

# DAILY MAGAZINE PAGE FOR EVERYBODY

## Secrets of Health and Happiness

### Why Muscular Dexterity Means Mental Dexterity

BY DR. LEONARD KEENE HIRSBERG  
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THE brain is no longer the golden calf of mental life. It was once cracked up to be. Indeed, so far as the mind is concerned, it has taken a back seat in comparison with the muscles. Just as a malady of the intestines lowers the capacity of the intellect, so flabby, unused muscles reduce the powers of mental stability and vigor.

The pathetic groups of foes to athletics that poke fun at the college boys because they go in for football, military training, swimming, canoeing, baseball and other muscular sports would be amusing were their teachings not an overemphasis that leads to harm. Untrained and toneless muscles make you feel feeble-minded, not as some physiologists tell you because disorders of other tissues "rob the brain of nourishment," but because perception, reason and action are architecturally built up upon sentences of tone and health of all the tissues of your anatomy. The brain is only one of a thousand links and not bigger or more powerful than the white blood corpuscles.

The Clumsy Below Par. Many of the things which give mere sights, sounds and sensations into an individual with a useful regard of his muscles, tends to deprive that unhappy mortal of the wisdom of the ages. Thought grows in terms of muscular motion, and an intellect raised with only the building stones of reading, "rhythm" and "rhyme" is a very poor thing. The arch and pillar of knowledge—logic, ignores the realities for cobwebby dreams.

Every increase in precision, each little delicate muscular adjustment indicates your mental development more truly than all the writing or printing in the world. Plainly, then, a man or woman who

## OUTDOOR TRIUMPHS

By Will Nies



## Diary of a Well-Dressed Girl

BY SYLVIA GERARD

Solving the Problem of Shade Hats for Sunny Spring Days.

SPRING is actually here! When I awoke this morning the air was scented with freshly upturned earth and young growing things. I wanted to run away to the country and work in a cottage garden, but thoughts of Mrs. Mathon wanting me every hour or two for fittings, and the work to be done for the church fair kept me chained at home.

I went out into our garden and with innumerable questions about the new vines and shrubs he was setting out. Then I poked about the hotbed and was delighted at the rapid growth of the pansies. I finally managed to tear myself away and come indoors to breakfast. When I glanced into the mirror to smooth back my wind-blown hair, I saw that the tip of my nose was speckled with three freckles. Then and there I resolved to spend the balance of the day making sun hats, for I have long since ceased to admire the spring coating of tan and freckles which I used to do everything to get. So I made a flying trip to a shop and bought four large hats, three of straw and one of buckram. I also supplied myself with a hank of old blue yarn, a bunch of white roses, and two remnants of silk.

In an hour I was home again ready to play the role of milliner. Taking the hat of peanut straw, with widely drooping brim and crown-shaped somewhat like a beehive—and a coarse darning needle threaded with the old blue wool, I wrote the yarn in and out between the straw until the hat appeared to be formed of little checkers bordered with a line of old blue. From the remnants of the pansies I made a flat rosette and two medium-sized tassels, which combined made a stunning ornament for one side of the hat. It was so youthful and pretty when finished that I have decided to give it to Cleo for a surprise gift.

Then taking the buckram gift, a large sailor shape—I covered the crown brim smoothly with dark blue tulle. Joining the top of the crown to the crown band with a narrow, silk-covered cord, I trimmed this hat with a large, flaring bow of the tulle, poised at the side back. It will be stunning to wear with spring suits on days when the sun is too bright for small hats.

The third hat is of fine, black, lacquered straw. It is mushroom in shape with a very shallow, bowl-shaped crown. Taking the other remnant of silk—figured in one of the most effective designs, a bold wheel-like motif in a lovely tone of blue with a dash of black against a background of palest blue-grey—I cut away the crown at the base, and then cut a small disc two inches in diameter from the top. Taking the piece of silk I sewed it to the outer edge of the brim and drew it up to the head-size. Then I gathered the silk and distributed the fullness evenly, and I stitched it about a crown. Finally, I gathered the silk together so that it formed a crown, and sewed the ends of straw to the very center of the top. This shade hat is most effective, and is so simply made that I intend to duplicate it in several combinations of color.

I have always liked the hats trimmed with stenciling, so decided to trim a hat of natural-colored Japanese straw in this manner. Cutting a diamond-shaped design from stencil board and using black paint, I ornamented the crown and brim with the motif. I centered each one with a white rose, and the finished hat is most effective, as black and white hats usually are. Old Sol can try his best to flirt with my complexion, but he'll not be able to look under these hats.

## The Amateur Gardener

By Rachel Todd.

Crocuses. For the last two or three days the crocuses have been glorifying many gardens with their gorgeous and delicate colorings. Long lines of deep purples and dainty lavenders, gleaming masses of vivid yellow and gold, and snowy borders of pure white are beautifying many of the larger gardens, where these bulbous plants can be grown en masse. The loveliness of these early-blooming plants will last for a couple of weeks longer, giving way later to the advent of the larger bloomers, tulips, hyacinths and the like.

The crocus is not a native plant with us. It comes from across the seas, its original home being among the highlands of Asia Minor, and the nearby regions. The ancient Greeks cultivated this lovely thing for the joy of its glowing saffron and purple flowers, and immortalized its ethereal daintiness, in story and in song. Many are the mysterious legends attached to its history, and several touching and pathetic myths owe their origin to some storied incident that dates back to the times of gods and goddesses. And in one or two of the writings of famous Greek historians is recorded the belief that only "these golden blossoms shall gleam on the trees, glow on the bushes and float glorious adown the peaceful waters of the streams of Paradise."

The crocus is not, properly speaking, a bulb plant. On the contrary its root, while somewhat like a bulb, is really the thickened and swollen stem, called a corm. These corms are very tiny, at first, a fraction of an inch in diameter, but soon grow to quite a good size, often an inch or a severe white, unproctored, seem hardy and as fortiferous as those which were carefully mulched.

## A Plant for Hanging Baskets

There is a small, much-branched, bushy plant with silvery-gray thread-like leaves, producing at the end of its branches those clusters of small flowers, each flower being about an inch and a half long and of a scarlet color. This plant is called the Canary Islands and belongs to the Legume family. Its botanical name is Lotus bertholletii, or pelorhynchus. The alternative name is Greek and means bruised or discolored nose, and was given it, no doubt, because of its crimson flowers, which have a bleak or keel like those of other legumes.

This plant is grown chiefly in hanging baskets, for which use it is admirably suited. It may be propagated by divisions or cuttings—Joseph H. Sperry.

## Cutting Back a Hydrangea

Hydrangeas may be cut back as much as you please. Pruning should be done as soon as the plants are thru flowering. They may be cut back entirely to the ground, if desired, and put away in a cool cellar for the resting period. When they are taken out they will grow better than ever.—F. A. W.

## FOOD FOR THOUGHT.

First Sea Voyager (on rather rough trip)—Ah, isn't the salt air bracing? The sea is good for man!  
Second Sea Voyager (warily)—Yes, it certainly calls forth the best that is in you.

In the story of Confucius it is said of him that he would never shoot at a bird at rest nor fish with a net. He believed in giving these creatures what they desired, and in giving them a chance. Many a modern sportsman might well sit at the feet of the great Chinese teacher.

## RECIPES FOR THE CARD INDEX COOK BOOK

### Tea Buns

INGREDIENTS  
1/2 pound flour.  
2 ounces butter.  
2 ounces sugar.  
2 ounces currants.  
1 teaspoonful cream of tartar.  
1/4 teaspoonful soda.  
1/2 ounce candied peel.  
1 egg.  
A little milk.

METHOD  
Rub the butter into the flour; add the sugar, cream of tartar; beat up the egg; dissolve the soda in the milk and add to the egg. Pour over the flour, wet to a stiff dough, mixing with a spoon and adding more milk if necessary. Divide into 12 lumps, using two forks to pull the dough apart; put on a greased tin; brush each with milk and put a strip of candied peel on top. Bake for 10 minutes in a hot oven.

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**ETING FOR WOMEN-**  
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**FOR MISS BURKE.**  
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The executive of the  
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**Normal Weight**  
For Thin Undeveloped  
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**Reserved**

## GARDENS BIG and LITTLE

By Alice Lucile Peck

Only a little shriveled seed,  
Only a box of earth on the edge  
Of a narrow, dusty window ledge;  
Only a few clear shining hours;  
Only a few clear shining hours;  
Out of these, yet God could make  
A blossom wonder, fair and sweet  
As ever broke at an angel's feet.

As the stars are to the sky, such are  
flowers to the garden. We see beauty in  
the clouds, but on a starlit night we see  
beauty in the heavens. So we find loveliness in the  
grays and greens of a garden, but not  
until the flowers arrive do we know the  
real beauty. We strive ardently to bring  
the last leaf fallen and the witch  
hazel has bloomed.

The sweet peas may come with our  
earliest flowers if they are treated in the  
right way, for, as the poet has said:  
"There are very many ways of construct-  
ing a garden, but the best is to use  
And every single one of them is right."

Which is equally true of growing flow-  
ers. If we find out their characteristics  
and learn "by heart" the few special at-  
tentions that each needs we may freely  
make all sorts of changes in the growing  
schedule, adapting the method of plant-  
ing and the time of flowering to individual  
conditions. We must first know  
the flowers we are to grow, and we must  
soil; that they will do very best  
but better in a partly protected place,  
and the young plants indoors until  
in order to give an abundance of lasting  
blooms.

## Oils and Their Beauty Uses

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

THE beauties of  
ancient Greece  
and Rome were  
extravagant in the  
use of oils. Almost  
every recipe hand-  
ed down thru the  
ages contains an  
oil of some variety;  
the bath of oils was  
considered a daily  
necessity by a  
woman who desired  
to retain her youth and beauty.

To the inexperienced, the number-  
less uses of oils are unknown, so today  
I want to discuss the many things that  
can be accomplished by the applica-  
tion of this fluid.

The oil extracted from the palatable  
olive will help to transform a rough,  
dry skin into one that is soft and vel-  
vety. The skin should be thoroughly  
sprayed with oil, which is in-  
clined to be dry, and after using soap  
the skin should be thoroughly rinsed.  
Then olive oil, slightly heated, should  
be rubbed well into the skin. When  
the pores are open, the oil penetrates  
the skin, and the skin becomes soft  
and supple. The oil of sweet almond  
is also very useful for the same pur-  
poses.

If your neck lacks that roundness  
which spells beauty you will have to  
fill out the hollows by feeding the  
starved tissues with oil. Before  
applying this remedy bathe the neck  
and throat with warm water so that  
the pores are properly opened to  
absorb the oil. Rub it into the skin  
with a gentle, rotary motion.

It is the desire of every woman to  
possess pretty arms if it is applied  
daily. The oil should be slightly heat-  
ed and a liberal amount rubbed into  
the skin covering the arms. Particular  
attention should be given to the el-  
bows, for if they are rough the appear-  
ance of even well-shaped arms will  
be spoiled. Refrain from leaning upon  
the elbows as much as possible, for  
this helps to make them unsightly. The  
roughness may also be attributed to  
careless drying of the skin. Always  
rub the elbows vigorously with a Tur-  
kish towel, and then apply oil. There  
is nothing better to stimulate  
the growth of hair and improve the  
health of the scalp than crude oil  
heretofore the disagreeable odor of  
this oil has prevented it from becom-  
ing more generally used, but now, I  
have been told, there is an odorless  
crude oil. The oil is applied to the  
scalp by parting the hair and dropping  
the fluid along the part with a medi-  
cine dropper or a small oil can. Three  
times a week is sufficient to use the  
oil.

## How Even Spring Housecleaning May Be Turned to Beauty's Account

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

HOW many women I wonder dread  
spring housecleaning? For weeks  
before it is time to take up car-  
pets and rugs and prepare for the pain-  
ful and paperhanger, the long-drawn,  
wrinkled faces of the housewives tell of  
the frequent duties and annoyances  
of the bugbear in store for them. The  
"abrewhill" face and temper which  
usually accompanies it are detrimental  
to both health and good looks, and do  
anything but lighten the tasks which  
spring housecleaning brings.

In every sphere there is good to be  
done and good to be received. The wom-  
an whose privilege it is to stay at home  
and do housework is well blessed. She  
has unlimited opportunity to improve  
herself physically and mentally—physi-  
cally by the exercise which all house-  
work entails, mentally by planning her  
work and doing those things that go to  
make an expert manager.

Labor is good for every one. It stimu-  
lates energy and makes one happily con-  
scious of being useful. The Creator  
meant for every one to assume his share  
of the world's work, and the drone harms  
only himself when he plays the "shirker."  
Be glad that you have been elected to be  
a "home-maker," and derive the  
benefits from housework that are to be  
had for the taking.

A friend of mine was suffering from  
nervous trouble, she visited a physician,  
and was surprised and somewhat piqued  
when he told her to go home and as-  
sume some of the household duties. "He  
traced the source of her trouble to in-  
activity—many of us suffer from the  
same cause.

When we think over some of the exer-  
cises which are prescribed in gymnasium  
work we find that many of the move-  
ments are the same as those in perform-  
ing the daily household duties. There-  
fore, those who cannot afford the time  
or money have a splendid chance to  
acquire grace, strength and beauty if  
they will but spring-house-clean in the  
right way.

First of all, be sure that your work-  
ing outfit is comfortable and trim—that  
your shoes have broad soles and low  
heels. Then open the windows wide and  
let in all the sunshine and fresh air that  
you can, and go about your work smil-  
ing, remembering that every fret is an  
ugly wrinkle.

Sweeping is not the nerve-wracking  
task most women suppose it to be. There  
is no really better exercise if you wish  
to be graceful and have a well-poised  
carriage. Stand erect with your shoul-  
ders well back and your feet firmly  
planted while you sweep. It is not  
necessary to exert every particle of  
your strength to sweep. Just as good  
results will be obtained if you use light  
movements, which will remove the  
dust without tiring you too much.

If you have a larger waist than nature  
intended, then you should consider a  
privilege to scrub or oil the floors. Your  
knees will not become sore if you use an  
old blanket or a stair pad to kneel upon,  
and your hands will not become rough  
nor chapped from the soapy water.  
Then after drying them with clean  
water when you have finished your task,  
rub a good cold cream or a lotion made  
from equal parts of rose water and glyce-  
rine.

The woman who is worried because  
her hips are too large should do all

work that requires stooping, such as  
dusting and cleaning baseboards. Climb-  
ing high on the stepladder to dust cel-  
ings and walls or to hang pictures will  
also help to remove the superfluous flesh  
about the hips.

Never grumble if you are obliged to  
clean the windows of your home. This  
exercise will develop your arms and  
back, and will also reduce a double chin,  
for you know it is necessary to look up  
a great deal when doing this work. This  
stretching of the muscles will tend to  
wear away the folds of flesh.



Scrubbing Reduces the Waist.



Window-Cleaning a Good Exercise.



Sweeping Will Develop Grace.