

Copyright, 1910, by American-Newsman. Great Britain Rights Reserved.

"HOW I DID IT"

Amelia Summerville Tells How She Scaled Down From the Mountainous "Merry Little Mountain Maid" to the Sylph-Like Form She Now Possesses.

Photo by SARKIS N. Y.



Miss Amelia Summerville Twenty Years Ago As the "Merry Little Mountain Maid"—When She First Began to Realize She Was Too Plump.

BY AMELIA SUMMERVILLE.

CERTAINLY the best way to tell you "How I did it" is to quote from my book, "Amelia Summerville's Rules for Weight Reduction and the Preservation of Youth and Beauty," for there I told all that I know about the most beautiful way to accomplish the question, "Whatever did you do to lose so much flesh and not make yourself ill and yet look so much younger than you did twenty years ago, when you were playing the Merry Little Mountain Maid" in "Adonis?"

I have been asked many times the question, "Whatever did you do to lose so much flesh and not make yourself ill and yet look so much younger than you did twenty years ago, when you were playing the Merry Little Mountain Maid" in "Adonis?"

meal, I ate fruit stewed or raw. I took one cup of coffee instead of two, and used one lump of sugar instead of three lumps. I substituted brittle biscuit, which were palatable, nutritive and strengthening, stale bread, toasted, and but slightly buttered, for hot bread. Bread should be baked

For luncheon I ate sparingly; sometimes a little thin soup, cold meats of any kind except pork, which is fattening, or a salad; stewed or fresh fruits, not very sweet, and tea with very little milk and sugar. For dinner I used cold tea, with lots of lemon, and substituted an omelette or well cooked lamb chops, or a little broiled fish, toast, brittle biscuits, or very stale bread; all brown breads preferred. I never eat lunch unless I am hungry; in fact, I never eat any meal unless hungry. Food taken into the body when you do not need it is that much excess baggage. Some physicians have called it, under the circumstances, poison.

Or, if I have taken breakfast and expect to eat an unusually big dinner I do without the midday meal. Then take

The Transformed Miss Summerville—Slim and Graceful, All Superfluous Curves Gone.



"Walk upstairs—don't take an elevator."

ished. I knew that the drinking of plain water at meals was to be used absolutely if I wanted to get the desired result, so I exercised my will power in that direction and just stopped.

On arising in the morning, and before taking breakfast, a glass of carbonated water is refreshing, as it is also between meals. Water also irrigates and cleanses the system well.

My attention was then given to the most important thing, what I should eat. This, of course, demanded considerable thought. As I had heard and read of excessive and wrong dieting being the cause of many unpleasant conditions, I commenced cutting down the quantity, and not the quality. I do not believe, in starvation, and never practiced it. Instead of eating two eggs for my breakfast, I ate one. Instead of eat-

"Ocean bathing is most helpful to aid reduction."

exercise again moderately, but briskly, between lunch and dinner.

For dinner I eat what I choose. Fortunately I do not eat anything very sweet or sour, and usually partake of things that are not fat making.

I followed the routine laid down, and in six weeks I noted such encouraging results that I continued. In less than one year I lost just one

hundred pounds, and I can safely say that I am the only woman who has ever accomplished this result successfully without injuring or impairing the health. On the contrary, for the past twenty-five years I have been a living illustration of what can be done when the right methods are employed. Many have tried and fail because they have confused scientific reduction with severe banting. The greatest obstacle is conquering the appetite for more food than we need

and that is not good for those who would be thin. Keep before your mind the fact that eating is at best a habit, and one can acquire the habit of eating only those things that are not conducive to fat.

These are the things that may be permitted: A good sparkling mineral water, dry, white wines and Rhine wines. All fresh fruits except bananas and dates; stewed fruits, not too sweet. Rice, taken as a vegetable, with-

out cream or sugar. Eggs are nutritious and not fattening when boiled, scrambled, poached or in plain omelets. All fish, broiled or boiled—fried—except salmon. All fowl, broiled or boiled—except goose. All thin soups, bouillon and consommé; no thick soups. All entrees should be avoided. All meats, broiled, boiled or roast-

and harden the skin and muscles by cold water applications. Weigh yourself every week, not every day, and when you have gained the desired weight, lose a few pounds more; then eat naturally and moderately, and if you discover that you are gaining, return to your dieting system. I want in present I eat anything I want in moderation, and I have not varied in weight a pound for five years.

There are many girls who spend their lives in continual drudgery, who, from their earliest years have never known a peaceful, happy youth. Girlhood was not for them, for almost from their cradle they have been made to carry the burden of life, the cares, troubles and worries of their elders have been placed upon their childish shoulders. In fact, from the first dawn of reason they seem to have been surfeited with woes and troubles, and at least need not have been communicated to them at so tender an age.

ed, except pork and veal. Steaks and chops are particularly nourishing when broiled, as is also boiled mutton. A green vegetables, except green peas, lima beans, succotash, green corn, squash, carrots, turnips, parsnips, egg plant, or fact, no starchy food of any kind, such as macaroni, hominy, etc. No olives. I advise eating a great deal of celery, cooked or raw; spinach, cooked plain; onions in any style except with cream sauce, or fried. All salads with French dressing, very little oil and no mayonnaise. All kinds of pasty should be avoided, substituting an omelet or a French salad. Coffee and tea without sugar, if possible, and no chocolate or cocoa. French cheese, nuts or raisins should be eaten. After getting the desired result, those things that are making must be used in moderation. This diet will be found to be beneficial for those suffering from gout or rheumatism. A great many persons like ham or bacon, especially for breakfast. These may be used if the excess of fat is removed by broiling. To aid digestion, or if a flatter is desired after dinner, I would advise hummel; and if a cocktail to commence dinner, use vermouth. Nothing has more to do than we think in keeping us looking and feeling young. For a woman to keep the long lines of her youth she must wear her corset, except while she is asleep. As soon as I have taken my bath I put on my corsets and keep them on all day. I do not believe that there should be a change of underwear winter and summer. In all the seasons we should wear underwear of the same weight. If it is cold we may put on more outside clothing, but no more underwear. Above, beyond and beneath all, don't worry. In connection with proper dieting practice hopefulness, alertness, cheerfulness, and above all, activity. If you haven't these in your being, cultivate them, and all the many things which go toward making one morally clean. Seek the society of the young. Try to get their point of view. Get their mental attitude toward life and just don't grow old. The face is an index to the mind, and youth and beauty are expressed according to one's thoughts. I have told you what to do. Let me now tell you what not to do. Do not depend upon an occasional Turkish bath to make you look better. The reduction of flesh, Turkish baths should be taken frequently; say, three or four weekly. Do not sleep too much. We fatten while we sleep. Seven to eight hours is sufficient. If possible do without breakfast, for breakfast is the fattening meal. Don't let the skin of your neck and face become flabby while reducing. Use a good cold cream on them,

"Walk Whenever You Can."

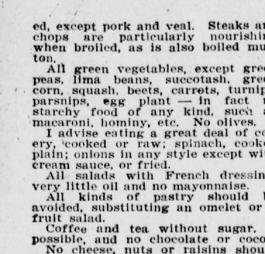


PHOTO BY OTTO SARKIS N. Y.

and harden the skin and muscles by cold water applications. Weigh yourself every week, not every day, and when you have gained the desired weight, lose a few pounds more; then eat naturally and moderately, and if you discover that you are gaining, return to your dieting system. I want in present I eat anything I want in moderation, and I have not varied in weight a pound for five years.

There is in nearly every family one ugly duckling, and in the generality of cases it is a daughter who seems to be held back, or kept down, as it were. She is not always the plainest of the brood; yet there is invariably one who is the Cinderella in every family, one who is either not thought so much of as the rest, or who is kept in the background for various motives.

It is, as a rule, the one who is mother's girl, she who is everything in that home circle; the one that cannot be done without, who is most useful to all at home. Father wants her, mother needs her, the children long for her to room with them, join in their games; and she is likewise expected to be in the kitchen to superintend and help when there is company, or in the drawing room to entertain her brother's friends, or play properly for her sisters and their sweethearts.

There are many girls who spend their lives in continual drudgery, who, from their earliest years have never known a peaceful, happy youth. Girlhood was not for them, for almost from their cradle they have been made to carry the burden of life, the cares, troubles and worries of their elders have been placed upon their childish shoulders. In fact, from the first dawn of reason they seem to have been surfeited with woes and troubles, and at least need not have been communicated to them at so tender an age.

It is nice, of course, to be father's confidante or mother's right hand, but there are things that should be kept from children. Life in childhood should be made as bright and happy as possible. It is not right or fair for the young to have to share their elders' troubles on all occasions; childhood does not last long, and it is wrong to embitter a young life too early to a bitter old age.

Many children are made old in wisdom and knowledge of the world's troubles ere they are advanced enough to see and understand the reason of these crosses—all this trouble and grief. The consequence, then, is an embittered, sourd life. Heeds days; all is sordid, black and unhappy memories of what should have been the happiest, brightest years of their life.

Naturally, as such a girl grows up she is old beyond her years—a regular little old woman—and in consequence the heart of a young child is not in her, the games of frolic and innocent youth are not entered

into, not enjoyed by her. The games of other children of her own age seem frivolous in her eyes; they are not palatable, her tastes have grown too old, she is constantly with her elders and her ambitions lie in the same direction as theirs.

If mothers and fathers were wise, they would encourage their children to remain as children; not make them old beyond their years. A Cinderella in every family is a being to be deplored; there should be no particular slavery amongst brothers and sisters. All the children in the household should share and share alike; the plain one should not be kept in the background because she is plain. No one should be considered the "ugly duckling," or, providing they are, they should not be made to feel or realize it. In any counterbalancing good quality or talent should be fostered—brought forward—to make up to such a child.

Favoritism among children should never be shown, for it is this oversight of parents—this habit of making favorites, preferring one child to another—which often rankles in children's minds and is later the cause of jealousy and dissension in families. Often enough the early treatment of one of these children by the parents causes the youngster to expect too much from the Cinderella of the family. She should, they think, give in at all times to them, relinquish her own desires and wishes in their favor, and so used are they to her giving in to them that they almost fail to recognize the fact that she is their sister—that she should possess any individual rights, an opinion of her own.

Many a young girl's life has been spoiled in this way, her youth and childhood doled out to her, naturally thinks little of herself, and not realizing she possesses good qualities, prepossessing features that might attract, becomes old fashioned in her style, dress and manner, and often as not her very selfishness in not seeing after herself, dressing better, is the cause of her being looked down upon as a dowdy and a fright. Men, even in seeking a wife, often enough fail to notice the good qualities beneath that plain costume, and many a girl who was only considered the "ugly duckling" for their wife, than any of her more showy and brilliant sisters.

The Art of Conversation Is a Blessing and a Necessity

BY MRS. HARRY PAINE (Wife of the Celebrated English Author.)

THE mere fact that a man or woman has a polished manner, a well groomed figure and a close intimacy with the little conventionalities laid down under the laws of etiquette, does not justify the assumption that he or she is a valuable addition to the social circle. Persons thus equipped find the doors of society open to them, but once inside, something more than suavity and style is demanded if they wish to hold any position of prominence or to feel an atmosphere of welcome as they mingle with the other guests. This additional something is the art of conversation. The man who is dressed sufficiently "de rigueur" to pose for fashion plates finds him-

self in the suburbs of society's good pleasure if he has not the faculty of expressing himself in a facile manner and is not competent to venture an original idea now and then. Everyone who accepts hospitality should be prepared to bring in exchange some small share of pleasantness to the feast. If one cannot be brilliant or interesting, one can at any rate be pleasant. One can do one's share of small talking and smiling. To remain silent is not to play the game. It produces, moreover, an indefinable discomfort in everybody present—an uneasy suspicion that the silent one is inwardly criticizing and probably disapproving. If the cause, as in some instances, be really shyness or diffidence, then all blame be to the parents of the sufferer, who failed to move heaven and earth in the effort to cure so heavy a social defect as soon as it appeared. To be given confidence in oneself, to be sparingly reproved and

lavishly encouraged, to be made to mix with one's kind from the nursery onwards, to be unflinchingly impressed with the fact that shyness is a disability to be combated even as it were drink or the smallpox—all these things must surely have proved good antidotes. Shyness has no advantage. It puts the victim continually in the wrong, without power of appeal. It makes him do things which he writhes to remember, say things for which he could cut his tongue out, look brazen where he should be diffident and tremble where he should be confident, sit on the edges of chairs that were obviously designed for ease, stammer at the moment when he should be most eloquent—in fact, place him eternally in a false light. I say "him" because the average of shy men is greater than that of shy women, owing, no doubt, to their lesser social training. Also shyness does not sit quite so painfully on the woman as on the man—especially in

her youth. In the man it clashes with every attribute that the woman would like to recognize in him. It murders romance; it cripples chivalry. One knows, of course, that many great and intellectual people have been cursed with shyness. No argument in its favor. Great people have had bald heads and deplorable complexion and shocking tempers; but their greatness has not glorified or even condoned these defects. It has marvellously survived them. Let those who swell the ranks of the silent, from whatever cause, reflect on all that they forego. A good talker wields a power; the power to attract his fellow creatures, to charm the opposite sex, immediately to warm any social atmosphere in which he may find himself, and even to earn the gratitude of his host. An American woman is rarely shy. If she is often too much the reverse, I maintain that she errs on the more amusing side. However much she

may babble, her babbling is seldom without skill. Quite apart from her slang (which is in itself an entertainment and a liberal education), she will serve up her sentences more spicily than the average English woman. She uses happier similes, she knows how to exaggerate luminously and with an obviousness which stifles all reproach of untruthfulness. She lights on the fresh adjective. She challenges one's intelligence. When I have been with an American I feel thoroughly wide awake and on my mettle. What friendships have taken root in spontaneous talk! Where the silent man takes years to warm a friendship into life, the talker will bring it into being with a touch of his human charm in a moment. The silent, again, will miss golden opportunities of studying and enjoying his kind, while the ready talker will be gleaming fascinating bits of human history, every word of which is full of suggestion and interest.



"Walk upstairs—don't take an elevator."

"Ocean bathing is most helpful to aid reduction."

exercise again moderately, but briskly, between lunch and dinner.

For dinner I eat what I choose. Fortunately I do not eat anything very sweet or sour, and usually partake of things that are not fat making.

I followed the routine laid down, and in six weeks I noted such encouraging results that I continued. In less than one year I lost just one

hundred pounds, and I can safely say that I am the only woman who has ever accomplished this result successfully without injuring or impairing the health. On the contrary, for the past twenty-five years I have been a living illustration of what can be done when the right methods are employed. Many have tried and fail because they have confused scientific reduction with severe banting. The greatest obstacle is conquering the appetite for more food than we need

and that is not good for those who would be thin. Keep before your mind the fact that eating is at best a habit, and one can acquire the habit of eating only those things that are not conducive to fat.

These are the things that may be permitted: A good sparkling mineral water, dry, white wines and Rhine wines. All fresh fruits except bananas and dates; stewed fruits, not too sweet. Rice, taken as a vegetable, with-

out cream or sugar. Eggs are nutritious and not fattening when boiled, scrambled, poached or in plain omelets. All fish, broiled or boiled—fried—except salmon. All fowl, broiled or boiled—except goose. All thin soups, bouillon and consommé; no thick soups. All entrees should be avoided. All meats, broiled, boiled or roast-

and harden the skin and muscles by cold water applications. Weigh yourself every week, not every day, and when you have gained the desired weight, lose a few pounds more; then eat naturally and moderately, and if you discover that you are gaining, return to your dieting system. I want in present I eat anything I want in moderation, and I have not varied in weight a pound for five years.

There is in nearly every family one ugly duckling, and in the generality of cases it is a daughter who seems to be held back, or kept down, as it were. She is not always the plainest of the brood; yet there is invariably one who is the Cinderella in every family, one who is either not thought so much of as the rest, or who is kept in the background for various motives.

It is, as a rule, the one who is mother's girl, she who is everything in that home circle; the one that cannot be done without, who is most useful to all at home. Father wants her, mother needs her, the children long for her to room with them, join in their games; and she is likewise expected to be in the kitchen to superintend and help when there is company, or in the drawing room to entertain her brother's friends, or play properly for her sisters and their sweethearts.

There are many girls who spend their lives in continual drudgery, who, from their earliest years have never known a peaceful, happy youth. Girlhood was not for them, for almost from their cradle they have been made to carry the burden of life, the cares, troubles and worries of their elders have been placed upon their childish shoulders. In fact, from the first dawn of reason they seem to have been surfeited with woes and troubles, and at least need not have been communicated to them at so tender an age.

It is nice, of course, to be father's confidante or mother's right hand, but there are things that should be kept from children. Life in childhood should be made as bright and happy as possible. It is not right or fair for the young to have to share their elders' troubles on all occasions; childhood does not last long, and it is wrong to embitter a young life too early to a bitter old age.

Many children are made old in wisdom and knowledge of the world's troubles ere they are advanced enough to see and understand the reason of these crosses—all this trouble and grief. The consequence, then, is an embittered, sourd life. Heeds days; all is sordid, black and unhappy memories of what should have been the happiest, brightest years of their life.

Naturally, as such a girl grows up she is old beyond her years—a regular little old woman—and in consequence the heart of a young child is not in her, the games of frolic and innocent youth are not entered

Don't Neglect Your Ugly Duckling

There is in nearly every family one ugly duckling, and in the generality of cases it is a daughter who seems to be held back, or kept down, as it were. She is not always the plainest of the brood; yet there is invariably one who is the Cinderella in every family, one who is either not thought so much of as the rest, or who is kept in the background for various motives.

It is, as a rule, the one who is mother's girl, she who is everything in that home circle; the one that cannot be done without, who is most useful to all at home. Father wants her, mother needs her, the children long for her to room with them, join in their games; and she is likewise expected to be in the kitchen to superintend and help when there is company, or in the drawing room to entertain her brother's friends, or play properly for her sisters and their sweethearts.

There are many girls who spend their lives in continual drudgery, who, from their earliest years have never known a peaceful, happy youth. Girlhood was not for them, for almost from their cradle they have been made to carry the burden of life, the cares, troubles and worries of their elders have been placed upon their childish shoulders. In fact, from the first dawn of reason they seem to have been surfeited with woes and troubles, and at least need not have been communicated to them at so tender an age.

It is nice, of course, to be father's confidante or mother's right hand, but there are things that should be kept from children. Life in childhood should be made as bright and happy as possible. It is not right or fair for the young to have to share their elders' troubles on all occasions; childhood does not last long, and it is wrong to embitter a young life too early to a bitter old age.

Many children are made old in wisdom and knowledge of the world's troubles ere they are advanced enough to see and understand the reason of these crosses—all this trouble and grief. The consequence, then, is an embittered, sourd life. Heeds days; all is sordid, black and unhappy memories of what should have been the happiest, brightest years of their life.

Naturally, as such a girl grows up she is old beyond her years—a regular little old woman—and in consequence the heart of a young child is not in her, the games of frolic and innocent youth are not entered