



MME. CAVALIERI to-day addresses herself to those fortunate persons who are preparing for a trip abroad. Her remarks apply as well to those who will make shorter tours, say to the New England or along the Atlantic Coast.

She tells how to prepare for the journey and how to preserve comeliness while on board. A generous number of her valuable recipes follow. She will write next week of "Timely Creams and Lotions."

By Mme. Lina Cavalieri.

If you are going abroad, have a shampoo before you start. Don't forget this most important precaution, for the shampoo in salt water is not only ineffective. It is worse. It is injurious.

Having had the thorough shampoo, your hair is ready for the benefits of the ocean trip. The benefits consist in the moisture and in the facilities for ventilation. For hair needs ventilation as much as do one's garments, rather more, in fact, for the clothes are worn naturally and the hair is twisted into all sorts of unnatural directions and shapes.

Every day while I am crossing I sit at the porthole in my stateroom on the promenade deck, loosen my hair and let it blow about my head and face at the sea breeze's will.

Even though inconvenient, it is a magnificent tonic. Better eat less and bathe more on shipboard.

The bath on shipboard takes the place not only of the usual cleansing, but of exercise. The bathtub is the seagoer's gymnasium. For twenty minutes one should splash and kick about, exercising arms and legs, back and loins, in the sea water. If the constitution is strong enough, the cold plunge is the best form of the bath at sea. If not, the water may be heated to the tepid point.

Some beauty culturists make the claim that salt water is too strong for the complexion. I have found, on the contrary, that it is a tonic and astringent. I pat the face well with

There was never a more mistaken belief. A brunette's face outlined against a red or orange cushion in the strong sea light looks yellow. A blonde's delicate coloring thrown into cruel relief by a pink or blue cushion looks faded. Far better trust to the neutral tints of the steamer rug or the screening veil for a background.

Eat little at sea. Sleep a great deal and



"Take with you two steamer rugs, one to throw over the deck chair, one to cover yourself."

walk much. A hundred laps a day are not too many for a vigorous woman. But there is an art in the deck promenade. Don't oppose the motion of the ship. Give yourself up to it. Fancy yourself a babe, and the big vessel your cradle, the sea your mother rocking that cradle. This absolute yielding to the motion of the ship is the only cure for seasickness.

Before sailing eat lightly for at least a week, better for a fortnight. Leave off sweets and fats. Make your preparatory diet almost exclusively one of fruits and vegetables. Carry with you in your luggage some salted breadstuffs, as bretzels. The first faint symptom of nausea may be quelled by this.

Let the voyage be one of complete relaxation. To that end make few acquaintances, for it is more or less fatiguing to adopt yourself to many new faces and personalities.

A well-ordered sea voyage is an incomparable tonic. A chattering, feasting, drinking, little-sleeping voyage is only another form of dissipation.

A correspondent asks for a formula for a good hair tonic. Each of these has been successfully used by acquaintances of mine:

Alcohol 3 ozs.
Glycerine 1 dram
Salicylic acid 1 dram
Spirits of ether 4 drams

Alcohol 1 oz.
Bay rum 4 ozs.
Oil of mace 10 drops

"Will you please tell me if there is anything that will stop my growth? I am seventeen and am five feet eight inches in height, and I think I am growing," writes "Distressed" from Pittsburg.

Why not be reconciled to being tall? Height is the present fashion, and the modern trend is toward the Junoesque type. Study how to dress as a tall woman should and be comforted by the fact that a great many small women envy you your superb height.

"Distressed" also asks for "a formula for a good hair tonic for light hair. I want to keep my hair light."

Rhubarb stalks 1 oz.
White wine 3 ozs.

Steep the mixture over a slow fire. Let it stand for twenty-four hours in a cool place. Strain it. Apply as a lotion, rubbing it well into the scalp and wetting the hair. Wipe the hair with a soft towel, but allow the mixture to dry in.

WHEN THE GOOD MAN DIETH.
Murphy—Poor O'Reilly is dead. And a good old soul he was.

Casey—Yes, and a thoughtful man, too. Sure, before he died he called all his creditors to him, and told them where they could borrow money enough to cover what he owed them.

SHOCKING.
"We've been having a regular clearance at home," said Mr. Smith at the office. "throwing all sorts of things away. I put one of my wedding presents on the fire last night."

"Did you, really?" asked a horrified colleague. "What was it?"

"A copper kettle," replied Mr. Smith.

My Secrets of Beauty

No. 73—THE SEAGOING BEAUTY—

By Mme. Lina Cavalieri, the Most Famous Living Beauty.

From Colorado comes a request for advice—other pan of warm water, to a reader who has shrunk her double chin, should be used for the purpose. but has a mass of loose skin where the double chin used to be. She asks how to dispose of this skin. Cold water compresses will help to make the skin firm. Dampen a towel in ice water and hold it against the chin. Hold ice against the chin. These will in time harden the muscles of the chin. I am sorry

From Montreal comes a letter deploring my correspondent's large nose, and complaining that it is constantly growing larger. Massaging the nose to a point, and frequent pinches of it, between the thumb and forefinger, and pressing it between the first two fingers of each hand, should prevent its growing to a larger size.

A New York correspondent writes a description of the condition of her hair that speaks largely of the need of frequent shampoos. That your hair is split at the ends, that you have a great deal of dandruff, and that your hair is dull in color and brittle, all indicate it has been neglected or that your vitality is low, or both.

Try a shampoo every other day, until your scalp is thoroughly clean. There is very little dandruff on a clean head. Massage your scalp until the skin of the head is quite loose. Hair does not thrive on a tight scalp. Singe or trim the ends. I prefer singeing.

A good shampoo is:
Castile soap, 2 cupsful
Warm water, 1 quart

Rinse the hair so thoroughly three or four times that none of the soap remains.

This formula is successfully used both in England and in this country:

Oil of rosemary ½ oz.
Oil of sweet almonds 7½ ozs.
Oil of mace 70 drops

"A well ordered sea voyage is an incomparable tonic."

I have said many times in this column that there are two methods of removing superfluous hairs. One is by making a paste of one of the depilatory powders that can be bought in most drug stores and toilet articles departments, and applying it to the face for a few minutes until there is a slight stinging sensation. Scrape the paste off the face. The superfluous hairs should come off with the paste.

Another method is electric treatment by a competent physiologist.

If neither of these be convenient, the hairs can be removed by small steel tweezers. Pull the hair out by a sudden, hard jerk.

Or make a tea of the leaves and roots of caladine. Dip a soft cloth into this and tie it upon the hairy portion of the face before retiring. Moisten the compress now and then with the caladine tea. Continue this treatment several nights, when the hairs should disappear.

PHOTO
COPYRIGHT BY
DANIEL ECKHART
N.Y.



"I pat the face well with salt water every morning that I am on shipboard. Salt water is tonic and astringent."

This strengthens the roots of the hair as well as lets the air bathe every single hair. I recline in an easy chair while this work goes on. Sometimes I take a nap while the work of ventilation and root strengthening goes on. That my body is completely relaxed and at rest aids the process of resting the hair.

Some persons who never neglect the daily bath on land avoid it on shipboard. They resort to the makeshifts of the sponge bath or the flesh brush rub, and trust to the air performing the function of water. Their excuse is that it is so inconvenient to bathe on shipboard.

A MYSTERY EXPLAINED.
"How is it that no matter if a baseball enthusiast is 'broke' he can always manage to get the price of admission to a game?"
"In a perfectly easy way."
"How?"
"Why, it comes natural to a 'fan' to raise the wind."

IN THE SUBURBS.
"Are you trying to raise anything on your place this year?"
"Yes, indeed."
"What is it?"
"The mortgage."

A LUXURY.
Judge—Why did you burn your barn down, just after getting it insured?
Farmer—Your Honor, a poor man like me can't afford to have a barn and insurance, too.

APPROPRIATE TERMINATI
"Miss Serechen had an eye on the candidate stage, hadn't she?"
"Yes, until she got the hook, too."

CLEVER.
Mrs. Cunningham—The doctor has ordered me to go abroad, Henry.
Mr. Cunningham—You are not "run down" or "tired out," are you?
Mrs. Cunningham—No, but I shall be by the time I get my trunks packed.

MISLEADING.
The following is an advertisement inserted recently in a paper:
"Wanted, a man to undertake the sale of a patent medicine. The advertiser guarantees it will be profitable to the undertaker."

A PROTECTIVE CONDITION.
First Editor—Say, see where a chap's been let out of jail for writing poetry?
Second Editor—I'll bet they made it a condition he should leave the State.

ACCOUNTED FOR.
"Money is tight just now."
"I suppose that is why it is so hard to keep any loose change."

"If you are going abroad have a shampoo before you start."

you did not use this method while you were reducing your chin. It would have been easier and less tedious. The same correspondent asks where a nose clamp can be bought. The leading drug stores and beauty parlors in the large cities keep them or will order them.

A Florida maiden asks for a formula for making the bust firm. I never recommend any pomatum or tonic for that delicate area, but one greater than I, the celebrated Dr. Vaucaire, has done so. This is one of his formulae for making the bust smaller and firmer:

Lanoline 50 grams
Vaseline 50 grams
Tincture of benzoin 20 drops
Iodide of potassium 3 grams

Another French remedy for flabby breasts is this:

Oil of sweet almonds 100 grams
White wax 50 grams
Tincture of benzoin 25 grams
Rosewater 25 grams
Pulverized tannin 15 grams

Portuguese women have employed this method, which should be practicable for a girl who lives in Florida:

Orange 2
Olive oil 2-3 pt.
Boil the oranges in the oil for four hours. A water bath, that is a pan placed in an-

A FIND.
Gray—I say, old man, I'm trying to find some one to say something nice about my cousin at his wedding reception. Will you do it?
Black—But I don't know your cousin.
Gray—Good! You're the very man I want.

DRAWING THE LINE.
Maude the Maid—Don't you believe in constant variety in life?
Benedict, the Married Man—Not when it comes to fortu cooks in three weeks.

A Bedford, Pa., girl writes, asking: "What shall I do to remove the superfluous hair on my face? There are only a few, but they are long, dark and unsightly. Will you honor me by publishing a harmless depilatory?"

"I'm afraid I won't be able to pay your bill for some time, doctor," said the grateful patient.
"H'm," replied the physician, who is a natural diplomat. "there are two points I forgot to mention in my advice. You'd better quit smoking and cut out a meat diet."

"Did you have the soil of your back yard analyzed by the Agricultural Department?"
"Yes," they said it consisted largely of glass, tin and putty, with traces of building lime, and suggested that it might do to raise a mortgage on."

Hobo—Ma'am, I'm hungry. I'll do anything for some food.

Housewife—Poor man! I won't make you work. Here's a fine hot breakfast—just wash your hands.

Hobo—Ma'am, I said I was hungry—not starving and desperate.

"Just think," said the student of history, "there was a time when men seemed to enjoy torturing their fellow beings!"

"Yes," replied Miss Cayenne, "and even now a smart lawyer seems to derive a great deal of satisfaction from cross-examining an expert witness."

"Shucks, what does the census amount to?"

"What's the trouble, Uncle Peleg?"
"All that damned enumerators wanted was a lot of fingers. Wouldn't pay no attention to the details of my rheumatism or my first marriage."

"I'm one of the best customers that tailor has."

"Is that so?"

"Yes, I never think of ordering a new suit until I've paid him for the old one."

"Jenkins is a man of remarkable perseverance."

"Is he?"

"Yes, indeed. He has tried six different kinds of hair restorer—and he hasn't given up the fight yet."

Mme. Lina Cavalieri.