THE importance of all-around bodily exercise for children was never better appreciated than it is today, when everything pertaining to the child-life is receiving attention from the ablest minds of the country.

Weak children are made strong and those constitutionally robust are made even more hardy by exercises that invigorate and strengthen their little, undeveloped bodies.

WHY A CHILD IS WEAK AND SICKLY.

A weak child, irritable and cross, is one who has been deprived of sufficient bodily exercise in the open; for in the very outdoor games a child may stave off illness which frequently comes to older ones who are less fond of exercising than the average child.

The peaked, white-faced weakling is a hot-house plant. He is pampered in suffocating, ill-ventilated rooms, and so bundled up when he goes in the open air that he is likely to take cold. He is kept at home on inclement days because he is likely to get his feet wet; just as though any boy could go by a puddle of water without stepping in it.

And as for the hardening process of a snow-ball fight, he is as innocent as a lamb.

His muscles grow weak from the lack of exercise, and when any childish ailment comes along he is the first one in the neighborhood to fall its victim, because he is not constitutionally strong enough to stave it off.

In some communities the only exercise a child obtains during cold weather is in going to and from school.

EXERCISE IMPERATIVE.

Every child must have his requisite amount of bodily exercise to balance with the mental tax enforced by his hours of study. When he indulges in games and sports another set of brain cells are called into play; thus he reaps a twofold benefit by this diversion.

Some children do not take as kindly to games and outdoor sports as others, preferring their books and pastimes within doors. For such children every mother should insist upon a certain amount of exercise in the open, and on stormy days gymnastic exercises to be done at home.

It is when a child is growing that he may be made strong and of a becoming height, with sound lungs, broad shoulders, and given a correct and pleasing carriage.

THE SCHOOL "GYM" A BENEFICIAL FACTOR.

The school gymnasium is doing a great deal today in developing children, not only physically, but making them stronger mentally.

Here the possibilities of muscular development are fully expanded, and a mother living in a small community where her children are not afforded the benefit of such physical training would do well to consider the exercises as they are given here and incidentally treated on this page.

Children are now given systematic exercises at quite an early age. Exercise with apparatus is less in vogue for both adults and children than formerly. This means has now given way to resistance exercises and calisthenics, which have been found very nearly as beneficial as those done on bars with dumb-bells or wands.

The concentrated action and the cultivation of prompt and sure response in a gymnasium class quickens the intelligence and makes a child alert and "live," which is of quite as much importance as muscle building; in fact, it practically does both, training and developing the muscles at the same time.

STRAIGHT FOOT EXERCISE

A pleasing bearing and an amiable, well-bred manner are very pleasing qualities in a child, and indeed are powerful passports which never lose their charm.

Whether in dancing, walking or in practicing gymnastics, the straight-foot method, so called, is gradually replacing the old style, in which the heels were placed so as to throw them out at an angle of 60 or 90 degrees.

A woman who has made the matter a study for years discovered that unless the feet are carried forward in a straight manner the body undergoes a strain that is scarcely credible.

To see a class of children making their "bows" or performing their gymnastic feats using the new style method is certainly an improvement upon the old way; indeed, the latter seems positively awkward. After a child has to unlearn the old method and swing out her foot in a straight manner she promptly loses her balance, but a little practice corrects the awkwardness.

It has been fully demonstrated that the straight-foot position could be held twice as long as when the feet were turned out slantwise, in the old fashion.

The exercises given on this page show the new position for the feet.

The three positions taken by the little girls are especially good for expanding the chest, developing the muscles of the arms and the trunk.

Exercises and position taken by the two boys develop the muscles of the trunk, upper and lower limbs.

ADRIENNE.

Health in Housework

YOU tell me that because you have to do your own housework you cannot expect to be beautiful. You say that it is only the woman with servants to wait upon her, who never has to lift her hand to a thing, that is favored by the august goddess of beauty. You never get a chance to breathe fresh air, you say; you are always on your feet, or else on your hands and knees scrubbing. You are so busy all the time making home beautiful for your husband and children that you don't get any opportunity to beautify yourself.

My dear, why not try to kill two birds with one stone? Now, don't look so surprised. It is a perfectly possible thing, and you will wonder after I have told you about it that you didn't look at it that way before. The only trouble is that you haven't gone about it in the right way.

Suppose we begin with the first of your objections. You say you don't get any fresh air. Now, I would be the last person in the world to try to disqualify good, fresh air as a beautifier; in fact, it is one of the best I know.

BEAUTY IN BREATHING.

You get fresh air every morning when you throw open the windows to air the house. You breathe in deep draughts of cold, invigorating air, and you are refreshed thereby, and feel that today, at any rate, you are going to enjoy your work.

But you must remember that there are ways and ways of opening windows. You must be sure to hold yourself in doing so, with the abdomen in and the back straight. Do not bend the body forward, but push with the feet. This way of opening the window will develop the chest just as the deep breathing will.

You tell me further that you are on your feet all day long almost, and I suppose would have added that you have to travel up and down stairs a hundred times a day. The latter exercise, let me tell you, is good for you, provided that you take it properly. Be sure not to bend over while walking upstairs, and never run. Lift the crown of the head up and back, hold the shoulders and hips back and the chest forward. Any other way of walking up stairs is injurious to the health, and, therefore, detrimental to your good looks.

You should never wear any corset in sweeping, washing or scrubbing, but in your other household duties it is well to wear a corset, because a good corset acts as a support to the back, and, therefore, as a real rest.

Do not allow yourself to become stoop shouldered and narrow chested by bending over at your work, as, for instance, in potato paring or sewing. Indeed, the wearing of a corset should prevent this. You often meet flat chested, muddy complexioned housewives, who owe their lack of beauty actually to a so-called "comfortable" dressing sack.

EXERCISE IN BREAD MAKING.

When kneading bread take deep breaths in union with the movements of your arms. Do this regularly; have your kneading board at a comfortable height, and by the time summer rolls around again and the season of short sleeves is with us once more, you will be very proud indeed of your rounded, graceful arms.

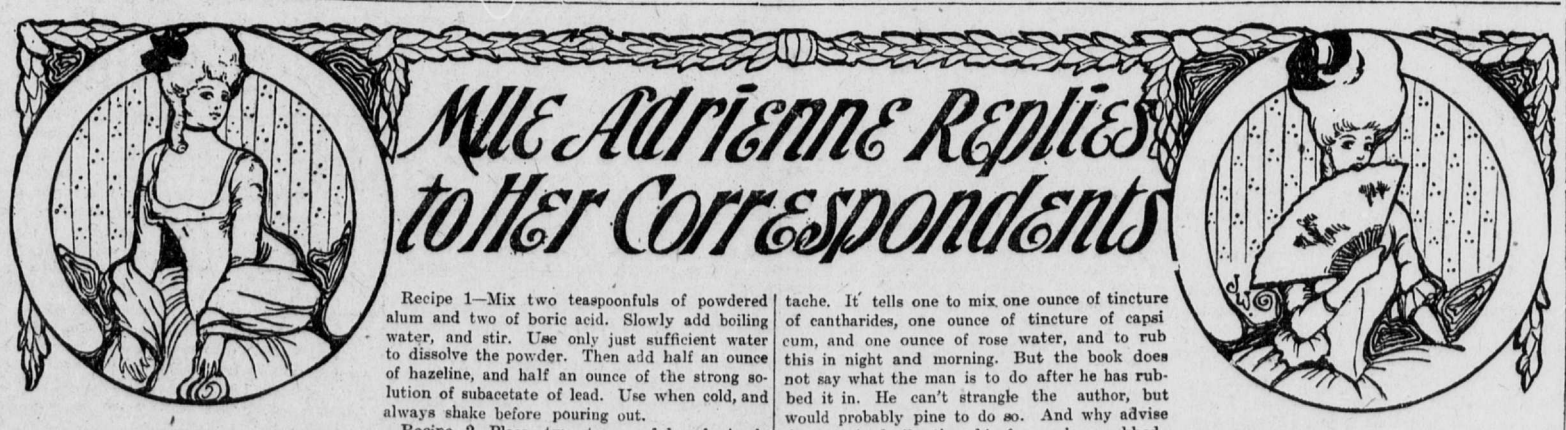
Scrubbing floors is also a valuable way of attaining beauty. It elevates the internal organs when done properly. Do not allow your shoulders to be drawn together, nor your head to be attracted too much toward the floor. Keep your back straight, your chest forward and your abdomen well drawn in. Use first one hand and then the other. This exercise, if gone about as I have advised, should develop the shoulders.

In sweeping, also, you should use both sides of the body equally, changing the broom frequently from one side to the other. Unless you do this a difference in the hips will soon be noticeable. You should also twist your hips a little while sweeping, as this movement is good for the internal organs, especially the liver.

Washing develops the muscles of the arms and back. You should breathe through the nose on account of the hot steam, and straighten up frequently in order to breathe fresh air and to rest the back by a change of position. It is well to raise the arms upwards and back at the same time, in order to broaden the compressed chest.

You should remember that any exercise which develops the chest muscles will at the same time develop the bust. Exercises of this sort are dusting, hanging up clothes and making beds.

In ironing, take care that the board is at the proper height. Use first the left hand and then the right, in order that one side of the body may not become developed at the expense of the other. Hold yourself erect, with your chin in, your chest out, and your abdomen in. Breathe deeply and regularly, and bend only from the hips.



Mlle. Adrienne requests her correspondents to write only on matters pertaining exclusively to hygiene, beauty and little things of the toilet.

All letters must be legibly written on one side of the paper. Where private correspondence is necessary, a self-addressed and stamped envelope must accompany the letter. As this supplement is made up several weeks in advance, correspondents must necessarily wait that length of time for their answers.

ADRIENNE.

FOR RHEUMATIC JOINTS

TAYLOR.—Mix one ounce of oil of turpentine with five ounces of olive oil. Into this stir two ounces of milk of sulphur. Spread thickly on flannel. Apply, and securely bandage. Keep on for three days, and if relief has been obtained renew the application.

HOW TO TREAT BLACKHEADS

A. C.—Wash night and morning in a warm saturated solution of bicarbonate of soda. Do not press out the blackheads. After drying bathe the part with cream. Repeat daily until the blackheads have been destroyed, and the dilated pores are constricted.

HOW TO REMEDY RED NOSE

ADMIRER.—Here are two useful lotions. The first is to be brushed over the nose at night, and be allowed to dry on. The second is to be used in the morning, and the skin should be gently patted after the lotion has been on it for some seconds.

Recipe 1—Mix two teaspoonfuls of powdered alum and two of boric acid. Slowly add boiling water, and stir. Use only just sufficient water to dissolve the powder. Then add half an ounce of hazeline, and half an ounce of the strong solution of subacetate of lead. Use when cold, and always shake before pouring out.

Recipe 2—Place two teaspoonfuls of simple tincture of benzoin in a perfectly dry vessel. Add one teaspoonful of the best glycerine. Stir until mixed. Then slowly pour on five ounces of hazeline, stirring the while. Now add in a trickling stream one ounce of dilute acetic acid, the stirring being constant. Next throw in half an ounce of carbonate of zinc, and finally make up to half a pint by adding elderflower water. This mixture should be strained through coarse cotton.

HOW TO GET TAPERING FINGERS

MRS. F. T.—You say that your hands are fat and "podgy," with large, square-tipped fingers. If the bones are proportionately large it is very difficult to effect any improvement; but when the largeness is due to excess of soft tissues one can get very excellent results from careful bandaging.

It is well to treat only one finger at the outset. When skill has been acquired in applying the bandage, and if the results appear satisfactory, one may extend the treatment. The bandage for each finger should be very narrow, about one inch in width. Unbleached calico is a good material. It is essential to apply the bandage from finger tip to finger base; and if it is sufficiently long to allow its being brought over the back and palm of the hand, and fastened at the wrist, it may be made more secure.

Each finger treated should be bandaged tightly near the tip, and less tightly as the palm is neared. The bandage may be applied at night, and removed in the morning.

A WARNING TO MEN

PHILIP D.—In a book the writer recently looked through at a public library, a book designed, so the title page says, to help fathers, mothers, housekeepers, nurses and others, there is a recipe for promoting the growth of the mustache. It tells one to mix one ounce of tincture of cantharides, one ounce of tincture of capsicum, and one ounce of rose water, and to rub this in night and morning. But the book does not say what the man is to do after he has rubbed it in. He can't strangle the author, but would probably pine to do so. And why advise the morning? By then his face, where rubbed, would be blistered, sore and untouchable. Now let us amend the recipe. The tinctures stand as ordered. We add one ounce of glycerine, and seven ounces of water. Even then the lotion will be strong.

POWDER FOR MOIST HANDS

D. H. G.—A very good powder for moist, perspiring hands is made by combining seven ounces of powdered talcum, one ounce of salicylic acid and two ounces of powdered prepared chalk. After bathing the hands, dry well with a coarse linen towel. Dust the inside of your gloves with powdered prepared chalk. When there are black wrinkles on the fingers (which often result from doing housework) use corn meal and a good soap.

HOW TO BANISH A DOUBLE CHIN

MRS. C. AND OTHERS.—There is a lifting exercise that is said by those who have persevered with it to reduce the chin at the rate of an ounce a day. To do it, get a looking-glass and arrange so that you can see yourself in profile, then take off your collar and loosen your hair. Now take your head in your hands, literally speaking, and bend it back as far as is possible. Next lift the chin, then lower the head in the same manner, pressing it down well so as to squeeze the double chin.

After a woman with the double chin has bent her head backwards and forwards she must twist it from side to side, and when this has been accomplished a rest may be taken. Children twist the head from side to side so much that there is no chance for the chin to get double, but grown-up people tie up the throat so that the head can be turned only with difficulty. That is one reason why grown-up people have double chins.

To tighten the skin and keep it firm there must be a daily massage with some good lotion. The best of all is one of warm water and simple tincture of benzoin, but eau de cologne answers the purpose nicely. The lotion tightens the skin, hardens it, and closes the pores.

CARE OF THE HANDS IN WINDY MARCH

A. C.—March, with its blustery, biting winds, is hard on the housekeeper's hands. Careful drying of the hands after washing is a most important detail, as very often the chapping of the hands is due to imperfect drying. The hands, of course, must be kept thoroughly clean, and a piece of prepared pumice stone should be in the toilet outfit to remove stains, etc., though for housewives pumice stone soap may be recommended as excellent for its cleansing properties. Washing in oatmeal water is also good where the hands are inclined to become rough and red. It is easily prepared as follows:

Boil about a teacupful of meal to a gallon of water for an hour, strain, and use the liquid for washing in night and morning. Half the quantity of starch added to the oatmeal will much increase its whitening effect. Rubbing with lemon juice is also advisable for the same purpose, but should not be used daily.

FINE, RED VEINS IN THE FACE

MARGARET.—Anything that increases the rush of blood to the face will cause these red veins, which are like fine threads. It is very difficult to get rid of them when they have once appeared. They have been removed by the use of a knife with a tiny blade, by means of which they have been opened. If one has a tendency to enlarged veins, she should be careful of her diet. The sluggish circulation of the capillaries should be stimulated by gentle massage. Avoid getting overheated or exposure to wind and cold.

A Lenten Sermonette

ARE you really living, or are you letting the precious days slip by with nothing in them of interest?

Remember that life is not long, and that this beautiful old world is full of wonderful things for those who take the trouble to look for them. Not a day passes but what we have a chance to learn something if we keep our eyes open.

The dreamers must wake up, for, while they are building their aircastles, life is hurrying by.

Youth is the time to learn—the mind is eager and plastic.

Keep your eyes and ears open. When you are traveling in the train don't go off into a day-dream over the new hat you are going to buy; watch the people—they are far more interesting than the clothes parade.

Whatever you do, don't stagnate. Try and learn something from everyone you know.

You may work all day and be dead tired by nightfall, but try and do a little reading every day, even though you may only have ten minutes to devote to it.

Read the newspapers, and such magazines as you can get hold of, but especially read books that are worth reading. Once you cultivate a fondness for good reading, the most delightful world will open to you. If you watch the papers you will see many good free lectures advertised where men and women of the greatest culture are to be found.

Cultivate a fad of some sort that at least will keep you wide awake and interested.

The more you know, the more interesting you will be to others. It is only necessary to be intelligent.

Any intelligent face is better than one which has only prettiness to distinguish it.

Men are fond of declaring that girls can talk of nothing but admirers and clothes. That is not so, of course, and it is every girl's duty to be a living contradiction to that theory.

Show your men friends that you can listen and talk intelligently on the principal topics of the day.

It is not enough that you are young and pretty, you must be interesting as well.

Make up your mind to add to your store of knowledge every day. Remember that you can't call back one of these precious flying minutes, and don't waste one.

As it is, we spend more than a quarter of our lifetime in sleep, so you see we must spend the waking moments so as to get the greatest good out of them.

The Sentimental Girl

A MALE critic of the "Sentimental Girl" finds himself in an awkward quandary, for she inspires wonder rather than criticism.

She is, though, an interesting study. Her motives are so sincere, so unconsciously good.

One accepts sordidness as inevitable, and turns to her as its very opposite.

In her, purity of mind triumphs over earthly weakness.

What sweet dreams the "Sentimental Girl" conjures up! Upon what a lofty pedestal she places the object of her affections! and how often, sad to tell, she is woefully disappointed!

It is not the man's fault, either. She simply builds too fine a statue.

And yet how can one say to her: "Man is not so noble as you sweetly think him?"

Besides, the "Sentimental Girl" should not be discouraged.

She does good, endless good; but, cruelly for her, she suffers much heartache in the doing.

There are verily too few angels in the world today—the world that civilization has created for us.

The "Sentimental Girl" appeals directly, infallibly, to man's noblest nature. It is natural, not an affectation, for her to do so.

For her ideals, if she is imbued with the true, ringing sentiment that stands the shock of time and trial, are almost too high for earthly realization.

She raises a man to her own pure plane, or else she is unhappy. And, be it remembered, the world is frequently pulling in the opposite direction.

After all, the "Sentimental Girl's" happiness in life depends upon the sort of man she tries to elevate.

Some are hopeless.

Of course, the "Sentimental Girl" is not perfect at least, not from the worldly point of view. That is, she is often unworldly.

Her head is sometimes a little too high in the clouds. She overlooks the inevitable domestic details. But we do not expect perfection in this weary life.

The "Sentimental Girl," providing she is the true representative of her class, has many virtues to outweigh the faults that are the almost inevitable counter-effects of her lofty aspirations.