Secrets of Health

Athletic Games for Women

That May Make for Beauty

By DR. LEONARD MHENE HIRSHBERGAB., M.A., M.D. (Johns Hopkins University

both a re-

sun's t, the

sework, spend much of her time at keyboard of a typewriter, or work

Various Beneficial Games.

One of the simple ways to court the coy Venus of health is to help the teachers at the various playgrounds and school yards. Playgrounds have

numerous facilities for active, muscular play. They invite cheerful activities on the part of both the instructors and the instructed, and

young women are usually encouraged to assist in the athletic work, much to

Almost the equivalent of outdoor, open air dancing is the outdoor military drill and Swedish exercise routine. Any second lieutenant in the militia will give you the routine manoeuvres of the drill. Once any weman has learned how she may protect the selections.

practice the calisthenics and gymnas-tics out of doors a few minutes sev-

Rowing in a boat on a park lake riding a bicycle or a horse, romping in the country, sailing a small boat, driving a motor car, or especially track athletics all send the rich, red

ing supplies excellent exercise for

raising the body in the air and in balancing there, is important. The

body should be in a sitting position with the feet well in front and with the knees well drawn up and kept up until you land on your feet,

Other Jumping Exercises. All of the The running hop-step-and-jump is hilaration.

their own benefit.

eral times a day.

blood into the face.

persuader to health. Without health, it is only a temporary visi-

And Happiness

ILY MAGAZINE PAGE FOR EVERYBODY

Linens at s. Canada!

home under your with an EDDY ARD

g piece of bardher splinter mor rouniel even thes and fingers.

BEAVER"

OUP

the keyboard of a typewriter, or work in a factory or a store, or who for any other reason is kept in the dull air and grim light of indoors eight or ten hours daily, need not expect to retain eternally her "endearing young charms," if she does not take outdoor exercise.

In nearly every city there is usually one or more clubbouses of the Young rld have been ugs. The set esenting those one or more clubhouses of the Young Women's Christian Association sort. Acsthetic dancing or folk dancing in res are unique one real birth-Acsthetic dancing or rolk dancing in groups or singly is always a feasible form of muscular recreation for wom-ten. While this is preferably learned for the first few lessons indoors, when the weather permits the practice and exercise should be continued at the and that it is ar group were ost two pages week's Sunday noon luncheon hour and on the half-holidays and at sunset every day.

PON. PETITION.

Don't Look IPIC LUCKYER'S famed SULPHUR Hair

Restorer deepening grayness to
in a few days, thus
yed appearance, has ento retain their position.
VERYWHERE.
health to the hair and
tral color. It cleaness
hakes the most perfect
1256

sire for a settlement and he could not take of not responding to say further, was that tie hands-failed, aved it might not, the lie on any unreasonaction of his col-

Also Willing.
the independent NaO'Brien said he also
ow to the appeal for
believed there would pelleved there would appointment in Ireland redings, as a proof of of the policy of orsion of free speech, sponsible for three-struggle. struggle.

arson expressed his pond to the appeal of Ir. Ginnell attempted discussion; but the discussion. but he orders of the day.

or ally in the autumn, on the land where e sown in the spring. roadcast, turning it

IT TIMES RE THEYRE BE!

CUPID'S GARDEN

By Will Nies



T'S only a short mental step from building an air castle surrounded by a wonderful garden, to imagining that garden filled with flowers, every one wearing a fanciful face. Of course, just what each PARTICULAR face will be depende—it depends on precisely

well suited to girls. A regular broad Start Witloof Chicory Early.

as many different things as there are different ferent wishers in the world.

But one thing is sure—the faces in your garden of dreams will be those that YOU love.

Little Stories Told in Homely Rhyme

The Dear Old Ash Can 36 to Copyright, 1916, by the Author, Bide Dudley.

Copyright, 1916, by the Author. Bide Dudley.

It was a to my heart is the thought of our alley—the alley I knew as the scene of much joy; the place where I played with and tought Joe O'Malley, Ern Hoffman, George Few, and, oh, this and that boy. I see the tin cans and I see the weeds growing like small-sized, young jungles, so green and so dense. And now the mind picture is vividly showing the sheet-iron ash can that stood by the sheet-iron ash can that stood by the fence. The little old ash can; the battered—up ash can; the service-worn ash can that stood by the fence. The little old ash can; the battered—up ash can; the service-worn ash can that stood by the fence. The little old ash can; the battered—up ash can; the service-worn ash can that stood by the ditching. The thought makes my longing to go quite intense. To see my old mother and father I'm itching, and, also, the ash can that stood by the rows from fourteen to twenty-four inrows from fourteen to twenty-four inches apart, and the seedlings should be thinned from six to tweive inches apart in the row when they are three inches in size. In other words, the plants shrould be allowed sufficient room to make a large growth.

It is only by this large development of the top that the grower will be able to harvest in the fall roots of a size that will produce extra choice heads of this imported salad crop.

A. E. WILKINSON. Soil that is wanting in humus will heave badly during winter, and when land heaves it is a sure sign that the soil requires humus, deep tillage and lime. filled to the brim with both wood and coal ashes. Of course, there were coal ashes. Of course, there were other things there in the can. Perhaps a dead cat found repose in the trashes.

Twas emptied each week by an old Heaving is the action of the frost, repeated freezing and thawing throwing plants, such as strawberries, for example, almost completely out of the

### ADVICE TO GIRLS

BY ANNIE LAURIE.

DEAR ANNIE LAURIE:

I am a young girl of 16, and have been in the habit of meeting a certain young man after he closes up his shop in the evening, as he works almost every night. Do you think this is proper? Also is it proper to allow him to stay until 11 o'clock at my home?

Now, Annie Laurie, after going Now, Annie Laurie, after going with this young man for some time, and becoming very much attached to him, he has told me he is engaged to a girl in another city with whom he still corresponds. He is willing, however, to cancel his engagement if I will quit school and marry him right away. Please tell me what you think I should do, as I am very much worried indeed. NELLIE.

NELLIE: If this young man seems so willing to "cancel his engagement" with another girl, how are you to with another girl, how are you to know that some day—very soon, perhaps—he might not grow tired of you and wish to cancel your engagement, too? If you were only older—16 is so very young to think of marriage—it might be a very different thing. For then you might be able to decide for yourself whether or not he is really and truly the sort of man you could love and trust.

But whether it is this man or some other man, don't you think it would be much better not to wait for him at his shop, or even near his shop, in the

evening? Why don't you ask him to call for you at your home?

I am a young girl of 16, and I am in love with a fellow. He is very nicelooking and has nice manners. I want you to help me. I went to the show the 
other night, and he spoke to me, but I 
never answered him. Another night I 
saw him again, but he never spoke to 
me. Now, do you think that he is angry 
at me? I would have spoken to him, but 
I was with a girl older than myself, and 
she would have told my mother if I did, 
as my mother objects to me going with 
a fellow. I have never had an introduction to this fellow, and do not know of 
shy girls that know him. Would you 
please find a way to be introduced to 
him; I like him so much. LITTLE.PET.

LITTLE PET: How can you be in love with a "fellow"—why don't you learn to say "young man" or "boy." whichever he is—whom you have never met? You know nothing at all about him, and it may be that he is just the sort of young man who never could make you happy even for a moment.

you happy even for a moment.

The first thing you should do is to make up your mind to put all thoughts of love away until you have grown old enough to receive your mother's permission to have young gentlemen call upon you. Down deep in your own heart you know that you are wrong in even having the thought of speaking to a young man to whom you have never been intraduced. If you don't believe this, remember what you have written about your fear of the older girl telling your mother. Remember, those things that we know are wrong can hever, under any circumstances, be right for us,

### The Amateur Gardener

BY RACHEL R. TODD, M.D.

Fuzzy-Headed Ageratum.
Ageratum is one of the prettiest annuals that anyone can plant in the garden. There are two varieties, the tall-growing sort, and the dwarf var-lety, quite frequently used as a border

The first variety will grow as high as two feet, given suitable soil, weekly cultivating, plenty of watering and a modicum of sun. While it is not by modicum of sun. While it is not by any means a shade-lover, it will do fairly well in shady corners.

The foliage is soft gray-sreen, the leaves and stems of the leaf and blossom are inclined to be decidedly downy, even hairy, one might say, when the plant is fortunate, enough to be in a spot where it may revel. This ago, and I am sorry

downiness is very marked on the under side of the larger leaves.

The blossoms are a soft gray-blue, mot lavender, not pale blue, not blue, but a gray-blue. They come out in little compact clumps of several separate tufts, beautifully rounded out like a tiny fluffball, each ball made up of the smallest wee flowers you ever saw. The whole blossom, as it grows older, takes on a queer "fuzzy-headed" look that can best be described by no other term than "fuzzy-headed."

Bossible to repeat. Look thru the files in the office and you will discover the talk in question.

Mary B., Spadina avenue: There was a short talk on the plant some days ago. The botanical name is Tradescantia virginiana and the blossoms are three-petaled and royal blue.

Rose Rambler: The same question was asked me a day or two ago.

managed to transplant your seedlings desire many blossoms the succeeding goon enough, and late November finds year. Did you cut down those new

sirable plant, since we have not too many that prolong their flower time into the frosts. And everyone knows how hard it is to search thru dismantled beds and find never a blossom left from summer's work.

Several of my gardeners have told me that they have taken up the smallest specimens they could find, potted it and kept it in bloom until Christmas time. This I can well be-lieve, because the plant is most loath.

SOME ANSWERS TO CORRESPONS

Iris Blue: I did write an article downiness is very marked on the under possible to repeat. Look thru the side of the larger leaves.

takes on a queer "fuzzy-headed" look that can best be described by no other term than "fuzzy-headed."

Long sprays taken into the house for vases and the like will last without withering for many days, and when they do wither, they "grow old gracefully." In the garden the blooms are almost perpetual. Early May finds the plant sending out flowers, if you managed to transplant your seedlings.

Rose Rambler: The same question was asked me a day or two ago. There is no reason that I know of for your same the grace to the plant sending out flowers, if you managed to transplant your seedlings desire many blossoms the succeeding longing to go quite intense. To see my old mother and father I'm itching, and, also, the ash can that stood by the fence. The little old ash can; the sheet-iron ash can; the service-work ash can that stood by the fence,

This long blooming and late bloom
This long blooming and late bloom-

# MOVIES—PROGRAMS FOR TODAY—SCREEN GOSSIP

blood into the face.

Outdoor sports and games for women are unhappily not popular. There is an unconscious prejudice against track and field athletics for women, which, if it does not mar, nevertheless prevents your innate beauty from manifesting its presence.

Dr. Harry E. Stewart of Washing ton says that a proper stride in walk-life supplies excellent exercise for men. The tenantic physical training of women, thinks properly that is is well suited for women.

women.

The running broad jump is also a good exercise for women. It must be remembered that in the broad jump, distance is obtained by a high jump sustained by the speed of a fast sprint.

No slow woman runner ever becomes a good jumper, according to Dr. Stew-

a good jumper, according to Dr. Stewart. The use of the arms to assist in raising the body in the air and in balancing there, is important. The

I was left in such a state of misery and wretchedness, shaking with such fear, that not even my great weariness would let me sleep. I sat there in the original form I condon. I am an actor." I came from London. I am an actor." I said, importantly. "What are you doing?" and pointed to the bucket.

I crawled beneath the edge of the tent, and, seeing, I suppose, that I looked hungry, she held the bucket to my lips, and I tasted the reach of his voice.

When I came to the edge of the crowd I ran as fast as I could.

CHAPTER V.

"Where did you coom from?" she askd. "I came from London. I am an actor."
I came from London. I am an actor."

men. The toes are placed just over the toeboard, and the body is balanced

maintaining beauty in women is the running high jump, the shot-put, the standing high jump, the basket ball throw, the baseball throw, the javelin

throw, the discus throw and archery. All of these are excellent means of ex-

When I came to the edge of the crowd I will be the content of the real part of the I came to the edge of the crowd I ran as fast as I could.

CHAPTER V.

In which he has an adventure with a cow; becomes a lawless flicher of brandy-snaps, and confounds and honest farmer.

I ran for a long time in the darkness, blindly, not caring where I went, only flat I escaped from Mr. Hawkins. The pounding of my heart shook me as I plunged across field and scrambied under gates in my way, until at last I came is a corner of two hedges, and had no strength to go farther? I curled myself into as small a space as possible, close to the hedges, and lay there. It seemed to me that I was hidden and safe, and I was quite content as I went to sleep.

Early in the morning I was awakened in the crowd I was a space as possible, close to the hedges, and lay there. It seemed to me that I was hidden and safe, and I was quite content as I went to sleep.

Early in the morning I was awakened in the crowd in the degree and lay the content as I went to sleep.

The tale I could hardly in the morning I was awakened in the crowd in the table and wished she would let me have some. When she sat me down before it at last I could hardly is attending to business.

The dag may and I fled in panic, clutching the brandy-snaps, and I

In order that a good crop of witloof chicory may be obtained during the coming winter, this crop must be start-

ed early in the spring. Chicory' should

be planted fairly early in the spring in

CHARLIE CHAPLIN'S STORY

By ROSE WILDER LANE.

(Copyright, 1314)

The continued From Vesterday, June 1982.

(Continued From Vesterday, June 1982.

At the fill little legs, would hardly hold may be a curious, which may not a seem one, and I thought it did my best, panting with fear, but come in the steps. Little did my best, panting with fear, but come in the steps. Little did my best, panting with fear, but come in the steps. Little was not first part of the steps. Little was not steps. Little was n

George Smith: Who, won the Universal beauty contest for men and who was the man that Violet Mersereau proposed to, or did she propose

Aus.: Roy Fernandez Ans.: Roy Fernandez won the beauty contest sou mention. He was a native of Fairfield, Conn., and had been a model for Howard Chandler Christie, the society artist. He is blonde, medium height, 25 years old, and graduated from Yale in 1912. Violet idersereau was supposed to propose to the winner of the contest, but as she didn't live blondes, and in other ways Mr. Fernandez did not fit her.

Ans.: Ruth Roland can be addressed. the ways Mr. Fernandez did not fit her

Admirer of Ruth: Will you kindly



One of Vitagraph's biggest lights,

Ans.: Ruth Roland can be addressed care of the Pathe Freres, Studio at Jersey City, N. J. She is unwarried and is 26 years of age.

## MOTION PICTURE

Aster, Dundas and Arthur, H. Walpole, "The Crimson Trail."

Beaver, 1784 Dundas, "The Girl and the Belmont, 1217 St. Clair, "A Fatal In-Doric, 1098 West Bloor, Helen Ware in "Secret Love."

Empire, Booth and Queen, "Graft," No. Family, Queen and Lee, Mary Miles Minter in "Always in the Way." Globe, 75 West Queen, Blanche Sween "Judith and Bethulla." Griffin's, Yonge and Shuter, "The Spollers," with Wm. Farnum.

His Majesty's, Yonge street, Cleo Ridg-Ideal, 110 Main street, Herb. Rawlin-Sunnyside, 175 Roncesvalles avenue,

Madison, Bloor and Bath., J. Barry. more in "The Lost Bridegroom."

Maple Leaf, 94 West Queen, Real War Mary Pickford, 382 West Queen, Betty Nansen, "A Woman's Resurrection." Model, 181 Danforth, Harry Carey in Odeon, 1558 West Queen, "Behind the Mask," with Grace Cunard. People's, 332 West Queen, Robt. War-rick in "The Flash of an Emerald." Peter Pan. 1969 East Queen, Marg. Clark in "Out of the Drifts." Park, Bloor and Lansdowne, The Alderson Players. Photodrome, 39 West Queen, Marg. Clark in "Pice and Men." Savoy, 214 West Queen, "Queen of the Jungleland," King Baggot, Wonderland, 1756 Dundas, "The Book Agent's Romance," Broncho Billy. King, Col. & Manning, Mary Anderson in "Bill Peters" Kid," 3-reel Vitagraph

RECIPES FOR THE CARD INDEX COOK BOOK

Angel Pudding

INGREDIENTS

2 oz butter.

11/2 gills milk.

2 eggs. A little mixed spice, METHOD

Beat the eggs and milk together. Put the flour in a basin and add the liquid gradually, a very little at a time. Melt the butter and stir in, then add the sugar and spice and best well together. Let the batter stand greased pans in a quick oven.