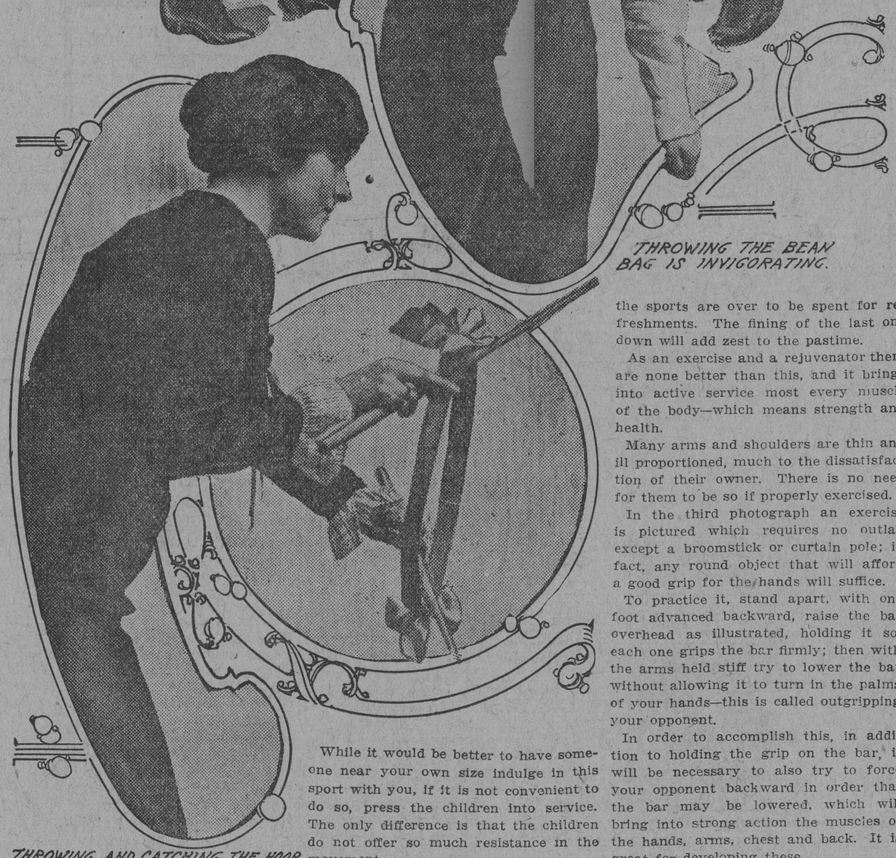
STRENGTH HEALTH and BEAUTY

Retain Your Youthful Outlook by Wholesome Play

DANCING GIVES GRACE AND CARRIAGE.

RING AROUND A ROSIE.

DEVELOPING THE MUSCLES OF THE HANDS AND ARMS.



THROWING THE BEAN BAG IS INVIGORATING.

THROWING AND CATCHING THE HOOP QUICKENS THE VISION AND SERVES AS A GENERAL EXERCISER.

"All work and no play makes Jack a dull boy."

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EVERY one is familiar with the above saying, but have you ever thought of applying it to yourself or to those associated with you? If you have not it is time that you did, it is just as applicable to you as it is to Jack.

It is a pity that we have not a sufficient allotment of parks that some of them could be set apart for playgrounds for the adult, as most of the European countries have done. Here the older people assemble and play; they dance, sing, march, engage in gymnastics and make merry by indulging in all sorts of sports. While in this country, when the older people who do go into the parks it is to sit and read or sit gloomily about and discuss household troubles.

The rich do not need these playgrounds, for they usually have estates of their own, but it is the rich who really do play; they indulge in dancing, driving, riding, automobiling, golf, tennis, boating, fishing, hunting and various other pleasures, and it is they whose physical condition is outstripping the less fortunate.

However, if you have not unlimited means, it does not mean that you should be deprived of play. If you cannot go outdoors to indulge in it, take it indoors, if for no longer than a half an hour each day—you will make up for the time spent twice over, and in addition your physical and mental condition will be materially improved.

One's carriage is often at fault, due to either overgrowth, carelessness or lack of early training. This shortcoming has often been the means of causing one much embarrassment.

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THE remedy is, train your children in their early youth to move and act gracefully. And likewise you follow the teachings you are giving them.

There are schools where the art of grace is taught, but for the ordinary entertainment or drawing-room, the attendance at such is unnecessary. Study your movements and gestures, then compare them to those trained in these ethics; by imitating them with continued practice one will soon be able to go through an evening of entertaining without having to suffer the humiliation of knowing they have appeared ungainly.

One of the best movements to improve clumsy or gawky movements, and at the time impart health and vigor is dancing.

Only a few years ago many societies tabooed dancing—classing it as not good for one's morals—but to-day this restriction has been removed in most cases, and now it is quite the proper thing for both old and young to know how to dance, in fact, it is almost a necessity in order to not appear a back number.

There are a number of dance steps to be used to vary the amusement, and all serve the desired purpose. It may be necessary to have a teacher for a few lessons, and then practice will do the balance.

Try and get the whole family interested in the art and in that way you will never want for someone to assist you, but should you be so unfortunately situated that you are alone, dance by yourself, for if anything will give grace dancing will.

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IF you will take observations you will readily discern that people move more easily and most gracefully who dance well. A ballroom scene is a scene of moving grace and beauty.

The second picture illustrates the pastime one often indulged in as a child, that of ring-around-a-rosy. The indulgence of this in one's apartment might evoke a protest from the occupant below you, but then you have the out-of-doors to retire to which is free to all; and you should not care if any criticism is offered.

While it would be better to have someone near your own size indulge in this sport with you, if it is not convenient to do so, press the children into service. The only difference is that the children do not offer so much resistance in the movement.

The movement is to stand close together, firmly grasp hands and lean backward, then begin by whirling around. Whirl around a few times in one direction, then reverse and whirl around in the other. Two or more may indulge in this sport.

It may be varied by previously selecting a monitor, and at a given signal by him, the hands are released and a squatting position is quickly assumed by all, the last one to attain this should be subjected to a slight fine, the fines after the sports are over to be spent for refreshments. The fining of the last one down will add zest to the pastime.

As an exercise and a rejuvenator there are none better than this, and it brings into active service most every muscle of the body—which means strength and health.

Many arms and shoulders are thin and ill proportioned, much to the dissatisfaction of their owner. There is no need for them to be so if properly exercised.

In the third photograph an exercise is pictured which requires no outlay except a broomstick or curtain pole; in fact, any round object that will afford a good grip for the hands will suffice.

To practice it, stand apart, with one foot advanced backward, raise the bar overhead as illustrated, holding it so, each one grips the bar firmly; then with the arms held stiff try to lower the bar without allowing it to turn in the palms of your hands—this is called outgripping your opponent.

In order to accomplish this, in addition to holding the grip on the bar, it will be necessary to also try to force your opponent backward in order that the bar may be lowered, which will bring into strong action the muscles of the hands, arms, chest and back. It is great for developing these.

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NO doubt as a child you have tossed the hoop. If so, you know its delight. If you have not, try it; you will not only derive much pleasure, but a physical benefit as well.

Provide yourself with an ordinary hoop, preferably a small one, but if a small one is not obtainable, a large one can be made smaller by cutting a piece out of it and tying the overlapped ends together.

Two round sticks pointed at one end for each player complete the outfit; then with some one to assist you, you are ready to play.

Begin by standing ten feet or more apart, insert the sticks through the hoop and twist them as illustrated—this will enable you to hold the hoop firmly and enable you to throw it more accurately. Now bring the hoop back to you, and with a quick forward movement of the arms the hoop is thrown by sliding it off of the lower stick by the stick held in the upper hand. Your assistant catches it with the sticks provided, and either returns it to you by throwing as above or passes it on to the third player, etc., which in turn will be returned to you in routine.

Where several players are playing, as many hoops as there are players may be employed; in this way, one must continually be on the alert as it requires a considerable amount of turning and twisting to throw and catch without allowing the hoop to fall to the ground.

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THE throwing of the bean-bag seems like the return of an old friend to most of us, and to think that we have overlooked it in our quest for health and amusement.

While it may be practiced in the house it is really an outdoor game, for here one is unlimited as to the force which is used in driving it.

The bean-bag is in a way better than a ball, for when one misses their catch the ball continues its progress and often causes trouble in regaining it, and in some instances damage. There are a number of things (less expensive) which the bag may be filled with than beans; oats, wheat, corn, sawdust, etc.

One advantage in practicing with the bean-bag, one can derive any amount of benefit by indulging alone. For instance, throwing it high—directly overhead—and catching it as it descends; then high and away from you, causing you to judge distance also to run to catch it before it alights; then with one hand holding the bag in front, swing it around and back so that it will pass forward over the opposite shoulder to be caught as it appears in front.

There are many other movements which will invent that will be both interesting and beneficial.

A WOMAN'S PET FAILING—By Hebe

RECENTLY I have come to the conclusion that every woman has a pet failing just as she has a pet hobby.

In school days we hear one girl say of another, "Yes, she is a dandy girl if only she did not chew gum"—or some other trifling criticism which when given seemed scarcely sufficient reason for adding that big "if" to the praise of the girl in question.

How often does the little "if" spoil a woman's dress, her beauty and even her reputation, when you think about it.

She would be a pretty woman if—she would be a nice woman if—and ten to one that the little "if" is not of much importance and could be remedied if it was openly criticized.

Very often a little half recognized fault of one's own is responsible for a great deal of criticism because it is more noticed than the perpetrator thinks. Perhaps one is too free in expressing one's opinion, so much so as to give offense to others. Perhaps one is selfish and is known by that ugly adjective to her friends.

Perhaps one is careless about lost buttons and other details of dress, which in spite of their insignificance yet can spoil an otherwise charming toilette.

Perhaps it is a small scar or blemish on the face, or a double chin or some impurity of the skin. Are these not just as much "failings" as faults of deportment or of dress? Anything really is a "fault" if it is unnecessarily wrong and easily remedied, and often times in these days of advanced science an actual physical blemish is more easily removed than faults of a deeper kind which affect the character. Nowadays certainly one has no excuse for permitting the presence of unsightly moles, freckles and the like.

For that matter neither has one an excuse for those little pet failings such as indulgence in foods and drinks known to be injurious to one's health, complexion and even in time to one's morals.

"Yes," said a courageous doctor to a woman I know, "you would rather pay me to give you some medicine than you would make an effort to stop doing the things I declare to be bad for one in your condition."

I AM afraid that is true of a great many of us. It is easier to pay a bill now and then to druggists and specialists and in between times indulge ourselves to the utmost.

But we all have to "pay the piper" sooner or later if we go on that way, and I know of no greater punishment than in seeing our own faults about to be reproduced in our offspring.

I know of a nervous woman who in moments of mental stress reverted to a childish habit of biting her nails. It was a thing which should have been overcome in childhood and which she earnestly strove against, and yet, at times, she almost unconsciously found her teeth nibbling as she thought.

What was her horror when she found it necessary to correct her little child for the same fault, to have her little girl say, "Well, but you do it mother, why can't I?" The mother was cured more by that childish criticism than by many years of half-hearted effort.

I often think that if a kindly suggestion could be made to a woman how much better it would be. The trouble is not to give offense. It is pretty sure to end a friendship—is the tactless even though well-meant fault finding—hence most people shrink from it.

But if we are to forbid our friends criticising us we certainly shall have to watch ourselves more closely.

Let us watch for our little failings and try to correct them. You will be surprised to find what a little will power can accomplish.

Watch what you eat—whether you feel full and stupid after a meal; whether you taste what you have eaten afterwards. Put a watch on how many sweets you indulge in and incidentally how many pennies you spend on the goodies.

If you are disinclined to rise promptly in the morning is it a natural laziness or do you really feel miserable before breakfast. One means that you went to bed too late and the other that you slept badly or suffer from indigestion or over-fatigue.

Beware lest you get into the habit of reading after you go to bed. It is all right to get up and read for a while if you cannot go to sleep, but never get into the luxury of reading yourself to sleep, or you will encourage the very insomnia you wish to avoid, and will incur heavy eyes and a headache the morning after.

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DO NOT allow yourself to get lazy about bathing, massage and hair dressing. It is very easy to gloss over this pet failure especially if there are some little children to dress as well as yourself.

I think most of us are beginning to realize that fact; besides what kind of an example in personal habits do you set your offspring?

Do not allow yourself to become as absorbed in a book or a game or other pursuits that you neglect other matters. It is bad for the digestion to sit too long to say nothing of the effect on your breathing. On the other hand do not make domestic drudgery your pet failing and become a martyr to yourself as well as a bore to your friends. I don't know which seems to be the most unfailing topic of conversation with the self-centred woman, her health or her domestic troubles. The secret of the successful conversationalist is that "self" is rarely if ever mentioned and that is something the woman who aspires to social success must remember.

She must also bear in mind that in society untidy dress is an abomination. Shabby or old fashioned clothes are rarely noticed among the right sort of people but untidiness is not overlooked. shoes, gloves and veils must be immaculate and the rest if neat can be forgotten.

To me a face that is improperly or neglectfully treated is about as undesirable as a button off or a hole in the glove. Any woman who cannot get her face clean, and alas, there are many who are wofully at fault in this, is untidy because she does not take care of her delicate skin texture.

A face not perfectly cleansed gives lovely harborage for blackheads and pimples and I think a good deal of muddiness in the skin can be attributed to that. Cleansing creams, massage and warm water are essential, and no pet failing in the way of laziness can atone for neglect of this first law of beauty culture.

CRYSTAL CALLA LILIES

The vogue of crystal is responsible for a very lovely type of flowerholder. To a base of silver which may be set on the center or the sides of a dining table or on any vacant space in a living or bedroom, is affixed two crystal calla lilies of natural size which spread from the foundation in opposite directions. The lily cups are deep enough to hold water for roses and other medium sized flowers and through the transparent crystal the stems of the exotics produce a charming effect. Crystal callas also come in clusters of twelve, the first six attached near the base of a slender standard, the next four halfway up and the final two at the apex. These lilies, filled with orchids, are a fascinating decoration for a drawing-room and it is a combination in colors that goes well with any tone scheme

Too Thin.

Mrs. C. J.:—I think raw eggs and milk would be more palatable than the oil and do you more good. Take four, fresh raw eggs and a quart of fresh milk daily. Gradually increase to two quarts of milk and six eggs. Always eat nourishing food and masticate your food thoroughly. Get all the fresh air possible and eight hours sleep every night. Have your sleeping room well ventilated. Learn to breathe deeply at all times.

HEBE'S HELPFUL ADVICE

Removing Wrinkles.

SKEPTICAL—You ask for my candid opinion as to whether deep wrinkles can be removed over night by anything you could apply and my answer is, emphatically, no! It is impossible to remove wrinkles in a few hours' time. Certain preparations, plasters, or bandages worn over night might make the skin look smoother for possibly an hour or two but then the same lines will return as bad as formerly. No old, withered, face can be built up over night, or many nights, of plasters, lotions and so forth that are removed every morning. Old withered faces can be made perfectly smooth and the contour restored, but it requires a master hand to do the work and the treatment requires from ten days to two weeks.

Digestion and Complexion.

EMILY.—The digestion has everything to do with the complexion; a sallow, coarse skin is a pretty sure indication of a lazy liver so this is one of the first things to be corrected, by beauty seekers. The best face bleach is an active liver. A dose of Epsom salts once a week in your case would help to clear the skin. Take a hot tub bath every day, using a good soap and a bath brush from your chin to your toes. Rinse off with clear water, dry with a turkish towel and rub the body well. This will help the skin to throw off the waste matter and improve the circulation. Cleanse always before retiring with cleansing cream.

Sleep and Wrinkles.

WAKEFUL.—Loss of sleep will undoubtedly cause premature lines under the eyes. If the system is in a normal condition it will be its own indicator of the amount of sleep required. Try to keep regular hours and remember that sleeping late into the morning is never as beneficial as the hour from ten to eleven P. M. Instead of sleeping late into the morning, rise early, take a cold sponge and a brisk walk before breakfast, then retire earlier than usual that night.

Oily Hair.

M. J. C.—Lay several towels in a hot oven and when quite hot envelop the head with one and rub vigorously. As one towel cools use another until the hair is quite fluffy. Oily hair should be shampooed frequently with green soap; do not brush more than is necessary but use the tonic I am giving you and massage the scalp after using the tonic.

Hair Tonic.

Bay rum	8 ounces
Tinc. of Cantharides	¼ ounce
Sulphate of Quinine	¼ ounce

To Lighten Hair.

MISS E. H. L.—The only way to lighten hair is to bleach it. This you say you do not want to do, neither would I advise it. The hair when changing color is often very ugly for a time but eventually turns a very pretty color as one young girl I saw recently. Shampoo your hair every two or three weeks, massage the scalp and use a good hair tonic and in a reasonable time I think you will find a great improvement.

Irregular Teeth.

MRS. S. T. M.—When a child's teeth are irregular gentle pressure in the right direction several times daily will soon force them into place unless the mouth is too crowded. In that case consult your dentist. Sometimes it is necessary to extract two or more teeth if the jaw is too narrow to make room for the remaining teeth. Your dentist should direct the work.

Shall She Wear Corsets?

X. Y. Z.—A stout woman should certainly wear a corset. Without one she is unsightly to others and uncomfortable herself. A properly fitting corset will help to prevent superfluous flesh without injury if worn in time. You had better economize in some way and have a well fitting comfortable corset, then you will not want to take it off except at bedtime.

Children's Exercise.

MRS. M. L.—Children should play out of doors some time of each day when not too stormy. A little snow or rain will not hurt them if the feet are well protected. Children are like plants, they require air; when old enough skating is a good Winter exercise.

Liquid Powder.

N. B.—I cannot tell what the cost of filling this formula will be as each druggist has his own price. It should be applied with a soft sponge.

Zinc Oxide	1¼ ounces
Glycerine	2 ounces
Rose Water	1 Pint

Facial Massage.

S. C. M.—Names and addresses can not be given in the columns of any one specialist, firm or shop in preference to another. You will be very likely to find what you want in the advertising columns of this paper.

Chilblains.

D. L. S.—As soon as you have any indication of chilblains bathe the feet in hot water, then rub them thoroughly with Phenol Sodique. When the feet or hands are very cold never hold them near the radiator.

Individuality a Factor of Success

By Carolyn Aronsohn

A HIGHLY successful business woman in New York city, that city of ceaseless, whirling competition, was asked one of the principles she believed it was essential to grasp in order to reach the top in any field of endeavor.

"I am convinced," came her answer unhesitatingly, "that one must never be content with constituting one of the figures in the background of the picture, but must arrive at the point of being an individual in what she does."

That is the problem before everyone of the seven million working girls in the United States. That is the problem before the thousands of leaders of important movements in the United States. And that, too, is your problem and mine, if we wish to make our personality felt, no matter in what line or in what way. How to stand out in bold relief from the millions of other people in our world, so that our worth is recognized and our capabilities given opportunity to develop.

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How various women have solved this problem is interesting to note. Of course, this woman's success was aided in the beginning by the fact that she was engaged in a unique business. She furnishes invalid food to those unfortunates, whose expensive chefs can only prepare fancy dishes, or who live at hotels, or who are otherwise removed from plain home cooking. But what would have brought her broths and jellies and squabs before the appetite of the public had she trusted to hanging her sign out on the conventional brown stone front of the house on a cross street in New York? I for one, and the hurrying throng of passers-by would have passed it unnoticed as being one of the ordinary old residences used for business purposes. But this wise lady sliced off a good part of the capital obtained from her first earnings and applied it to changing the front of the house. Instead of the conventional doorway, she gave it a quaint look by putting a gable over the top.

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For the windows of the first two floors she had an array of tiny glass panes, with woodwork painted white, until it presents the appearance of the House With a Thousand Windows. Ivy has been planted to climb up these on its way to the sign over the door—The Home Bureau.

Another way of emphasizing her presence was taken by still another girl, when she was given a position in a large publishing firm. It was easy for her to get lost in the army of employes. "See if you can fit in somewhere," the head of the firm told her.

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But that was not her idea. "See if you can stand out somewhere," she told herself. And forthwith she proceeded to get into personal touch with all the authors who had business with the firm. She established herself as a bureau of information as to their plans, whereabouts and actions, so that anyone could reach them at once by applying to her. She became such a depository of information for these details that she found it profitable to open an office on her own account. This she eventually sold out as a profitable manuscript brokerage.

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Of course, it is not advisable to try to be original or individual, merely to strike the note of eccentricity. You can strike many notes that the laws of harmony cry out against, and only get a discord if you try to do something merely because no one else ever did it. There is probably a good reason it has never been done, and you must investigate that first. But if you get a permissible theme, and have skilled fingers, you can embroider that theme in every sort of fashion. But it must appeal to the listener as either insistent in its attention or charming in its beauty. Be individual in your treatment and you will not have to play so loud or so long before you find an audience.

THE REVIVAL OF POCKETS

It can scarcely be believed, and yet it is on excellent authority that I tell you, that pockets are to be revived. We have been for so many years accustomed to carry our handkerchiefs, powder puffs and mirrors in a bag that we cannot realize that we are on the eve of dispensing with this extravagant accessory. Pockets will not at the outset of Spring fashions be visible, as they were in the eighteenth century, on the long coats worn by men. They will appear modestly beneath the slit in the skirt and will have but a piping to show where the hand can be inserted. Later we may find them upon the jackets, and it is even whispered that a tailor has made his new designs with as many pockets as a man carries. Can you picture four pockets on a white canvas coat, two inside, two out? And two small pockets upon the fancy silk waistcoat that will be seen with most of the white costumes in Nice? At first we shall be lost without our little bags, but there is no doubt that we have been martyrs to fashion long enough and shall hail with delight the coming of the pocket in all its forms.

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