

CHIT-CHAT.

The Value of Exercise.

THE woman does not exist who has not some wish, however small, to appear to her best advantage in the eyes of the world, knowing so well that "a good appearance is a fair letter of recommendation." All cannot possess regular features and univalued complexions, but every girl may obtain a fresh, clear skin without the use of deleterious cosmetics by taking exercise. Regular walks, sharp, and not too long to be fatiguing, are the best producers of rosy cheeks known. When it is remembered that the pink tint so much admired is caused by good circulation of the blood, it stands to reason that this circulation must be encouraged, and that any health exercise, whether it be walking, cycling, or horse-riding, brings about the desired result.

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Girls Shunned by Men.

There are many girls who are shunned by men, and for the most part the fault lies with themselves.

The girl who never exercises herself to be agreeable, unless she can have everything her own way, is one of them, for there is not a man alive who will give way in everything to a girl.

The girl who scolds is another type; she may be perfectly good-tempered, but she has contracted the scolding habit, and so she is left alone to scold at her pleasure.

Then there is the girl with the haughty manner and cold stare. No man dares to make love to her, because there is nothing whatever to love in her. So the girl scowls at what she considers their bad taste, utterly ignoring the fact that her own foolish conduct is the sole cause of their neglect.

Another girl without a lover is the painfully shy maiden. She likes to see men at a distance, but the moment they draw near she dives them back with embarrassment. They retire simply out of pity, seeing her distress and awkward bashfulness.

Last on the list comes the girl who always has something smart to say about everyone she sees, ridiculing people in order to be considered clever, little knowing how men intensely dislike to hear her pulling everybody's character to pieces for their amusement.

The Secret of Pretty Hands.

The woman who would have pretty hands should follow these directions:—Wash them in warm water with pure soap, and occasionally a little oatmeal. Dry them very thoroughly. After the night washing rub pure cold cream into them, and don loose, fingerless white kid gloves. Never go into the street without gloves. Wear gloves which fit easily. Tight ones distort the hands. Twice a week manicle the nails as follows. Soak them in soapy warm water, scrub with a nailbrush, and clean with an orangewood stick. Press back the skin at the sides and base with the stick. With very sharp, curved manicure scissors cut off any hang-nails or dry skin. Clip the nails into an oval shape. File them smooth with sand-paper. If they are inclined to be brittle, rub a little salve on them. Wash again, powder, and polish with chamois, and wash once more to remove any traces of the powder. Every day the nails should be rubbed with lemon juice, which discourages the growth of the skin at the base.

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Wooing in Lapland.

When the young Laplander is in love with a girl, he and she run a race; he is heavily handicapped so that she may win if she chooses, and if she outruns him he cannot propose again. Of course, she suffers herself to be overtaken if she cares for him; but the consent of her parents must be obtained before she can be married. The law of the land is very strict on this point, and in olden times the man was subject to capital punishment if he married without the consent of the girl's parents. After the Laplander has chosen a bride he sends her a present of a girdle, a ring, and a quantity of brandy; he goes as far as the door of her hut, but remains outside until invited to enter, when a bumper of brandy is offered to the girl's father; if he drinks it it is a sign he consents to the marriage, and the young lover then promises to give the girl some clothes, and pays a sum of money down on the spot. This, of course, is a remnant of marriage by purchase, which, in primitive times, succeeded marriage by capture. Banns are published once in Lapland, and the marriage ceremony is very short. The bride wears her hair loose and has a gold band round her head. Her presents and her dowry are generally reindeer; and she and her bridegroom remain with her parents a year after marriage.