

# NEW POSES OF DELLA CARSON; MOST BEAUTIFUL WOMAN IN CHICAGO

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## How a Working Girl May Make Herself Beautiful.

By DELLA CARSON.

**H**OW can a girl who works eight hours a day find time or opportunity to make herself beautiful? many people have asked me.

She has a better chance to become beautiful than the society girl. It is true that she does not have as much time—but she has the regular hours, which, if she does not try to do too many other things, regular living may mean perfect health. She also has the incentive, for if a girl is to be successful she soon finds out that she must have just the exact amount of food, and sleep, and exercise which will keep her in the best shape. She cannot keep late hours or let her digestion be overtaxed or she will have times of becoming dull and stupid, and this will happen just at the minute when she is doing her most important work. Her whole success as a working girl depends upon her being in what we call "good condition."

Every girl who has read a little knows that this is the first great principle of beautifying, and the girl who is aiming at keeping well so that she can get on in her work finds it out by practical experience. While she trains for business she wakes up to the fact that she is improving in her looks, and, although she may have had the habit of employing little outside aids to beauty, she will find that the prettiness that she gets by these are ineffective as compared with good health and regular living.

### Little Aids to Beauty Are Important.

Certainly these numerous little aids to beauty are just as important to the business girl as they are to the society girl. Employers notice things, and well washed hair, nicely manicured finger nails, and fresh, bright complexions go far with those we work for than most people think.

I have heard men say of one who is unfortunate enough to have a dingy complexion, "That girl always looks dirty to me—I don't believe she ever thoroughly washes her face."

There is something in this, as girls who work downtown—and I suppose plenty of other women who do not work at all—actually rarely have their faces perfectly clean—that is, cleansed so that the city grime and smoke are all out of their pores. This indeed is an important part of the business girl's beautifying, and it is well if she has learned the first great secret, that the perfectly cleansed skin and polished nails and well kept hair are just like the little glass gauge which shows what the steam is doing inside of the boiler. She has to keep the glass polished off and clean in order that she always may read the little test of safety.

### Constant War Against Dirt.

Of course, the working girl has more to contend with than the society girl. She has to work harder even to keep her face clean. The soot which the society girl exclaims at when she wipes it off on her handkerchief becomes an actual danger to the business girl who breathes it all the time and absorbs it into her eyes, skin, and hair. The only way in which she can fight this is by resorting to face cleansers, and having her hair washed much more frequently than the society girl, who spends most of her time in a purer atmosphere. Much of the little playtime she has, and not a little of her play money, must be sacrificed in her constant war against dirt.

The most important thing which she needs is a good cleansing cream to put on every day as soon as she gets home. Any of the best creams used by actresses for removing the makeup from the face, she may use, rubbing the stuff thoroughly into the skin, and with it wiping off tons of dirt. This should be left on for an hour or less, and then it may be washed off in hot water by getting the cloth as hot as you can bear it and holding over every part of the face. I should not advise the steaming process every day, but the cleansing cream should be washed off in hot water to make it effectual. And then at night before going to bed a skin food should be used, for the cleansing cream is not nutritive, and the fact of having to use it so much makes a skin food more necessary.

It is not well even for the business girl to wash her hair more than once in two weeks. A little brushing every night will keep it in good condition for the rest of the time. It will have to be only a little brushing, I know, as the girl who comes home after working eight hours a day is more ready to drop down into a chair than to go at her hair energetically with a brush. But she can give it a few strokes after she has been through with the comb when getting ready for bed. This will take out the dust and the lint, and one thing which will help wonderfully is to keep her brushes well washed. This is

only a matter of a minute, passing the brush through some tepid water with a little ammonia in it, after using it at night. A half dozen strokes with an absolutely clean brush are worth three times that many with one which has dust in it.

As to washing the hair, for the girl with the small income that will have to come Sunday morning, and she can do it as well herself as anybody. Pure castile soap is enough, with tepid water and occasionally an egg shampoo. In summer it is an actual advantage for a girl to shampoo her own hair, as she can dry it out of doors, which is better for it than anything else. In the winter she should fan it dry, or, at worst, hold it in the draft of a not overly hot register. Once in two months she should have it done by a professional, so as to have the ends evened off—or often or less often, according as it keeps in a healthy condition.

Of course, the business girl has to take her bath at night—she generally starts too early to. It is in the morning, and, anyhow, night is the best time for her to take it, as a hot, steaming bath will do more toward resting her than one who has not tried it would believe possible. She will feel like doing the other little beauty things afterward. She can fuss with her nails a little at night, although I have found that the best way to do is to carry a small "kit," a polisher and a file and a little orange wood stick, in your handbag. During the little rests which she takes away from her desk or while she is waiting to get near the glass to put on her hat to go out to lunch, she will have two or three minutes to use them, and it is time that otherwise would be wasted. Besides, it is important as this with a girl who uses the typewriter—for her hands are conspicuous all the time—and the work is especially hard on the fingers.

### Carries Box of Powder and Chamois Skin.

Of course, it is a matter of choice whether a girl carries one of the little metal boxes of powder and a chamois skin. Personally I prefer to have a little box of cleansing cream on my desk which I can use before going home. This takes off the black which gets into the face somehow, even where one has not been out of the office all day. Then when you go home and are going to dress, or just change to something loose and comfortable, the face is ready to be cleaned perfectly with a little hot water. It is then, after the steaming, that I like the powder. Downtown, of course, especially when going anywhere, it doesn't hurt to have it with you, because one never can look pretty with a shiny nose, and this happens as unexpectedly as the weather.

The best of all ways to keep the complexion good is to eat vegetables and a good deal of fruit. Complexions never will be anything but muddy if girls eat only rolls and pastry for lunch. This dieting and exercise naturally are included in the effort to "feel as well as possible." The exercise in particular is the thing the office girl neglects more than anything else. The best possible way to exercise is to walk part of the way, at least, either going to work or coming home.

Of course when she does all this you will say that the business girl will not have much time for rest, and the truth is that her rest demands nearly all the time that is over after her work and exercise. Even in the way she rests she must be particular. She cannot have too much fresh air at night and yet she cannot be too warm.

### How to Have a Pink and White Complexion.

I always have followed the old fashioned notion of keeping as warm as possible instead of going with as little on as possible. A woman is never having the pink and white complexion which is said to be like a baby's if she keeps herself as warm as a baby than she is by the newer fashioned way of wearing gauzy waists in winter and becoming red with the cold. It is all a matter of good circulation, and this, by the way, is heightened by sleeping without a pillow or with the thinnest possible one she can find at night. It also is a greater relaxation and rest to the nerves to sleep in this way.

For the rest, the business girl needs only to dress as neatly and substantially as possible. Her well groomed look is her stock in trade, and this she will have if she follows these ideas, especially with her hair. This she cannot spend too much care and pains to do in a way which shall suggest shine and smoothness, however much she may curl and wave it. A little tip to the girl of the golden locks is that she can get quite a little of the burnished look, which is so much in request, simply by smoothing over her hair with a silk handkerchief when the dressing is done.

## Readers' Guesses as to Prize Winner Reveals Man's and Woman's Ideals.

**W**HO is the man's beauty of Chicago? She is Mrs. E. J. Ohrenstein of 2124 Michigan avenue, and one of the ninety-six prize winners in the great beauty contest.

If the selection of the first prize winner in the contest had been left to the men—if no woman had been allowed to indicate a preference, and if there had been no judges, Mrs. Ohrenstein would today be hailed as the most beautiful woman in Chicago. She was selected as being worthy of the first prize by 1,684 men, that being seven more than was received even by Miss Carson. But notwithstanding this, Miss Carson had a much greater number of admirers among SUNDAY TRIBUNE readers than any other beauty, and she is entitled fairly to the honor of being called the most beautiful woman in Chicago, not only because the judges so decided but because she was most popular with SUNDAY TRIBUNE readers. It was remarkable, by the way, how closely the popular preference followed the decision of the judges in the beauty contest. Altogether the SUNDAY editor of THE TRIBUNE received tens of thousands of letters from readers who were anxious to pick the winner in the beauty contest and receive her photograph as a prize.

### Five Who Led in Popularity.

There was not one of the ninety-six beauties that did not have several hundred friends. The five most popular beauties, according to letters received by THE TRIBUNE, are mentioned below, with the preferences for each as indicated by the men and by the women readers:

	Men.	Women.	Total.
Miss Della Carson, winner of the first prize.	1,617	1,599	3,216
Mrs. Harry Armstrong, second prize.	1,139	1,562	2,701
Miss Ida De Marion, third prize.	1,641	1,042	2,683
Mrs. E. J. Ohrenstein (Miss Lydia Windstrup), men's beauty.	1,684	806	2,490
Women's beauty (name and photograph given next week).	717	1,731	2,448

An analysis of the result of the letters received by the editor of THE SUNDAY TRIBUNE, as shown by the above table, reveals some curious things. First in importance is the fact that popular taste agrees with the decision of the judges as to the winners of the first and second and third prizes. The judges would have been chagrined, perhaps, had the people selected different prize winners from those decided upon after the most careful scrutiny of the 6,000 odd photographs received.

### Della Carson Chose Regardless of Sex.

In the tens of thousands of letters received from TRIBUNE readers, Miss Carson has a clear lead of more than 15 per cent over Mrs. Armstrong, her nearest competitor, and Miss Carson was the favorite of the men

and women alike, Mrs. Armstrong being the choice of the women over the men by a ratio of 15 to 11. Miss De Marion, on the other hand, was admired by the men, having been picked as a winner by the men over the women in proportion of 16 to 10.

But the most popular beauty of all among the men was Mrs. Ohrenstein, whose photograph was published originally over her maiden name of Miss Lydia Windstrup. One wonders whether the result would have been influenced either way if the men who picked her for a winner had known she was a married woman. At all events, she was the men's choice, and ran a close fourth to the winners of the three first prizes.

The original photographs of Mrs. Armstrong and Miss De Marion were printed on the front page of Part 1 on Jan. 20, and those of Miss Carson and Mrs. Ohrenstein on the inside page of Jan. 15.

### Born in Denmark, Lived Here Longest.

Mrs. Ohrenstein, like the other beauties that have helped to make Chicago beauty famous, is a combination of types. Born in Denmark of Danish parents, twenty-seven years ago, she came to Chicago at an early age, and under the influence of the city's environment she developed into the vivacious, true Chicago type of beauty, at the same time retaining the best and strongest traits of her native land.

Her complexion is the complexion of the fair haired Scandinavian, but her hair is as dark as the hair of a beauty from southern France. Her eyes are deep brown, her nose is small, the mouth well chiseled, and the lips full and red. Although the complexion never allows one to forget that she is a native of another land, the eyes, the expression, and the spirit of vivacity and good humor which mark her testify that she is typical of the real Chicago girl. In addition to the charm of her face, her figure is one of most attractive parts. Nearly perfectly proportioned, she is 5 feet 5 inches tall and weighs 133 pounds, and is as graceful in her movements as she is favored in her looks.

"She is good looking," says her husband. "She always was good looking. I think she always will be so." The husband is an architect, with offices in the First National Bank building. He met Mrs. Ohrenstein while paying a call to a cousin of the young woman something like four years and four months ago. They have been married a trifle over four years. There was nothing romantic about their courtship, but affirm, but it was a rapid one, culminating in a marriage after an acquaintance of four months.

Previous to her marriage the young woman had worked in various offices in the city. Here her beauty attracted attention from employers and associates, and, as in childhood, had made her a conspicuous figure wherever she went.

Meeting Mr. Ohrenstein served to make her matron of her own home, but nevertheless this much honored beauty, like Miss Della Carson, the first prize winner, must be accredited to that class which seems easily to lead the city in the production of beauties—the working girls of Chicago.

A study of the ninety-six beautiful prize winners,

from the standpoint of occupations, shows that twenty-eight of them are regularly employed in earning money in Chicago's great industrial world, twenty-four have no occupations, thirty-seven are wives and homemakers, and four are girls in school. The figures in detail follow:

### Occupations of Beauties.

Artists, 6.	No occupation, 24.
Cashiers, 1.	Photographers, 2.
Clerks, 2.	Retouchers of photos, 1.
Dramatic readers, 1.	Saleswomen, 4.
Dressmakers, 1.	Schoolgirls, 4.
Dressfitters, 1.	Seamstresses, 2.
Instructors, 1.	Stenographers, 4.
Models, 3.	Wives, 38.
Music teachers, 1.	

There are fifty-four single women, four widows, and thirty-eight wives among the ninety-six beauties, and their birthplaces are shown in the table which follows:

### Birthplaces of Beauties.

Chicago, 47.	Kentucky, 1.
Illinois, outside of Chicago, 12.	Pennsylvania, 1.
Ohio, 5.	Kansas, 1.
Indiana, 3.	Maryland, 1.
Wisconsin, 3.	Sweden, 2.
Minnesota, 2.	Canada, 1.
Missouri, 2.	Austria-Hungary, 1.
Michigan, 2.	Spain, 1.
New York, 1.	Denmark, 1.
	Norway, 1.
	Ireland, 1.

It is hard to tell which is the greater compliment, to be acknowledged as the man's beauty or as the woman's beauty of Chicago. Mrs. Ohrenstein is the man's beauty, and her photograph published today shows TRIBUNE readers who overlooked her picture among the ninety-six first published that she has real and substantial claims to be considered as a great beauty.

### But Who Is the Woman's Beauty?

"If I could be selected as the most beautiful woman in Chicago by the other women of the city, no man being allowed to choose, I should regard that as the highest possible compliment," wrote one woman when the contest first was begun. Everybody is wondering who this woman's beauty may be. She was selected as worthy of the first prize by 1,731 women who wrote letters to THE TRIBUNE. Only 717 men chose her for the honor. If she had been as popular with the men as with the women, she would have been the most popular beauty in Chicago. Next Sunday we will publish a full page photograph of this woman's beauty. Today we will give a honor to the man's beauty.

We are running short of papers every Sunday, and if you want to know who is the most beautiful woman in Chicago from the standpoint of the readers of THE SUNDAY TRIBUNE, order your paper from the newsdealer.