

DAILY MAGAZINE PAGE FOR EVERYBODY

Fresh Air the Very Best Beauty Aid

By LUCREZIA BORI

Prima Donna of the Metropolitan Opera Company, New York.



LUCREZIA BORI

THE disease of civilization is the house," says a well-known 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 beautiful outdoor exercise, taking long walks, playing golf or tennis, or riding horseback, should consider herself especially favored.

bodily she 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."

There is absolutely no excuse for any woman, unless she is ill, to stay indoors when the weather is fine. Her household duties may be many, and she may be kept busy 24 hours out of every 24 caring for her household, but if she cannot take time for a brisk walk to market every morning she can at least sit on the porch or out in the backyard and prepare the vegetables for lunch and dinner. During preserving and canning time she can hull the berries, pare the fruit and stone the cherries quite as well in the open air as she can in the stuffy, hot kitchen.

On sweeping days, or days when you have spent hours sewing industriously at the sewing machine, run out of doors and take at least 20 minutes to exercise. Breathe deeply and so thru some simple callisthenics. This will do wonders to relieve that tired feeling and a headache or headache will disappear as if by magic.

Everybody knows that gardening is healthful. If you live in the country, by all means have a garden where you can hoe, rake, pull weeds and watch the seeds spring up and the vegetables and flowers ripen and bloom.

Even if you live in a city dweller and can't have a backyard as big as your dining room table, plant a few seeds and spend an hour of each day nursing them to grow.

As soon as you "get back to nature" the roses will return to your cheeks and your muscles will be recharged with life.

If you happen to be a schoolgirl or a college girl, study your lessons out of doors. You will have less difficulty in remembering them if you are breathing the fresh air into your lungs.

Go out and stay out in the 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, renew worn-out tissues and strengthen the nervous system. Its work depends upon the purity of the blood. Oxygen purifies the blood. The answer is obvious—the more fresh air we breathe the better the blood and the more thro the rejuvenation of the body.

Fix your time is here!

No one should select for a breeder a specimen that has the following characteristics: Long, slim back, crow or snake head, sleepy eyes, long neck, narrow chest, wedge-shaped back, pinches tail, long, slim legs and toes, extremely shabby abdomen, or a bird which is deformed in any way. Specimens of this description either have hereditary taint or have been grown under conditions that are far from ideal, or it may be that they are overladen with disease germs, or worms.

QUEEN OF HEARTS * By Will Nies



THE object of most card games is to take tricks. The game of hearts is different—its object is NOT to take tricks. A minimum of hearts is its aim. In this it agrees, up to a certain point, with its counterpart in life. Where they differ is in what the RIGHT minimum is. In the card game it's none.

Revelations of a Wife

By ADELE GARRISON

How Mrs. Underwood Solved the Riddle

WHEN Lillian Underwood told me that years before she had given up her baby daughter in payment for her husband's withdrawal of Dick's name as a 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 Dick! To do this for him!" The thought beat upon my brain like a sledge hammer.

"Don't think 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 guessed mine. "I was always very fond of Dick, but I never was in love with him."

"Then why did you make such a sacrifice?" "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.

"Dick was absolutely innocent of any wrongdoing, but thru a combination of 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 Dick's name and all other charges except that of desertion. Thus Dick was saved a scandal which would have followed and hampered him all his life, and was spared the fastening of a shameful verdict upon me. Of course, everybody who read about the case and did not know me believed me guilty anyway, but my friends stood by me gallantly, and my friends stood by me gallantly, and my friends stood by me gallantly."

"Right there I capitulated. I could not have a similar sacrifice and distrust of her, there had struck an admiration which would not down even when I thought I had made a real sacrifice. I realized, however, that the only finished speaking, but that was the only evidence of the emotion which I should must have stretched upon the rack."

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Today's Fashion

Novel White Georgette Crepe, with Cape Collar.

THE 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 Natter blue tulle. The cape collar is bound with a bias fold of the blue silk, and the pointed turnover 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 falls ribbon is adorned with a windmill bow.



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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. Dr. William Graham of the Belfast Lunatic Asylum says: "It is not the great tragedies of life that sap 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 life without joy and barren of achievement, the self-centred, anemic consciousness—it is these experiences that weaken and diminish personality and so leave it a prey to inherited predispositions of the mind and groves of outrageous fortune."

MIXED VACCINATION FOR MANY DISEASES

ONE of the most signal advances recently made in the prophylactic use of vaccines, says 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, with bacillus coli communis. 4. Typhoid, with cholera. 5. Typhoid, with cholera, with bubonic plague. 6. Cholera, typhoid and two para-typhoids. 7. Cholera, typhoid and two para-typhoids. 8. Cholera, typhoid and two para-typhoids. 9. Cholera, typhoid and two para-typhoids. 10. The same with Malta fever.

The Amateur Gardener

BY RACHEL R. TODD, M.D.

Some Favorite Perennials.

III. Columbine. 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 method of planting may be managed from seeds put in during the next few weeks.

As a rule, seedlings blossom in the second season, but it does often happen that apparently healthy second-year seedlings do not blossom until the third summer. However, when this does occur, it will be found that the flowers are not only unusually handsome, but unusually luxuriant.

It would be impossible for me to try to advise a satisfactory choice in the small space of an ordinary talk. But a reference to any ordinary seed catalog will enable one to readily pick out what will best suit your own special tastes. The columbines have been so assiduously cultivated and experimented with during the last 30 years, that the results are wonderful, and combinations of colorings from the most delicate to the most unique are quite easy to have.

White 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 alone.

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 blossoms. In the rock garden they are beautiful, and if planted against a background of tall sword ferns, the combination is exceedingly lovely, since the dark green of the scalloped leaves foil well against the light green of the ferns.

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 blossom stems. But the best time to divide is after the seedling has taken place, and the plant is strong, healthy and at its fullest powers. Early in fall this time will be, and the clumps that need division should be lifted and the separation of the new shoots from the old woody root carefully accomplished.

RECIPES FOR THE CARD INDEX COOK BOOK

Savory Roly Poly

INGREDIENTS

1 pound flour, 1/2 pound chopped suet, 1 teaspoonful salt, Cold water, Cold meat, Pepper.

Mix the suet, half the salt and the flour in a bowl; add enough water to make 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 pasta; dust lightly with pepper and add the rest of the salt. Wet the edges of the pasta and roll up, squeezing the edges together. Tie 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.

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