A Beautiful Ankle
By Keith Richards

"Make less thy body, hence, And more thy grace."—Shakespeare.

FROM time immemorial the ankle and calf of woman have been objects of universal admiration and envy. Until recently, however, women with the possible exception of the stage performer and those of the stage have paid little or no attention to the care and development of the lower limbs. If they were "born" with unattractive legs and ankles it was their misfortune, not their fault—and there was nothing they could do about it.

An authority in the science of physical development has said that ill-proportioned limbs stamp their owner as being lazy and indifferent to the standards of today. It might be more charitable, perhaps, to place the blame on ignorance. For while every woman knows that one of the greatest assets to beauty that a woman can have is well-proportioned legs with shapely moulded calves and slender ankles, yet it is comparatively recently that she has been shown the way to acquire them. Science with intelligent exercise and persistence and systematic effort has paved the way.

The first step is to determine how nearly your leg approaches the desired proportions. This is done by measuring the calf at its greatest girth and dividing by 1.73. The result will be the correct ankle measurement at its smallest point. The measurement should be taken with the weight evenly distributed on both feet.

Following are a few practical exercises which will not only help to make the legs beautiful, but may also succeed in getting rid of any existing foot trouble, which is often responsible for the imperfection of a woman's lower limbs. It is essential for the extremely thin person, the excessively fat person, and the woman of medium build, and will obtain for the individual, normal, thick and correct posture, balance and poise.

It is suggested that the exercises be studied carefully and a selection made of two or three to be done daily until they can be done with perfect ease.

1. In walking cultivate the habit of taking straight forward, and make it a point to do this under all circumstances.

2. When walking or standing, endeavor to place the body in a state of balance: that is, lean slightly forward in order that the weight may be distributed more on the balls of the feet than on the present-day habit.

3. During the day, when seated, extend the legs as far as possible and the feet as far away as possible, but toes relaxed, slowly rotate the foot about the ankle joint, the direction of rotation being inward.

Rochefoucauld’s Reflections On Woman

Women affect coyness as an addition to their beauty.

Women are completely cruel only to those they hate.

The wit of woman serves rather to fortify their folly than their reason.

The virtue of women is often the love of reputation and quiet.

4. Repeat the above exercise in your room, while lying on the back with the legs extended vertically upwards. With the legs still extended, place the feet together and turn the heels outward, keeping the big toes in contact.

5. While lying on the back, raise the legs until the toes are in contact with the floor. Keep the ankle, convenient substitute. With the feet together, push with considerable force. This exercise should be repeated, gradually separating the feet until the legs are spread at an angle of about forty-five degrees. Keep toes pointing inward. Gradually bring feet back to starting point.

6. Assume an erect position with feet about four inches apart and parallel. Place hands on hips and concentrate for a few seconds on obtaining a state of ease and balance. Raise the heels from the ground and when on the toes turn heels sharply outward, then back, coming to starting position with heels on ground and feet parallel. Repeat until perfect balance is assured.

7. With the heels against the wall and feet together, carefully assume an erect position with shoulders forced against the wall. Raise the toes from the floor twenty-five times.

8. While standing with the ball of the foot on the edge of a large book, step or table in such a position that the toes are left without support, force or bend the toes over this ledge repeatedly for about three minutes.

9. While standing with feet in normal position and heels on line, cross the legs in such a manner that the heels are on the same line or nearly so. Distribute the weight evenly on both feet. When this position can be retained with ease, raise the heels from the floor. Make every effort to maintain a complete state of balance.

10. Stand with feet about six inches apart and parallel; without bending either knee swing each foot in turn forward for an arc of ninety degrees, if possible. The weight should be shifted slowly to the foot remaining on the floor. After some practice, in this manner, endeavor to make the complete swing both to the front and rear before assuming the starting position.

11. Repeat the above exercise with the heels raised, while sitting, and the weight on the ball of the foot.

12. Assume an erect position, with feet about three inches apart and parallel. Place hands on hips and lower the body by bending the knees while keeping the heels on the floor. Repeat, but allow the heels to come as far from the floor as necessary in order to permit the body to be lowered to them.

13. To help along the good work, scientific manner ankle reducers, various reducing creams with very special directions that we have only to follow to acquire the shapely ankles for which we long.

TAKING YOUR VACATION THIS YEAR AT OUR EXPENSE

An Opportunity to Secure the Necessary Money Is Open to All Our Readers

Think what you could do with $50.00 extra—fifty dollars that would be your very own to do with just as you please. Fifty dollars would pay your board for a week at the sea shore and give you spending money besides. It would pay your way for two weeks in the mountains or the country, where fresh air and healthful sports abound.

Every Year—Just at This Time

untold demands are made on our pocketbooks. It’s no pleasure to go away when you have to scratch and scrape and save for the needed funds. For some, it’s hard enough to raise the money for necessities without thinking of vacations or other extras. But for those who adopt our plan, the days of “pinching” are over.

No matter how much money you may want—whether it be $10.00—$20.00—$50.00 or $100.00—or what you may want this money for, you can get it easily, pleasantly and quickly, through our plan.

Spare Time or Full Time Representatives Wanted

The Brewster Publications need representatives at once in every locality to collect renewals and solicit new subscriptions to the Motions Picture Magazine, Classic Shadows and Beauty—the fastest selling group of magazines in the field today.

No experience is necessary. All you need is desire for money and the will to get it. In sending for particulars you will be under no obligations to work. So send in the coupon below and let us tell you more about our money making plan.

BREWSTER PUBLICATIONS, INC., 179 Duffield St., Brooklyn, N. Y.

Please tell us how I can make money as your representative.

Name: ____________________________

St. & No.: _______________________

City: _____________________________

State: ___________________________