# SOCIETY and PERSONAL ACTIVITIES of WOMEN

## PAY TRIBUTE TO OLD PHILOSOPHER

### Chinese Hold Solemn Rites on 2500th Anniversary of Confucius.

SHANGHAI, Nov. 20—The recent 2,500th anniversary of Confucius was celebrated with solemn rites throughout China in the Temples of Confucius, under the leadership of the lettered class of Chinese.

Just before dawn, in the stillness of the early morning, the picturesque ceremony honoring Confucius began in the temples of every little village and city, for the Autumnal Sacrifice to the greatest of all Chinese Sages is universally observed.

In Soochow, one of the famed literary cities of old China, the ancient and impressive ceremony was held in the ornate temple to Confucius shortly before 3 o'clock in the morning.

**Americans Attend.**

A small party of Americans from Shanghai made their way toward the temple about 2 o'clock. As we neared the temple grounds we heard the jingling of the bells on the donkeys carrying worshippers to the temple, the "Hai-hwo, Haihwo!" of the chair coolies and the shouts of the "ma-foos" (carriage drivers.)

The spacious temple was built in the middle of a great fir grove.

Crowds of Chinese were nonchalantly pushing their way through the long cloisters of the temple, which contained the tables of the seventy-two disciples of Confucius, on to a more lofty hall devoted to the Sage and his more famous followers and beyond to a spacious room containing tablets to the ancestors of Confucius.

In each room oxen, killed the previous day, after they had been made to bow their heads before the tablet of Confucius then skinned and anointed with herbs, were offered in sacrifice on festooned ancestral tables. Red candles flickered in the mystic light, while incense curled its way up to the carved rafters. Smaller tables, with offerings of sheep, pigs, fruit and wine, were arranged along the sides of the room.

As we were exclaiming over the strangeness of it all a gong was struck, announcing the opening of the ceremonies.

Slowly and with great dignity the procession marched toward the temple, while the gongs broke the stillness.

**Follow Old Customs.**

Suddenly huge bonfires, built on tripods, blazed forth, and the broad elevated marble portico was illuminated.

The master of ceremonies, the chief officials of the city and the priests of the temple led the procession. They were followed by schoolboys, trained especially in the ancient ceremonial dances.

Although China has become a Republic and is taking on many of the customs of the Occident, the impressive ceremony, with its ritual of long-dead Emperors, was practically the same as accorded the Sage many months ago, when a decree was issued that Confucius was to be worshipped each spring and autumn.

After the prelude the last drum-throb died away. The master of ceremonies struck the tom tom, the standard bearers raised their dragon-embroidered flags, and the Hymn to Confucius began. This Hymn is chanted only twice a year. Before each of the six verses a large bronze bell was struck.

**Sacred Ox Offered.**

The master of ceremonies then offered the sacred ox. In between the verses the dancers performed strange, impressive dances. Accompanied by the flutes, pipes, stone bells and drums, the young boys, in their gorgeous robes, swayed in solemn, impressive ceremonial dances. Their dances, the chants, the temple ritual music and the attitude of the crowds of people expressed a profound reverence for the greatest of China's scholars.

When the last verse of the hymn was being sung and the master of ceremonies was completing his kowtows, the orchestra ready to begin in the guiding march for the farewell processional, we left the temple. The ceremonies, which began at 3, were completed at 5 o'clock.

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The little bow inside the lining of a man's hat is there merely as an ornament. It is a survival of the days when there was not such a large range of sizes as there is of the present time, and a string was attached to the lining so that it could be adjusted to fit any head.

## America's Venus Tells How to Develop Beauty

(BY DOROTHY KNAPP)
The American Venus.

THIS "BENDING EXERCISE" REDUCES THE WAIST AND MAKES THE SPINE SUPPLE AND THE LEGS SYMMETRICAL.

A beautiful face or a beautiful figure is impossible without good health, and good health is impossible without correct habits of exercise and diet.

Our forefathers who lived in the open didn't depend on subways and motors got plenty of exercise, and did not have to worry about Indian clubs, dumbled or daily dozens.

But modern life makes no call on some of our muscles and gives them no chance to develop, so unless we take the matter in hand and exercise them sooner or later we pay the penalty of our neglect in flabby muscles fat or underdeveloped bodies and then ill helath.

**More Harm Than Good.**

I believe in exercise,b ut before any woman undertakes any strenuous program I believe she should have herself examined by a physical instructor at a gymnasium, otherwise she may do herself more harm than good.

I have two simple exercises that are a part of my daily rountine which are perfectly harmless and yet which seem to me to be the best there are for internal as well as external benefit. It is to these two I attribute my health—and my figure.

For external beauty I recommend the bending exercise which stretches and reduces all the flesh about the waist and abdomen and makes the spine supple and the legs symmetrical.

It consists in throwing the arms over the head then bending down until the finger tips touch the floor, without bending the knees. Keep the heels and toes together and come back to position after each effort.

I practice this each morning for about 10 minutes, doing it about 15 times a minute—but then I've been doing it for years. A beginner would find a slower tempo les fatiguing.

The other exercise which is excellent for all the organs of the trunk and abdomen is the twisting exercise. Keep the toes and heels together, and without changing the position of the legs bend the body from the waist in a circle, stretching as far to the back front and sides as you can.

Swinging the arms out in front and then to the back until the finger tips meet behind the back is excellent for developing the chest or for reducing too heavy shoulders.

**Jumping and Running.**

Some women recommend jumping and running, but I think a woman should have medical advice before practicing them.

Swimming is my favorite exercise. I recommend it to every beauty seeker. Work with Indian clubs and dumbells promotes grace and dexterity.

Ten minutes' practice each day is infinitely more valuable than an hour of strenous exercise one day, followed by six of inactivity.

Tomorrow I'll tell you about the breathing exercises I practice, and about my diet system. Then you'll know all my beauty secrets:

## FRENCH TELEPHONE SERVICE POOR, HIGH

### Parisian "Allo" Girls Are Too Busy Powdering Noses to be Bothered With Calls.

PARIS, Nov. 23.—Wrong numbers, long minutes of waiting for "Central" to answer, "cut-offs" and bad connections—in a word, very bad telephone service in general—are causing Parisians to turn their wrath against the "Allo" girls.

"France has undoubtedly the poorest telephone service in all of Europe," says l'Oeuvre. "The slowness of our long-distance communications is proverbial. In all of France there are about 375,000 telephone stations, less than one-half the number one finds in the city of New York alone—a figure almost derisive for a country so important commercially."

Americans arriving in Paris have few words of praise for the French telephonists. For the most part they are insolent and extremely slow. They seem to be busy powdering their little noses or rouging their lips, for very often one waits all of five minutes for "J'ecoute?" which is the French girl's way of saying "Number, please?"

To receive two wrong numbers is an ordinary circumstance, and as many cut-offs, which are even more annoying; for no matter how one pleads the telephonist will not establish the broken-off connection. She simply closes her key and leaves one hanging on the line. In the end it is really much quicker to walk, and most Parisians do it.

While Germany is busy laying a line of long-distance underground cables, which will have a strategic commercial importance, France realizes that she has not a single cable of great distance. Outside of public telephone stations in small hamlets, the telephone is almost unknown in the outlying country districts. The mayor and public officials are often the only ones who have ever made use of a telephone in small towns. The cost is prohibitive for all but the comfortably rich. To install a telephone costs nearly $100 in round figures, aside from the apparatus, which adds another 25 or more to the amount. One may have an old apparatus, which would serve as well and cost much less, but one is obliged to purchase a new and usually expensive outfit from one of the numerous companies which are working together with the telephone concern. If he shows any signs of not wishing to cooperate he is politely told that there is no available free number for the moment, or he is kept waiting an eternity.

Then, once installed, the telephone is a luxury, for the subscription price is not a small item—a matter of $70 a year and long-distance calls at a high rate.

"Our telephone service has need of many reforms," continues l'Oeuvre. "Besides a competent and efficient management, we must procure new and modern machinery and, above all, telephonists who are attentive and capable."

One smart modiste in the Rue Duphot has found a method of bettering her telephone service. "Every season I present 'her' with a fine new hat," she says, "and thus I have peace and my telephone communications." Oh, corruption!

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As manager of the transportation department of one of the largest tie and timber companies in the world, Miss Anne Baker, of Paducah, Ky., directs the towing of something like 2,000,000 railroad ties each year along the Mississippi river.

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In 1840 the record time for crossing the Atlantic was 11 days and eight hours.

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In north Transylvania a young peasant woman may give a particular swain a tip that he is the "apple of her eye" by going with him in his cart at the time of the harvesting of the oats to help him carry in his crop.

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Experiments prove that ants identify friends and detect enemies by the sense of smell.

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Sixty percent of plum jam is said to be sugar and 40 percent plums.


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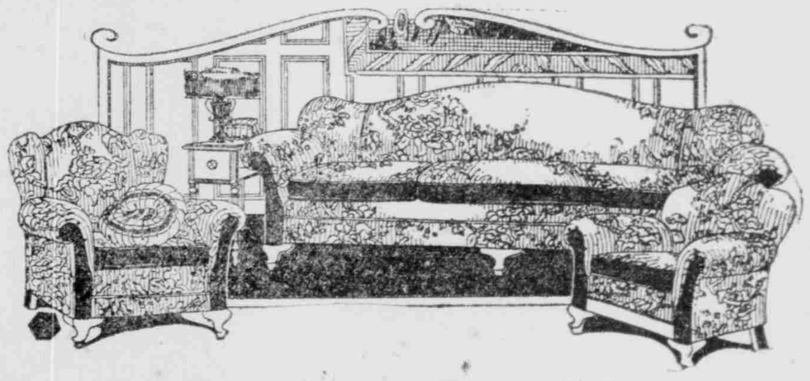

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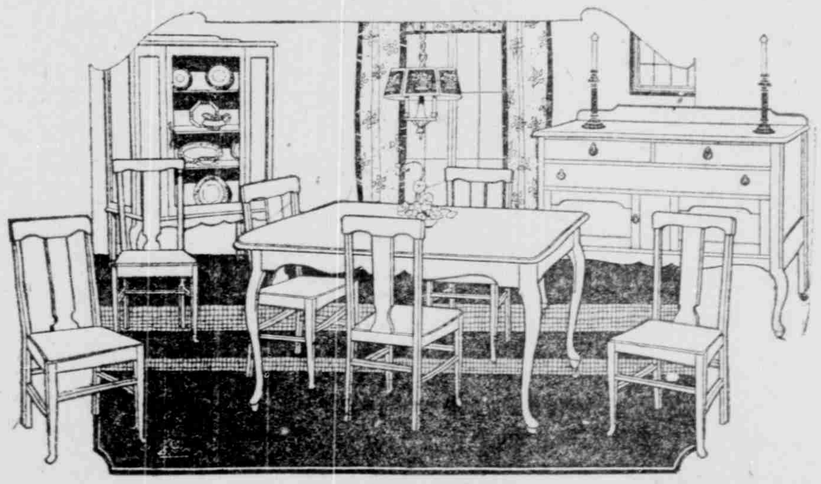

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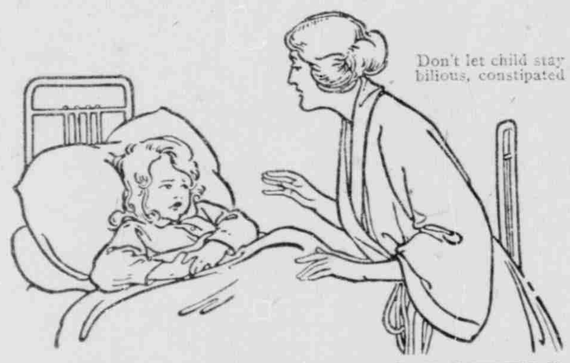

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Adv.



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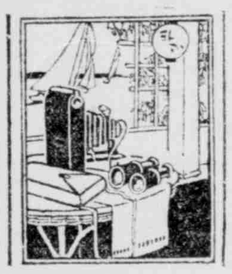

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