

HOW TO ACQUIRE POISE AND BEAUTY OF FIGURE IS SHOWN

Mlle. Pavlowa Tells How to Develop Back and Shoulders—Being the Fourth of a Series of Articles by the Famous Russian Dancer Now Running in The Sunday Oregonian



This is the fourth of a series of articles written by the famous Russian dancer, Mlle. Pavlowa, tellers how to be graceful and beautiful. Pavlowa has been the dancing idol of Europe for five years, and she has visited fully as long a season in the United States. In today's article she describes exercises for the development of the back and shoulders.

BY Mlle. ANNA PAVLOWA

IN THE first three articles of this series we have confined our attention to developing good lines in the torso, the legs and the arms. No one can gain the importance of this and yet, with the demands for décolleté costumes—now quite as popular in Summer as during the Winter season—the need for a symmetrical back and graceful shoulders is self-evident. In point of fact, I know particular women prominent in European society who consider a "good back" a pre-eminent requirement. What is more, those who haven't one of those backs work very hard in efforts to develop what is desired.

Some folks are born with well cut shoulders and nicely rounded backs; others manage to grow into those positions in the course of time, quite a respectable number join their sisters through the medium of exercise. Personally, I was not fortunate until I commenced to study proper movements that would impart to the upper part of my shoulders that firm plumpness so eagerly sought. And let me state that it was not far from a moment or a few weeks.

I confess that it seems discouraging to prepare to don a low cut gown when one's shoulders are humpy with too much flesh or thin to the point of scrawling. It takes the pleasure away from the approaching function, whatever it may be. Do not be deceived, as well as that of other women who were not born fortunate in this matter of a lovely back and a fine pair of shoulders, I can understand how they may that perseverance with the correct exercises will accomplish wonders for those who have a minimum of shapeliness in these respects.

Those who have read the previous articles appearing in this newspaper devoted to cultivating a graceful figure and who have gone faithfully about practicing the movements prescribed, will have succeeded by this time in obtaining a fair amount of bodily endurance. That being the case, I now wish to advise the daily following. In this manner there is alteration that should bring the best results possible. Again, it will afford sufficient variety to hold the interest, an all important factor where exercise is put forth in search of a definite something.

Whether or not other exercises precede those for the shoulders and back which are about to be presented, makes no difference, but if that method is adopted it will be found to be a wise procedure. After opening the windows of the room in which the movements are to be practiced and filling the lungs several times with fresh air, the work may then be started. Be sure, however, that a loose robe is worn that no corset binds the figure and that soft shoes without heels have been donned.

Beginning with Exercise 1, stand firmly on the flat of both feet, heels together, body held erect with shoulders thrown back—easily, without stiffness of any kind. Extend both arms and hands directly in front, slightly below the level of the shoulder line. Carry them back on an even sweep in a physically smart manner, but not too abruptly, and do not permit any muscular opposition to be exerted. When both arms have reached a point slightly beyond the sides of the body, the movement is completed—as shown in Pose 1 of the photographs accompanying this article.

Extreme care should be maintained to perform this exercise with grace and freedom, for the benefit accrues from the quick repetition of it as many times as can be comfortably performed without fatigue. Some women can accomplish the movement 15 to 20 times without stopping, but 25 is enough at the start. Help will be found if the head is inclined slightly to one side as the arms pass the body, and it can be moved either to the right or the left, or alternated at the pleasure of whoever is doing the exercise.

This particular movement brings into play the muscles on the upper portion of the shoulders—the long muscle which gives most of the line—and it also develops all the muscles that run on both sides of the torso upon which we depend for easy support of the bodily carriage. The value of this exercise will be discovered after a few moments of exertion, the sensation in the several parts of the torso indicating clearly what muscles are called into use.

In Exercise 2 a table is necessary. Stand before it in the same general position assumed at the beginning of the preceding exercise, with both hands resting upon the upper portion. Twist the body and left shoulder toward the left, slowly and with a sort of effort like that one uses in the morning while stretching. If you can imagine that you are gathering all the muscles up in a bunch—so to speak—the muscles on the left side above the waist line, it will assist. Do not raise the left arm, but merely allow it to follow the body naturally, and turn the head as far to the left as possible.

are certain to feel more or less awkward. One of the reasons for such feeling comes from the fact that as a rule women do not raise their arms above the shoulder line. Aside from adjusting one's hair, I doubt if three women in every 10 give the muscles figuring in a good, free overhead stretch anything like a fair chance. Therefore it is high time to turn the attention to this important matter.

After finishing with this exercise there remains to be practiced yet another—also expressly worked out to cultivate grace of movement. Assuming a quiet, erect bodily position begin by raising the right arm from the side, turning the palm upwards and dropping the head backwards, which

will tilt the face toward the ceiling and to the right. At the same time the left arm and hand should be carried over the head, with the palm down, as may be seen by the photograph in Pose 4 on this page.

Work Before a Mirror.
This movement—as well as the one immediately preceding—should be performed before a half or full-length mirror because one can observe just how successfully each is accomplished. If during early trials there seems to be a degree of uncertainty, or stiffness do not be in the least discouraged. Considerable practice is necessary to straighten out the kinks in the muscles and to impart a freedom of gesture and a graceful attitude that are imperative.

Try this fourth exercise repeatedly, for several minutes, and do not mind if it appears that little satisfactory progress is made. Then go through the same exercise reversed—that is, with the left arm elevated in the manner the right was and the right arm curving over the head which is thus inclined to the left. Continue in this fashion for several minutes before finally bringing this series of exercises to a close.

Once again I would admonish whoever goes through one set, or more than a set, of these exercises to conclude with a bath of warm water to be finished with a cold shower—if the reaction from the shock is prompt. Then a brisk rubbing with a coarse towel will start the circulation and a 10-minute rest on a couch will restore the body to its normal state, reinvigorated.

CHEAP PLACES GAIN BY "WAR" ON GRILLS

Gaynor's Order Already Proves Costly to Big Cafes in New York—"The Lure" Is Play That Needs Censor's Eye, Apparently.

BY LLOYD F. LONERGAN.
NEW YORK, Aug. 23.—(Special.)—Have the police a right to close up any business at a certain hour, when there is no state law or city ordinance that affects?

Mayor Gaynor says they have, which is why the police have been rough-housing the various restaurants, and the proprietors of these resorts say to the contrary. Now the matter has gone to the courts, and in the course of a year or so there may be a decision on the matter. In the meantime the police have won out for after the warfare at Healy's, restaurant men believe it is best to bow to the police, even while saying that the bluecoats are acting the parts of oppressors, rather than that of guardians of the law.

During the first few days when Healy "defied" the police, he had plenty of customers, who dropped in to see the fun. It rather palled upon them, however, when the police used force. It is not "fun" to be kicked out of a restaurant by a full-grown patrolman, and custom fell off to a decided degree. In addition to this, large quantities of valuable china and glassware were destroyed nightly, and the loss to Healy became a matter of interest.

Cheap Lunch Rooms Benefit.
Gaynor's contention is that every place that sells liquor must close promptly at 1 P. M. The restaurant men allege that so long as they shut up the bar at the specified hour they are entitled to run the food end of this business as late or as early as they see fit. The Judges of Special Sessions, a minor tribunal, hold with Mayor Gaynor, for the highly practical reason

that unless they do they will be haled up on charges and lose their jobs. No one can reasonably blame the police, but many persons blame either Gaynor or the restaurant proprietors, depending upon with which faction they are in sympathy. The Judges of Special Sessions are particularly exercised. They want to know what good it does them to make decisions if no one pays any attention to them, to which Gaynor practically replies that their idea of law is foolish and that the higher courts will overrule them.

replaced by a scanty gown, and she is made a prisoner. The special agent enters the house in search of another girl, and meets mother's daughter with whom he is in love. Her story convinces him that she has done no wrong, and he determines to rescue her. Then occurs the "big scene," the fight with the "cadet," in which practically everything in the house is wrecked.

Big Episode Overlooked.
All the newspapers printed long obituaries of General Edward F. Jones, Civil War hero and former Lieutenant Governor, the man who commanded the Sixth Massachusetts when the first blood of the great war was shed at Baltimore. They all, however, overlooked one interesting episode in his life, the disappointed political ambition which started him on the downward financial path.

Jones served as Lieutenant Governor with David B. Hill, when the latter was the Democratic boss of the state. At that time Jones was politically powerful in the Mohawk Valley counties, and it is said that Hill had promised him that he should be given the next nomination for Governor. In the last year of his term Hill was elected United States Senator. Jones expected that to have a rival, and feared that if Jones held sway at Albany he might be formidable at the next convention, and Hill had already made a promise to nominate Roswell P. Flower for Governor. To curb Jones, Hill held on as Governor, explaining that as Congress did not meet until December his services at Washington were not needed. Jones protested, but was overruled. The convention met and named Flower, Jones, who was a candidate in defiance of the organization, receiving

only a few scattering votes. His in-surgency angered Hill just the same, and he told his intimates that he would not give Jones the satisfaction of being Governor, even for a day. Then Hill held onto the two offices, and incidentally the two salaries, until Flower qualified. It was a bitter blow to Jones, and he neglected business for politics, trying vainly to undermine Hill. His efforts did not meet with success, but the resulting neglect of business led to heavy financial losses from which he never recovered.

Garden's Passing Evident.
The passing of Madison Square Garden is made evident by the announcement that the National Automobile Show will be staged at the Grand Central Palace during the week of January 3 next. It will be under the auspices of the Automobile Chamber of Commerce. The exhibits will occupy four floors in the big building.

Automobiles will occupy the first and second floors, and such of the third floor as is not needed for the display

of cars, while the fourth floor will be devoted to the needs of the Motor and Accessory Association.

Financiers show satisfaction in the August dividend checks, which show a marked increase over the amount handed out a year ago.

A total of \$2,688,868 has been disbursed by 37 railroad, industrial and public utility corporations. The total payments are \$27,263 in excess of those distributed on the same day last year.

It is pointed out, however, that these are only a few selected companies. During the entire month of August about \$19,000,000 is scheduled for payment in interest and payment, and no comparisons with last year have been made on this amount. In a number of cases, it is said, there have been big declines. Still it is best to be cheerful over some things, and Wall Street grays at any hopeful straws these gloomy days.

The New Zealand Farmers' Union asks government aid for procuring more laborers, more than 6000 workers being needed.

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