# DAILY MAGAZINE PAGE FOR EVERYBODY

## Fresh Air the Very Best Beauty Aid

By LUCREZIA BORI Prima Donna of the Metropolitan Opera Company, New York.



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ARD.

HE disease of civilization is the house," says a wellknown physician. Now is the time for outdoor life and fresh air, and the woman who values her health and good looks will spend the greater part of these sunny days in the open.

The woman who has the time to spend hours in healthful outdoor exercise, taking long walks, playing golf or tennis, or riding horseback, should consider herself especially favored.

Bodily ills will decrease while your beauty will increase correspondingly if you make it an ironclad rule to spend three hours of each day out of doors. This, of course, is an impossibility for the professional woman. She will have to depend largely upon the walk to and from her office for outdoor exercise. But if the distance is not too great she should never miss this opportunity for exercising her muscles and stimulating circulation-even if it means getting up a half-hour or so earlier in the morning. Frequently I have heard women make a remark like this:

'I think I'll take a little walk. I have not been out of the house for three days. I have so much work to do that I don't seem able to spare the time to get outside the door."

Making Money From the Soil

household duties may be many, and she may be rept busy 10 hours out of every 24 caring for her household but the fresh air into your lungs.

Read out of doors—every 24 caring for her household but the fresh air into your lungs. lackyard and prepare the vegetables for lunch and dinner. During preserving and canning time she can hull the herries, pare the fruit and stone the cherries quite as well in the open aires she can in the stuffy, hot kitchen. On sweeping days, or days when you have spent hours sewing industriously

is if by magic. -Everybody knows that gardening is healthful. If you live in the country, by all means have a garden where you

and flowers ripen and bloom. Even if you are a city dweller and and spend an hour of each day nursing them to grow.
As soon as you "get back to nature"

If you happen to be a schoolgirl or a

**GET** 

THIS

BOOK

It Will Show You the Way

GROW THESE

IN YOUR

GARDEN

Brussels Sprouts Peppers

Musk Melon

Onions

Parsley

Parsnips

Pumpkin

Rhubarb

Squash

Tomatoes

-Quantities of seed required.

about gardening.

-How to prepare and fertilize the soil.

-Best varieties of each kind to grow.

-How to plant and cultivate each kind.

-What to spray with and how to spray.

-How to grow several crops in one season.

Radish

Garden Pear

Asparagus

Beans

Beets

Cabbage

Carrots

Citron

Celery

Corn

Cauliflower

Cucumbers

Lettuce

There is absolutely no excuse for college girl, study your lessons out of any woman, unless she is ill, to stay doors. You will have less difficulty in indoors when the weather is fine. Her remembering them if you are breathing

every 24 caring for her household, but housekeeper should find time for reading she cannot take time for a brisk ing or other recreation. Take your walk to market every morning she can book and sit where the breezes blow at least sit on the porch or out in the and enjoy the romance of one of the "best sellers," or satisfy your mind with food from the classics. Go out and stay out in the sweet,

fresh air as long as possible, and be rewarded by a healthy body and mind. Remember that the stream of life with its multitude of red corpuscles has a mission. It must build up muscles, reat the sewing machine, run out of new worn-out tissues and strengthen doors and take at least 20 minutes to the nerves. Its work depends upon the exercise. Breathe deeply and go thru purity of the blood. Oxygen purifies, some simple calisthenics. This will do The answer is obvious—the more fresh wonders to relieve that "tired feeling." air we breathe the better the blood and backache or headache will disappear the more thoro the rejuvenation of the

Fresh air time is here!

No one should select for a breeder ean hoe, rake, pull weeds and watch specimen that has the following charthe seeds spring up and the vegetables acteristics: Long, slim back, crow or snake head, sleepy eyes, long neck, narlow chest, wedge-shaped back, pinches caly have a backyard as big as your tail, long, slim legs and toes, extremedining room table, plant a few seed by shallow abdomen, or a bird which is deformed in any way. Specimens of this description either have hereditary taint or have been grown under condi-tions that are far from ideal, or it may the roses will return to your checks and your muscles will be recharged to that they are overloaded with dis-

## QUEEN OF HEARTS \* By Will Nies



the RIGHT minimum is. In the card game it's none. himself. Here, indeed, hearts are ALWAYS trumps.

HE object of most card games is to take tricks. In the Game of Love-ONE. In this game it's not the The game of hearts is different-its object is Ace nor yet the King that takes the Queen. It's the NOT to take tricks. A minimum of hearts is its JACK. He is the real King by his OWN right. The aim. In this it agrees, up to a certain point, with one who sweeps all tricks aside, who makes ALL deals its counterpart in life. Where they differ is in what right and who captures the Queen of HIS heart for

# Revelations

of a Wife By ADELE GARRISON

How Mrs. Underwood Solved the Riddle

HEN Lillian Underwood told me that years before she had given up her baby daughter in payment for her husband's withdrawal of Dicky's name as co-respondent in his suit against her for divorce, my first impulse was one of horror-stricken sympathy for her. Then came the reaction. A flaming jealousy enveloped me from head to foot. "How she must have loved Dicky to do this for him!" The thought beat upon my brain like a sledge hammer.

"Don't think that, my dear, for it isn't true." I had not spoken, but with her almost uncanny ability to divine the thoughts of other people, she had fathought of the land ways very fond or the land of the land o omed mine. "I was always very fond of Dicky, but I never was in love with

him."
Then why did you make such a sacri-"Then why did you make such a sacrifice?" I stammered.

"Why! There was absolutely no other way," she said, opening her wonderful eyes wide in amazement that I had not at once grasped her point of view. "Dicky was absolutely innocent of any wrongdoing, but thru a combination of circumstances, of which I shall tell you, we have the way of cylery the way of cylery. wrongdoing, but thru a commandation circumstances, of which I shall tell you, my husband had gathered a show of evidence which would have won him the divorce if it had been presented.

"He bargained with me, I to give up all claim to the baby. He to withdraw Dicky's name and all other charges except that of desertion. Thus Dicky was saved a scandal which would have followed and hampered him all his life, and I was spared the fastening of a shameful verdict upon me. Of course, everybody who rend about the case and did not know me believed me guilty anyway, but my friends stood by me gallantly, and that part of it is all right. But every time I look at that haby face I am tempted to wish that I had let honor, the righting of Dicky, everything go by the board, and taken my chance of having her, even if it were only part of the time."

A Woman's Sympathy.

A Woman's Sympathy.

ed toward me in her presence, he had and her face pressed against my shoul-"You know I couldn't get angry at you, no matter what you said. I owe you too much."

I had wondered at the time what it was that my husband "owed" Mrs. Underwood. The riddle was solved for me at last.

Playing the Came.

I expected a storm of grief, for I knew the woman had been holding herself in with an iron hand. But only a few convulsive movements of her shoulders betrayed her emotion, and when she raised her face to mine her eyes were less tear hadewed them much on the story hadewed them much of the story hadewed them the story hadewed them the story hadewed them the story hadewed them the story hadewed the story hadewed them the story hadewed the story hadewe raised her face to mine her eyes were less tear-bedewed than my own.
"It's lucky this armorplate of mine is warranted." she said with a brave attempt at her usual mocking tone, "or your gown would be plastered with powder and rouge."

I made no reply. In my new-born friendship for Mr. Underwood, one which I felt would be an enduring one, I wished, oh, so carnestly, that she could be brought to abandon the fawdry yulgar

be brought to abandon the tawdry vulgar mask of rouge and powder which she continually used. "I know," she said, again divining and answering my unspoken thought. "If ever my baby comes back to me you will see a clean-faced woman with pepper and salt hair mothering her. But until that time, if it ever comes, I have to tramp along with the procession I'm trailing with. It's the kind of thing Harry's used to, you know, with the crowd he's in. It is hardly fair to him not to piay the game."

Harry's used to, you know, with the crowd he's in. It is hardly fair to him not to play the game."

"The gallantry of her, trying to play the game with a moral weakling like Harry Underwood, and the curious feminine twist in a brain otherwise so superior that would permit her to delude herself into the idea that her atrocious make up made her look younger or more attractive!

questioning.

"Oh, is there a chance of your having her again?"

"I am always hoping for it," she answered quietly. "When her father married again, several years ago—that was before my marriage to Harry—I hoped against hope that he would give her to me. For he knew—the hound—knew better the anybody else that all his viter that all his viter. me. For he knew—the hound—knew better than anybody else that all his vile
charges were false."
Her eyes blazed, her voice was strident, her hands clasped and unclasped.
Then, as if a spring had been loosened,
she sank back in her chair again.
"But he would not give her to me,"
she went on dully, "and he could not
even if he would. For his mother, who
has the child, is old and devoted to her.
It would kill her to take Marion away
from her.

from her.

"You saw my pink room?" she demanded abruptly.

I nodded. The memory of that rosecolored nest and the look in my hostess' eyes when on my other visit she
had said she had prepared the room for

had said she had prepared the room for a young girl was yet vivid.
"I spent weeks preparing it for her, when I heard of her father's remarriage," she said. "When I finally realized that I could not have her, I lay ill for weeks in it. On my recovery I vowed that no one else but she or I should ever sleep there. I have another bedroom where I sleep most of the time. But sometimes I go in there and spend the night, and pretend that I have her little body snuggled up close to me just as it used to be." From a utility point of view the 1 breast is the most important part of 1/2

the specimen, as it contains more meat 1 teaspoon proportionately than any other part. Cold water, It should be deep, round, full and broad. Avoid those birds that have narrow, sharp or flat breasts that are cut up too much just in front of the legs. A specimen having a full crop nust not be mistaken for one with a full breast. We naturally think that a fowl with a good, strong breast has

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#### SAY WAR AN ANTIDOTE FOR CASE OF MADNESS

Medical inquiry indicates that there has been a considerable reduction of insanity since the war began. anity since the war began.

Dr. William Graham of the Belfast
Lunatic Asylum says: "It is not the great
tragedies of life that say the forces of the
brain and wreck the psychic organism.
On the contrary, it is the small worries,
the deadly monotony of a narrow and
circumscribed existence, the dull drab of
a life without joy and barren of an
achievement, the self-centred, anaemic
consciousness—it is these experiences
that weaken and diminish personality
and so leave it a prey to inherited predispositions or to the slings and arrows
of outrageous fortune."

Dr. Graham quotes with approval Lord
Bryce's recent statement that the effect
of the fighting on thousands of men has
been to sober them, to stir their deepest

#### MIXED VACCINATION FOR MANY DISEASES

recently made in the prophyles tic use of vaccines," say a medical authority, "is Castellani's method of combined vaccination, which is now being used on an extensive scale in France

and Italy." Dr. Castellani has prepared ten combinations of vaccines, each containing the micro-organisms of from three to six different diseases, and these are giving highly satisfactory results. The combinations are as follows: 1. Typhoid, with two varieties of para-typhoid. 2. Typhoid, with Malta fever. 3. Typhoid, two paratyphoids and Malta fever. 4. Typhoid, two para-typhoids, bacillus asiaticus and bacillus columbensis. 5. The same, with been to sober them, to stir their deepest thoughts, and to inspire them with an urgent desire for some idealistic basis of life, and he "believes that one of the eventual results of the war will be a great decrease in the amount of mental instability which has been growing in recent years."

bacillus columbensis. 5. The same, with Malta fever. 6. Typhoid, two para-typhoids and four different dysenteries. 7. Cholera, with bubonic plague. 8. Cholera, typhoid and two para-typhoids. 10. The same with Malta fever.

## The Amateur Gardener

## BY RACHEL R. TODD, M.D.

Some Favorite Perennials.

The columbines are among the first of all the perennials to send up their leaves in the spring. By now, most of our gardeners who have clumps will have discovered the pretty metallic-hued rosettes that mark their early appearance. A true lover of nature and a real gardener will find pen that apparently healthy second much satisfaction in watching the development of the first wee shoots as the third summer. However, when this they come up out of the ground, like does occur, it will be found that the cunning wee curled-up heads, gradu- flowers are not only unusually handcunning wee curied-up heads, gradually unfolding into lovely scalloped leaves, all gathered into a most amazingly attractive sight. In a couple of weeks these small leaves will have attained the height of eight to too inches and the neight of eight to eight to too inches and the neight of eight to too inches and the neight to too inch to ten inches, and the peculiar com-pound foliage will be in its most

graceful stage. Columbines are always beautiful, whether in leaf, in blossom, or in seed-pod. And because of the nature of this plant, which allows one the opportunity of studying it thru all its easy to have. stages, it has held a high place in the

first rank of all perennials. It is always a surprise to me to find amateur gardeners who do not know columbine, because it is such a very old plant. Nevertheless it was only the other day that I was asked to But it was not that thought that held my attention and stirred me to quick plant, and from one who already has quite a herbaceous border in progress

of becoming permanent. Since the plant blooms early in June, and the bloom lasts well into July, no attempts at transplanting or dividing old clumps should be risked, unless the gardener is very expert. It can be done, of course, and with little injury to the already forming blossoms. In the rock garden they are blossom stems. But the best time to beautiful, and if planted against a ittle injury to the already forming divide is after the seeding has taken background of tall sword ferns, the place, and the plant is strong, healthy combination is exceedingly lovely, since

One of the easiest and best ways of obtaining fresh stock and new varieties, is by planting seed. Given fair soil, and a sunny position, good strong

fully accomplished.

seedlings that are suitable for fall planting may be managed from seeds put in during the next few weeks. As a rule, seedlings blossom second season, but it does often hapyear seedlings do not blossom until

lifted and the separation of the new shoots from the old woody root care-

will enable one to readily pick ou what will best suit your own special tastes. The columbines have been so assiduously cultivated and experiment

Pale blues and white, pale blues and cream, pale blues and lavender, pale blues and maroon, pale blues and scarlet, pale blues and dark blues, pale blues and purple—all these, and more, may be obtained in the pale blue color scheme. And when I tell you that the same is possible with all other colors from yellow down to cardinals, you may imagine the success it is easy to capture in color line, from columbines

columbines do well in almost any location where plenty of air and sunshine are to be found. In the herbaceous border they show best if given a front place, where taller sorts will not hide the swaying grace of their lovely and at its fullest powers. Early in the dark green of the scalloped leaves fall this time will be, and the foil well against the light green of the clumps that need division should be ferns.

### RECIPES FOR THE CARD INDEX COOK BOOK

Savory Roly Poly

### INGREDIENTS

pound flour.
pound chopped suet.
teaspoonful salt.

### **METHOD**

Mix the suet, half the salt and the flour Mix the suet, half the salt and the flour in a bowr; add enough water to make a stiff dough; turn on to a floured board and knead lightly into a round ball. Roll out into an oblong strip. Mince the meat finely and spread over the paste; dust lightly with pepper and add the rest of the salt. Wet the edge of the paste and roll up, squeezing the edges together. The in a well-floured cloth and boil for two hours in quickly boiling water. Serve with a thick, brown gravy. Fresh meat is really nicer for this than that which is already cooked.

-And almost anything else you are likely to want to know

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## This Certificate

Making



me at last.

I am not an impetuous woman, and I do not know how I ever mustered up courage to do it. But the sight of Lillian Underwood's face as she looked at her baby's picture was too much tor me. Without any conscious volition on my part I found my arms around her

Today's Fashion

Novel White Georgette Crepe, with Cape Collar.

Her voice was rough, uneven, as she finished speaking, but that was the only finished speaking, but that was the only evidence of the emotion which I knew must have her stretched upon the rack. Right there I capitulated to Lilian Underwood. Always, thru my dislike and distrust of her, there had struggled an admiration which would not down even when I thought I had most cause to fear her.

But this revelation of the real bigness of the woman caught my allegiance and fixed it. She had sacrificed the thing which was most precious to her to keep her ideal of honor unsulled. I felt that I could never have made a similar sacrifice, but I mentally saluted her for her power to do it.

I realized, too, the reason for Dicky's deference to Mrs. Underwood, which find often puzzled and sometimes angered me. Once when she had given him a liking over for the temper he display.

Cape Collar.

HE separate blouse with a cape collar is enjoying the favor of the moment: Since all apparel must boast of a touch of color the all-white blouse is an oddity. This charming model is of white Georgette crepe trimmed with Nattier blue faille. The cape collar is bound with a bias 'old of the blue silk, and the pointed twinover or the choker and the cuffs is trimmed in a like manner.

Crocheted buttons linked together with white soutache braid add an effective touch of ornamentation to the front and wristbands.

The all-black hat of faille ribbon is adorned with a windmill bow.