

DAVEY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health And Happiness

Athletic Games for Women That May Make for Beauty

BEAVER

BEAVER... The girl or woman who must do housework, spend much of her time at the keyboard of a typewriter, or work in a factory or a store, or who for any other reason is kept in the dull and grim light of indoors eight or ten hours daily, need not expect to retain eternally her dancing young charms...

Various Beneficial Games. One of the simple ways to court the gods of health is to help the teachers at the various playgrounds and school yards.

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

Outdoor sports and games for women are unappreciated and unpopular. There is an unaccountable prejudice against track and field athletics for women, which, if it does not mar, diminishes the pleasure and beauty from manifesting the presence of Dr. Harry E. Stewart of Washington says that a proper stride in walking is an excellent exercise for women.

The running broad jump is also a good exercise for women. It must be remembered that the broad jump distance is obtained by a high jump sustained by the speed of a fast apron. A woman runner ever becomes a good jumper, and vice versa.

Other jumping exercises. The use of the arms to assist in raising the body in the air and in the body should be in a strong position with the feet well in front and with the knees well drawn up and kept up until you land on your feet.

CUPID'S GARDEN By Will Nies



It'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 depends—it depends on precisely as many different things as there are different thoughts and different wishes 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. How dear 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 fought Joe O'Malley, Ern Hoffman, George Few, and oh, this and that boy. I see the tin cans and I see the weeds that stood by the fence, the little old ash can; the sheet-iron ash can; the service-worn ash can that stood by the fence. I see by the papers that soon they'll be burning all ashes; no more will they throw them away. To visit back home I've developed a yearning, I fear that old ash can they soon will be 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 fence. The little old ash can; the sheet-iron ash can; the service-worn ash can that stood by the fence.

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.

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.

But whether it is this man or some other man, do not let your heart 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?

DEAR ANNIE LAURIE: I am a young girl of 16, and I am in love with a fellow. He is very nice-looking and has nice manners. I want you to help me. I went to 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 any girls that know him. Would you please find a way to be introduced to him? I like him so much. LITTLE PET.

The Amateur Gardener

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 variety, quite frequently used as a border plant.

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 any means a shade-lover, it will do fairly well in shady corners.

The blossoms are a soft gray-blue, not lavender, not pale blue, not blue, but a gray-blue. They come out in "lout sprays" taken into the house for vases and the like will last without withering for many days, and when they do wither they throw old gracefully. In the garden the blooms are almost perpetual. Early May finds the plant sending out flowers, if you manage to transplant your seedlings soon enough, and late November finds the thick, compact plants covered with gray-blue. Not until the frosts have become quite hard will the plant decide to stop for the year.

Some Answers to Correspondents. Iris Blue: I did write an article on this subject some couple of weeks ago, and I am sorry to say it is impossible 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. There is no reason that I know of for your rambler dying down to the root, if you gave it a little protection. Well-wooded specimens—and you say yours is three years old—should send out new canes early each summer, and these you must not cut down if you desire many blossoms the succeeding year. Did you cut down those new canes? If you did do not do so this year. Your root may send up a couple of new canes in a few weeks, and would not decide to soon that the rose is really dead. Wait a while.

MOVIES—PROGRAMS FOR TODAY—SCREEN—GSSIP

CHARLIE CHAPLIN'S STORY By ROSE WILDER LANE.

(Continued From Yesterday.) My tired little legs would hardly hold me up, and I stumbled in the steps. Unbearable screeching sawed my ears. I did my best, panting with fear, and could not dance. I stopped at last, and heard against the door. I reached for the handle, but as I struck back it was the barman, arms around me, after one look at her red cheeks, so I began to cry. "Poor little dear, 'e's tired," she said, "let me help you. Mr. Hawkins, 'e shall have his bread and cheese and non-dancing."

CHAPTER V. In which he has an adventure with a cow, becomes a lawless ficher, of brandy-snaps, and confuses and humiliates an old farmer. I ran for a long time in the darkness, blindly not caring where I went, only that I was getting away from Mr. Hawkins. The pounding of my heart and the plunging across fields and scrambled under gates in my mind, and at last I came to a corner of two hedges, and had no strength to go farther. I curled myself up as small a space as possible, close to the hedges, and lay there. It seemed to me that I was hidden and safe, and was quite content as I went to sleep. Early in the morning I was awakened

Questions and Answers

Edith Storey: Vivian: Would you publish Charlie Chaplin's birthday, giving day, month and year? Ans.: First, Vivian, Mr. Chaplin has distinctively no birthday, giving day, month and year. He is a comedian, and he objects to being called Charlie, and that "Charlie" is his professional designation. He has never told us his birthday, although he turned 26 years old this spring.

MOTION PICTURE DIRECTORY

- Academy, Bloor and St. Clares, Chaplin in "A Night in a Show."
Aster, Dundas and Arthur, H. Walpole in "The Grinnell Trail."
Beaver, 1784 Dundas, "The Girl and the Game."
Belmont, 1217 St. Clair, "A Fatal Introduction."
Doric, 1088 West Bloor, Helen Ware in "Secret Love."
Empire, Booth and Queen, "Grifts," No. 5, "From Beany to Billions."
Family, Queen and Lee, Mary Miles Minter in "Always in the Way."
Globe, 75 West Queen, Blanche Sweet in "Judith and Bethulia."
Griffin's, Yonge and Shuter, "The Spoilers," with Wm. Farnum.
His Majesty's, Yonge street, Cleo Ridgely in "The Love Mask."
Ideal, 110 Main street, Herbi Rawlinson, Agnes Vernon in drama.
Madison, Bloor and Bath, J. Barry, more in "The Lost Bridegroom."

RECIPES FOR THE CARD INDEX COOK BOOK

Angel Pudding. INGREDIENTS. 2 1/2 oz. flour. 2 oz. butter. 1 1/2 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 beat well together. Let the batter stand for at least an hour, and bake on well-greased pans in a quick oven.