THE TIMES DAILY MAGAZINE PAGE

No One Is Too Great To Apologize If He or She Has Given Real Offense

However, the Man Who Demands Humiliation From Friends Whenever He Is Angered Has Little True Worth and May Well Be Avoided.

By WINIFRED BLACK.

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I HEARD a discussion at a dinner the other night.

It was a very young dinner. Nobody there was over twenty-two, except the butler and the chaperone.

You never could have heard that discussion at any sort of dinner but a young one. It was very interesting and rather amusing and just a little irritating to the chaperone.

"I don't care if she is a girl," said the young man at the right of the chaperone, "she was in the wrong, and she knows it, and I shan't have a thing to do with her until she apologizes."

"Well," remarked the pretty girl, who sat next to the young man, "I wouldn't apologize to you or any other man, not if I had to die in my tracks."

And so the argument began.

Most of the girls agreed with the girl, and some of the men agreed with the man, but two of the men said tolerantly that they'd forget all about it. And you could tell by the way they said it that they meant that nothing that a mere feminine creature did, or did not do, was of any importance to be seriously considered for a moment.

One girl—she was a pretty thing, with deep, serious eyes, and a brow of engaging candor—declared that she would apologize to the humblest person on earth if she thought she had wronged them in the slightest way, and all the other girls looked at each other and smiled superciliously. But, after dinner, I noticed that the finest young man at the party took particular pains to seek that girl out, and they talked together long and earnestly.

What nonsense it all is, this apologizing and being apologized to. And yet, what a stubborn fool it is who will not say "I'm sorry."

Only a little more stubborn and more foolish, however, than the one who insists on a spoken word—a positive humiliation—before he can really forgive.

Don't you always know when any one who has hurt you is sorry? I do, and I'm always sorry, too. And I keep hoping they won't think it necessary to say in so many words, "Forgive me."

But, oh, I love them better if they are big enough and kind enough and generous enough to say it, and say it freely and with love and sorrow.

We're all such little foolish creatures, we human beings. We make so many mistakes, so many grievous blunders; we do so many stupid, quick-tempered,

If I were a girl I should never marry the young man who wants a woman to apologize to him for some little, girlish rudeness or folly. He isn't the sort of man to make any woman happy, anywhere, for any length of time.

He's too fond of himself, too vain, too strong in his own conceit and too stubborn, and all that means that he is weak and easily flattered and led by a hair, by any one who will stoop to minister to his self love. No husband of that sort for any girl I love.

And if I were a man, I should not want to marry a girl who says she wouldn't apologize to any man on earth, no matter what she had done to offend him.

Little Souls Always Right.

She's vain, too, and silly and light-headed and altogether too conscious of the fact that she's a girl, as well as a human being. I'd look somewhere else for a sweetheart.

Little vanities, small spites, mean revenges. How can anyone every carry these things in his heart and hope to be happy or to make anyone else happy?

The biggest man I ever knew—and he was a man whose name is known around the world—is always saying:

"I was wrong about that, I guess. I'm sorry."

The finest woman I ever held in the core of my heart, has said in my hearing half a dozen times:

"What a fool I was to do that. I'm sorry."

But the little souls never apologize. And they never forgive without an apology, and an abject one.

They can't, poor things, they're made that way.

Let's be sorry for them.

Advice To Girls

By ANNE LAURIE.

Dear Miss Laurie: I have been keeping company with a young man for about six months and on several occasions he has asked me if he might kiss me. I told him "no" and explained why I said this.

On one occasion when I was sitting near him he suddenly kissed me. I became indignant at this and scolded him for even attempting such a thing.

ANXIOUS.

I don't see anything else for you to do in addition to what you have already done. If the boy kissed you with your consent, you might have some reason to be disturbed. No one could deny that you did your best to avoid it—and when a girl is looking particularly nice, such things just naturally happen.

Don't worry about it. The man is the one to lose sleep over the matter.

Dear Annie aurie: I am a young man of nineteen When I was sixteen years old I met a girl two years younger and I fell in love with her. By working hard and saving I have enough in the bank, in addition to what I earn, to take care of her. About six months ago I proposed. She refused. I thought that maybe she was a little too young to marry then, so about two weeks after that I told her just what I have told you and asked her to wait until we were a little older. I offered her a ring, which she says she took to make me stop.

That was six months ago, and I now see she really does not love me. I am sure she likes me, but I want her love, and will win it if it takes a hundred years. Can you tell me any way at all that I might win her love? If you can help me at all, please do so, for I love her with all my heart. GEORGE.

As far as I can see, the only hope you have of winning the girl's love is by pretending indifference. That will be the truest test of whether or not she really does love you. She is so used to seeing you at her home and hearing you make love to her that she is probably as tired of it as you would be of a steady diet of ice cream. You don't give her a chance to miss you.

Stay away from her home for a few days, and see if she isn't more cordial upon your return. When you do call don't mention love or marriage to her. Leave that topic strictly alone for a few weeks.

It seems a shame for you to devote your energies to winning a girl who has no use for your affection, and after she has treated your ring as a bribe. I do not believe that she is capable of regarding your proposal seriously. Until you can bring her to do so, your case is still rather discouraging. The trouble may be that she is still too young to give much thought to marriage. The girl of seventeen and the woman of twenty may be two entirely different persons. Why don't you wait to see whether the woman is the wife you want? It's the girl you are dealing with now, you know.

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Miss Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. They should be addressed to her care, this office.

An Open Fire.

These logs with drama and with dreams are rife,
For all their golden summers and green springs
Through leaf and root they suck'd the forest's life,
Drank in its secret, deep, essential things,
Its midwood moods, its mystic runes,
Its breathing bushes stirred of fairy wings,
Its August nights and April noons;
The garnered fervors of forgotten Junes
Flare forth again and waste away;
And in the sap that leaps and sings
We hear again the chant the cricket flings
Across the hawthorn-scented dusks of May.

—Don Marquis, in "Dreams and Dust," Harper & Bro.

Constructive Optimism Rules Each Act of Temperamental B. Bean

Taylor Holmes Admits He Hasn't Even Peeked Into the Book on Which His Play Has Been Based.

But "As a Man Thinks, So Is He," Is the Creed Upon Which He Bases His "Incarnation of Napoleon."

By FLORENCE E. YODER.

TAYLOR HOLMES, who impersonates the immortal Bunker Bean in the play at the Belasco Theater this week, has never read the book of the same name upon which the play was founded.

And yet he is said to do the best work of his career, and intelligently to interpret the character of the relentless Bunker, reincarnation of Napoleon, whom none may squelch.

The answer is simple. Taylor Holmes IS Bunker Bean, both on and off.

Early in his career (Holmes), thin and cadaverous, sought the services of a sage of Denver, Col., and there learned that which is the moral of the play in which he now stars, "As a man thinketh, so is he."

Hope, fatitude, and beatitude followed, and when, in the course of events which naturally follow the state of mind which invites prosperity, he became a leading man and the role of B. Bean was offered him, he just perfectly understood his role without having to read the book! During the interview, so clearly did he expound his theories that it was almost impossible to believe that he had not even peeked, but a chance remark at the close was a strong argument for the truth of his assertion.

Saved Embarrassment.

The fact that he didn't read it helped in the post-structural operations on the plot, for whenever the dramatist and author, in the innocence of their familiarity with the written story, failed to completely explain incidents to the satisfaction of one who might not have read the book, Holmes pointed out the error with a Napoleonic finger, and thereby saved the uninitiated embarrassment.

TAYLOR HOLMES.

If cyclonic humor, swift and sure, is the result of the Holmes of the stage, surely, is kindliness of the same brand which made him refrain from reading the play, the keynote of the Holmes off stage.

He is eager to tell his creed of constructive optimism to every one and obligingly wiggles his temperamental eyebrows upon request, with the same savoir faire with which he refers to his truly marvelous mobile visage as his "rubber face."

"I first found out that thought ruled so strongly in the lives of human beings an old friend of mine in Denver who is a physician," he admitted. "He proved absolutely and conclusively to me that thought can at least affect the digestion, and that dyspepsia can be controlled by mental effort. Oh, of course he didn't hold that you can think a broken leg into place or anything like it, but he did prove to me that the mind can control all of the organs which are under the direct influence of the nerves.

Here's Some Science.

"He told me how some vivisectionists got a dog"—this portion of the interview is rather hazy owing to the lack of technicality on the part of Mr. Holmes' statement, and the utter inability of the writer to scientifically doctor his phrases—"and got him very, very hungry. Then they attached a tube to his stomach in some way so that the gastric juices which formed could be extracted, and then held different kinds of food up in front of him.

"Now when they held bread or some such, the gastric juices immediately began to form and drop out and the physicians examined them. Then they held a piece of meat up in front of his eyes and more gastric juices formed, only the ones which formed this time were entirely different from those which had formed the other time.

"The sight of the meat had registered in the mind of the dog the desire to tear it in pieces, and the stomach immediately had provided the actual means of so doing. An example in human beings is the watering of the mouth at the sight of lemon or pickle, for the juices formed are those which will aid in the digestion. Some people can even make the mouth water by mere suggestion, or can smother the desire of a food in others by the mere suggestion of something wrong. From the subject of food, and the stomach to less material things is but a step."

The inevitable query of whether or not he was going into the movies made the big dark eyes twinkle more than ever, and the genial smile appear and broaden into a grin. "That is the fly in all of the delightful ointment of happiness in which I, as an exponent of my creed, now swim.

As To the Movies.

"You see, I am wanted by film people, and they have offered me great inducements, but somehow or other it doesn't attract me just yet. I want to keep on with my work on the legitimate stage, and I can't think but that it would hurt me professionally to be appearing there and in pictures, too.

"When an actor takes such a step, in my opinion and in the opinion of others, he cuts his success in two parts. By and by he only has one part—the picture part. Because the pictures are the thing now.

"Two dollar prices? Never will go. That is just where the producers are short-sighted. They do not seem to realize that the very reason for the popularity of the picture is its cheapness. A man can go to a moving picture theater, see a star, take all the children, and the maids if he has any, eat something afterward, and still get home at a decent hour without having knocked a twelve-dollar bill into a cocked hat.

"But that really doesn't worry me, that little lure of the pictures. I am too sure of my own theory to let it worry me. And, by the way, did you know that the moral of Bunker Bean is, 'As a man thinketh, so is he?'"

The doubt that had hung over the statement that he had not read the book vanished into thin air.

Modish Motor-Cloak of Leather

Ivory kid, beaver fur, silver buttons, and patent leather are the ingredients of this delightfully paradoxical confection. There is the leather for originality, the beaver for snugness, the patent leather for contrast and the buttons—round shiny ones—chiefly to elude the fingers of the wearer when she tries to adjust all thirty-three to their proper holes.

Cold Weather Cereals

Well Cooked Oatmeal, Wheat, Hominy, Cornmeal, and Rice Are Rich In Nourishment and Muscle-Forming Factors.

By MRS. CHRISTINE FREDERICK

(Copyright, 1915, by Mrs. Christine Frederick.)

DURING the warm days of summer breakfast, no doubt, was a negligible affair. A dish of fruit, a slice of toast, and a cup of coffee might be all the appetite cared for. But cooler days, especially school days when it is not possible to have a snack in the middle of the forenoon and when children must do some hard work instead of play on their breakfast, bring home to mother the need for substantial cereals.

We have no fault to find with the many excellent prepared and so-called cooked cereals which from time to time are found appetizing and agreeable in appearance, but there is also need of cereals which require long continued cooking to extract the full value of the grain and bring it to a delicious creaminess. In this class are oatmeal, wheat, hominy, rice, and corn. By whatever name the variously ground preparations are called, they all need continued, intense, cooking to burst the starch cells, soften the surrounding husk tissue, and make them thoroughly fit for human food.

Hominy and Cornmeal.

Cracked wheat is a coarse form of wheat with a particular, nutty flavor. So-called "Whole" or "pinhead" oatmeal has advtantages over the more usual "rolled" form. Good hominy which is now no longer prepared with lye is another breakfast food which should be more frequently used. Cornmeal, fallen into disrepute and considered common, is one of the best of cool weather cereals. It is rich in starch and fat and thus in heat-producing qualities, the very ones most needed on raw mornings in order to keep up the child's energy.

Oatmeal is the one cereal containing largest amount of protein or muscle-bearing nutriment. That is, it is most comparable to meat of any cereal, and contains less starch. It is, therefore, perhaps the cereal which should be most frequently given to the growing child. The whole grain must be soaked all day and then steamed several hours, but in this form it furnishes a splendid and sufficient breakfast cereal.

Cooking of Cereals.

Next to oatmeal comes wheat, with a higher percentage of starch. It should, however, be used in as nearly the natural state as possible—that is the cracked grain with the outer coat remaining in which is stored the important mineral elements which make bone, and the best kind of tissue. Hominy is almost entirely starch, and therefore needs the most perfect cooking in order that the starch shells are adequately burst and cooked.

For all of these cereals either a steam cooker or a fireless cooker are preferable. Given a half hour's quick boiling at night, they may be placed in the fireless cooker, preferably with the heated radiator under them, and allowed to cook slowly with the retained heat of the fireless. Sufficient water should always be put on them to allow perfect swelling of each grain. Such cereals when properly cooked are not a "mush" but a uniform, creamy consistency. It may take time or rather a little more effort to cook cereals properly, but the effort is more than repaid in the quality of the food. The cool weather cereal should be a point of special care with the housewife.

Just Wait.

"I'd face a dragon to win that girl, just as knights did in dark days of yore. In fact, I'd welcome a dragon to face."

"Your wish may be gratified. Wait until you see her mother, my boy."—Louisville Courier-Journal.

Of Three Blind Persons, One May Blame Neglect For Life of Darkness

By DR. L. K. HIRSHBERG.

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A BLIND man is all but cursed; a blind child is condemned, indeed.

Dr. Lloyd B. Whitman, assistant in ophthalmology at the Johns Hopkinds University, estimates that there is an outlay of $15,000,000 annually to support 300,000 blind dependents in this country. Moreover, this conservative estimate does not make even a remote calculation of almost as many more looked after privately. As for labor lost, efficiency destroyed, achievement aborted, he throws up his hands, unable even to estimate.

It will be found this year, as last, that some 8,000 persons have been stricken to stalk the shores of Stygian blackness. More than one-third of these could have been saved with a perfect vision.

A few drops of a 1 per cent water solution of nitrate of silver dropped into the new-born, clean infant's eyes would have sufficed to save the vision of these two thousand odd. The midwife, nurse, hospital attendant or doctor who fails to do this is criminally negligent.

In Europe and the United States from 60 per cent to 75 per cent have a clandestine contagion to blame for their molelike inefficiency and unhappiness. This malady is not inherited, hereditary or congenital. It is essentially, distinctly and always a contagious and infectious bacterial inflammation.

Three-quarters of the "born-blind"—it may be said truly that they are born with perfect eyesight, but the eyes of the babe become infected, that is to say, "catch" the germs just as the infant emerges into the world—are allowed to be so by midwives, nurses and others near—but yet so far—doctors. Shame be it that one-quarter of them, according to Dr. Whitman, may be laid at the guilty door of doctors, who have been led to knowledge—like the horse to water—but who will not drink at the fount.

There is no excuse for old doctors or even unlettered and unread mothers in this matter, because the 1 per cent silver nitrate preventive measure has been known more than a whole generation, since 1881, when Prof. Credé discovered it.

Answers To Health Questions

M. P. J.—Kindly advise me if —— will increase one's weight. 2. What will increase my weight if —— does not?

I do not discuss advertised remedies.

2. Eat lots of oily, hot, greasy, rich, starchy, and highly seasoned foods, sweets, pastries, chocolates, soups, and gravies. Sleep twelve hours in the twenty-four, do not exercise too vigorously, but take sufficient exercise to keep the muscles from becoming stiff. Eat carrots, young peas, asparagus, lima beans, corn on the cob, boiled potatoes and rice, cereals, oatmeal, shredded wheat and fruits. Drink lots of distilled water, milk, and cream. Take a wineglassful of olive oil about half an hour after meals, and keep the bowels open.

A. R. F.—Will strapping or bandaging the abdomen tightly tend to reduce it. And if so, is the same injurious?

It may be tried. It is not injurious if there is a thick pad of fat to protect the internal structures.

C. A.—My sister, a young lady of nineteen years, has for a couple of months had several lumps on her neck right below the ear. One is large, that is, the size of a peanut, while the others are smaller, and at times disappear, only to show again in a few days. Kindly advise me as to the best steps to take in this case.

Have her tonsils, teeth scalp, and other sources of germs cured before those glands are operated on.

X. Y. Z.—Please publish in your valuable columns the fishberry cure for hair vermin.

Fishberries are poisonous and should be shunned.

L. B.—A sponge in cold fresh water causes itching over my entire body, more or intensely so in the lower extremities. What would you suggest as a remedy?

There are, as a rule, several causes at work in such conditions. The stimulations of the cold whip up the sensory nerves in the skin and have much to do with it. If you will use white vaseline or cold cream on the most susceptible parts it will cease.

Mrs. C.—My son fourteen months old, since recovering from whooping cough and then pneumonia, has been unable to retain any food in his stomach. The doctor says he is starving to death, but he cannot do anything for him. What will you advise?

You must have several new consulting doctors at once. That condition can be remedied either surgically or otherwise.

E. J. A.—Will you kindly prescribe for itching feet? Some years ago my feet were frostbitten, and they have itched me terribly ever since.

Apply the following to the feet each night: Calamine, 2½ drams; zinc oxide, 2 drams; glycerine, 2 drams; phenol, ½ dram; limewater and rosewater enough to make three ounces.

M. W. M.—I am forty-eight years old and have been troubled for about fourteen years with bronchitis and a catarrhal condition of stomach and intestines. My appetite is not good, bathing appeals to me, and I have no fever whatsoever, and I am able to do all the housework, including washing. But of late I feel weak and unable to work without fatigue. Will you kindly offer some suggestion?

No advice can be given on your description until causes are found. Your lungs, heart, and kidneys must be thoroughly tested experimentally, physically, chemically, and otherwise. If you have tuberculosis, the treatment is different, as you know, from similar symptoms due to other conditions.

Mrs. W. W.—What is the cause of my spine bone feeling sore ever since the birth of my baby three years ago?

What you need is an internal examination and treatment.

I. E. D.—Will you kindly publish a remedy for a bad breath?

Go to a dentist and have your teeth attended to; bad teeth may be the foundation of your trouble. It is expedient that you drink three quarts of distilled water and a pure carbonate water daily, lots of olive oil, whey, and buttermilk. Eat green vegetable without much starch, unseasoned foods, greases, cereals, and fresh fruits. Take a Bulgarin tablet with your meals. Avoid tea, coffee, seasoned foods, solid foods, constipation, and inactivity. Take from five to ten grains of ox-bile, ox-gall, or bile salts after meals, and take several hours' exercise daily.

C. J. H.—Will a slight flesh operation spoil one of "phlebitis?"

Phlebitis is often cured by an operation. The plugged up vein is useless anyway, and other veins and arteries are called upon to do its work.

A. L.—What may be done for an oily skin which perspires abnormally at the least exertion?

It indicates health when one perspires. However, it is advisable that you avoid all oily, hot, greasy, rich, starchy, and highly seasoned foods, sweets, pastries, chocolates, soups, and gravies.

PERSONAL ADVICE.

Readers desiring advice should remember:

1. **To address inquiries to Dr. L. K. Hirshberg, care of The Washington Times.**
2. **To enclose a stamped and addressed envelope if a personal reply is desired.**

Women Know

that they cannot afford to be ill. They must keep themselves in the best of health at all times. Most of all, the digestive system must be kept in good working order. Knowing the importance of this, many women have derived help from

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