

HOW TO WALK WELL

LEARNING THE SECRETS OF THE POETRY OF MOTION.

What at first seems difficult soon becomes second nature—something that every girl should know. Talk with a specialist.

To any one who has not studied the question it seems a very easy task to teach a class of well brought up girls to walk properly, but when you stop to analyze the subject you must be struck with the first difficulty which is bound to present itself to the teacher. No two girls are built alike; consequently no two girls will walk exactly alike.

In order to bring about a perfectly correct walk the instructor is obliged to study each girl individually. Some slouch, some walk stiffly, some bend at the knee, some sag from the hips, others have round shoulders and others badly curved backs. The following rules have been suggested by a specialist upon the subject of correct carriage. They are so sensible and easily followed that after studying them every reader of this column should become a walking expert of grace.

Says the lady: "The first point I teach for the purpose of obtaining an easy, graceful carriage is called the harmonic pose, and its object is to limber up the hips. A great majority of women have what I call a sloppy carriage—they let their hips sag and break.

"Have you ever seen a woman who stands with one hip higher than the other, as if they were of unequal length? Such women walk like jointed dolls. First one hip goes up and then goes down, a regular seesaw movement of the body from the hips downward. Always keep the body in the center and have the line from the forehead run down as though it were a plumb line. The upper part of the body, not the lower, must go first. Hold the abdomen in and expand the chest. Nine-tenths of the women we see on the streets walk with the head forward, the abdomen aggressive and the head sunk between the shoulders.

"A good exercise for acquiring the walk which comes from the limberness of the hips is to swing the leg ahead and bring the torso with the leg in order to keep the perfect line of the body. The chest line should be over the toe. Hold yourself very erect, the muscles supporting the body, not the bones. I always cite the following rule to my pupils: The arch of the foot corresponds to the arch in architecture, and the weight is always carried on that; therefore the forward weight of the body should come on the arch of the foot.

"A woman's arms should hang at the sides, slightly relaxed, but must never swing. Nothing is more ungraceful than this. The arms should be held in a copy of the following rule to my pupils: The arch of the foot corresponds to the arch in architecture, and the weight is always carried on that; therefore the forward weight of the body should come on the arch of the foot.

"I do this for a reason very little known, because so many women walk with their feet very far apart, while others fall all over themselves, and others, again, stomp the toes on the heel of the advancing foot. I don't want to say that the majority of women are knock-kneed, but it is a common condition, and I think the heavy cloth skirts are often responsible. Limberness of the hips is an absolute necessity. It is really the pivot and is the first motion taught.

"I have my girls sometimes walk around with weights on their heads. I train them to look sideways, backward, to turn their heads slowly and quickly with the weight always carefully poised. This motion to be correct must come from between the shoulders blades.

Some time ago I had a most interesting talk with a Philadelphia woman who is less debilitated for her beauty than for her walk and apparently spontaneous poses. But it appears from the confessions of this candid lady that grace of figure has no more spontaneity than, as a usual thing, beauty of face. She herself has acquired both and frankly tells at what cost. To acquire poetry of movement, my beauty says, go to the theaters and study the best actresses. Literally study them. More can be learned in one evening from a graceful woman like Ellen Terry, who really has no great beauty, than from hours of practicing before the mirror, which should come afterward, when the principles of graceful motion and pose have been mastered by observation.

The secret of a good walk is even simpler. Find a poem with a particularly graceful rhythm and say a stanza or two over and over as you walk. Necessarily a rhythmic walk must be developed. A girl who walks with poetry in her mind and on her lips will show poetry in her walk. For a beautiful face the recipe is not so new, though it is one that has much in its favor. Read good books and encourage beautiful thoughts. These will lead to habits of mind which cannot but leave their imprint on the face, and," concludes my friend, "these are rules which have never been known to fail."

Soliloquies In the Shade.

When a man flatters himself that he knows a woman, he flatters himself. The most effective argument a charming woman can use to a man is an appealing "Don't you think so?"

When a girl says emphatically that she won't, it is morally certain that she will; when she says she will, she won't. The greatest lack of logic is displayed by the man who reasons logically with a woman.

The girl who judges a man from the curl of his mustache does not deserve much sympathy when she is disillusioned. The gaudy tinsel of admiration is a sure bait for woman than the gold of devoted love.

Man loves to be praised for his intuition, woman for her logic. As a rule, neither possesses either. It is always a matter of surprise that others should take their worries so much to heart, also that they make so light of ours. —L. D. V. M. in Smart Set.

Your Canary.

Never let a birdcage hang in a room where the gas is slight, unless it is exceptionally well ventilated. The air near the ceiling is always the most impure at night. Make a rule of always setting dicker's cage on the table at night, and his health will improve. After the gas has been alight some time put your own head near the ceiling and see how you would like to sleep in such an atmosphere.

GET UP!

That's the morning call of Chanticleer. It's a welcome cry to a well man. But to a man whose sleep seems to have been only an unrefreshing stupor; who wakes with burning eyes, throbbing head, and a bad taste in the mouth, it means only a new day's misery.

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Satchel of The Satellite

Little Items, Local and Foreign, True and Verbose, Wise and Otherwise.

No country correspondent, the Thamesville Dramatic Troup has not refused a New York engagement.

Alfred McKelvey was the first to announce his candidature. He chose the best medium for doing so, i. e., the columns of this G. H. J.

Chatham wants some good men and this is a good time to get them. Chatham has plenty of such men. Come out, ye good men and true, try a year of civic life and see how you like it.

After a splendid contest J. W. Holman has been appointed weigh master at Hamilton. The Amalgamated City must have found the man with the fiery liquid name lying by the wayside.

That tower is still on Harrison Hall but it has no clock. The hand-painted dial is still to be seen up in that tower. Even the mockery of a clock is ashamed and hides its hands before its face.

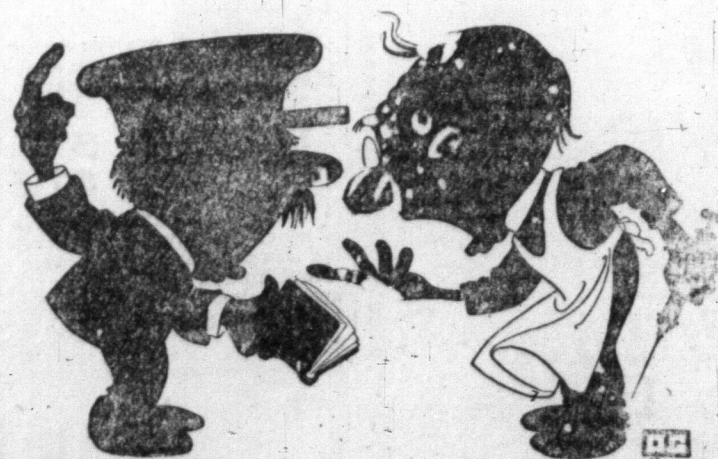
The fatal accident to the skaters on the Ottawa last week teaches several lessons, and among others these: Be sure you are right before you go ahead. Be sure that you can assist before you recklessly throw your life away. Be ever certain that you can lend more assistance on the ice than you can in the water.

Officer Darr went to arrest a man Tuesday. He knocked at the door, it was opened and slammed in his face. The officer pushed his way in and arrested the man he wanted. Then the owner of the house, complaining that the privacy of his home had been intruded. Had the officer not grasped the situation and acted as he did his man would have escaped, and the policeman would have been condemned as incompetent. It takes great men to grasp the situation and do what should be done.

Carter Harrison, the growing young Mayor of Chicago, has given us a warning to a few sensible and timely words regarding the anarchists in the United States. "If we prohibit public meetings," says the common sense Mayor, "the anarchists will hold private ones." The anarchists will hold private ones. They gain few recruits by their talking. The more repression is tried, the more the movement grows. The minute you shut down on public meetings the anarchists become martyrs. The minute you open them, and let the public see and hear, the anarchists are considered fools.

All of which teaches that in hand the weapons of common sense, not ling these daft creatures, specified by

When Greek Meets Greek.



Gentle reader, there is no cause for alarm. Our artist merely submits a sketch of the Waterworks Superintendent and City Engineer as they express their mutual admiration of each other.

the name of anarchists, we must use those of fanatics or fools.

The city engineer and the superintendent of the Waterworks Department, have a nice way of saying the same thing about each other. Supt. Jones says that they broke even.

Two Jacks are a very satisfactory pair of openers. It is the hand that Conservatives hold in the coming provincial elections. Jack Fraser and Jack Davidson. They have been called the winning pair.

A MEMORY. Let me see, didn't someone mention something about a monument to Tecumseh on Tecumseh Park? The idea is about as fossilized as the society that gave it birth.

TO THE BOYS AND FOOLS.

Remember when you are in a hurry to go skating on thin ice that the water is very cold at this time of year. Save your desire to go swimming until summer.

WHAT'S IN A NAME.

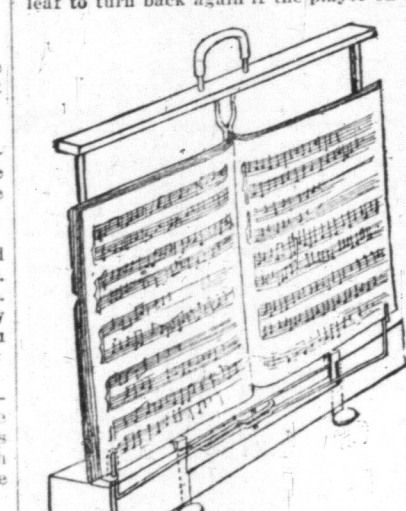
The editor of the Brantford Expositor has written a long article on "Our Drink Bill." There must be a new and inspiring mixture. Should we write on such a topic our theme would be "Our Drink, Shandy Gaff." The old standby is good enough for us.

SOME LUCK FOR THE BOERS.

Thomas Moon, of Toronto, is going to Africa to fight. The Globe, the World and the Star will remain at home to fight—Hamilton Spectator. Hamilton might furnish a Spectator and a Herald, notwithstanding the dull Times. Chatham needs her Planet, and this heavenly body will have to stay at home with Toronto's celestial luminaries.

It Turns Music.

An automatic music leaf turner has long been desired, and the want seems to be supplied by the invention of Robert O. Hammond of Depew, N. Y. It is so arranged that the pressure of a key on one finger causes a metal arm to turn the leaf over. Another touch will cause it to turn back again if the player on-



AUTOMATIC MUSIC TURNER.

piano or any other musical instrument desires to repeat. By an ingenious arrangement of springs and wires a piece of music of considerable length is made to present itself page after page to the performer simply in response to the touching of two or more keys.

He Sympathized.

Recently in a Perthshire town a lady was driving her husband down a narrow lane when on turning a sharp corner they encountered a brewer's cart. Neither had room to pass, and in most disagreeable tones the lady said: "He must go back, for I shall not. He ought to have seen us before entering the lane."

"But, my dear," replied her husband, "how could he, with this sudden turn in the road?"

"I don't care," said the lady haughtily. "I shall stay here all night before I give way to him."

The driver of the cart overheard all the conversation and said resignedly: "A right, sir; I'll gang back," adding sympathetically, "I've got just such another one at home."

For Stained Fingers.

Moisten dry starch with glycerin, two parts starch to one of glycerin, and rub upon stained fingers. The result is magical. Some stains require frequent applications of the remedy, but even so it is good to know something which removes the traces of soil from fingers which have ripped old dresses apart, scrubbed stained woods, peeled potatoes, dusted rooms and made fires.

"There's glory enough for all," he said.

"When he put the foe in the soup, And now they say there wasn't enough."

To go around the loop.

SHE GOT THEM THERE.

Showed Her Nice Things to the Non-visiting Neighbors.

"The mysterious workings of a woman's mind are unfathomable," remarked the auctioneer. "I don't claim any originality in the remark, but merely put it forward as an observation. I was engaged last week by a woman to auction off her household goods, neighbors turning out in force, pawing and handling the goods in a way that always reminds me of ghouls in a graveyard. There is something irresistible to the average woman in being allowed to rummage among the goods belonging to a neighbor.

"The bidding started off briskly, but I soon noticed that a certain man was getting everything that was put up. I thought nothing of it at the time, taking it for granted that he was some one desirous of furnishing a house and thought the opportunity a good one to do it cheap. When the sale ended, he had bought everything in sight, and I congratulated the lady of the house on having sold all her goods to one man and thus simplified closing matters up.

"I hired him to do the bidding," she answered calmly.

"You hired him?" I gasped. "Wasn't the bidding satisfactory?"

"I hadn't the slightest idea of selling my goods at auction," she answered serenely.

"I looked at her in blank amazement and then managed to ask her what she had intended to do.

"Well, you see," said she, "when I moved here the neighbors completely ignored me and not one of them called to see all the beautiful things that I had filled the house with, so I made up my mind that they would see them if I had to drag them here. Then the idea of holding an auction occurred to me, as I knew not one of them would miss the chance to see what I had."

"Well, I got my fee, and she got the satisfaction of knowing that at last her neighbors had seen all her beautiful things."

Notable White House Ladies.

Mrs. Lincoln took part in many of the public dinners and receptions during the war presidency service, but she was not especially popular. Johnson's wife, an invalid, was seldom seen on the great occasions during his presidency, but her daughter, the late Mrs. David T. Patterson, did the honors during most of her father's service. Julia Dent Grant made many friends during the eight years of the general's stay in the White House. Lucy Webb Hayes during the four years of her husband's service introduced the innovation of shutting out wine from the White House table on all occasions, which created much comment, good natured and otherwise, at the time. Nevertheless Mrs. Hayes was popular in Washington society. The stay of Mrs. Garfield was short in the White House, as Garfield's death took place a little over half a year after his inauguration. Arthur was a widower, and the honors of the White House during his time were done, and very acceptably done, by his sister, Mrs. McElroy. The mistress of the executive mansion since that time—Mrs. Cleveland, Mrs. Harrison, who died just before General Harrison's term ended, and Mrs. McKinley—are all so near us in time that they are well remembered. Mrs. Cleveland was the most popular mistress which the presidential mansion has had since Harriet Lane.

Mistress and Maid.

Nothing amuses me more than to see a woman who is under the thumb of her house girl. She is common enough, for she has a horror of housework and does foolish things to keep a competent girl. Now, girls who are forced to battle with the world for a living are no fools, and they feel the fear of an employer, and they recognize the weakness of a housewife and do as they please. When hiring anybody, it is well to state just what is expected and what will be given in return and then live up to it. A woman who is paid wages and does as she is told; she wants her afternoons and evenings when they are promised. She appreciates any little favor that can be extended on the hard days when there is washing or ironing. She is not a servant and resents unjust censure and altogether requires much tact in the handling. I have seen women to whom no servant in the world would think of accepting but who could not command a respectful bearing from their own children or their pet animals. Think this over and try to find out in what class you belong and if in the bad class begin the reform right away.

Enlightened Motherhood.

The time is coming when an exalted conception of motherhood will prevail as the most important and sacred of all the functions given to woman. Enlightened motherhood will be complemented by enlightened fatherhood, and science will come to their aid with all that it has learned concerning parental being. It has agricultural labor, or co-operation will have extended to housekeeping as it has to business, and the home will then become a sanctuary for the young child, where the surroundings will be ideal and who can be trained and molded aright from the cradle. Then will the stater Eden come again to man; then will human fatherhood and human motherhood take on something of the fullness, tenderness and divineness of Godhood, and then will the children born into the home have trooping about them such divinities as were never, never thronged on old Olympus.

What Does the Baby Weigh?

There is no specific detailed table of infants' weight from day to day, but, as a general rule, a child doubles its weight at birth by the fifth month and triples it between the twelfth and fourteenth months. If a child is without fever and no apparent disorder of digestion, but fails to gain in weight, it points strongly to consumption, and the feeding should be forced. If the infant is nursing, it would be better to try bottle feeding, as no doubt the mother is consuming and will intensify the tendency in the child. The fact that neither the father nor mother has any apparent symptoms of consumption is no proof that the child has not the disease. By a strange freak of nature disease may skip one generation to appear in the second—that is, the father and mother may be apparently well and healthy, yet if the father or mother of either parent has had consumption or other similar diseases may appear in the children of their children.—Los Angeles Herald.

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