

Beauty & Poise

IT is often a matter for wonder to the unprejudiced observer that the charm of poise is so often neglected by modern women. The art of deportment is a lost one. There is an attraction about a woman with a perfect carriage that is missing in the girls who lounge, slouch, sprawl, put their elbows on the table, and otherwise endeavour to disguise any natural grace which they may possess.

Restfulness is a trait that seems to have died out altogether in this rushing, hustling age. Dignity is a thing of the past, and nearly every woman you meet is afflicted with a fidgetiness and nervousness that gives rise to all sorts of irritating mannerisms. Continually we meet women who completely spoil whatever charms they possess by irritating little mannerisms.

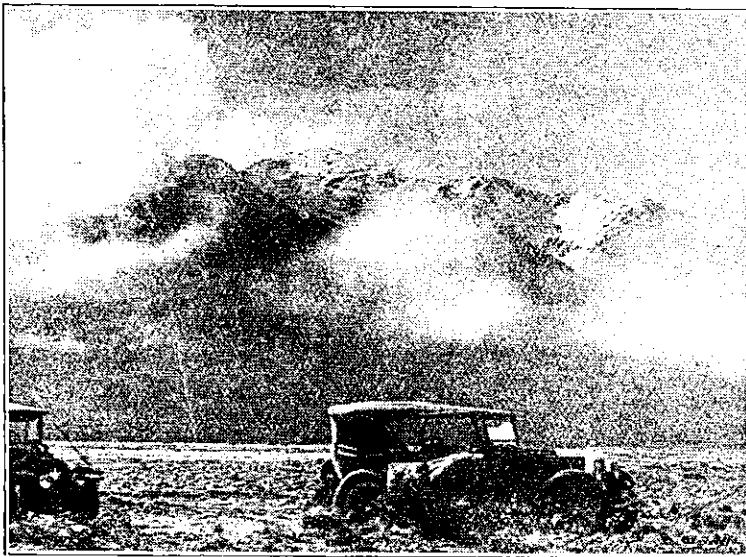
In most cases these mannerisms have so grown upon their owners that they themselves are not conscious of them; but we have also

Others, again, seem to be always fingering their faces, stroking their noses, smoothing their eyebrows, or pinching their chins.

Foot-tapping is another irritating habit. Often people with sensitive nerves are worked nearly to a state of hysteria through the tap-tap-tapping of some person's foot behind them at a theatre or concert.

Fidgeting with jewellery, especially necklaces, is another favourite little trick of hundreds of women, who should make themselves go without wearing a single ornament of any kind for six months to break themselves of the habit.

Continual and unnecessary coughing and throat-clearing are two more habits calculated to send the companion of the one who indulges in them nearly crazy, especially at a place of entertainment, where absolute quiet is necessary for the enjoyment of all. Generally speaking, we think these irritating mannerisms are the



A Motorist's Waterway

met women who have deliberately cultivated a certain mannerism under the mistaken impression that it was attractive.

For instance, there is the affected "flapper" who has rather fine eyes, and when she is talking she keeps blinking her eyelids very rapidly. She thinks this is ravishing, but to most people it looks extremely silly, and it makes one feel quite embarrassed, as all affectation does.

But it is of the hundred and one little tricks of movement performed unconsciously which so irritate the onlooker that I propose writing about.

FIDDLING with things on the table is one of them.

This is a very common trick, and nothing is more calculated to irritate the beholder.

There are women who are constantly putting their hair straight, often when it does not in the least need attention, and others who take out their mirrors and powder-puffs every five minutes to remove imaginary shine from their noses.

outcome of nervousness, but nervousness of this kind must be overcome by the woman who wishes to be attractive.

BEAUTY must essentially be restful, whether it be expressed by a human being or by scenery or by art of any kind.

A woman can be vivacious without being disturbing; but the most beautiful woman, if she is constantly fidgeting and making unnecessary movements, gives no time or opportunity for others to take in the perfection of her features or the charm of her expression.

Study yourself carefully and see how many small and unnecessary actions have become habitual to you, and proceed to cure yourself of them. You will probably be quite surprised at the number of mannerisms you possess—that is, if you really criticise yourselves thoroughly.

Every woman would do well to ponder over these things. There is a charm about the dignified, restful,

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