

Hints on Beauty Culture

Popular Droop Figure Injurious to Health

By MAGGIE TEYTE

Prima Donna of the Chicago-Philadelphia Opera Company.



MAGGIE TEYTE

If you find that you are growing short, it is high time that you begin to exercise. Age manifests itself by shortening the stature of its victim as quickly as by the lines in the face and the silver threads among the gold.

If you would fight the approach of age, and it is the present day idea to deny every state of being but youth and the prime of life, you must stand correctly. If you want to drop in the foolish way of the moment, why do so, knowing that you will have just so much more work to do when the fad passes, as pass it will, and feminine backs regain the position of uprightness.

Do you know the secret of the everlasting youth of that famous beauty, Ninon de l'Enclos? It was her perfectly erect carriage which made the lines of her figure all ways young. So delightfully youthful was this interesting lady that her rivals, driven desperate by her perennial charm, circulated the report that she was somewhat bewitched and that she had made a secret compact with the devil by which she was to retain her youth fadeless to the end.

You must have a straight line for your back. The present day spine awakens compassion. It looks so like a bad case of double curvature. It may be tolerated in the very young miss, whose bones are supple enough to be remoulded before any permanent injury is done.

For the mature woman it is the foundation of old age. Likewise of no end of discomfort and needless fatigue. The instant you let your chest droop, you lessen your efficiency. The chest is the seat of courage. Drop your chest and you lose faith in yourself. Expand it, pull it up and out in the place it has a right to be and you are by 50 per cent. gainer in belief in your ability. It also makes you look taller and it fights old age with its natural droop as nothing else will do.

When you have your chest raised, raise your head. Let the faddists stick theirs out like a stork, or a crane, or in any way that pleases them, but please, dear sister of mine, find your own balance and keep it.

This is the time of the year when you want to take special care of your health as well as your good looks. Dress warm enough for comfort and not have that half-dressed look which would arouse pity if we noticed it on some poor wail, but is quite as distressing to unprovident eyes when it comes from no petticoats, gause stockings and thin pumps.

For the woman who has her heated motor whenever she goes out, this way of dressing is all right. But I am talking to the girl who has to walk or depend upon the cars, and who is exposed to the weather every day, and whose living depends upon her health. Such girls need clothes enough to keep them warm. Woolen underwear is a great comfort and a great beautifier. And you may sniff in disdain and turn up your pretty nose all you please at the statement. But if you think there is any beauty in blue lips and red noses and bodies that are all hunched up in spite of the furs about the neck and hands, you are mistaken. You can't be comfortable with cold shivers running up and down your spine, even if the buckles on your shoes are solid gold.

HARD STUDY :: By MICHELSON



SHOULD you be sorry for this young man? Or should you congratulate him? You should sympathize, certainly, with the torture of his effort to concentrate on that law book with such distracting visions in his mind.

One of Nature's Successes By WINIFRED BLACK

ONCE upon a time the poet married the business woman—and all the friends of both the bride and groom threw up their hands in horror. "How can that woman ever stand living with that man," said the people who had known the bride ever since she put pennies in the savings bank, and loved to count how many of them there were—just for the jingle.



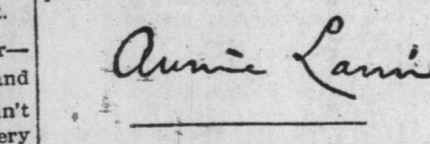
Winifred Black

The Kind of Girl a Man Likes BY NORVELL ELLIOTT

GLANCED at my tiny ivory clock. The hands pointed to 7. Then I looked expectantly at the phone. It was his time for calling—either to make an engagement, or to talk over the occurrences of the day. Prompt to the minute the bell rang. My bachelor friend's voice came clearly over the wire.

Advice to Girls By Annie Laurie

Dear Annie Laurie: I have the nicest brother in the world. He is very intelligent, and just as good as he can be, but he's always trying to show off. Whenever I introduce him to any one, he tries to be funny and say smart things, and I get so mad at him I could shake him. I do wish you'd say something about people like that, and I'll get him to read it. Maybe he'd pay some attention to it if it was printed in a newspaper.



Miss Laurie will welcome letters of inquiries on subjects of feminine interest from young women readers of this paper and will reply to them in these columns. They should be addressed to her care this office.

Secrets of Health and Happiness

"Snow Blindness" Seldom Comes from Real Snow

By Dr. LEONARD KEENE HIRSHBERG

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

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HAVE you ever had snow blindness? The winds may blow and the sun may shine, yet you may suffer this annoyance. Like many other complaints, such as "malaria," which has nothing directly to do with either bad air or badness, snow blindness is not necessarily associated with either blindness or with snow.



DR. L. K. HIRSHBERG

Many ocular maladies in the winter which pass in medical parlance for "pink eye," "conjunctivitis," "inflamed lids," "sore eyes" and a horde of nomadic maladies, are really acute infections induced by the reflected glare of snow or ice. Snow blindness is the scourge of the arctic explorer and the dread of the far northerner. It is not, however, unknown in the far South. Wherever a thin sheet of ice or a white coating of snow may form; wherever hoar-frost, or a hail and ice storm has prevailed, there the eye inflammations known as snow blindness may appear.

Even despite the danger of snow blindness, no small boy can be suppressed from his song of: "A cheer for the snow—the drifting snow— and purer than Beauty's brow; The creature of thought scarce likes to tread. On the delicate carpet so richly spread. With feathery wreaths the forest is And the hills are with glittering diamonds crowned; 'Tis the fairest scene you can have below. Sing, welcome, then, to the drifting snow!"

White, the shimmer, and mirrored glow does not truly blind, the reflected glare contains so many ultra-violet rays that there lurks almost the same capacity for visual mischief in the dazzling snow as in the ultra-violet rays from certain arc-lights.

Answers to Health Questions

M. M.—What is a good remedy to cure redness of the hands? Beau Brummel used naively to hold his hands high above his head every five or ten minutes. This is not a bad exercise and certainly allows the blood to leave the extremities.

J. G.—Open windows in the fall and winter give me colds in the head and a choked-up nose. Why? Because you grow timorous at the cold, fresh air. No doubt you fail to provide extra heavy bed covers. Many persons who wisely try open-air sleeping foolishly neglect to use several blankets and comforters on their beds.

A. M. B.—You say that telepathy has never been proved? I say that it has. Your denial of telepathy is no greater than Sir Oliver Lodge's and Sir William Crookes's admission of it!

Daddy's Good Night Story By GEORGE HENRY SMITH

COCK-A-DOODLE-DO-O!" "I wonder what that terrible noise is," said Dobbin one day, as he looked all around his stall, and then he exclaimed: "Oh! it's you, Mister Bantam. I shall have to call you the Rooster with the tin horn voice."

men MOTT N HALL for Students College Life Mott Thinks. of people who were those who intellectually were looking for experience which of their feet; lastly all were those who the promptings of ned as the product between gods and as the true aim of appeal was made of more resolution in university life to confine the truth ofion investigation was at once the of university life, the truth in any matce seek to apply it will was of funda- a Coward? of the nts would not live ons. "Why should enemy" asked Dr. o live a narrow, y should he let his down to the level m? To be true to ven the you are in at is the kind of in. life are the days to Procrastination, p reason why we do ore, is the source of for this reason that and women go out it deciding these Refusing to use as a disease, extreme and manness. Build you for there only, ut come be success- in Canadian Pacific Services. nerly leaving Toronng Winnipeg 8 a.m. tly withdrawn. merly leaving Win- arriving Toronto 6 p.m. rarily withdrawn. been resumed be- ad Sudbury, leaving daily, arriving Sud- as been resumed be- Toronto, leaving n, arriving Toronto ng cars Toronto to onto to Sault Ste. on train No. 27, these rly No. 28, and Vancouver, leave n. daily. Compar- tion car, standard into to Winnipeg and ver, tourist sleeping first-class coaches. any Canadian Pac- M. G. Murphy, dis- ent, Toronto. posts are self-obe- moved from point desired. ified accidents, 18, accidents. Toast y whole debated question r digest- wafer, a g all the in the -cooked, a wafer a brown. or lunch- h butter, or mar-