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Grace and Beauty
by Priscilla Dean

WHAT CONSTITUTES BEAUTY.

"It is beauty only skin deep?"
"I once asked that question of a famous beauty specialist."

"Indeed, it is not," she replied. "Beauty of the skin is evidence of good respiration and a sound bony structure."

"Beauty of the countenance indicates a sweet soul and beauty of form results from wholesome activities. It cannot be disputed that all of these are more than surface qualities."

"So the old adage about beauty being only skin deep can be cast into the rubbish heap."

"We know that the eyes are windows of the soul. Through them is reflected the light which radiates from within. How they flash when we are angry; how dim they become when we are sad. There are people who try to conceal their true characters and, incidentally, avert wrinkles by training their faces to be in mobile and expressionless. Few, if any, really succeed. For, whether a person wills or not, the face sooner or later becomes indelibly stamped with its owner's personality. An unexpressive countenance may effectually hide passing emotions, it cannot veil the natural curve and contour of features and the effect of those emotions on the mind and disposition."

"Did you ever notice the perfect repose manifested in the faces of religious and other thoughtful, well-disciplined people? One often speaks of the former as beautiful when, speaking from an artistic standpoint, many have irregular features and pronounced defects. One can also notice a repose and immobility of countenance in well-trained servant or a clever rogue but one seldom speaks of them as beautiful, even though their features may be regular and their complexions good."

"Why? Because in the case of the religious and studious people the most abiding emotions are of the higher order, peaceful, intellectual and uplifting. The emotions of the latter are exactly the opposite and are disturbing influences mentally, even if the face is trained to remain impassive."

"This illustrates, in a way, what a wonderful effect the intellect and habits of a person have upon the face and features. It also demonstrates that people who really try to gain beauty of face and form will, unconsciously, gain in other respects. For one of the first steps toward the acquirement of beauty is to cultivate a taste for the good and beautiful things of life. One can judge a good deal of a person's character by what that person admires."

"People who have not trained themselves to recognize real beauty are apt to mistake fashion for beauty. That, perhaps, accounts for some of the wild and weird effects one notices in the tout ensemble of many girls and women one sees, any one of whom might be charming if she dressed her hair according to the standpoint of beauty as adapted to her own personality instead of in the exaggerated and, for amateurs, impossible fancies of fashion. I have seen pretty girls made almost hideous by such mistaken efforts to look smart. Considering that their natural good

points, although disfigured and obscured, were still apparent in spite of frizzed or plastered hair and be-daubed faces, one can understand how very beautiful they would be once they could comprehend what real beauty is."

One of the first lessons in good taste and judgment in this respect is to learn to recognize grace, beauty, and refinement in those who are universally acknowledged as possessing these qualities. Not long ago I saw some girls who were not skilled models trying on fashionable gowns. The girls were pretty and the gowns were artistic. Yet the two combined in most unlovely manner. The effect which the modiste desired to produce was absolutely lost. To begin with, every one of the girls seemed possessed of the idea that the most graceful manner of displaying her figure and the lines of the gown was by posing with her arms akimbo. The gowns were rather full, loose and short-waisted. I did not order one for, try as I would, I could not dispel the picture produced upon my mind of a scrub-woman, with her hands on her hips, at a back yard fence.

Artists have told me that the charm of womanly contour is in the sweep, or long curve, from armpit to ankle; that the accepted standard of feminine beauty requires that the shoulders be slightly drooping, the torso full, and widest at the hips, and that the front line from the breast bone over the abdomen should show first a gentle and then a fuller outward curve.

Dress is a decoration but as only natural lines are pre-eminently beautiful no artistic designer will ever build a dress so that it even appear to alter them. No dress is beautiful nor becoming that suggests a personal deformity.

A woman's hips should be as broad as her shoulders. It has been said, however, that grace of motion is a finer quality than perfect proportions and that a woman with a poor shape can be graceful as well as fascinating if she understands the art of dressing so that every muscle has full play and perfect ease of action.

In ideal beauty there should only be fat enough to round all surfaces to smoothness. Any muscle that is firm, healthy and constantly used will have no place for fat to accumulate. Unused muscles cultivate fat. When a person is fleshy it is impossible to be either graceful or beautiful. Fortunately, there is such a thing as reducing.

One year of good exercise will do more for a woman's good looks than all the cosmetics and beauty medicines that could be prescribed. It is possible also, to add years to one's life by breathing properly. Take long breaths as often as you can think of it. Habitual deep breathing arches the muscles of the chest, throws back the head and shoulders and compels an erect posture.

When the scenes were being photographed for "The Beautiful Beggar," I was particularly impressed with the proud manner in which some of the women of Jerusalem who appeared in the pictures carried themselves. I was told that their regal bearing was the result of balancing water jugs and other articles on their heads. Their long richly-be-silvered scarfs which hang in straight lines from their heads almost to their ankles and which weigh several pounds, also necessitate an extreme stateliness of head poise.

Priscilla Dean

(Copyright 1919—Rice Feature Ser.)

Italy has accepted a plan for the solution of the Fiume difficulty. But has D'Annunzio accepted it?

Over the State.

Falling from a car at Tower Hill coke plant, Clelle S. Lape, of Revere, was killed.

The fire loss in Uniontown last year was the smallest in recent years, only \$9,325.

February farmers' institutes began in Lancaster, Berks, Lehigh and Lebanon counties.

The Hazleton Chamber of Commerce has made all the clergymen of the city honorary members.

Eighty-eight-year-old Henry High of Lewistown, is said to be the oldest active Red Man in the State.

Annexation of Washington Heights to Lemoine is proposed in a resolution before Lemoine Council.

Idle since last spring the Lebanon Valley Steel Company's nine-inch mill at Duncannon has resumed operations.

When her clothing caught fire at an open grate, two-year-old Violet Smear of Mt. Pleasant, was fatally burned.

The section of the St. Nicholas' cemetery, near Hazleton, found 10 inches deep, while digging a grave.

Lawrence J. Coff, of Cummertown, a Shenandoah suburb, was run down by a trolley car in a heavy fog and killed.

Food and legal officers arranged for dozens of prosecutions for the sale of saccharin against the State law.

Chief Fiest and a squad of police swooped down on two Shenandoah gambling dens and captured a dozen men, \$2000 and many gambling devices.

A caterpillar tractor, running all night, kept the streets of Waynesboro open in the most complete traffic tie-up in that section since the blizzard of 1893.

Fifty-five thousand acres of land in lower Sullivan county are likely to be purchased by the State Forestry Department.

A heavy guard was placed over a truck loaded with 20 cases of Jamaica ginger which stalled in the snow near Searights.

Altoona electors will be asked to ratify loans of \$1,000,000 for a junior high school and of \$450,000 for sewers, streets and parks.

Intimations of resignation in case of failure to comply, accompanied a request of Sharon grade school teachers for an immediate increase of \$50 a month in salaries.

May Turner, 18 years old, who was shot January 20 by her sweetheart, Jaul Johnston, died in the Bunt hospital Saturday morning. Johnston ended his own life after the shooting.

Objecting to confinement in the Moranzza reformatory, on the ground that he has joined the church and is a Christian, 14-year-old Roy Walker of Oliphant Furnace, has escaped for the third time.

Elwood Hawn, 10-years-old, son of a farmer living five miles north of Huntingdon, was instantly killed in his father's barn Saturday evening. The building collapsed from the heavy snow on the roof. His neck was broken.

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