

# My Secrets of Beauty

## No. 49 NEW BEAUTY

### FADS I LEARNED IN PARIS

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



"The nose clamp is a new and amusing device to prevent the spreading of the nostrils."

By Mme. Lina Cavaleri.

THREE months recently in Russia and six months in Paris taught me some new fads in the cultivation of beauty. While the Americans are so clever, as well as beautiful, they may not have heard of some of these. I will, therefore, call the roll of those devices for the improvement of beauty which are finding present favor in Europe, some of which seem to me to have considerable scientific value.

But I ought to say that I have not myself personally used or tested all of these rather heroic new methods. Not all medical men are agreed on all things, especially on new things, and I advise my readers to ask the advice of their doctors on some of these matters.

There is, for instance, what is known as the vaccination cure for pimples. Pimples I have called "spots on the sun of beauty." Spots, whether on a forehead or a face, are disfiguring, and it is desirable to remove them as soon as possible. Inoculation by a special form of vaccine is the latest method adopted by the medical profession. It has been in many cases very successful. The only objection is that it is still comparatively expensive. The new theory is that pimples are caused by the presence of malleo germs. A culture is made of these germs in beef broth. The fluid is then rendered sterile by heating it to the boiling point. A small vialful of this broth contains hundreds of millions of the germs. While the germs themselves are dead, the peculiar poison generated by them remains. The treatment is given by a hypodermic injection. This poison is destructive to the living organisms, and in a few weeks' treatment obstinate cases of pimples have been completely cured by the welcome new process.

For obstinate cases of acne some advanced physicians are utilizing the X-ray. Blackheads are always disfiguring. Certain physicians have adopted the principle that these micro-organisms lodge in the follicles from which spring the small hairs that form a down on the cheeks. These micro-organisms spread fast and cause inflammation. The X-ray is summoned to check the spread of the inflammation. This they do without danger to the skin. After three or four treatments the face looks as though it were badly sunburned. This appearance remains, it seems to the patient, discouragingly long, but the results are most gratifying in every case I have studied. The acne has been permanently removed and the complexion left beautifully clear.

A third scientific treatment of great aid to beauty is the removal of scars by an injection, locally, of a healing serum beneath the skin. Its function is to loosen the structure, relax the drawn tissues and smooth the surface that had been, to use an Americanism, "puckered." There is in this last remedy the element of risk that always obtains when a foreign substance is injected into the circulation.

"A lotion is sometimes applied by an eyelash brush to freshen the faded lashes."



"To prevent a double chin, plump women are wearing chin bandages at night."



Mme. Lina Cavaleri.

MME. CAVALIERI tells her readers to-day of new and odd beauty devices she found were being employed in Paris and St. Petersburg when she visited those cities a few weeks ago.

She calls attention to new methods of curing skin eruptions by vaccination, and of removing disfiguring scar tissue in the same manner. She cites the frequent use of the chin bandage by plump-faced beauties to prevent a double chin, and of the nose clamp to prevent the unbecoming spreading of nostrils. She says that sulphur baths are being used by physicians for the cure of skin eruptions and says that ice is fast becoming a first aid to beauty.

Mme. Cavaleri believes that ice, while it first drives the blood from the surface, causes it to rush back with renewed vigor, so promotes circulation and feeds neglected tissues, causing the disappearance of wrinkles.

Next week Mme. Cavaleri will entertain and instruct her readers with an article on "Advice to the Blonde."

them because they wore nose clamps. One who disliked the touch of the cold metal substituted the homely domestic article, the clothespin. Both the clamp and the clothespin are well protected by a lining of white silk or velvet. Absurd as these things look, I was assured by all who wore them that they served admirably their purpose.

Once we were taught to let the eyelids alone and were warned that it was so delicate that it would suffer no manipulation. But I found that many women freshen their aged looking eyelids by applying this pomade:

- Alum, 15 grains.
- Tannin, 15 grains.
- Borax, 30 grains.
- Fresh tallow, 300 grains.

This was applied at night, using great care to prevent its getting into the eyes. In the morning it was removed with warm water.

English beauties whom I met in Paris discarded all other washes for the eye, but bathed them in much diluted tea, and cooled and freshened the eyelids with tea leaves.

Paris physicians, also those of the Russian court, have withdrawn their objections to perfumes, and luxurious women are using them more than ever. They are more discreet and discriminating than formerly, relying more upon perfumes used after the bath, when they can be well absorbed into the skin, and causing them to remain longer than by a hit-and-miss application of them upon the hair or clothing. This, borrowed from England, is a delightful tonic applied to the skin after the bath:

- Rosemary, 6 ounces.
- Orange peel ground into fine powder, 1/2 ounce.
- Thyme, 1/2 ounce.
- Rosewater, 1 pint.
- Spirit of wine, 1 quart.

Bath basins filled with equal parts of orris root powder and almond meal and bran are tossed into the baths instead of soap, and are more refreshing and quite as whitening. An anemic friend received me, much refreshed, after a bath of tepid water into which she had emptied a wine glass of this:

- Eau de cologne, 1 ounce.
- Spirits of camphor, 1/2 ounce.
- Tincture of benzoin, 1/4 ounce.

Ice has come to be one of the first aids of beauty. I found it used after massage of the face and neck to harden the muscles, and found women using it to drive away wrinkles and that seemed to me scientific, for while the shock of the first application will drive the blood from the surface, it causes it to rebound, bringing a fine flush to the skin and feeding the neglected and shrunken tissues. Whatever renews the tissues eradicates wrinkles.

Many physicians are endorsing sulphur facial baths to cure acne. This lotion is applied several times a day, they told me, with good results.

- Rose water, 4 ozs.
- Prepitate of sulphur, 1 dram.
- Tincture of camphor, 1 dram.

Women are beginning to realize that sagging muscles, rather than a superabundance of flesh, are the cause of the double chin. They are preventing, as far as possible, the falling cheek muscles and the pendulousness of the chin muscles by hardening them with lumps of ice held in the hand and pressed against those muscles as long as the pressure can be endured, also by wearing chin bandages.



"A method generally used in Russia is the loose eye bandage to relieve the weariness of the sight."

because of this element the method has the entire endorsement of the medical profession.

A method that has great vogue is the new or modified massage called patting, of which I have already written. This is accepted by those who have a deep respect for the science of massage as being generally given. Their theory is that massage, as many have known it, merely moves the wrinkles from one part of the face to another. Patting, they declare, does not drag the skin, but builds up the muscles and promotes the circulation. The name is a well-fitting one. Patting is done very lightly with the tips of the fingers.

The nose clamp is a new and amusing device to prevent the spreading of the nostrils and to give the nose, that, until otherwise be too round, a delicate point. I have called on my friends in the morning and have been received in their bedrooms. They looked very charming in their night robes of delicate batiste, embroidered and further ornamented with pink and blue bows, not pink and blue bows on different gowns, but combined in the same gown. Their hair carefully parted from the point of the forehead to the back of the neck, and braided in two loose braids, either hungs becomingly over their shoulders, and were tied with a blue bow, the other with a pink, to match the ribbon gariture of the night robe, or is twisted loosely around the head. Their complexions looked fresh and cool from their bath of cold cream, but they all looked odd, and I chuckled with laughter at

The past year Parisiennes have been washing their hair in gasoline. Not because they believe that it will cause the hair to grow, but for the same purpose that it is used upon a spotted garment, to cleanse the garment and remove the spots. Also gasoline makes the hair soft and sicken of texture, I am told.

I have myself used gasoline a few times on my hair, but trying to keep it away from my scalp as much as possible. I cannot be so sure that gasoline is good for the scalp.

I take the gasoline shampoo somewhat as I do the water bath for the hair. I wash it in a bowl of the gasoline, pour out the first bowlful and wash it through another, then another, until the last bowlful is entirely clean. Let as little gasoline as possible get to the scalp.

But the shampoo is always taken on the morning of a clear day. Never do I have it done when there is a light or fire in the room. If I did, it would be as the Turkish baths. There would be no more Mme. Cavaleri. Gasoline is most inflammable.

Another method generally taken up in Russia, where women are noted for the beauty of their eyes, is the loose eye bandage to relieve the weariness of the sight. Bandages moistened in witch hazel, rose water or strong salt water are bound over the eyes. The woman who wants to look attractive at night removes the traces of a weary day by lying down in a dark room for a few minutes and binding upon her eyes such a bandage. The eyes brighten from such treatment as a flower freshens after a dew fall.