? They are abnormally sensitive, swell very easily and there are painful cracks between the toes.—EDITH G.

You should bathe your feet in warm water twice a day, drying them carefully afterward. If you do not do this, the cracks between your toes may be due to improper or hasty drying. There is also the possibility that this complaint is caused by an excess of uric acid in your system. The following is a good bath for tender feet:

Hot water..... 5 qts.
Boric acid..... 200 grams.
Tannin..... 5 grams.

PLEASE suggest something to remove dandruff. Have tried several soaps and shampoos, but can see no improvement.—ANNA R.

Perhaps you have not had enough patience. You should shampoo the head, not once a month, but every few days,

taking care that it is thoroughly cleansed each time. Warm water and a good castile soap make an excellent lather, which should be well rinsed out afterward with tepid, not cold water, as this is too great a shock for the scalp. Then look to your brushes and combs. They must be kept scrupulously clean; in fact it can do no harm to see that they have a good scrubbing every day. Dry your hair in the sunshine and fresh air. Brush it gently two or three times a day. If you need a tonic try this, it is one of the best:

Sweet almond oil..... 3 ounces.
Oil of rosemary..... 1 dram.
Oil of bergamot..... 10 drops.

A BUNION that has afflicted me for months has grown excruciatingly painful. Whatever shall I do with it?—CORA D.

Yours is one of the greatest afflictions to which a suffering foot can be subjected. The joint has become so enlarged and inflamed that nothing will help it except giving it a complete rest. Buy a new pair of very broad, low-heeled shoes and wear them until the swelling is reduced. Try painting it three times

a day with the following mixture:
Tincture of iodine..... 2 drams.
Glycerine..... 2 drams.

WITHIN an hour after washing and powdering my face it becomes very oily and shines like a new Lincoln penny. What can I do?—LORA Q.

Bathe your face every night in warm water to which has been added ten to fifteen drops of benzoin. The following face bath for an oily skin can be used twice or oftener a day, according to need:

Rosewater..... 5/2 ounces.
Alcohol..... 1/2 ounce.
Boric acid..... 1/2 dram.

WHAT can I do to keep my skin firm and free from flabbiness?—BELLE S.

The following lotion, used faithfully, is excellent for this purpose:

Elder flower water..... 1 ounce.
Rose water..... 3 ounces.
Tincture of benzoin..... 1/4 ounce.
Tannic acid..... 5 grains.

Why We Must Use Barley

NO longer considered merely the cherished pabulum of growing babies, or the standby of delicate invalids, barley flour has emerged at last from its dim cubby-hole of obscurity and stands boldly revealed in the white limelight of modern usefulness.

With the slogan "Save the wheat" ringing in our ears, and the warning admonitions of our food experts staring us in the face from the store windows and from every corner of vantage in the street, we are all eager to embrace any suggestion that will aid us in conserving our precious food supplies. At the same time we want to maintain sufficient strength for our work as well as preserve that splendid feeling of cheerful optimism needed to back us in the trials we may yet be called upon to endure.

The use of barley as a food began long before the days of Pliny, the historian, for he refers to the fact that it was the most ancient aliment of mankind. The Greek athletes, we are told, were fed almost exclusively on barley, and it was, perhaps, to this single outstanding fact that much of their wonderful prowess was due. And in the Bible (Exodus 9:31) we find that the ancient Egyptians cultivated barley quite extensively. But our earliest knowledge of its first use as a food dates back over two thousand years before

the Christian era, where it was widely utilized for that purpose by the people of northern Asia.

In our own country the frozen, half-starved colonists discovered its nutritive value with great joy. To them it was a most welcome change from the unending dishes and bread made from Indian cornmeal. Barley came into favor with them largely as a cereal, but barley cakes, baked over the glowing coals in the wide, open fireplaces, were a supper delicacy highly prized by the Puritans. And who knows but that it was the barley diet that gave them the brawn and endurance for which our forefathers were so justly famed? Certain it is that the sturdiness of the Scotch race is due in a large measure to their national dish of oatmeal and barley.

Not all of us like the flavor of cornmeal, especially if it is served by the economical housewife for many meals in succession. It may be relished as a cereal occasionally, or when served in hot muffins, but its flavor is so distinctively individual that the majority of us would rebel openly were we compelled to make our sporadic fondness for cornbread serve a patriotic necessity.

Because it is lacking in a peculiarly distinctive flavor, is one of the reasons why barley flour proves such an excellent substitute for wheat flour in many of its uses. Its taste is not sufficiently pronounced to pro-

duce any radical change in flavor in any of the dishes with which it is combined.

Although barley has been used chiefly for brewing and malting, it is known to be highly nutritious. Its food value ranks practically the same as that of wheat. The pearl barleys in soups and in cereal form are widely used, but the barley meal should be better known. It can be readily ground at home in small hand-mills. And everywhere that whole-wheat flour or cornmeal can be used, with one exception, barley meal will be found a perfectly satisfactory substitute.

Owing to the absence of the gluten properties in barley flour, it cannot be used in yeast bread as a complete substitute for wheat flour, as yet, but if one-third of barley flour is substituted for the wheat, the result leaves nothing to be desired, either in taste or nutritive value.

Barley and rice contain about the same number of calories, but many palates tire easily of a continuous diet of rice. To such people barley would not be open to the same objections. The absence of a disagreeably distinctive flavor combined with its high average of nutriment and the comparatively low cost of production, makes it an extremely valuable food commodity. Therefore every housewife should demand it in local stores she patronizes. Thus the dealers will soon learn to keep a plentiful supply.

What the Doctor Advises

By Brice Belden, M. D.

IS there any way of removing a large scar, caused by the unskilful use of nitric acid on a wart?—M. E. L.

Some scars can be excised, substituting a linear scar for an irregular and unsightly one.

CAN a short upper lip be shortened by operation? I am a mouth breather, although I have had my tonsils and adenoids removed.—M. E. L.

A short upper lip could be lengthened by a plastic operation, but such a measure would not ordinarily be advisable. If there is no obstruction in the front part of the nose there would seem to be no reason why you could not cultivate the habit of breathing through the nasal passages. The removal of adenoids would not correct a bony or cartilaginous obstruction in the front part of the nose. If there is no mechanical obstruction, wear at night one of the devices sold in the shops for keeping the mouth closed and thus acquire the habit of normal breathing. Your mouth breathing has probably had much to do with the abnormal shortness of the upper lip. If the roof of your mouth is arched unnaturally high and your front teeth are distorted you should consult your dentist about spreading and lowering the arch and correcting the dental distortion, which may also have a bearing upon the lip shortening. This high arching and distortion occurs in mouth breathers because of the abnormal atmospheric pressure upward.

MY wife has been annoyed for many months by itching in various parts of the body. The places affected resemble the welts caused by the lash of a whip. Can you suggest anything?—C. D.

The trouble is urticaria. Avoid shellfish, strawberries, cheese, pickles, pork and sausage. A dose of castor oil and a milk diet will generally clear urticaria up rapidly. Locally, for the itching, use:

Camphor..... 1/2 dram.
Chloral hydrate..... 1/4 dram.
Cold cream..... 1 ounce.

A 20-grain powder of calcium lactate three times a day will aid in the control of the urticaria (hives).

I HAVE been troubled with dizziness and staggering while on the street for a period of eight years, although am practically well in this respect when in the house. What could be the cause of such a condition?—D. C.

First of all you should have any defects

of vision corrected. Other possible causes are anemia, fatty heart, neurasthenia, arteriosclerosis, valvular disease of the heart, the gouty constitution (uric acid excess), diabetes, uremia (Bright's), intestinal poisoning (auto-intoxication), poisoning by lead, tobacco, coffee and alcohol, organic disease of the base of the brain, and disease of the middle ear, or of that part of the ear known as the labyrinth. Chronic coal gas and illuminating gas poisoning should be borne in mind. It should be feasible for your physician to narrow down diagnostically to the true cause by a process of exclusion, one possible disease after another being eliminated.

FOR five years I have been suffering from a disease called acromegaly and have been taking pituitary extract without result. What is acromegaly and what will cure it?—W. W.

Acromegaly is due to a diseased condition of the pituitary gland, at the base of the brain. The gland becomes enlarged and sometimes there is a tumor present. The chief signs are enlargement of the hands, feet and lower jaw. At the Johns Hopkins Hospital, in Baltimore, considerable success has attended Cushing's carefully worked-out procedures. The object of medical treatment is to bring about a lessened secretion of the gland. Therefore, instead of using the pituitary extract we generally use thyroid and thymus extracts. Nevertheless, in certain cases, of which yours may be one, pituitary extract is the proper remedy, for example, when disease of the gland has destroyed its function to a great extent and the patient is suffering from an abnormal deficiency of the secretion. You must rely upon your physician to weigh the indications skillfully.

IS there any place in New York where one can have a deformity of the nose corrected without any expense to the patient? Will an operation leave any disfiguring marks? Are medicines of any avail in such cases, used locally?—M. L. R.

Apply to one of the public hospitals, like Gouverneur, or Bellevue. Some evidence of operation, in the shape of a scar, would be left, which most people would prefer to a deformity. No medicines could possibly have any effect upon such a condition. Paraffin is sometimes injected to fill up depressed areas, but there are serious risks in using it.

DO you consider sleeping with the eyes partially open to be normal?—H. B. K.

It seems to be normal in the case of many people. If it occurs in one who has

never before manifested the phenomenon it might indicate general muscular debility. If one-sided it might indicate a local muscular paralysis. Finally, it might be noted in exophthalmic goitre, in which the eyeballs are prominent, so that in sleeping the eyelids are prevented from closing completely.

IS there anything I can do to prevent soft corns between the toes from coming back after having them removed?—A. H.

Colonel Robert Jones, of the British Army Medical Corps, who has had a vast experience with such conditions, states in his recently published work on the subject that "corns do not develop in a foot encased in a boot which allows free play to the fore part of the foot." In other words, the upper of the boot should not compress the fore part of the foot in any way. The toes must have free movement inside the boot. The foot must be free to adapt itself to altering conditions of balance and strain. There must be no trace of pointedness to the toes of the shoes; the inner side of the boot should be straight right up to the tip of the big toe; that is to say, the inner sides of the two boots should be parallel to each other all the way along to the ends of the toes. Since arch strains have much to do with corns, have the heel of the boot slightly higher on the inside than on the outside. A flexible shank promotes the free play of the toes. The boot must be long enough to allow the foot to extend its full length, and the sole of the boot inside must be as broad as the foot with the weight of the body on it. To prevent excessive perspiration between the toes, with decomposition and irritation, and also softening of the skin, use the following:

Solution of Formaldehyde (37 per cent)..... 4 ounces
One tablespoonful to a quart of water; soak the toes in this nightly and let dry without wiping.

WHAT causes swelling of the ankles and what can be done to prevent it?—C. O. D.

Common causes are anemia, heart affections, kidney disease, cirrhosis of the liver, varicose veins in the legs, obesity, and long standing on the feet in the case of debilitated persons with low blood pressure. No matter what the cause, rest in bed will usually restore the local circulation with marvelous rapidity. This is particularly important in cases where the swelling is due to a falling heart. Your physician can readily determine which of the above causes is at work in your case. The treatment will naturally vary according to the cause.

Why You Put Your Finger in Your Mouth

YOU attended a special sale recently and bought a new picture. Very well. Then another picture nail must be driven into the empty space on the wall. The step ladder is hunted up. The hammer is discovered hidden away on the top shelf in the pantry closet. And, of course, you bought some new nails while you were out.

After cautiously putting the ladder in place, a careful calculation is made to find the exact spot where the nail must be driven. Everything is now ready. The nail is held in place. The first tentative blow is struck. A second and much harder one follows. You find you have made a woeful miscalculation and have hit the end of your finger quite smartly. It hurts frightfully. What happens?

Being well bred, you do not swear,

but by an unconscious movement, due to a reflex action of the nerves and muscles, you have thrust the wounded digit into your mouth. In the next moment an ineffably soothing sensation permeates that finger. Do you wonder why?

That involuntary act on your part has a strictly physiological basis. It would take a strong effort of the will for you to resist this wholly instinctive desire to place that injured finger in your mouth. The reason for this is extremely simple.

When you hit the finger with the hammer the blood vessels have been unduly compressed and the fine capillaries in the end of the finger have been cruelly lacerated. Now Nature insists that the first step in repairing the wounded tissues is a new and increased supply of blood. If you had a hot water bag handy

and could hold your finger against its soothing warmth the same purpose would be served as putting it in the mouth, which immediately stimulates the flow of blood to the injured parts.

Suction also increases the rapidity of the blood circulation, hence the double efficacy of the mouth for such injuries. However, an animal cannot soothe its wounded members in this fashion, so it does the next best thing. It licks the injured part with its warm, moist tongue until practically the same effect is secured.

The warmth of the mouth and tongue relieves pain because of its sedative action upon the nerve terminals in the ends of the fingers. Consequently, you must agree that it is a wise instinct for us to place the injured member in the most readily available place.