FEMININE FOIBLES *

Y MAGAZINE PAGE FOR EVERYBODY

By Annette Bradshaw

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ON TITION

Reserved

TO BREATHE TO GAIN BEAUTY By LUCREZIA BORI Prima Donna of the Metropolitan Opera Company, New York.

us to acquire benefits which

THIS is a paragraph lifted bodily from a recent letter. There may be many others who may wish to know how to breathe deeply—those who long for perfection of form, and others who are striving to become singers.

Just à little advice before I explain the breathing exercises. Deep breathing is one of the foundations of health, beauty and of the art of correct singing. Once begun, these breathing exercises should be practised every day to bring about the desired results. If you are a busy womens, with only a few minutes' spare time every day, devote them to breathing deeply. These exercises have the great alvantage in that they can be practised almost anywhere or at any time. The following deep-breathing exercises practised once or twice a day for fifteen or twenty minutes will do more for your physical well-being or your voice than anything else in the world.

To stand correctly when breathing deeply place your back to the wall, your heels together, and your arms hang loosely at the sides. Throw the weight of your body on the balls of your feet, and rest your shoulders and the back of your bed your cheat against the wall. By holding your body on the balls of your feet, and rest your shoulders and the back of your heed against the wall. By holding your body on the balls of your feet, and rest your shoulders and the back of your bed your cheat in the correct position. Do not elevate your chm, else you will cause an unhatural and strained position of the throat.

Now, draw a deep, full breath, using

the muscles of the abdomen and diaphragm first, allowing the chest to expand in the latter part of the breath. I do not mean that you should allow the muscles of the abdomen and diaphragm to expand to their limit before using the chest muscles, but be sure to lay the foundations of thed eep breath deep down with the lower muscles, building up gradually to the top. Few women ever learn to use these lower muscles unless they take up voice culture.

Inhale thru the nostrils and exhale thru the mouth, allowing the breath to escape in a steady, even stream. Expel the breath by using the abdominal and diaphragm muscles first, and letting the chest fall last. Count when expelling the breath, in order to make the breath release as long as possible. Be most careful, however, not to contract the muscles of the throat while counting. Always remember, particularly if you desire to improve your voice, that you must guard against straining the throat muscles. Follow this exercise by another in which you exhale the breath in this manner:

HOUSEHOLD Four Unusual Stews BY ISOBEL BRANDS

Tell father and the children "we juice of all vegetables having first been carefully poured off.

Chili Con Carne. they will turn up their patrician noses, mournfully, and wish there wasn't such a thing as stew in the

But, nevertheless, father pays a nice price for a "ragout" at his favorite restaurant. Brother thinks it a great lark to have some "chop suey" at the Chinese restaurant. Sister boasts of the

stew isn't just a "cheap dish in dish allowed to stew for two hours, most foreign countries. It may be a standard national dish, because the recipe of the ingredients used are peculiar to the particular country. In meat and the beans are stirred in. culiar to the particular country. In some cases the "stew," far from being cheap, is concocted of especially select-ed foodstuffs. Here are some recipes for foreign stews which may not only reconcile the family to the inevitable stew, but which are nutritious and casily prepared. Indeed, the great value of the stew lies in the fact that

3 cupfuls of diced beef (lean).
3 chopped onions.
3 chopped red peppers.
3 cupfuls of kidney beans, which have been boiled soft.
A tables confuls of clive oil. 4 tablespoonful of clive oil.
1 tablespoonful of flour.
1 tablespoonful of Worcestershire

The oil is placed in a saucepan an nese restaurant. Sister boasts of the joys of a real Mexican Chili Con Carne served at a little dinner party. But what are these? Just stew, and a stew by any other name rises 100 per cent. in appreciation.

Stew isn't just a "cheap dish" in meat and the beans are stirred in.

Turkish Stew. 1 cupful of rice. 2 cupfuls of tomatoes (minus pulp). 1-2 cupful of whole

basis.

Hawaiian Fish Stew.

1 tablespoonful of butter, 1 tablespoonful of curry,

1 tablespoonful of ginger.

almonds.
1 chopped onion. tt supplies so much nutriment in a single dish. No vegetable flavor or meat juice is wasted, as they might be if each vegetable were cooked separately and served in separate dishes, the

one hour longer. When finished it is added and the whole is cooked until mounded on a platter and surrounded tender, by squares of roast lamb.

Egg plant and okra are other fav-2 tablespoonfuls of flour, which always has roasted lamb as its

4 cupfuls of milk, 1 cupful of grated cocoanut, 1 tablespoonful of chopped onions, 4 cupfuls of diced okra, Chicken.

The lard and flour are mixed in a large saucepan, then the sliced onion and chicken are added, then the okra. The whole is allowed to sinmer a few minutes, when two quarts of holling water are added. Corn is added a few minutes before the dish is finished, or rice may be used if preferred. The dish is generously spiced with salt and peopler as desired. The cocoanut is soaked in the milk for about one hour. In the meanting the onions are browned in butter and

Creolo Stew. 2 cupfuls of corn, canned or cut from

THE PERIL OF SOARING PRICES

cut out those dog biscuits stamped with his initials.

Aren't prices awful?

Fido's Mistress-Poor little chap! I've had to

Tommy's Reasons

The Amateur Gardener

The foliage is made up of small scalolped leaves, something similar to those of the wild scented currants, but a little smaller, as a rule. These leaves have a marked tendency to turn reddish brown and later rusty, as the season advances, which detracts from the beauty of the bush itself.

The flowers are borne on long trailing branches, in tiny clusters, hundreds of clusters, and snow white civing the

ing branches, in tiny clusters, hundreds of clusters, and snow white, giving the bush a feathery appearance. At the same time that the bush is in flower, the new flowering shoots for next season will be seen coming up, and as these are pure green, while the older leaves are inclined to rustiness, the bush presents an odd appearance.

As soon as bloom is over, the trees should be shorn of all the dead and withered branches of bloom, which will not only save it from ugliness, but stimulate a rapid growth of the new shoots.

shoots.

A second popular spirae, also white and also called bridal wreath, is the variety S. pruifolia flore pleno, one much slower in growth and bearing its blossoming branches stiff and straight aloft, with little or no bending. These branches resemble very closely in blossom and in the manner of their growth the flowering almond. Snow white each tiny miniature rosette, like double English daisies, and hundreds of them closely attached to the upright stem.

the upright stem. Of these two white spiraes, undoubtedly the second is the daintiest and stays in flower much longer. But it is rather more difficult to culture and requires a nice hand in its trim-

The Spiraes Summer-flowering Shrubs.

The spiraes number among their family some of the most gacreful as well as floriferous of all the blossoming trees that make summer here in Ontario so beautiful.

Toronto itself is proud in the possession of hundreds of really magnificent specimens of white flowering varieties, and among these white flowering varieties, perhaps the one most popular is the vanhouttei, often called the "Bridal Wreath"

While vanhoutted makes a perfectly wonderful specimen bush. It is perhaps in its best element when planted in a row of from twenty to fifty trees to form a hedge. And when that hedge is in flower—next week will see hundreds upon hundreds in flower all over the country—it is a thing to stand and study.

The foliage is made up of small scalolped leaves, something similar to those of the wild scented currants, but a little smaller, as a rule. These leaves have a marked tendency to turn redoration.

In the matter of pests, perhaps vanhouttei is the most bothersome. It is attacked by the aphis fly, and tiny leaf worms, that will soon riddle the new shoots to skeletons, unless careful watch is given. Use whale oil soap spray where the infection is very bad, but an ordinary garden hose, fine spray, every morning, for ordinary cases.

Answers to Correspondents.

Cutworms — Sprinkle the earth around the roots of your plants with a little lime or some wood ashes, A handful or two of salt will also stretch Mr. Cutworm out pretty stiff.
Cabbages, Acid Sulphats—The sricle in question was not written by me, so that I am not responsible for arvice and articles always hear my

arvice and articles always bear my advice and articles always bear by signature. I cannot advise you on cabbages, as I know nothing about

Get all trees and shrubs in without further delay to give them a chance to start before warm weather comes. Rhododendrons should be in, also clematises, honeysuckles, ampelopsis, helding and so on.

cissi, tulips, hyacinths or similar bulbs after they have finished flower-

The Crimson Spiraes.

For some reason the colored spiraes bulbs have finished flowering prepare the beds for summer bedding plants.

Little Stories Told in Homely Rhyme

WHEN THE WORLD IS BUM Copyright, 1916, by the Author, Bide Dudley.

The story entitled "Not the Answer He Expected," that was printed in a recent issue of The Companion, reminds a subscriber of the reply of a small boy to the new minister, who was making his first call on the family. The boy shook hands very politely.

The minister said: "And now, my little man, what are you going to be when you grow up?"

The man, what are you going to be when you grow up?"

Copyright, 1916, by the Author, Bide Dudley.

ID you ever have a feeling, when some fun you started stealing, that the good old world was dealing you a fine and dandy hand? Did you ever think while sipping from a glass your hand was gripping a red highball, your singing wasn't pretty, and then give 'em stories witty which on eager have a feeling, when some fun you started stealing, that the good old world was dealing you a fine and dandy hand? Did you ever think while sipping from a glass your hand was gripping a red highball, your singing wasn't pretty, and then give 'em stories witty which on eager have a feeling, when some fun you started stealing, that the good old world was dealing you a fine and dandy hand? Did you ever sing a ditty, tho your singing wasn't pretty, and then give 'em stories witty which on eager have a feeling, when some fun you started stealing, that the good old world was dealing you a fine and dandy hand? Did you ever sing a ditty, tho your singing wasn't pretty, and then give 'em stories witty which on eager have a feeling, when some fun you started stealing, that the good old world was dealing you a fine and dandy hand? Did you ever sing a ditty, tho your singing wasn't pretty, and then give 'em stories witty which on eager have a feeling, when some fun you started stealing, that the good old world was dealing you a fine and dandy hand?

The story of the Expected."

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The story of the Expected.

The story of the Expected.

The s There's a lot of fun in handing waiters tips and in commanding, giving them the understanding that you're loaded down with dough. There's a lot of joy ily the child said: "I'm going to be a pweacher."

"That's fine! I am glad to hear you say that," said the minister, taking the boy on his knee.

Encouraged by this friendliness, the boy continued: "Yeth, thir, I'm going to be a pweacher. I would wather be a lawyer, but I haven't got sense enough, and I'll have to be a pweacher."

the understanding that yeeds and then in joking at expense as you are soaking up the booze you've caused to flow. Oh, it's fine to sing and holler; pour red fluids down your collar, and a dollar—what's a dollar?—say, it's mighty doggoned small. But next morning, when you're busted—can you beat it? you're disgusted. When your brain's all clogged up—rusted, it's a bum world after all. in smoking high-priced weeds and then in joking at expense as you are soak-

MOVIES—PROGRAMS FOR TODAY—SCREEN GOSSIP

already and lost so much by them that I could not endure my own thoughts. I tried to make matters better by making them worse. A little way down the street was a bar-room. Its windows were brightly lighted, casting a warm, shining glow out into the foggy twilight, and I could hear men laughing inside. I went in, threw my shilling on the bar, and called for whiskey. It was strong, raw stuff and made my throat burn, but, standing there by the bar, I felt a little self-esteem come back and said to my-self that I was not beaten yet. I pushed the change back to the bartender and asked for another glass of the same.

I remember telling someone loudly who I was, and declaring that I was the greatest actor in London. Somebody paid for more drinks, and I drank again, and told very witty stories, and became amazingly clever and successful, laughing loudly and boasting of my dancing. I did dance, and there was great deal of noise, and I became fast friends with someone, whom I promised the same again. In a word, I got gloriously drunk.

I woke up some time the next day

CHARLIE CHAPLIN'S STORY

By ROSE WILDER LANE.

(Continued From Vesterday).

she need not worry.
Then one morning the loss of the stolen milk was discovered. I had been unusually hungry, and drank too much

WILLIAM S. HART WILL

of Vengeance."

(Continued Tomorrow).

"Bud" Duncan, "Ham's" partner, is Susly drunk.

I woke up some time the next day and again I was out of a job. I was discouraged and depressed than before. When I slowly realized what had happened, and that I had not a cent in the world, nor anything else but the joiled in the morning, but hundreds when I saw a great crowd about the door of a glass happened, and that I had not a cent in the world, nor anything else but the joiled in the morning, but hundreds when I saw a great crowd about the door of a glass factory. It was still early, about 4 requirements. He played Jeff in the recent picture "Mutt and Jeff."

BE IN PICTURE SHORTLY

Featured With Other Players in Stirring Drama, "The Apostle

William S. Hart will be seen shortly that is distinct from anything in which he heretofore has appeared, when he is presented by Thomas H. Ince in "The Apostle of Vengeance," a stirring drama from the pen of Monte M. Kat-

"The Apostle of Vengeance" is tale of Kentucky mountain feudalists, and has been handled, it is said, with all the realism that is famous as being characteristic of Ince productions. Its scenes are replete with tense dramatic situations, framed in settings of un-usual picturesqueness, thus embodying the subject with two of the most im-portant elements in photoplay pro-

Hart will be seen as David Hudson minister who is the eldest son of a sturdy Kentucky mountaineer. He is brought face to face with the monu-mental problem of choosing between avenging the death of his father, killed in feud battle, and abiding by the Scriptural teaching that "to Me belongeth vengeance and recompense. What his decision is forms the big scene of the story and how h ceeds ultimately in restoring among the warring factions is force-fully depicted thruout the remainder of the play.

FAY TINCHER BACK.

For the first time since De Wolf Hopper arrived in California last September to begin his motion picture work for the Triangle, Fay Tincher

ALL EASTERN PRODUCING COMPANIES MOVED WEST

Universal Expect to Save Eight Thousand a Week by Moving.

It has been definitely decided to transfer all the eastern producing companies of Universal to the west and hereafter all pictures of the company, with the exception of a very small minority, calling for a New on the Triangle program, in a story York City atmosphere, will be made at Universal City, Cal. President Carl Laemmle formally announced this plan

> The transfer has been the result of much consideration on the part of the officers of Universal, and it is believed that the eastern officials were largeed that the eastern officials were largely influenced by H. O. Davis, general manager of Universal City. It is computed that \$8000 a week will be saved by the shift. Heretofore the expenses of the Fort Lee, N. J. plant have totaled \$12,000 a week. At Universal City, where all the overhead expense is concentrated, the same companies may work with comparacompanies may work with compara-tively small expenditure of \$4000 for the same length of time.

CONDEMNED PICTURE ENDORSED BY SIR SAM

British Columbia Censors Stop "The Campbells Are Coming."

The British Columbia Board of Censors have condemned the Universal war feature, "The Campbells are Coming," in face of the fact that Sir Sam Hughes, minister of war for Canada, viewed the film in Ottawa and strongly commended it. Mr. Finch, of the Vancouver Universal Office, states that the censors gave as their reason, "that the picture was gruesome and opposed to public policy."

The same picture has played to

has had a vacation. It proved a most profitable rest, too, because when she returned to Fine Arts two scenarios were waiting for her. When the pictures are completed and released Fay Tincher's name will appear in the big type.

The same picture has played to crowded houses in Ontario, bringing the people to their feet in many cases, in wildest enthusiasm, as it depicts some very stirring scenes in Dritish history. It is felt that the British Columbia board will, upon further consideration, realize the national value Bud asserts, however, that he was never used as the "dummy," the nature endowed him with the physical requirements. He played Jeff in the recent picture "Mutt and Jeff."

type.

sideration, realize the national value of such a picture at such a time, and, perhaps by elimination of a few parts, allow the people of the coast province to see the film. sideration, realize the national value

MOTION PICTURE DIRECTORY

Empire, Booth and Queen, Violet Mer-

Garden, College and Spadina, "A Be-

CUNARD AND FORD ARE

WORKING DAY AND NIGHT

Francis Ford and Grace Cunard are now working on the seventh episode of the "Peg o' The Ring" serial which is being released by the Universal Company. They no longer are at Universal City, but share the old Universal City, but share the old Universal Studios at Gower and Sunset avenues, Hollywood, with the L.KO company, and Miss Cunard is back in her same dressing room that she had when she joined the Universal Company. It is known as "No 1." They are working day and night.

G. Wilson, Bathurst street: How long has Grace Cunard been in the States and how long has she been with the Universal?

Ans: Miss Cunard was born in Paris and her parents came to the U.S. when she was very young. She has been with the Universal for over three years. She entered the movie business Francis Ford and Grace Cunard are

QUESTIONS AND ANSWERS.

T. C., Dufferin street: Please tell where I can get a scenario form? Also on the legitimate stage.

where I can send my story to.

Ans: Scenarios are being asked for by many large concerns. If you write to William A. Brady, of the World Moving Picture company, mentioning the Daily World Moving Picture Department, they will mail you a scenario form with all details and will look over your story.

Globe, Queen street, Theda Bara In

His Majesty's, Vajentine Grant in "The Innocent Life."

iola, Theda Bara in "Destruction." Madison, Bloor and Bathurst, Dustin Farnum, "David Garrick."

Odeon, 1558 Queen West, "Peg of the

RECIPES FOR THE CARD INDEX COOK BOOK

Spice Gems

INGREDIENTS

2 cups flour. 1/2 cup lard. 1/4 teaspoonful grated nutmeg.

1 egg. 1/2 cupful sugar 1/2 cup hot water. METHOD

Cream the sugar and lard together, add the molasses, spice, flour and the well-beaten egg. Dissolve the soda in 1/2 cup of hot water and mix in with the other ingredients. Bake in well greased gem tins in a hot oven.