

# New York Women Eat Too Much and Too Often To Be Beautiful, Says Baltimore Society Leader

Thousands in This City Do Practically Nothing but Eat All Day Long, and Sacrifice Health and Pulchritude to Late Suppers, Shortly After Heavy Dinners, Mrs. Boswell Declares.

Three Meals a Day, as Their Grandmothers and Great-Grandmothers Lived, Recipe of Southern Woman's Beauty—Restaurant Craze of Metropolis a Destroyer of Woman's Attractiveness.

By Ethel Lloyd Patterson.

Are the women of Baltimore more beautiful than the women of New York? Now is the time for you to make up your mind on this momentous subject. At this season of the year almost every hotel in the city has the name of one or more Baltimorean Venues on its register. The evidence is then before you. It is for you to render yourself pious by making comparisons.

There is Mrs. Sarah Livingston Post, of the great Baltimore family of that name, and a social leader in her home city, who has arrived at the Hotel St. Regis.

Mrs. Alexander Brown, prominent in Baltimore's most exclusive circles, and whose beauty has been the toast of society since her debut, is in town visiting friends.

Mrs. Gordon Palmer, also noted for her beauty and prominence socially, has arrived at the Waldorf-Astoria.

At the Hotel Manhattan is Mrs. John K. Cowan, widow of a one time president of the Baltimore and Ohio Railroad.

Mrs. Thomas W. Boswell, a daughter of one of Baltimore's oldest families, is at the Hotel Marlborough. It was she who confided to an interested listener that the women of her native city are more beautiful than the women of any other part of the country, because of the climate and because of their conservative way of living.

"We know how to eat and drink," she added, "which is an art."

"How many a woman eat and drink to make herself beautiful?" I asked Mrs. Boswell.

Of course I know when a lovely lady puts four square inches of pumpkin pie into her mouth with one swift movement of her fork she is not liable to be looking her best at the moment. But after all the disfigurement in such a case is only temporary.

**SAYS WOMEN OF NEW YORK EAT TOO MUCH.**

"It is more how a woman does not eat or drink which makes for beauty," replied the lady from Baltimore, seriously.

"It is my opinion that one sees so few really beautiful women here because the women of New York eat too much and drink too much and they also partake of their food either continually or irregularly. Then, too, they do not get enough regular sleep to keep them fresh looking. Only the women of an undesirable class, certainly not the women of any position socially, lead the sort of life in Baltimore that the average New York woman leads here. I tell you no woman could stand it and hope to keep her complexion



fresh, her eyes clear and the lovely sheen on her hair which means a perfect physical condition."

"But you cannot mean we eat all the time?" I protested, grasping at one clause in the arraignment.

"I mean just that," confirmed Mrs. Boswell, unsmilingly. "There are thousands of women in this city who do practically nothing but eat all day long. I, myself, have known New York women who would have a cup of chocolate or coffee served in bed at 10 o'clock in the morning. At 11:30 or at 12 they would eat a light breakfast.

"By 1:30 or 2 they would be at Sherry's or Belmont's, eating a hearty luncheon, and by a hearty luncheon I mean oysters, soup, entrees, salad and sweets of some kind. They will linger over a luncheon like that till 2:30, and then, scarcely able to move, take themselves by 4 o'clock to some hotel or tea room for more pastry and tea. By 7 o'clock in the evening they set down to an enormous dinner of ten or twelve courses, and not later than 11 o'clock at night you will find them consuming broiled lobster and said in some restaurant.

"If that is not literally eating continually, I am sure I do not know what else to call it. The looks of the most beautiful and healthy woman in the world would not be proof against it for more than one season."

**ONLY THREE MEALS A DAY IN BALTIMORE.**

From which I gathered that Mrs. Boswell has wrestled with a pate de fois gras temptation, and conquered. For there is no disguising the fact that she is a most excellent example of the Baltimore pulchritude, which has its roots in abstinence. She is deliciously slender, with a little swaying, forward droop when she walks. Her chin is pointed and her eyebrows arched, and her lips are parted ever so slightly. She seems always a little puzzled and a little amused, and very interested, indeed.

"But how often do the women of Baltimore eat?" I asked.

"Three times a day," replied Mrs. Boswell. "The way their grandmothers and great-grandmothers did before

our duties to society and to ourselves unless we do. And I do most firmly believe," concluded Mrs. Boswell, "that a regular life is one of the greatest beauty recipes in the world. At least, it is not too much to say that an irregular life is one of the greatest beauty destroyers."

"So, if you would be beautiful, buy an alarm clock and a ticket to Baltimore."

"Do you suppose women who do not make one physical effort all day long can be in need of sustenance every two hours?"

"Then the midnight supper is something which is not in Baltimore?" I suggested.

"Oh, I do not mean to go as far as that," protested Mrs. Boswell. "Of course a great many people meet for a bite to eat after the theatre in Baltimore. But, usually, among really nice people, the supper is served in the home of some member of the party, and is simple and light. We have not the restaurant craze as the New York woman has. Generally speaking, the well-bred Baltimore woman who has her household and social duties to attend to arises and has breakfast with her husband. She has a healthy, plain luncheon served to her in her own home, and her idea of a really good dinner is a meat of but five or six courses, but each course perfectly prepared and perfectly served.

"We live more regularly than you do. We believe we cannot properly fulfill

our duties to society and to ourselves unless we do. And I do most firmly believe," concluded Mrs. Boswell, "that a regular life is one of the greatest beauty recipes in the world. At least, it is not too much to say that an irregular life is one of the greatest beauty destroyers."

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## BLIND BOY LEADS FOR TWO OFFICES IN SCHOOL POLL

East Side Lad Will Be Either Mayor or President of Board of Aldermen.

Latest returns would seem to indicate the election of Thomas Lagenesta, fourteen years old and blind, either as Mayor or President of the Board of Aldermen. It is several days yet before the final result will be known, but meantime the partisans of the blind candidate are claiming both offices for their hero, who ran on a platform of personal cleanliness.

These statements do not refer to City Hall but to a battle in which probably more interest of a less personal-profit nature is being shown. The contest is in Public School No. 119, Broome and Cannon streets. The small citizens have cast their votes and now the teachers are counting the returns and tabulating them.

"If I am elected," Thomas said today, "I shall see that all the fellows march in straight lines to their baths in the basement. They take baths now once a week, but the lines are not straight enough. And I want the boys to keep the hallways and stairs cleaner too."

Lagenesta says most positively that he did not ask many citizens to vote for him or make any political promises, adding:

"I'll appoint as my Commissioner of Health the boy that I think will make the fellows keep their hands and faces the cleanest. The best boy I can get will be my Commissioner of Public Works. He has to keep the pieces of paper and rubbish picked up."

At this election for the first time the girls are to elect their own Mayor. Formerly the Mayor, whether male or

female, ruled over the whole school. This year, too, the girls have a full ticket in the field.

Gov. Hoke Smith's Auto Wins JACKSONVILLE, Fla., Oct. 25. Gov. Hoke Smith's car in the Golden Tour has been awarded the Anderson trophy, having taken the winning number in the drawing. There were fourteen individual cars with perfect scores.

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Oak Dresser, \$1 Monthly, \$13.75

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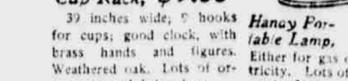


Oak Table, \$5.60 50c Monthly.

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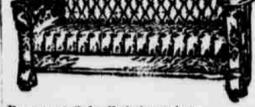
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