

EACH AND ALL SOCIETY - CHRISTINE TERHUNE HERRICK, PRESIDENT

Health Comes First

How to Go About the Work of Laying the Foundation for Healthy Minds

Now that the contest for the prize is at an end, we must give it special attention in getting the work of our organization into shape. One trouble with any society of this sort is that there are many excellent suggestions and that the multitude of them is likely to be confusing. We must try to put them into some concrete form in order that we may obtain the best results from them.

Last week, you recollect that we spoke about self-improvement along mental lines. We talked of clubs of all sorts that would be sub-divisions of our big society—clubs for reading, for conversation, for study of various lines of interest. We want to discuss more self-improvement. It is a big subject, and so many of the girls have asked for it as one of the main objects of our society that we must give it special attention. But we are branching off from the mental side to-day, and we mean to talk instead about the physical.

I know a good many of you girls are keen about outdoor sports. You love tennis and perhaps golf in the weather when these can be played, and I know that many of you are fond of wheeling and boating in summer, and of skating in winter. Here is where the country girl, or the one who can get to the country easily, has an advantage over the city girl. The latter must make the gymnasium take the place of outdoor sports.

WHO WANTS TO JOIN A GYMNASIUM CLASS?

I am afraid this proposition will not be received with universal enthusiasm, though there are some girls who will be glad of the suggestion. One young woman, particularly, who has been longing for months to get up a gymnasium class, and has written to our page asking for recruits, will feel that at last her chance has come. I hope it has, for she has been waiting for it long enough!

Probably the gymnasium plan does not strike you as interesting. Yet I have known few girls who once began such work who did not become absorbed in it. It does them much good in every way. It is not long before they feel the benefit of it in improved bodily conditions, and after that the growth of the power to think clearly and rationally is sure to follow.

This may not seem of great importance to you when I put it in this way. But when I tell you that there is nothing better for developing the figure properly than systematic gymnastic work, that since it improves the circulation and keeps the body in good order, it has a beneficial effect upon the complexion, you may perhaps give the subject more favorable attention.

You have doubtless formed some idea, from reading our page, of the number of girls who write to me for advice concerning their figures and their skins. But you don't know the half of them! The majority write and ask for personal answers, enclosing stamped and self-addressed envelopes, and their applications never appear in the paper at all. One tells me that she is too stout. She weighs too much for her height, and she is in her thirties. Another is troubled with imperfect development. How shall she reduce it? Another is skinnier than she wishes to be. How shall she round the bony outlines? This one has a poor complexion. The other has a red nose. A third is always pale and longs to have a rosy color.

EXERCISE IS WORTH TONS OF COSMETICS

To all I give the best advice I can—and vigorous exercise comes into pretty nearly every counsel. Exercise—preferably in the open air, but anyhow exercise—is worth tons of cosmetics. I believe in the cosmetics, too, in moderation. That is, I believe in a good cold cream for softening or cleansing the complexion, in good applications to keep the hands from becoming rough and red, in good hair tonics to increase the growth of the hair and improve its quality and quantity. But I don't advocate the cosmetics that will cover up defects instead of remedying them, and put a "make-up" on the fact instead of a healthy natural color.

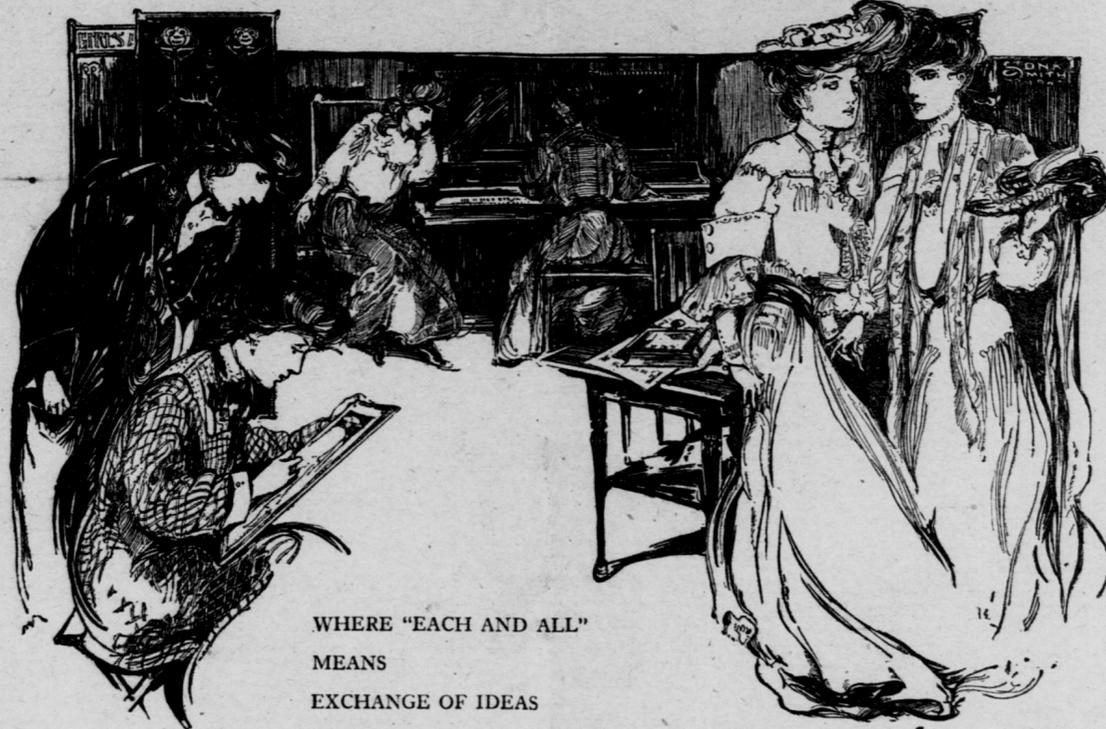
The last is what exercise will give. Try it and send me your names, those of you who wish to join gymnasium classes, and let us see if we can't get up a number of them. The more the merrier, and there is no encouragement to exercise like the fun of practicing in a gymnasium. If you live in a town where there is not a regular gymnasium, it is possible to form a class and find a physical instructor who will direct you. There are even instructors who teach by mail and give classes directions which they can follow without the presence of a teacher.

I dare say that this will call out an objection from some of the girls. There are certain of them who have the time, and other who haven't the money to spend upon gymnasium classes, they will tell me.

I recognize the force of both of these remarks. But we

THE PART OF EMERSON'S POEM, "EACH AND ALL," WHICH SUGGESTED OUR NAME

For knowest thou what argument
Thy life to thy neighbor's creed has lent.
All are needed by each one;
Nothing is fair or good alone



WHERE "EACH AND ALL" MEANS EXCHANGE OF IDEAS

want to help just those girls especially. You know that is one of the main things for which this club is formed—that we may all help one another.

Let me take first the case of you, the girl who says she has no time. How do you know you have no time?

Does that sound silly? It is not, I mean, what do you do with all your time that is so much more important than taking the exercise that your health demands? Is there not something else you could give up which would allow you to devote even half an hour daily to exercise?—or you too tired late at night and too busy early in the morning, and is there no half hour that you can spare during the day? Let me tell you that if you will make the time by giving up something else, even if it is a thing that seems rather important, you will find the exercise pays for itself, in the good it does you. It is very poor economy to let your body become weak, your muscles feeble. Sooner or later you have to atone for such neglect of your physical condition.

And then, you, the girl who feels she has no money to spend on gymnasium classes. I think it altogether likely that you have none. Then exercise without the gym-

nasium. There are plenty of good exercises that you can take in your own room in the morning, before you are fully dressed, and at night, when you are getting ready for bed. If you cannot find any one who will join you in such exercises, do them by yourself. It would be better, because more encouraging and more entertaining, to have some one to share them with you, but even exercise alone is much better than none at all. Open the window before you begin, and get as much fresh air as you can while you are going through the motions that will develop the different parts of your body.

Thus far I have been speaking of the indoor exercises chiefly, because at this time of year they are within the reach of every one, while the open-air exercises are possible to comparatively few. But the blessed time is not far ahead when you can go into the open for your fresh air, and do all the delightful outdoor things that young girls—and old ones, too—love. We must begin thinking already of what our clubs are to do then. We must plan how we can help the other girls who need the fresh-air enjoyments that so many of them cannot get unaided. I wish some of you bright girls who are always full of ideas

would begin thinking up some schemes for that time and for those girls.

Meanwhile, turn your attention to the gymnasium classes. Let me have the names of as many of you as are inclined to form one. Don't be satisfied with sending in your own name alone, but try to get the other girls you know interested in it. We are bringing girls from everywhere into our society, and we mean to have something to interest them all. Even the girls who go in for mental self-development ought to see how the improvement of the body will assist the workings of the mind, while those who are "for fun always" will recognize the possibilities of fun that dwell in gymnasium classes. Think what a joy it would be to belong to a class of any sort in which "Betty" was a member! There are other girls like her, and they will make any kind of a class lively. Be sure to include at least one of them in each class you form.

Christine Terhune Herrick
PRESIDENT.

LETTERS AND ANSWERS WHICH WILL HELP "EACH AND ALL"

The letter you enclosed I was also very pleased with, but you know the distance is very much, so I do not feel able to do so, although at the same time I am extremely thankful to you both.

This letter is from a girl in Pennsylvania who wishes a position to take care of children or of an old lady. One position that was offered her is, as she says, too far for her to take it. I hope something else may be offered her, but if not, I will send her a stamped and self-addressed envelope I will send her the address of a place in New York where she can register by letter and on payment of the registration fee.

Studying Nursing at Home

Do you think "K. M." would be interested to know of the changes made in the curriculum of the nursing school at this school have found me with many prominent physicians. As I am a poor girl myself, hoping some day to be an eminent nurse, just mention this to you, wondering if it would be any of your girls interested in such a thing. I dare say that this will call out an objection from some of the girls. There are certain of them who have the time, and other who haven't the money to spend upon gymnasium classes, they will tell me.

I recognize the force of both of these remarks. But we

Trimming for a Black Jacket

Dear Mrs. Herrick: I live in the country with two dear old people, and feel very lonesome sometimes. I haven't very many friends to go out with.

I think "Betty's" letter is so interesting that I would like to join such a club where I could get acquainted with some of your girls.

I am a young lady, 21 years of age, and am employed during the day as a stenographer. I would like to have you tell me how I could enjoy some of life's pleasures, as my friends and I are mostly young married people and have no leisure, so I am left alone. I never go out, but devote most of my time to reading, and I am a very constant user of any other color besides black to trim it.

A COUNTRY LASS.
I say to you, I did to the writer of a preceding letter, that I am delighted to number you among my girls, and that if you wish to be one of our girls, you need not send in your name to be enrolled among us.

Do not think I would have any color but black to trim the Norfolk jacket, since the material of which it is to be made is to be black. It would not do well, and the plain black jacket will go with any color.

As to the punctuation—frankly, it is poor. That is a common fault. I think I would get a little manual of punctuation, study it and practice it. I would also study rhetoric and grammatical construction and take a course of literature. You will find them all helpful. Read all the good books you can—classics among novels, good histories and essays. Take a course of Stevenson. Study to improve your style and think more of making your writing admirable than of earning money. I wish you success. Let me hear from you again.

Your Sketch is Interesting
Dear Mrs. Herrick: I am a mother of two dear little children. I am ambitious to do something for myself. I find it impossible to work away from home.

I have taken up writing as a means of pin money making. I am sending you a sketch clipped from a local paper. I think it will be of some use to you. I am nearly broke, and I am, I think, honestly, what you think of it and of me. Sincerely yours,

You ask me to speak frankly, and I am going to do so. In the first place, let me begin with the end of your letter and say that I am always happy to answer personal letters when a stamped and self-addressed envelope is enclosed. Next, still going backward, I find your little sketch interesting, practical and helpful. It may have been edited, but it reads smoothly. I do not know that you have it in you to do anything great—writing along the line your sketch indicates is rarely literature—but you will probably interest and help your readers.

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The Girl is Right
Dear Mrs. Herrick: I consult you about my daughter. She is a very intelligent and dignified young woman. She is in the High School, but is so old about preferring to read and study instead of going to school. I have advised her to go about getting such a place as she wishes to go to, and she has refused to do so. I hope I am not taking up too much of your space. I am a mother of two dear little children, and I am nearly broke, and I am, I think, honestly, what you think of it and of me. Sincerely yours,

This question, my dear girl, I am afraid you will have to decide for yourself. Think the matter over from all standpoints. There are advantages and disadvantages on both sides. A difference of religion is always likely to produce more or less unhappiness, and perhaps that consideration may have some weight in helping you to make your decision. Honestly, it does not seem to me that you have either one well enough to marry him. To my old-fashioned notions, a woman should love the man she marries so well that there could be no possibility of her feeling willing to be the wife of any one else. Apparently you do not care for either one to this degree. If it is simply a question of preference, that is, as I said before, is a matter no one but yourself can settle.

girl against her mother, but I think the mother is the one who is mistaken in this case. The girl will care for her mother in plenty of time. In the meanwhile, it is a blessing that she is fond of books and is inclined to give her time to study instead of wasting it on talk of young men.

Our Society Should Help You
My Dear Mrs. Herrick: I am a young lady, 21 years of age, and am employed during the day as a stenographer. I would like to have you tell me how I could enjoy some of life's pleasures, as my friends and I are mostly young married people and have no leisure, so I am left alone. I never go out, but devote most of my time to reading, and I am a very constant user of any other color besides black to trim it.

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The Gymnasium Girl Again
Dear Mrs. Herrick: To settle a dispute, please tell me if (Christine Terhune Herrick) and Marion Harland are one and the same, or mother and daughter?

Also, I wrote you with regard to "Betty's" letter and thought it a fine idea, and this letter is only a reminder that I am still anxious to do what I mentioned in that letter, that is to get up a gymnasium. I am so anxious to do this, but have no one to help me. Plenty of girls friends, but they would rather eat chocolates and tell secrets. So won't you kindly help me?

Thanking you for your letter. Your views and my own agree admirably.

I think that one of the branches of our new organization would be a help to you. But even without that you ought to be able to make friends. How about your church association? Is there no young people's society of girls of your own age? Tell me if you have tried any of these plans, and if they do not succeed, I will endeavor to give you further advice.

Church-Going
Dear Mrs. Herrick: I did not see "Betty's" letter on churchgoing, but I read the reply of "One Interested," and would like to say something to you. I think the working girl, of all classes, needs to go to church. Her daily round of duties will inevitably keep her dull and growing by constant use.

I am a stenographer myself, and on Sunday morning, like all the day, I am tired and inclined to lounge about through the city. But what if you are tired? Oftentimes it is as much a comfort and interest to go to church as it is a duty. Her daily round of duties will inevitably keep her dull and growing by constant use.

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Duties of a Nursery Girl
Dear Mrs. Herrick: What are the duties of a nursery girl? I am a good, respectable girl, and would like to get a place as such a position without summer. Do you think I could obtain such a position without experience in that line? And do you think the real respectable people get their help at the employment office?

I hope I am not taking up too much of your space. I am a mother of two dear little children, and I am nearly broke, and I am, I think, honestly, what you think of it and of me. Sincerely yours,

You might obtain a position as the nurse of older children, but could hardly take care of a baby without experience. You would not get as high wages as though

Our Emblem a Bee

The Suggestion for the Badge is Adopted at Last, and Three Girls Share the Prize

LIKE the aim of the society, more than one girl suggested the idea for the badge I finally decided upon, and so it has to be divided among three of you.

The other girls would have been eligible to a share in this prize if only they hadn't disregarded one little rule of the contest—they didn't send full names and addresses!

It was such a little point to remember, girls, and I did so hope that I wouldn't have to throw out a single letter because a rule was broken! But we'll all be more careful next time, I am sure.

The three winners of the third \$10—which will be equally divided among them—are Lina R. Harris, Gertrude Irving and Esther Sugarman. Their letters are printed below.

Now that we've chosen our name, our object and our badge, we're organized at last, and ready to take up the subject each girl feels she needs most help in.

In the meantime, designers are busily working away, planning how the bee-idea can be best expressed as a pin; and soon their estimates will be ready.

So many of you want to help—do it by telling me the things you need most to make your life successful in any way. Perhaps some other girl may get the answer to her life's question from it.

Some girls are already at work, getting their friends to join, and thinking hard about the best way for them to adapt the three-fold object to their lives.

Remember, I want "each and all" of you—so, if you haven't already sent in your name and address for recording, do it now, and enclose a stamped, addressed envelope for your membership card.

The Three Prize Letters

Dear Mrs. Herrick:

After thinking over the idea of a girls' club among us, I suggest the following:

Name—"Silent Workers' Club."
Badge—Small gold or silver beehive, with tiny bees as the queen being larger in enamel, encircled by a band of ends united by clasped hands. The band bearing the initials "L. K. T. in F. W. D."

The meaning of the name to be that it will be a secret society, known only to ourselves, and that silently we carry out the object of our club.

The meaning of the badge, which, if I remember, you wished to symbolize the name is: The line representing the club as the club, the best material; the bees, ourselves and you our queen, the "Silent Workers" improving every opportunity; the band encircling it, as we should be friendly to all the members living in our city; the initials to represent our motto: "To be loving, kind and true, in thought, word and deed."

Lovingly yours in the work,
LENA R. HARRIS,
11 Wesley street, Somerville, Mass.

My Dear Mrs. Herrick:
As to the girls forming an organization, would say that I am interested in it for fun and self-improvement.

The name—"Priscilla's Daughters."
The badge—A small pin of a bee design, the busy bee of course.

Hoping that this will be favorably considered, I remain,
Yours truly,
GERTRUDE IRVING,
Box 294, Saco, Maine.

Dear Mrs. Herrick:
I am an enthusiast and a follower of Letty's suggestion to organize a club. I am a poor hand at expressing my ideas. Suffice it to say that all your ideas, dear Mrs. Herrick, are models of the best material. To be brief, I will only say that I think this organization capital.

Three purposes. Firstly, fun; secondly, this society is for all the members living in our city; and thirdly, we should meet at different times in different parts of our city; and whichever girl has knowledge in gymnasium, sewing, dancing and so on, having the members of the other cities informed of all we do. We should have small concerts at first, and our most accomplished girls take part, the money to go to some benevolent purpose.

For a badge—a silver or gold bee.
ESTHER SUGARMAN,
49 St. Patrick's street, Ottawa, Ontario, Can.

LITTLE HELPS FOR THE YOUNG GIRLS

Their Joys and Sorrows Discussed in Answer to Their Letters

you were practiced. So far as the employment agencies are concerned, there are some where the most people go. Be very careful in your choice of an office. Go there as early as you can, and be sure you are safe, and there are other. Register for the sort of place you wish, and ask the person in charge for directions as to what further to do.

The address to which you wrote is correct.

Wants Extra Work
Dear Mrs. Herrick: I am a young girl, and support my mother and sister working in a mill, only getting \$1.00 a week. I can sew and hemstitch beautifully, and in every way I can help my mother. I am a very good writer, and I can do anything that you wish. I would be very glad to do anything that you wish. I am a very good writer, and I can do anything that you wish.

I am unable to advertise your work in any way, but if you will send me a stamped and self-addressed envelope I will gladly send you a list of my friends in other parts of the country, and it is quite probable that one of them will be able to get you some extra work at home, stamped and self-addressed envelope must be sent to me as a matter of course.

I am glad that you are able to sew so well. An amount of this kind makes it easier for one to earn money.

Pin-Money From Candy
Dear Mrs. Herrick: Will you please write and tell me if you think I could sell home-made molasses candy, and if so, how could I start in it? I can make good candy, and I have a lot of it, but I don't know how to sell it. I would be glad to do anything that you wish.

Would I be able to make any money by it? I don't know how to sell it. I would be glad to do anything that you wish.

Did you never hear of the Syracuse girl who began what is now a flourishing business in just such a small way? She sold candy to school children and other students to begin with, and established a custom among friends and acquaintances. Try the same plan. Put up your candy in attractive fashion. If it will keep well in your house it ought to keep well in a store. Induce some of the grocers and druggists of your town to put it on sale on commission. Try new kinds of candy. It is not a matter of luck to succeed with them, but of skill and judgment. I see no reason why you should not, with courage and perseverance, make some money by your plan. It may not be a large amount at first, but try it!

WHAT MY MANY GIRL FRIENDS ASK

Mrs. Herrick's Department of Questions and Answers—Helps for Correspondents

Practical Enthusiasm

Dear Mrs. Herrick: I LAST WEEK I sent my name to you to be recorded on the club roll, and would you please accept one of my friends this week also as a member?

Wishing you the greatest success and thanking you for the invitation to join, I remain, Very sincerely,
ETHEL.

Helpful Suggestions

My Dear Mrs. Herrick: While reading the letter from "F. M." I felt I must write and tell her of myself.

About three years ago I was a young girl, and my father was a very good man. I was a very good girl, and I was a very good girl. I was a very good girl, and I was a very good girl. I was a very good girl, and I was a very good girl.

Then, another thing which I would like to tell you, is that I have no time for now, was sewing. People thought I did well on my own, and they sent their shirts waist to me. If I had the time, aside from my music, I could do very well sewing.

There are only suggestions, but possibly they may help some one. F. H.
A helpful letter! Thank you for writing it. The more of that sort we can get, the better!

Intends to Go on the Stage
Dear Mrs. Herrick: I have begun at least a dozen letters to you, and now I am resolved that I will be getting on my feet. I am a very good girl, and I am a very good girl. I am a very good girl, and I am a very good girl.

Of course you may be. I am delighted to welcome you. If you wish to be one of our organization, you must send your name and address. I am interested in your progress, and would like to answer the questions you ask in the latter part of your letter were they not a little too personal to be put in our paper. I will send you a stamped and self-addressed envelope and repeat your request, I will be happy to put you in the way of learning what you wish to know.

Grateful for Help
Dear Friend: It was with great pleasure I received your kind letter. You seem to have taken quite an interest in me. Your first note I intended answering, but was thinking that I may have some good news to tell.

You said in your letter to me to apply to one of the register offices. Where I am it is quite a country place, and has not a place of the kind. I am very anxious to get a place in New York.

I am a very good girl, and I am a very good girl. I am a very good girl, and I am a very good girl. I am a very good girl, and I am a very good girl.

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