DAILY MAGAZINE PAGE FOR EVERYBODY

Hints on Beauty Culture

Your Cold Bath a Tonic If You Breathe Deeply

By MAGGIE TEYTE

Prima Donna Chicago-Philadelphia Opera Company.



M constantly in | any tonic. If instead, the body become receipt of letters chilled, and one is a long time getting be followed by deep breathing exercises I cannot and a brisk rub-down with a crash To begin with, I the effete matter to be removed. There

am not capabie. I should always be a rinsing with cooler; am not a physician. water and a rub with some tonic, such MAGGIE TEYTE Then I am not will- as alcohol and camphor. ing to give even so-called harmless reme- heat. And there should be massage dies for an aliment of which I know afterward with a lump of ice for five nothing. If any of my correspondents minutes in order to tighten the skin and are ill, I wish, without delay, they would The blackheads, which so many comseek aid from the proper channels. And plain of, are really minute particles of they have my best wishes at all times, dirt which have lodged in the pores and my kindly thoughts, and the hope of a hardened. The surest and most practi-

speedy delivery from all their ills. All I can do is to help to make life a We would all dislike to meet the man little more pleasant by giving a few hints | who bluntly advised a woman seeking a on making the most of ourselves. I am to "Wash it, madam." Tet such adalways glad to reply to any question vice, sensibly followed, would often which I am able to answer. Any letters cure. The famous beauty specialists, to sent to me in care of this paper will be whose wisdom some of the most noted French women owe their good looks, say forwarded to me.

One of the questions asked me so hot, soapy water for her ablutions. He many times concerns the relative value advocates warm water with sait or some of the hot and the cold bath.

I do not consider them interchange- cold spray and then the use of a stiff able. They each have a different mis- flesh brush to restore circulation. sion. The work of the hot bath is pri- For one who is tired this specialist marily cleansing. The work of the cold says there is no better treatment than the warm salt bath, which will restore bath is tonifying. The hot bath rests vitality as much as a nap. He limits and relaxes the system. The cold bath the time of remaining in the water to

Not all of us can take cold baths. The time for the average bath. one sure test is, whether having tried One of the oldest and best tonic baths them, one experiences the reaction and may be had in the spring by using wild exhilaration which should result from cowslip blossoms in the tub.

Peter's Adventures

THAT BARBARIC IMPULSE

By Michelson



in Matrimony

The hot bath opens the pores of the

skin, induces perspiration, and allows

For the face I believe in the medium

the American woman uses too much

After such a bath he advocates the

half an hour, and fixes 10 minutes as the

herb, such as dried rosemary.

close the pores.

and water

By Leona Dalrymple Author of the new novel, "Diane of the Green Van," awarded a prize of \$10,000 by Ida M. Tarbell and S. S. McClure as judges.

Kitchen Experiments XXXVI.



"I'm mighty

LEONA DALRIAFLE gested mildly. "I'm scared to

death of cook books ever since I thought I glanced in the pot. It said a half a peck of gelatine to thicken the cream instead of half a package. And Peter, aren't grocers stupid? Yes- it?" wailed Mary. terday I ordered a pound of bay leaves "The rice," I suggested, "has swelled and the greeer brought me a great big flour bag fammed full. How was I to know they weigh so little? And why "Probably," I suggested, "like the man who went on leaving milk while we were rice. away, he had a sense of humor." "Do you suppose they buy them by

the dozen leaves?" ventured Mary. I did not smile.

"Probably by the ounce," I suggested. "Why don't you call mother up and ask! her how to make the soup?"

"I-I don't want to," admitted Mary. "It looks so stupid, and I know your mother thinks I ought to know all those things like-like old-fashioned women. I'll try it tomorrow night, Peter. I'll irresistible roar of laughter. give you a cook book to look over, and if there's anything very wrong with the "Don't cry. It's merely funny. After recipe, according to the way you re- this we'll swallow foolish pride and ask member it, you can tell me and we'll let | mothef.'

Copyright, 1914, by Newspaper Feature Service. Mary tried the chicken soup the following night. Mary, bless her heart, is always willing to try anything to please, Try don't you though things rarely come out as she plans. The soup was one of them.

chicken soup, "and it's acting very strangely. You Mary?" I suggested see the book didn't say just how much rice, and I've put in a great deal-several pounds it seems to me-but you'd hardly know it was in there."

now," confessed We glanced in the pot. The soup smelled delicious, and there seemed no undue quantity of rice. A little later "What about a things began to happen. Mary summoned me with a squeal of alarm. 'Oh, Peter!" she exclaimed in con-

onger soup. It's porridge.'

no time. We ladled forth some more "How much do you think you put in, Mary?" I inquired, "Something like

four pounds, you said?" "Maybe a little more," admitted Mary. 'I put in all I had. It-it didn't seem

Pride sufely goeth before a fall.

"It is now." I said grimly. "Mary, get everything portable and empty you have, and we'll ladle rice until we begin to see soun again.' We ladled everything full and still the proportion of rice to soup was startling. looked at Mary, saw her lips quiver orninously, and I burst suddenly into an "Come on, sweetheart!" I exclaimed.

Willie Rites on Ekonomee

But it aint no asphalt streat an make isekream in a pale without a freezyew cant ride along it in oterrmo- ur wich we will dew an hav the ha ha biles an pew sez tak care of the pennies on the iseman. I will jest tak this granit an yewer airs will tak care of the dol- dishpan an fill it with watur an sett it



ers. Thay was a lawyer goun to mak mouth purty quick becaws thay wuz a for your birthday?

EKONOMEE is the rode to welth, coald evnun. I red in a papur how to owt in the yard an after awile we will have a 25 cent peace of ise an proceed

to mak the isekream without payun a girl in the song, and it's no excuse fashioned yourself when you get to Stop talking about it and thinking sent 4 it. Yew bett thats eekenomee whatsoever for you to dislike your her age. with 4 e's. Bes long we had a fine ro- mother or treat her with anything She is old-fashioned—there's no thing you know your mother will forbust cake of ise awlrite but in takun it but love and respect. owt of the pan the bottom of the pan | She has just as much right to her she shares with thousands of other kaim with itt thareby bustin maw: 3 opinion as you have to yours, and, people.

common tub an fillun that with craked don't think, experience does count. the handul an kep turnin it roun an then who's paying your bills? got tired an purty soon the creme com- you're wearing; who surprised you at the waltz. mensed to gitt hard an paw tasted itt an made an awful fase and simplied his with Tems will and Unkle Tom hole in the bottum of the pale an the Who sits up nights thinking of the idea of the waltz. sait got in the creme wich made it taste some way to make you happy? be busted an the like lobster salad. Paw sez Willie yew an Unkle run down quick to the isekream staor as the lawyur gott awl the an by 3 quartz wich I did an maw sez paw this is purty gud isekream itts as good as thay mak in the isekream stoar.

"The soup's on, Peter." said Mary.

"Rice swells alarmingly," I aggested

siderable alarm, "do come look at the

"That," said I, with decision, "is no What in the world has happened to -alarmingly indeed. Get a dipper and a

We ladled forth an enormous quandidn't he tall me and just bring a few?" tity of rice and let the soup come to a ooil again. It thickened miraculously in

My mother says that any one

Nobody does anything but the tango now and I am absolutely out of it, for mamma won't let me go anywhere where they tango.

Do you think I ought to stand it? Isn't there some way that I can show her how unreasonable she is, or must I just sit down and have my whole life spoiled by her preju-

don't believe she does. However, that's no reason for you What if she is old-fashioned in her not tango. to leave your happy home, like the ideas; you'll be likely to be old-

doubt of that-but that's a crime that between you and me, she has a good Did you ever read anything of But we hadd a 25 cent peace of ise deal more right to hers.

To Avoid Contagion

THESE were the days of the cave man-the days teases, when modern restraints interfere, when salaries when lovers went wooing with a club-how different become an issue, the voice of the barbarous past some- lenium trillionth of a gossamer thread to massage the eyes? times shouts in his ears and he wishes he could simply gather her up and RUN OFF with her.

No, he doesn't want to use a club (except the kind you hide in with other congenial barbarians). He just wants to TAKE her, to stop having the faint heart that Sometimes the modern man hears the barbaric song. DIDN'T win the fair lady-to stop all indecision, brush aside all obstacles to the "happily ever after" by plain stone age makes him wish that the splendid simplicity CAPTURE. Then away to Paradise over the roof of of the old method were in operation today. When she the world.

Advice to Girls

By ANNIE LAURIE

who act as if they didn't think you

You wouldn't give up any friend

the world who did for you one-half

that friend thought that it was a

mother, as grateful as you would be

uss, mark you, at this day and date

from the heavenly kingdom?

doesn't have to.

but a doorknob-would you?

Tango is only a romp, but girls like "Distressed," whose "Life is spoiled without it," should obey their mothers. Who loves all those who love you

everything would be! Sounds like a cruel affair to

say that the lover of those days smote her a tidy

whack over the head, then carted her off. But it was

good form in the stone age, and even SHE took it

Something in his blood that has come down from the

who dances the tango ought to be She lets me waltz and two-step all right, but she's been somewhere and

heard some creature talk about the tango, and so she thinks it's awfully

to any one else who was half as good JOUR mother thinks she knows to you as she is? what she's talking about, but I Is the fact that she is your mother

awirite an paw started to mak the ise. She's older and more experienced, Girls weren't allowed to read him in

Byron's? He's old-fashioned, too. kream without no freezur by takun a and, no matter what you think or your mother's day, but poor old Byron is a Sunday school tract compared to ise and salt an then he tuk the pale by You'll find that out some day; and the things you girls all read and disroun in the salt an ise untill his arm Who bought you that pretty hat

Titles and Titles. The other nite wich wuz vary coald But paw an me got an eekonomee secret, cream complexion can't tolerate smoking. "I suppose so, or she would not want WILLIE JONES. She-No. She uses smokeless powder, a title to him.

in effect that no girl could possibly waltz-and be decent. A lot of people agreed with him, too, though they didn't write poetry

just because they love you, and who And, whisper, he was a good deal hates with a bitter hatred all those more right than the Tangophobes. A waltz is just twice as sensuous

were a white-robed seraph straight as any tango ever dared to be. The tango isn't a dance at all-it's No, she doesn't have to do all of romp-and it takes a romping hoythese things at all. Nobody else does den to dance it, and it isn't the rompthem, either because she has to or ing hoyden who elopes with the chauffeur. It's the modest little girl who

can't speak above a whisper-to any one but the chauffeur. of what your mother does, even if You might as well call a blowzy game of tennis a lure of Satan as to deadly sin to do your hair in anything inveigh against the immorality of the

Why can't you be grateful to your All this I believe firmly and truly, but I don't see any reason why you should commit suicide because your mother doesn't think as I do.

Your whole life won't be spoiled by

the one thing that you can't stand? the fact that you either tango or do Don't be such a crank about it. about it for a while, and the first Bunny

> get all about her prejudice. It worries her to see you so per- know how you do it!" fectly carried away with the idea.

Miss Laurie will welcome letters of Well, Byron was terribly shockedinquiry on subjects of feminine inter-Europe, but he simply couldn't stand this paper and will reply to them in these columns. They should be ad-He wrote poetry about it and said dressed to her care this office.

Regulation. 'What is a limited partnership?" "Oh, it must be some regulation adoptSecrets of Health and Happiness

Those Who Are Over-Fat Must Form New Habits

By Dr. LEONARD KEENE HIRSHBERG

A. B., M. A., M. D. (Johns Hopkins).

Copyright, 1914, by L. K. Hirshberg.

AESAR said that men of the Cassius type of gauntness are restless kickers who would unthrone the gods themselves, and that the rotund, buxom fellows, "sleek headed men and such as sleep o' nights," are safe, sane and satisfied.

Caesar here states a hygienic truth beyond both his rhetoric, his strategy and his philosophy. Those who lose sleep wane and become like the pale, new moon. Those who sleep "o' nights" wax oilful.

"Jack Spratt can eat no fat, his wife can eat no lean;" thus betwixt the twain they keep their checkbook clean. This old nursery rhyme brought up to the instant is as false as all true proverbs must be. When a fat person abides with a thin one, particularly when they inhabit

close quarters in an apartment house, the buxom one grows fatter and the lean and usually far from hungry, narrow one approaches the shadow of infinity. Married couples should not "dwell to- of the various "reducing chemicals" degether" in this sense. That is to say, pend upon their power of combustion to even individual beds are but sorry aids rid the fabric of fat.

the sanitary solutions of excessive power that resides in your tissues only avoirdupois and mere skin over bones. "What makes me so stout?" asks the fair lady, and the answer may be tabu- Limit Is 5 P. M.

Midnight luncheons. Trolley cars. Slow walking. Late hours. Elevators. Automobiles Matinees. Theatres. Eating to satiation.

Suppers after 6 o'clock.

Infectious diseases and an Africa jungle of omissions and analogous com-

Habits Must Be Changed. The remedy rests in a recognition of all by day; retire at 11 P. M. and arise these facts and then a change of habits at 6:30 or so; avoid sweets, oils, fats, upon the part of the globular owner of creams, sugars, starches and diets a fat and far from forty equatorial line. which are a tax upon your limited oxi-This fleshy tumefaction and turgesence dizing powers. Keep in the air! of the human girth can be reduced! It is On the whoic, the most important point

If you are oll-bound, let it be said, at wine or other alcoholic liquors. Change the risk of hard feelings, you are physi- all your present habits. cally on the down grade. No one who waxes spherical or elip-

The expressions, "fair, fat and forty," "laugh and grow fat," "who is your fat to sneezing spells. These last an hour friend," "nobody loves a fat man," each contain a sly dig, and but a decimated part of the truth. For to be inflated with this useless avoirdupois is a vain No doubt you have some little "gooseboast of health and happiness, Shakes- berry-like" growths called "polyps" in peare, Caesar and Falstaff to the con- your nose. Have a "rhinologist" remove trary notwithstanding

ference known, the thin seek others' There is a benzoin throat tablet and a good, the stout their own. Don't blame peroxide or "alphozone" tablet, but to me for these words. A clown said them, combine these a druggist must do so at Of course, they are in line with aristo- your request. cratic views, hence far from the whole

hey must change their habits. If you your habits must be changed.

Briefly, fat means age more than hardened arteries" do. A woman is as old as she is fat, and a man is a decade older. To lose this is to be rejuvenated. to be made sound in soul and body, to become a vigorous, thoughtful, bright. creative individual once again.

To be fat, it must be plain, is a bad habit. Diminutive chains of habit are seldom heavy enough to be felt until they are too strong to be broken. Small habits well pursued betimes thus reach the dignity of crimes.

Adipose tissue waxes rapidly when the the quantity of victuals. Indeed, many this office.

to restore the flesh-balance. Separate and imbibed pabulum is brought about This combustion and burning of eaten sleeping rooms, wherever possible, are by oxidation. Oxidizing food is the

when they are fresh, rested and ener-

Muscular work and labor with your senses and thoughts oxidizes food. Hungry people, nervous, irritable and poor people are thin, because their oxidation processes are always arester than the amount of victuals taken.

After 5 o'clock in the afternoon all food should be taboo, unless you wish to gain weight. The flagging forces of your combustive fabric have then waned. They cannot oxidize food or drink. Never ride in a trolley, avoid elevators; shun automobiles and taxis; run upstairs to the point of, but not with short-windedness; dance and exercise every night if possible; do not rest at

not strictly a matter of diet, and it is is not to eat after the 5 o'clock tea, and absolutely never a question of dangerous never indulge yourself in the hardest of all oxidizable substances beer, whiskey,

soldal can learn, do, or feel as he or she Answers to Health Questions

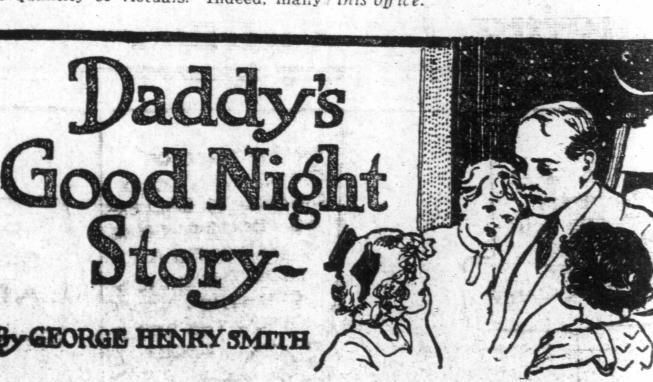
M. A. R., Philadelphia-I am subject or more. I have no "colds" or "catarrh,"

these. Incidentally he may find some in-Twixt fat and isthmus there's this dif- grown hairs in your nose as the cause.

T. C. B.-Do you approve of massaging If the obese would be as thin as mil- eyes with a little machine. Is it harmful

are sawing your equator; if there is It is not harmful to massage the much drooping over your bow, and you muscles and flesh around the eyes. It would be an isthmus with spindle- will do much damage to rub the eyeball. shanks, ninety and nine per cent. of one of the most delicate structures in

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally if a stamped and addressed envelope is enclosed. Address all inpower of burning up the food is less than quiries to Dr. L. K. Hirshberg, care



ACK RABBIT was peeking out of the window one Saturday when he saw the Squirrel children and Billy Possum coming lipety-clip

over the snow. "Bang! Bang!" they knocked at the door.

"Come in!" said Mrs. Rabbit, and in walked the children. "We have come to hear Billy Bunny's story," said Sammy Squirrel. "Go right upstairs to the children's room," said Mrs. Squirrel.

They scampered upstairs as fast as they could and into the boys' room. "We have come to hear your story," said Sammy Squirrel to Billy

'My, but I am famous!" exclaimed Billy. "We are all writing stories ourselves," said Billy Possum. "We want to

"That is a secret," said Billy Bunny. "Great writers do not tell how Drop it, and she'll drop her oppo- they write stories. I will read you what I have written if you promise not "We promise!" they all shouted at once.

"Yes," said Billy Bunny, "but you must all cross your hearts." Billy Possum, Sammie and Sallie Squirrel stood up and solemnly crossed "You mustn't read your story before you send it to the Editor," said

Jack Rabbit to Billy Bunny. "I am sorry, but I guess Jack is right. Come on down stairs and we will He was the foremost libertine of est from young women readers of make fudge instead and you can read my story in The Woodland News," said Billy Bunny.

> "We had rather do that than hear your story anyway," said Billy Pos-They all scampered down stairs and into the kitchen where Mrs. Rabbit

"I'll bet those children just came over to make candy," said Mrs. Rabbit "They are a bright crowd," said Brer Rabbit, as he need