

The Quest of Health and Beauty



THE HARDEST STRETCH OF ALL



THIS CAN BE ACCOMPLISHED WITH PRACTICE



DON'T LET THE KNEES BEND

Margaret Graham Tells How Stretching Beautifies

Did you ever see a doting nurse or fond mamma, or perhaps fonder grandmamma, taking a tired little baby at the end of the day to rub out what she calls the "kinks" in its spine? Your own spine, during the busy, happy, tiring day gets full of just such kinks, and needs just as much to be straightened out. Few of you are fortunate enough to have at command a skilled masseuse who is ready at your beck and call to do this for you. So you must learn to do the straightening for yourself.

Stretching—scientific, systematic stretching—is the first step in the process of going to bed properly. Your bed will be a thousand-fold more pleasant and restful to you if you stretch it with every muscle relaxed. Sleep will come more quickly and be sweeter and deeper.

You have heard it said that everybody is taller in the morning than at night. That does not mean that you actually sprout and grow during your sleeping hours, but the relaxation that sleep brings allows the body to stretch out to its full size. At night, when

ly warm bath takes the place of exercise in relaxation. By the time you have steamed thoroughly in the warm tub, have enjoyed the cold dash and the glow arising from Turkish towels and the flesh brush, you are ready for rest. But there are six nights of the week that should find you unkninking yourself by means of exercising.

The kimono or eiderdown bathrobe, or whatever loose garment you have in the way of negligee, may be slipped on over the night dress or union suit. There must be no restriction of clothing, not even a belt. Wear no shoes at all unless you have heelless ones.

Go to a cool room for the exercises. This will probably be your bedroom, which should always be cool at night. Whether you sleep with your window open or not, be sure that the window has been opened at top and bottom before retiring, so that the room is thoroughly ventilated. Take the exercises with the window still open.

Warm yourself to begin with by clapping your hands together as far in front and as far behind as you can reach. I have never discovered a simple exercise which starts a glow all over the body more quickly, and if you can remember this until next December it will come in handy.

Next, stand facing the open window and take a few deep breaths with the hands resting lightly on the filling chest and the outward elbows on a level with the shoulders.

Now you are ready for the lengthening process. Lie flat on your back on the floor and throw the arms up over the head until they, too, are ex-

tended on the floor, palms up. Now say to yourself, "Somebody is pulling me by the feet and somebody is pulling me by the hands." Consider that these imaginary somebodies are having a tug-of-war over you. Imagine yourself the rope. Stretch your legs down and your arms up just as far as you possibly can.

Turn over and lie face downward on the floor. Go through the same stretching process. Repeat it on your right side, then on your left. Give variety to your work by scattering the floor and board exercises among the upright ones. After stretching on the floor, come to an erect and correct standing position. Stretch the arms out laterally, palms down.

Now bend the trunk to the right until the right hand is brought to the floor and the left is high in the air. This position must be brought about by the bending of the trunk alone, the arms being motionless all the while. Bend to the left until the left hand touches the floor and the right is up. Back and forth, back and forth, you will flip like a big windmill.

You must aim to keep the knees stiff and to touch the floor at least with the finger tips. This is no easy trick at first, but you will find every night bringing you nearer the goal.

Balancing yourself while lying on your back on a piano stool is an art to be acquired gradually. The perfect accomplishment would be to lie as flat, while poising there, as if you were on the floor. Begin by laying

the large ironing board across a chair or small table and stretching out full length on it. When this has ceased to be a dizzy sensation, take a smaller board. Then do away with the board altogether and balance across the seat of the chair.

In time you will be ready to take the final step to the piano stool. Stretch the arms out beyond the head as far as you can, then draw them down until the hands are clasped under the head. Stretch and clasp, stretch and clasp in counts of one and two. There may come a time when you can maintain your balance while your small brother catches you by the ankles and whirls you around with the piano stool, but while you are in the first stages of practice you had better keep him out of the way of temptation.

If you are fortunate enough to have a horizontal bar in your house, or a pair of gymnasium rings hung from the ceiling, use them at this time. Simply swing from them, letting the body stretch itself as you do so. It is all very well to use them for "skinning a cat" and other spectacular feats, but the mere hanging from them is

enough to relax those cramped muscles. Look over the house and see if you can't find something to hang from if rings and bar are not numbered among your household furnishings. Sometimes stairs are built so that one can dangle from the edge of a step. A door casing may serve. Search until something presents itself. Place some article on a shelf just beyond easy reach; reach for it. Do this first with the right arm and then with the left. Take the article down and put it back with each hand in turn. Take advantage of all the help your tips offer. Don't grunt like an old woman while you make the stretch. Repeat it several times. See if you cannot place the article a wee bit higher next night. Vary this effort by placing the article a good deal higher and jumping for it.

Again let me warn the woman with a pain in the small of her back against all of these up-reaching exercises. What is healthy woman's meat is her

poison. If she is a chronic sufferer from such pain these reaches are most dangerous and may bring on serious disorders.

For instance, standing with a flat-iron raised high above the head is excellent practice for a girl who is fit; but I once knew a girl who did this for a few seconds on five successive days and thereby gave her physician work for five successive weeks. The fragile woman must gain her relaxation by milder means. Light exercises particularly mat work, must suffice for her.

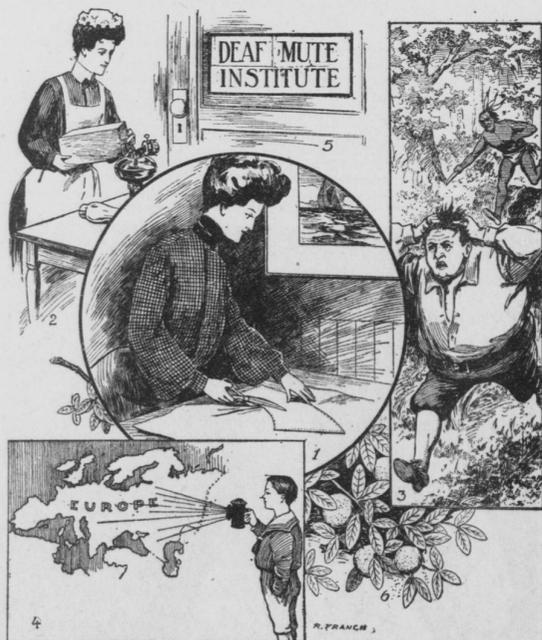
Lying on your back on the floor, extend the arms straight against your sides. Rise to a sitting posture without bending the knees. Repeat this a number of times until the legs feel "long."

Here is an excellent occasion for that setting-up exercise which ordered you to bend the body forward until the fingers touch the floor, the knees all the while rigid. Stretch the arms high above the head before bending. Call in a friend in need. Induce her to clasp you firmly by the ankles while you lie face downward on the floor. Place yourself so that you can with difficulty reach a door-sill. Clutch it and pull yourself by it until the body is thoroughly stretched.

Don't fancy for a moment that you are to undertake all of these violent exercises in one night. Choose just enough to make you feel thoroughly relaxed, and to make the bed a delicious spot. They will bring about the early sleep, and the early sleep, you know, is beauty sleep.

MARGARET GRAHAM.

PRIZES FOR THE INGENUOUS



Each picture in this puzzle represents an exact number of words, each set of words being taken from an advertisement on Page 3 of this issue. Every person giving the proper title to each of these pictures and sending the same to the McClure Newspaper Syndicate, 116 Nassau street, New York City, within four weeks from date of this issue, together with this puzzle, cut from this paper, will receive one of the following five books, postpaid, free:

Tales from McClure's—Adventure. Tales from McClure's—Humor. Tales from McClure's—War; or, "The Man With the Hoe" illustrated, with copy of the famous painting by Jean Francois Millet, a portrait of Edward Markham, the author, and a picture of his study in Oakland, California.

The Value of a Side Remark.
A. S. L. Shields, Philadelphia's well-known criminal lawyer, once turned a case in his favor by the happy inspiration of a side remark.

George S. Graham, then district attorney of the Quaker City, was making his plea to the jury. Suddenly pointing to the prisoner, he shouted, "He has been in politics too long to be honest!"

He paused for a moment to let the full significance of the words sink home, when in a quiet but penetrating voice, Mr. Shields, leaning toward the speaker, said:

"You've been in politics some little time yourself, haven't you, George?"

The jury shook with laughter. Mr. Graham sat down discomfited, and a few minutes later the twelve good men and true brought in a verdict of not guilty.

The Only Really Hygienic Underwear Existing

It is the most hygienic for many reasons, one of them because the fibre of Ramie is not hollow like all other vegetable or animal fibres; it therefore provides no breeding place for bacteria or infectious substances, nor can it retain the ejected waste matters from the pores. It is the only underclothing that can be washed absolutely clean. It is unshrinkable and durable.

Relieves Rheumatism and other ailments caused by impure blood.

Cool in hot weather, warm in cold weather.

Sold by dealers everywhere. There is no Substitute. Write for our free booklet.

Ringheim-Schlichter
Ramie Mfg. Co.
473-5 Broome St., New York

At Wholesale only:
WILSON BROS., Chicago.

Agency:
T. EATON CO., Ltd., Toronto, Can.

KITE FIGHTING IN SAN FRANCISCO

Americans need not go to China to see the art of Chinese kite-flying practiced at its best. Every fall San Francisco is treated to wonderful examples of the art.

Out beyond the city limits, towards the seashore, there is a large open plain where the Chinese go to fly their kites. San Franciscans wake up in the mornings, go to their windows and behold in the sky long green, writhing snakes, huge dragons that wriggle a hundred yards, with tails fifty yards long; strange birds as large as ostriches swooping about in big circles, and still stranger reptiles of gay colors. Sometimes these monsters attack each other, and one or both fall wounded and disappear among the tree tops.

Thus do the laundry men and other

Chinese coolies of San Francisco amuse themselves with their paper kites. They have fights for big stakes, in which the contestants try to saw each other's kite strings with thin wires stretched along the upper parts of their own strings.

Silence May Be Golden.
Silence may be golden—but so are good words, when they are spoken at the right time. The trouble is to find out which has the most value.

WASH YOUR FAT AWAY

WITH HOWARD OBESITY FLUID

A DAINTY LOTION

Harmless, Certain and Inexpensive. EXTERNALLY APPLIED

Literally washes away the fat from any or all parts of the body without injury. Restores natural youthful appearance; no shabbiness. A simple treatment; no stomach-wrecking drugs; no dieting or inconvenience.

Results Guaranteed or Money Refunded.

Send for new free obesity book, which tells all about this new, scientific discovery and contains convincing evidence of merit. All correspondence confided to.

THE HOWARD CO.
No. 6 West 124 St., Dept. 36, N. Y. City.

vose PIANOS

ESTABLISHED IN 1851

Their predominant value from a musical standpoint is distinctly and quickly

PROVED BY COMPARISON

with any other piano in the world

By our easy payment plan, every family in moderate circumstances can own a VOSE piano. We allow a liberal price for old instruments in exchange, and deliver the piano in your house free of expense. You can deal with us at a distant point the same as in Boston. Send for a catalogue and full information.

VOSE & SONS PIANO CO.
163 Boylston Street, - - Boston.

Paper for the Young Girl's Boudoir.
Paper hangers are offering a dainty pattern for the young girl's room or boudoir. The wall pattern shows a simple stripe, combining delicate tints, such as pale pink or blue with gold, pale green with silver, white with gold. The border is of the paler color with bow knots in the deeper shade—for instance, a silver border with dainty bow knots of palest green. This mode of mural decoration lends

Worth Reading

NORTH AMERICAN MINER

It shows you the road to success. It prevents you making bad investments. It leads you to good investments. It's the stepping-stone to a successful life. It's mailed on request six months free.

NORTH AMERICAN MINER

Dept. 62 32 Broadway, New York

If you have a liking or a taste for drawing, get the art, mail with 2¢ or address and receive the "Drawing Book" with terms. New York School of Calligraphy, 55 World Bldg., N. Y. City.

In Which a Woman Tells the Truth About Herself

The personal story of a woman whose life has been under the dominance of the passion for admiration and the love of luxury. She resolves to write the whole unsparring truth about herself—not the way she ought to have left and acted, but the way she actually did feel and act. This is the story that is told in

THE PERSONAL PRONOUN NOVEL

Third Printing \$1.50 At All Bookstores

D. APPLETON & COMPANY, Publishers

itself admirably to the photographs and trinkets with which a young girl decks her own little nest.

Dyspepsia

and other stomach troubles quickly relieved and in most cases surely cured by the use of

"Glycozone"

This scientific germicide is absolutely harmless; it subdues the inflammation of the mucous membrane of the stomach, and by removing the cause, effects a cure. Used and recommended by leading physicians. Take no substitute and see that each bottle bears my signature. Trial size, \$1.00; at druggists or by mail, from

Prof. Charles H. Barchand

P. 59 Prince St. New York. Send for Booklet How to Treat Diseases.

FREE Baseball Outfit

Each Outfit Contains

- 9 Baseball Caps
- 9 Baseball Belts
- 1 Baseball
- 1 Throwing Glove
- 1 Catcher's Mitt
- 1 Catcher's Mask
- 1 Book Complete Baseball Rules

BOYS do give you the outfit complete. Free for lifetime only 25 Packages. Being at 10 cents. Every boy wants his club in uniform. Here is the chance. Jim Handy goods and latest league pattern. Send us your name and address, we will send you FREE, postpaid, and FREE with 25 Packages. They will all be at night. When sold send us money, we ship outfit at once or your choice from 100 other presents such as rifles, revolvers, telescopes, fishing sets, cameras, watches, violins, guitars, mandolins, Talking Machines, Croquet sets, Hammocks, etc. Send name to-day. Costs nothing to try. Write quick.

TRUE BLUE CO., DEPT. 921, BOSTON, MASS.