

# DAILY MAGAZINE PAGE FOR EVERYBODY

## Home Exercises That Help Improve Beauty of Your Back

By LUCREZIA BORI

Prima Donna of the Metropolitan Opera Company, New York.



A BEAUTIFUL back is an absolute necessity in these days of low-cut evening gowns. I feel sorry for the society girl who spends a fortune on her frocks only to appear next door to ridiculous, because they expose a broad expanse of bony shoulders. If nature has failed to give you a smooth back free from hollows and well padded out with firm flesh, then you must correct this oversight on her part by doing everything within your power to develop your back properly.

Women, as a rule, do not take enough exercise. So many of them are engaged in work which keeps them muscularly inactive all day long that flabby flesh and pale faces are the result.

I advise all women to keep up gymnastic exercises and outdoor sports, no matter if they have reached the time when they no longer call their ages. They shall not dwell upon the necessity and benefits of exercise, for today particularly desire to help those persons who are anxious to improve their backs.

There are various movements which will develop the muscles of the back, keep the chest from sagging and fall in and improve the pose of the entire body.

**Three Fine Exercises.**  
One of the most beneficial exercises can be practiced with two ordinary scrubbing brushes. The beginning have the palms empty. Place one in front of the other and stand with the toes touching the wall nearest you. Now bend at the waist and raise the first palm high enough to place it over the other palm from you. Put it down on the floor without changing the position of your feet. This will require great amount of practice, because the body must be well poised to do it. Repeat the exercise more efficient. Fill the buckets partially with water.

**Some Chair Exercises.**  
The muscles of the back will be greatly strengthened by stretching the body straight out on the floor and going through the following movements:

Place the arms along the sides of the body, hold the feet together, and let the toes point straight ahead. Now arch the back so that the weight is entirely supported by the heels and shoulders. I know that you will find this hard at first, but many attempts will soon bring success.

A chair affords as much opportunity for gymnastic feats as any apparatus in the gymnasium. Try the following exercises and see if you do not derive a great deal of strength from it: Place a chair with the back toward you, then step on the lower rung, lean forward and grasp the edge of the seat. Raise the left leg and extend the toes. Then raise the right leg and throw the shoulders and the weight of the body well forward so that the legs can be placed together on the chair's back. Your position will be so that the body is in a straight line. Take care not to pitch forward.

**Another Chair Exercise.**  
Sit erect, sideways on the chair, and brace the feet beneath some suitable object. Then place the arms back of the head and bend back as far as possible. The head will almost touch the floor. Again assume an erect position and repeat the entire movement ten or more times.

Avoid overexertion, but this does not mean that the exercise should not be muscularly vigorous. Vigorous exertion should not be sustained long enough to overtax your strength.

After you have developed the muscles of your back and padded the bones with flesh, examine the skin with critical eyes to see whether it is in need of attention. Sometimes the skin is coarse-grained and rough because it has not been properly bathed. It is necessary to scrub the back vigorously with a bath brush and rub it well with a Turkish towel so that the blood will be brought to the surface and the skin kept in a healthy condition.

If your skin is brown apply the following lotion:

Citric acid ..... 1 1/2 drams.  
Hot water ..... 8 1/2 ounces.  
Powdered borax ..... 1 dram.  
Glycerine ..... 3/4 ounce.

If this fails to bleach the skin you will have to coat it with liquid powder, composed of:

Pure oxide of zinc ..... 1 ounce.  
Glycerine ..... 1 dram.  
Rosewater ..... 4 ounces.

But the zinc, dissolving in it, is just enough rosewater to cover it, then add the glycerine, and then the remainder of the rosewater and the essence of rose. Apply with a small velvet sponge.

Comparatively few women have beautiful backs, and for this reason—if for no other—you should try to improve the appearance of yours.

**Walking Sticks**  
Walking sticks have been used by men from Bible times down to the present age. These have come in all varieties from the plain staff to the gold and silver mounted ones according to the fancies and customs of the age.

When, in 1700, footmen attending gentlemen were forbidden to carry swords, these dangerous weapons were usually replaced by a staff with a large silver handle. This was called a porter's staff. Some 30 years later gentlemen began to discard their swords and to carry large oak sticks with thick knobs, whereon were carved ugly faces. Before long a competition arose between long and short walking sticks. This latter is still in vogue, ornamented to suit the taste of the wearer.

**BUCKLED SHOES.**  
Among the new spring footwear there comes a 23 series of shoes peculiar for its combination of style and comfort. It has the high cut instep and the French heels which make them a most comfortable shoe to wear, but has added two or three narrow straps which buckle snugly over the instep, giving excellent support.

## A CHECK-BOOK VISION

By Will Nies



THE things money will buy are usually of the COMPLETING kind. Gold can't make the things worth while—but a checkbook may gild them. There's the Easter Lady's happiness, for instance. It isn't the money that makes it, nor even the dress. The dress clothes her about with happiness, 'tis true, and the hat does crown it all. But it's the happiness in the HEART—which money can't buy—that's the REAL happiness.

There's another side of the picture, too—that of the one who signs the check. His is a different kind of happiness—that of GIVING and yet receiving. For his happiness comes because of HER happiness, and her happiness is for HIM.

## RENNIE'S SEEDS, BULBS AND PLANTS

Caladium or Elephant's Ear Bulbs, beautiful lawn plants with monstrous leaves, each ..... 15, 25, 35  
Mammoth Crinum Lily Flower Bulbs, a huge bunch of giant lilies, each ..... 25  
Giant Cactus Double Dahlias, newest kinds, latest colors, each ..... 25  
Colossal Asparagus, Two-Year-Old Roots, for immediate crop, 100 for ..... 1.20  
Gladstone Bulbs, in 5 colors, whites, pinks, scarlets, yellows, striped, doz. ..... 35, 50, 65  
Bone Meal and Sheep Manure for Garden and Lawn, acts quickly, 25 lbs. ..... 75  
Earliest Six Weeks Seed Potatoes, finest quality, peck ..... 60  
Shallots and English Multiplier Onion Sets, for early green onions, lb. ..... 15  
High-class Hybrid Tea Rose Bushes, newest and best kinds, doz. ..... 3.75, 7.25  
Hardy Climbing Rose Bushes, all varieties, of Government recommendation, each ..... 10, 15, 20, 25  
Fragrant Hardy Garden Rose Bushes, leading named kinds, doz. ..... 2.00, 2.25  
Superb New Double Peonies, huge flowers, new colors, doz. ..... 3.40, 4.00  
Beautiful Hardy Phloxes, a wealth of bloom summer and fall, brilliant colors, dozen ..... 2.25  
Boston Ivy Vines, extra fine stock, three sizes, doz. 2.00, 3.00, 5.00  
Tree Shaped Lilacs and Snowballs, splendid 6-ft. specimens, two for ..... 1.60  
Grape Vines, Gooseberry, Currant and Raspberry Bushes, choicest kinds for home garden, each ..... 10, 15, 20, 25  
Lawn Seed, for all soils and situations, one pound ..... 20, 25, 30, 35, 40, 45  
Hardy Flower Roots, 2 Sweet William, 3 Canterbury Bells, 2 Hardy Pinks, 2 Columbine, 2 Large Flower Iris. Wednesday, special, the 10 for ..... 60  
Sprays for Bushes, etc., each, 4 up; Spray Material, package ..... 15, 25 and 40

RENNIE'S MARKET SEED STORE  
ORDER BY PHONE MAIN 1506 PROMPT DELIVERY  
KING & MARKET STS. Near St. Lawrence Market

## Little Stories Told in Homely Rhyme

THE OLD HOME AND THE NEW  
Copyright, 1916, by the Author, Miss Dudley.

THERE'S a little cottage standing on a grass-clad western hill, where the Missouri's roaring in the air. There are birds' nests in its gables, where the swallows coo and bill, and a pigsty with a porker in his lair. There's a smell of home-cured bacon every morn about the place. There's a garden nursing onions in its loam. In the kitchen is a mother with a sweetly wrinkled face. There— I've painted you a picture of my home. I am living in the city in a twelve by twenty flat, where the milkman takes delight in rattling cans; where the shrieks of autos taunt me, or the yowling of a cat puts that thing we know as sleep outside my plans. There's the ice-man with his clatter; there's the garbage fellow, too; there's the janitor with nothing in his home. There are other things that peeter—oh, I've mentioned but a few—at this place that's the substitute for my home. When I get a lot of money (that's the same old, threadbare stall) I intend to leave the city—cut it out. I shall seek that rural haven where the grass is green and tall and the pretty little calves frisk about. No, I don't know when I'm going, but I'll surely take the trip. To the busy world I mean to close my ears. But don't wager on my leaving, for (just take a quiet tip) I've been saying this for nearly twenty years.

## Odd Dinner China

The idea of a different china for each dinner course is growing more popular. It certainly allows one to use novelties which would not be as attractive if whole sets of the same pattern were used. The delicate cream-colored Bolek ware with pale-green crimped borders makes a delightful table service. The blue willow ware is good for the entire or fish, for it has so many odd little covered baking dishes.

birds painted in the centre of the plates and plates. The new ones, however, are done by handcrafters whose designs are far more beautiful than were the old-fashioned ones, and the designs are never duplicated.

## FAMOUS ELM DISAPPEARS

The famous big elm which stood in Independence Square, Philadelphia, has recently been cut down. It is said to have been planted by King Edward VII, of England, when he visited the United States in 1891.

# MOVIES PROGRAMS FOR TODAY—SCREEN GOSSIP

## THE "FIREMAN" IS NEW CHAPLIN FILM

Second Mutual Comedy Will Be Ready for Public June Twelfth.

## DEPARTS FROM CUSTOM

As a Fireman, Charlie Discards His Old Costume for Once.

"The Fireman," second of the Chaplin-Mutual comedies, is nearing completion at the studios in Los Angeles, and goes to the public June 12.

With but one or two exceptions, all the exterior scenes have been taken. The film, it is expected, will be ready for the cutting room within the next two weeks.

Departing from his usual mode of procedure, Chaplin has worked into this production a number of unusually sensational scenes, which have been filmed on an elaborate scale. These scenes depict the burning of two houses, both of which had been condemned by the Los Angeles Fire Department. They were purchased outright by the management of the Chaplin-Mutual studio, and destroyed by fire.

For the filming of the scenes, the Mutual's comedian temporarily abandoned his usual screen make-up, and in practically all of the scenes he appears in the garb of a fireman, which, to say the least, is one of the most excitingly funny gaffs of his kind ever witnessed on the screen.

In the photographing of the scenes depicting the burning of the houses, as well as the numerous ones which take place inside a fire house, Chaplin had the assistance of several members of the Los Angeles Fire Department to help him out. One of the fire stations is located but a short distance from the

## MABEL TALIAFERRO WILL STAR IN CANADIAN PLAY

"The Snowbird" is Story of the Hudson Bay District to Be Shown by Metro.

Mabel Taliaferro has achieved an ambition of many years' standing in "The Snowbird," the next Metro wonderplay, in which she is starred. She plays the role of a boy in this production. Then the "man" finds out that she is a girl because her cap slips and her long tresses fall down over her face and shoulders.

"The Snowbird" is a story of the north and the setting is in the Hudson Bay district. Edwin Carewe, who directs Miss Taliaferro in this production, and who was a well-known stage and screen actor before he was a director, plays the leading male role in "The Snowbird." He is especially fitted for the part, as the role is that of a French-Canadian, reared in the woods in a primitive state. Mr. Carewe is half Chickasaw Indian, and he gives a fine characterization of this typical man of the great outdoors, whose impulses and passions are elemental in their simplicity and force.

Chaplin-Mutual studio, and in it numerous of the scenes were filmed. Chaplin's antics on the fire pole, used by the firemen in sliding from the dormitory to the main floor at the alarm signal, furnishes an avalanche of laughs, the comedian outdoing by far anything he has ever attempted in this particular line.

Chaplin's entire company of players, which were engaged to appear in his support when he was signed by the Mutual appear with him in this production. Edna Purviance, his charming young leading woman, has been cast for an interesting and highly important role, which she handles with her usual ability. Eric Campbell, the "heavy" of Chaplin-Mutual comedies; Charlotte Mineau, Lloyd Bacon, Leo White and the others, add materially to the many situations arising throughout.

## HERBERT RAWLINSON



is one of the screen's foremost leading men. He was born in Brighton, England, Nov. 15, 1885, and he received his education in England and France. He is six feet tall, has brown hair and blue eyes and played successfully on the stage for seven years. He was with Selig in 1911, Bosworth in 1914, and with Universal in 1914, in "Damon and Pythias," "The Black Box" and others.

## HARD TO UNDERSTAND

Patience—it is said that a noted British entomologist recently paid \$1000 for a rare specimen of flea which is occasionally found in the fur of the sea otter. Patience—but I can't understand what the man would do with the flea, or what the sea otter could do with \$1000.—Yonkers Statesman.

## "LITTLE MARY" MAY GO TO VITAGRAPH

Rumor Says That New Twenty-Five Million Company Have Enticed Her From the Famous

According to what seems to be entirely authentic information, Mary Pickford, the idol of thousands of film thespians, and by their affectionately christened "Little Mary," will shortly become a member of the Vitagraph players. This announcement, while unofficial, is so well defined that it seems extremely probable that it is true. The amount of the salary involved is not made public, but it is understood it will be somewhere in the vicinity of \$5000 per week. This, however, has not been verified.

Walter W. Irwin, general manager of the V. L. S. E., stated when asked concerning the matter, "I can neither confirm nor deny the rumor."

At the offices of the Famous Players Company it was stated that Miss Pickford would remain in their employ and that she would shortly begin work on a new picture. The rumor of her transfer was declared without foundation.

Miss Pickford herself could not be seen. It is evident, however, that negotiations are on foot which may end in the actress going to the Vitagraph Company, which was recently organized with a capital of \$25,000,000, and plans to engage many of the leading players and authors in addition to those already in its employ.

This to some extent conforms with the story of some weeks ago to the effect that Miss Pickford had signed a contract with B. B. Hampton of the American Tobacco Company, and assumes that Mr. Hampton has transferred the contract to the Vitagraph Company.

## EDMUND BREESE TO STR IN "THE SPELL OF YUKON"

Robert W. Service's Famous Poem Will Make a Splendid Film, Say Directors.

Burton King, the director who is producing "The Spell of the Yukon," for the Metro program, with Edmund Brees in the stellar role, has only just been handed the scenario manuscript, despite the fact that he has made more than a score of the most important scenes in the production.

When Mr. King learned that he was to make "The Spell of the Yukon," and knew there would be many scenes photographed in the snow, he suggested that they be made at once, as the belated spring was finally beginning in earnest. Mr. Brees is playing an important role in "The Fear Market," a notable Broadway play, and it was impossible for him to go very far north to remain for any length of time. However, Mr. King found that there was plenty of snow and local color at Fort Montgomery on the Hudson, and thither the company hied.

Mr. King talked over the story of "The Spell of the Yukon" with Aaron Hoffman, who made the picturization from Robert W. Service's poem. He learned what some of the big scenes would be, and also the characters that would appear in them. He took copious notes and for three Sundays worked with Mr. Brees and a large company of players around Fort Montgomery.

There is a strong supporting cast in "The Spell of the Yukon," including Christine Mayo, a newcomer on the Metro program; Evelyn Brent, Arthur Hoops and "Billy" Sherwood. One of the most pretentious settings is that of an Alaskan gambling house and dance hall.

## SENSITIVE

Assistant to old lady who has handed in a badly spelled telegram—What's this word, please?  
"Old Lady"—Never mind that, Miss; it's none of your business. They'll know at the other end.—Passing Show.

## MOTION PICTURE THEATRE DIRECTORY

Aster, Dundas and Arthur, Grace Cunard in "Born of the People."	King, 585 College street, "The Gulf Between," three reels.
Carlton, 509 Parliament street, J. Barrymore in "Nearly a King."	Madison, Bloor and Bathurst, Victor Moore in "The Race."
Doric, 1098 West Bloor, "A Corner in Cotton" with Marg. Snow.	Photodrome, 39 W. Queen, Charlie Chaplin, Hy. Walthall, Blanche Sweet.
Empire, Booth and Queen, "Lord John's Journal" No. 2.	Peter Pan, Queen and Waverley, "The Beloved Vagabond."
Empress, 317 Yonge, Theda Roberts in "Mr. Grex of Monte Carlo."	Sunnyside, 127 Roncesvalles, Iron Claw, No. 5, "What Did Doris Do?"
Family, Queen and Lee, Betty Nansen in "Should a Mother Tell?"	Savoy, 214 W. Queen, "Broken Coin" No. 4, "Scandal in the Family."
Globe, 75 West Queen, Clara Kimball Young in "Camille."	Variety, 10 East Queen, "The Galloper," comedy.
Griffin's, 221 Yonge, "The Regeneration."	Williamson's, Bloor and Lansdowne, Pauline Frederick in "The Spider."
Ideal, East Toronto, Submarine Pictures.	

## RECIPES FOR THE CARD INDEX COOK BOOK

## Ragout of Vegetables.

INGREDIENTS	METHOD
4 ounces brown lentils.	Wash lentils and leave them steeping over night. Steep in 1 pint water until soft; scrape and wash carrots and cut them and the onions into slices; add the butter and steam until tender. Add the brown sauce to the lentils. Put in the centre of a dish with border of the onions and carrots.
1 pound carrots.	
1/2-pound onions.	
2 ounces butter.	
Pepper and salt.	
2 tablespoons good brown sauce.	