

HOW TO DEVELOP A BEAUTIFUL FIGURE TOLD BY PAVLOWA

Graceful Neck and Easy Poise of the Body Necessary to Beauty—Being the Fifth and Conclusion of the Series of Articles Written by the Famous Russian Dancer.



MUCH that has to do with feminine grace and charm emanates from ease and gracefulness of manner. How often do we hear some such remark as "She is pretty and she has a good figure, but how stiff she is in her movements and in her outward demeanor!"

The really clever woman aims always to be graceful in a seemingly natural way and to dispense her charm with that frankness which is the hallmark of birth or of good breeding. She is not unlike the player who is ever alert to impress an audience with that quality of effort which appears to be entirely natural.

I have endeavored in the four preceding articles of this series which have already appeared in *The Sunday Oregonian*, to emphasize the importance to women of exercise for the cultivation of good bodily lines and grace, and I have striven conscientiously to make clear the methods by which these qualities may be obtained. Movements calculated to help the symmetry of the torso, the legs, the arms, the shoulders and the back have been set forth. Now we come to the neck, and in conjunction with its consideration some helpful suggestions on the poise of the body and common sense hygiene in simplified form.

The Value of Repose.

Repose is something which all American women should strive to cultivate. While it is to be found occasionally, my observation has revealed an astonishing lack of a most essential quality in the acquiring of grace. Nervous by temperament, the women of the United States and Canada may be seen in almost any assemblage going through little movements of the body and limbs, which not only distract the thoughts of those surrounding them, but interfere with their grace and poise.

I realize that it is not easy to sit absolutely still, or to stand quietly, in the presence of several persons. The reason arises through self-consciousness, diffidence or deliberate "fussing," which is sometimes regarded as interesting.

Anyone who has noticed the calm dignity of feminine social leaders should appreciate that much of their authority of manner comes from repose. Wherefore, I would counsel all women to consider it as an attribute necessary to cultivate, in the event that it is not already possessed.

As practice makes perfect, I believe that a brief time should be set aside every day to striving for bodily repose.

Suppose we start with the light, loose costume I have advocated in the practicing of the movements explained in these articles—without corset and wearing soft shoes that have no heel. After opening the windows to admit plenty of fresh air, assume a position before a full or half-length mirror to observe the position of the body.

Quality of First Pose.

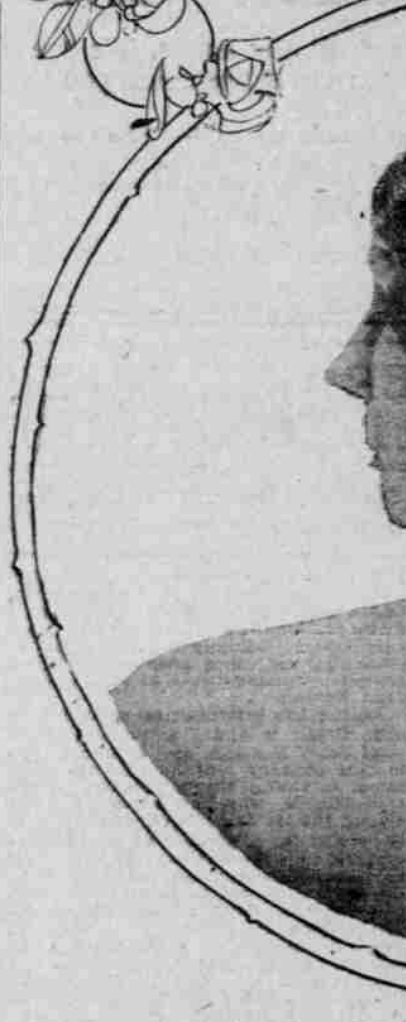
Please look carefully at pose No. 1 in the photographs upon this page. It will seem to you that while the body is quite erect and the shoulders thrown back, a certain quality of relaxation—of repose—is evident. The weight of the body should be evenly distributed to both feet, and although the muscles of the entire body must be alert, they are required to be maintained in a state of absolute pliability.

Endeavor to stand in this attitude for half a minute at a time; then increase the period to twice that length. In a few days one will be astonished to discover that what at first seemed difficult in holding a quiet pose will eventually become not only easy but pleasurable.

Quite as essential is the ability to sit with a repose similar to that of standing, and by placing a chair before a mirror this quality may likewise be heightened. Endeavor to have the torso moderately erect, the shoulders fairly well back, the head elevated, and drop the arms easily in a natural position with the hands resting relaxed in the lap.

The lower limbs must not be "sprawled" or extended too far in front, nor should they be crossed at the knees or at the ankles. Several minutes a day devoted to practice of repose, both standing and seated, will be found to yield untold benefits.

And now we are prepared to consider the neck, a portion of the anatomy which plays an all-important part in bodily grace and beauty of the face. Standing in the manner I have previously counseled to assume preparation to commence most of these exercises, with weight well distributed—hold the head erect,



in such a way that, looking in a mirror, the chin is virtually horizontal. This is the correct position for a graceful carriage of the head, as may be seen from pose 2 in the photographs appearing on this page.

The first movement is a complete movement, forward and then back as far as possible. Pose 3 of the photographs makes the first forward sweep clear. The second part of the exercise brings the head almost as far back as the opposite direction.

Try to keep the muscles of the neck under absolute control at all periods of the exercise and move the head forward and backward slowly.

At each completed point—when the head is as far to the front as it can go—hold the position for a full second, then reverse to the opposite point.

This exercise works the muscles of the front, back and sides of the neck, but especially of the front and back, for which the movement is designed. It will serve to "burn up" any surplus flesh that may be accumulated and is particularly efficacious in the elimination of the unsightly "dewlap," which is a physical disfigurement. On the other hand, the exercise is no less effective in developing roundness and proper contour to a neck that is inclined to be thin.

Pose 4 will denote the completion of the next exercise, which, like the previous one, is of double character, calling for a movement of the head in two directions.

Commencing with the face, looking squarely in front, the head is twisted slowly to the left and slightly downward and as far away from the straight line as is possible.

Immediately upon touching the farthest point the pose should be held for a brief moment and then the head carried to the extreme right, just as it was previously to the left.

Here are movements which will ask much more of the muscles of the sides of the neck. Peristed in they are almost certain to impart the curve so much desired.

Moreover, this exercise will loosen up the muscles—which ordinarily have very little to do—to an extent astonishing, and bring a sense of physical comfort through starting circulation of the blood, where it is sorely needed. Personally, when suffering from headaches, I have found that this movement is extremely helpful.

Hold the attitude for a second, then reverse to the extreme opposite position. In this exercise, as well as all

the others, the movements should be continued with cessation for as many number of times as is comfortable to the one practicing.

We have now covered the ground concerning appropriate and beneficial movement for developing a beautiful feminine figure. In the five articles of the series I have sought to explain the needs for such exercises as I have counseled and the right manner to accomplish them. But I should not consider my work complete if I did not say a few words concerning the general care of the body, which is necessary to assist the exercising recommended.

Advice As to Food.

First, we should consider eating, which we cannot avoid if we are to live. Where there is a temptation, through a marked appetite, to consume large quantities of food, one should endeavor to restrain the desire.

Many experts advise only two meals a day, and with some persons such procedure brings excellent results; but there are women who cannot with comfort omit the noonday luncheon, and if after serious trial this proves to be real and not an imaginary hardship it should not be persisted in.

And then, as to the matter of indulgence in sweeteners will do well not to indulge themselves to their limit. I know that it is trying to rise from the table slightly hungry, but if it can be done the health is materially helped, and good bodily lines are largely dependent upon sound health. Another point which should be emphasized is the imperative demand to masticate the food thoroughly and slowly.

Too many of us endeavor to make our stomachs do the work our teeth were given us for, and this leads, sooner or later, to stomach or intestinal disorders that reflect directly upon the health and the lines of the figure.

People who have poor appetites will find that they can be increased to normal by such exercises as I have advocated—the spending of much time out of doors in the fresh air and by sleeping in properly ventilated chambers.

I believe that the longer one finds it possible to remain in the open air each day the better the health—all things considered. Walking, as I have before stated, is a splendid exercise, while golf, lawn tennis, horseback riding and swimming invariably bring their physical rewards.

As between-meal nibbling and during meals are both harmful, so, too, is sleeping in a room in which there is little or no fresh air.

Plenty of covering on the bed will

protect the sleeper from any ill-effects of air, and as nature does a vast amount of rebuilding during sleep, it is as well to assist through the medium of all the pure air that can be obtained.

I do not believe it is necessary to dwell upon the daily bath, which is a prerequisite to the particular and dainty woman. Apart from this, if a body massage can be had, it will assist materially in the exercises followed.

The principal thing to be observed is consistency of daily life—in which I counsel the practicing of the movements I have suggested and the living as advised—for spasmodic endeavor never leads to anything satisfactory.

Plenty of exercise, plenty of sleep in well-aired chambers, simple food not too highly seasoned and completely masticated, and moderate regularity of waking and sleeping hours will do much for the figure and for grace and charm—all feminine qualities so highly desired.

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1—Starting With the Head Erect and the Chin on a Horizontal Line; Twist the Head to the Right and Somewhat Upward; Let the Head Go as Far as It May. (Copyright, 1913, Max Rabinooff.) 2—Commencing With the Face, Looking Squarably to the Front, the Head is Twisted Slowly to the Left and Slightly Downward and as Far Away From a Straight Line as Possible. (Copyright, 1913, Max Rabinooff.) 3—Mlle. Anna Pavlova in a Graceful Pose. (Copyright, 1913, Schneider, Berlin.) 4—Distribute the Weight of the Body Evenly on Both Feet, Allowing the Muscles to Become Absolutely Pliable, but Alert. (Copyright, 1913, Max Rabinooff.)

HOUSEWIVES OF BROOKLYN COMBINE WITH FARMERS FOR LOWER PRICES

Evelyn Nesbit's Fear of Harry Thaw Declared to Be Far From Acting, as She Realizes He Would Escape Penalty for Murder in New York State—Taxicab War Still Pends.

NEW YORK, Aug. 30.—(Special.)—That New Yorkers take no interest in what is going on outside of Manhattan Island is made clear by the history of the Perry centennial celebration, which will begin in Buffalo on Tuesday and last for four days.

Oliver Hazard Perry was the naval hero of the War of 1812, but the average man in the street could not tell you anything about the battle of Lake Michigan. A few short articles are all the attention that has been paid to the event by the metropolitan press, and only persons who read the papers closely know that something is scheduled to happen next week.

Of course some of the local patriotic societies will send delegations to participate, but there are no excursions scheduled and there is an utter lack of enthusiasm on the subject.

Commodore Perry was only 23 years old when he took command of the little squadron. On his first flagship, the *Lawrence*, his men were slaughtered, his guns dismounted and the vessel practically wrecked. Then Perry, in a small boat, was rowed over to the *Niagara*, where he remained until the battle ended in victory. Schoolboys remember his famous message, "We have met the enemy and they are ours," but New Yorkers, taking them by and large, do not know or care who or what Oliver Hazard Perry was.

The Housewives' League of Brooklyn has adopted a practical way of reducing the high cost of living. They are now working to organize the farmers, get to ship direct to the consumers, thereby eliminating the middleman and his profits.

Exra Tuttle, formerly a member of the New York State Food Investigating committee, is the field agent of the women. He has been at work in the neighborhood of Eastport, Long Island, where he has induced agriculturists to organize the United Farmers' Shipping

Association. The farmers send their produce to the Flatbush-avenue station, where wagons hired by the Housewives' League take them and distribute the produce through Brooklyn. The plan has been a success because prices are extremely low, while the farmers are happy, as they are receiving more than they ever did before.

The Housewives' League of Brooklyn now has a membership of 150 and is constantly growing. The women declare that the present work is only the beginning, and say that eventually hundreds of wagons will cover routes every day, serving thousands of families with fresh vegetables at a low rate.

The escape of Harry Thaw has been a financial boom to Evelyn Nesbit, for on the strength of it she has signed a new theatrical contract at an increased salary. While many of her newspaper articles have been designed by her press agent, the fact remains that she is in fear of her life.

"And the worst of it is," she told a friend the other day, "if Harry killed me he could not be punished, and he knows it. Lawyers tell me that all that could be done would be to send him back to the asylum, and he would probably escape again."

Legal lights agree with Thaw's former wife, and admit that under present conditions it would be impossible to electrocute Thaw in this state, no matter what he might do. At the present writing he is officially irresponsible in New York. If he came here and joyously obliterated all his enemies, the only thing that could be done would be to send him back to Matteawan. In other states, where he has not been before the courts, a judicial hearing might determine that he was competent to stand trial, and in addition, there is an unusually long calendar. It is also asserted that the case which has been taken up in not decisive, and these the main question hinges upon the action of the Yellow Taxicab Company, just decided adversely in the Supreme Court. The next step will be the Appellate Division, which convenes in October, may perhaps render a decli-

son in December, and then the matter goes to the Court of Appeals.

Speaking of the law's delays, patrons of the New Haven Railroad are wondering if there will ever be a decision as to the passenger rates there. The Public Service Commission held hearings for many months, and finally decided that fares were excessive, chopping down the rates for single tickets 5 and 10 cents, with a proportionate reduction on commutation tickets. The railroad waited until the last moment, then secured an injunction holding up the new rates until the courts could pass upon them. The judicial order provided that if the final decision was against the railroad the excess fare should be refunded. From that time on the company issued rebate slips with each cash fare. It is nearly a year since the injunction was issued, and many persons have their houses all cluttered up with yellow slips of paper, each worth 5 cents if victory perches upon the standard of the rider. In the mean time the slips are getting worn with age, and many of them are in such shape that the owners fear the company will refuse to redeem them. Furthermore, many persons have lost or mislaid the bits of paper, and it is estimated that the railroad will not be compelled to redeem more than 60 per cent of the excess fares, if it loses in the courts.

Former Fire Chief Edward Croker is now a life-saver. He can be seen on the strand at Long Beach every day ready to answer the calls of distressed bathers.

The regular life guards at that resort went on strike for more pay, and, as it was late in the season, substitutes could not be secured. Thereupon Croker and a number of other hotel guests and cottagers decided to assist. Among the other distinguished men who parade the beach with Croker are two State Senators, Foley and Brewster, Tammany warriors, Douglas Bemisler and Ted Coy, football stars, and Reginald Rolands, a well-known society man.

Garden Hose Intercepts Thief.

PARIE, Aug. 30.—(Special.)—A thief could have made good his escape in a Paris street the other day had not a municipal employe turned on him a hose with which he was watering the street and knocked him down. The

thief received such a shock that he was taken to the police station without difficulty.

PRISONERS PLAY SLEUTHS

Murderer and Burglar Sent Out to Capture Escaped Convict.

GENEVA, Aug. 30.—A comic opera prison story is related by the Luzerner Tageblatt and may be taken as true. A few days ago a convict escaped from the prison of Airdorf, and the Governor sent out two other convicts—one a murderer, who is sentenced for life, and the other a burglar, who also has to spend many years in prison—to find their comrade and bring him back to prison.

The two convicts, who were provided with money and clothes, set out on their journey unaccompanied by a warden, but having given their word of honor to return. After three days of liberty the two convicts returned to the prison without having made an arrest. In some Swiss convict prisons the inmates are treated well, and it is on record that several convicts, after being discharged, commit crimes in order to re-enter the prison.

FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of ointment—double strength—from Woodard, Clarke & Co. and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than an ounce is needed to completely clear the skin and gain a beautiful clear complexion. Be sure to ask for the double strength ointment as this is guaranteed of money back if it fails to remove freckles.—Adv.