

DUMB-BELL EXERCISE

Will Erase Hollows About Collar Bone and Fill Out Thin Necks.

Fifteen minutes or half an hour given to the exercises daily will be all that is required, and the best time to try them is in the morning before one is fully dressed.

This does not mean that one should attempt exercising in a chilly room while half clad, but it is best in almost all physical culture exercises to wear loose, comfortable clothing; being sure, of course, that you are warm enough. Begin operations then by working with the dumb-bells. First, extend the arms at right angles with the body like a cross. Now raise the arms up and down for a foot or so. Continue this movement for two minutes at least. This will strengthen the upper edge of the pectoral muscles—that part which is next to the collarbone—and will fill out hollows in the neck.

Second, try a movement which is excellent for the development of the upper chest tending to raise the depressed collarbone and the whole upper ribs, causing flat chested persons to become shapely.

Hold the head and neck back of the vertical for about six inches—that is, with the face pointing to the ceiling. Then work with the dumb-bells at arms' length. Continue this exercise also for two minutes.

Exercise numbers three and four will broaden the chest wonderfully if persisted in daily for the required two minutes. Stand erect, with heels together, toes well out and hands hanging at your sides, keeping elbows straight, slap the backs of your hands together as high over your head as you can. At the same time rise high on your toes and the ball of the feet. Do this slowly twenty times. This exercise will also develop the calves.

Exercise number five is somewhat similar except that this is the chest deepener, while the other was its broadener.

This time keep the arms parallel and raise them in front as high as you can, rising on the soles and toes as before. Repeat twenty times.

Of one thing you must be sure, and that is, you must breathe as slowly and as deeply as you can all the time you are taking this exercise. Be sure that the air of the room in which you exercise is pure.

An excellent chest expander will be found also in running exercises. Running slowly and taking as short steps as possible may be done in one's room. It may, in fact, be done on one spot, a practice which physical culture teachers call "still running." If you have parallel bars on which to exercise, try spreading them until they are nearly three feet apart and doing whatever arm work on them you like, only see that your body is below and face bent downward. This will expand the chest greatly. While work on regular patent exercisers is very good quite as effective practice may be had with the dumbbells.

In conjunction with these exercises learn how to breathe properly, for that is necessary to the general health as well as to developing the muscles of the chest.

When you are sure that the air in your room, or in the park where you happen to be walking is pure, slowly inhale as much as you can get into the lungs without discomfort. Then exhale just as slowly.

After a while you will form the habit of deep breathing, both while you are asleep and when awake, thus bringing into regular use a large portion of the lungs' surface. Always breathe through the nose. By doing so the air is warmed before it reaches the lungs. This prevents a "dry mouth" and aids in causing refreshing sleep.

Breathing through the nose will also insure a more graceful carriage, as in order to do so one must hold one's head up properly and this in turn helps develop the muscles of the chest.

To Cure Pessimism.

Hang these words on your bedpost or tack them into your brain:

I am going to become an optimist. From now on I am going to change my entire life and my entire style of thinking.

I will endeavor hereafter to be generous in my view toward others, broadminded, large-spirited, and kind, thinking well of everybody, mean of nobody, and overlooking the little faults, believing that there are other qualities in the man that overwhelm the deficiency.

"There is so much bad in the best of us and so much good in the worst of us that it behooves each of us to be charitable to the rest of us."

I shall see the bright side of everything.

I shall talk like an optimist, laugh like an optimist, and move about like an optimist, conscious of the fact that I shall radiate sunshine and make every one around me happier.—Physical Culture.

Relaxation for Nervousness.

When the symptoms of worry begin to manifest themselves loosen your garments completely and lie down in the most restful position you can assume. Now close your eyes for a few minutes and, raising your arms, let them fall and lie loosely and naturally above your head. Lie thus for a minute or two and then begin to take deep, long breaths, as deeply as possible. Keep this up for five minutes.

When anything is accidentally made too salty, it can be counteracted by adding a tablespoonful of vinegar and a tablespoonful of sugar.

THE WELL DRESSED WOMAN

Avoids Striking Colors in a Limited Wardrobe.

"Do you mean the woman who wears the plum colored gown and the big plum colored hat?"

Such distinction is the fate of that unfortunate woman who, with a limited income, chooses her wardrobe without respect for the "golden mean." Many a woman's unforgotten good appearance, on the other hand, can be traced to her considerations for the first principle of success.

It is very tempting of course, when plum, for instance, has been made the prevailing color, to purchase the plum color, especially when it can be worn becomingly. If, however, the purchaser stops to reflect how much of the modishness of such a gown worn by another woman is due to its merely occasional appearance, she will hesitate a bit before committing herself to the choice of it for repeated wear.

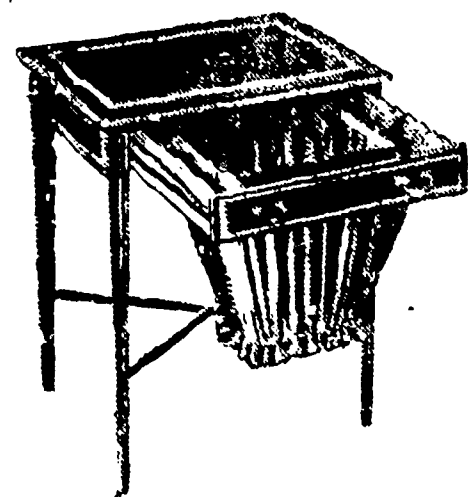
When the well dressed woman who has only a small sum for her clothing goes so far as to reveal the secrets of her art she invariably names this middle course as one of them. She includes likewise her choice of the medium among the fashions after which her costumes may be modeled. As a result she is not limited for success to a fleeting extreme of fashion, while she may still keep pace with the general mode.

It would be quite as lamentable a mistake, however, to achieve only the insignificant when one aims for the medium. The color and the design chosen must show character as well as conservatism, and the nondescript shade of the uncertain design will never be effective at all instead of being, as in the first case, effective for a little while.

A costume of the conservative sort will justify an expenditure for fine material, and incidentally the trimmings will not be too short-lived for preservation and use at a later time.

Sewing Tables Again in Use.

One of the revivals is the "well" work table, an indispensable adjunct of the sitting-room in the days of the great grandmothers of the present generation. Mahogany was the favorite wood for these tables, a decorative touch being imparted by artistic



inlay and the accompanying picture represents a pleasing reproduction of a characteristic old time design in inlaid mahogany. The spacious silken workbag is in dull green tint, and the drawer is divided into compartments for thread and the general paraphernalia for sewing.

Seasonable Home Cooking.

Take one and one-half pounds of juicy round steak, cut into pieces about an inch square, trimming off all skin and gristle and using very little of the fat. Season highly with salt and pepper, stirring it well among the pieces. Make a suet crust, roll out half an inch thick and square shaped and line a well greased quart bowl. Fill the bowl with the meat, add half a cup of water, fold over the overlapping corners and pinch the edges together to form a close cover of paste through which no gravy can escape. Flour a cloth well and place over the bowl, floured side in, bring the four corners of cloth back over the top and tie securely so that the pudding can be lifted from boiler by this knot. Place the bowl in a pot of rapidly boiling water and keep constantly boiling for two and a half hours. When you take up to serve, remove the cloth, run the thin blade of a knife round close to the bowl and turn out gently into a hot serving dish without breaking the pudding. If possible, garnish with border of baked onions and parsley.

Bacon Salad.

Fry a dozen thin slices of bacon. Save the fat which fries out of the bacon when frying, add hot water and stand away to cool. Take off the cake of bacon fat, remove any sediment on the bottom, and melt it. Slice six hot potatoes, chop fine the whites of two hard boiled eggs. Put into a salad dish a layer of potato, using half, sprinkle slightly with cayenne or white pepper, add two tablespoons hot bacon fat, part of the whites of eggs, a layer of crisp bacon, and then rub one egg yolk through a gravy strainer over the whole. Repeat in the same order with the remainder of the materials, and sprinkled chopped parsley over the top. Serve cold.

Chicken Sandwiches.

Chop cold cooked chicken and tongue very fine, add one-fourth the quantity of finely chopped blanched almonds, and a little seasoning and lemon juice. Spread on thin slices of buttered bread.

For Tender Feet.

A hot-water bath in which has been dissolved about three ounces of coarse salt will cure tired, swollen feet.

Tender feet should be rubbed with spirits of camphor after being washed in warm water and thoroughly dried.

PICTURE HANGING.

Judgment Brought to Bear and General Harmony Striven For.

The first rule to observe is not to overhang the skyline. By that is meant an imaginary line which should mark the top of the picture frame.

This skyline must take a height commensurate with the size of the room. What that is must be left for the individual to decide. Once determined upon by the placing of one picture, no other frame must rise above it.

Another rule which some authorities abide by invariably is that tops of all frames grouped close together must be on a level, without regard to the sizes.

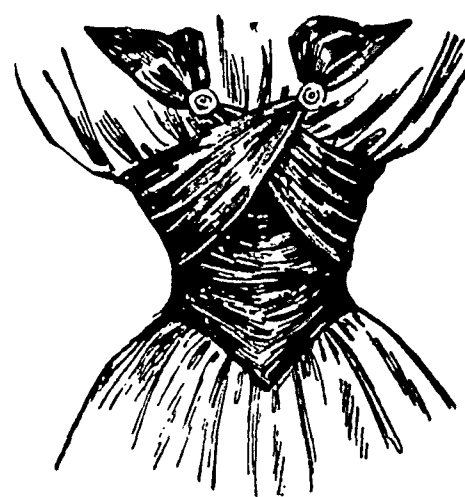
Indiscriminate hanging of pictures, that is to say hanging them in irregular groups, is condemned as bad taste. If small pictures are to be hung in a room where there are larger frames, the former should be grouped into panels corresponding in outline with the size of the latter. For instance, two frames six by ten inches in size should fill the same amount of contiguous space as one frame twelve by ten inches. The smaller frames should be hung one over the other. This is in much better form than hanging the large frame between the two smaller pictures.

Pictures should not be bought in "pairs." A long panel on either side of a square shaped frame is entirely inartistic. Many persons in furnishing a house or an apartment buy a number of pictures at once and then seek for places whereon to hang them. The reverse of this custom would much facilitate artistic effort. The place should seek the picture, indeed, and it would be much better to buy only such pictures as space suggests.

To have one good picture or print in a room rather than several that are inconsequential should be the rule. Frames, as far as may be, should all be of the same color in one room. Gilt frames, white enamel and oak grouped together are a sight to shock the person of sensitive taste, and even if frames are not all of the same wood, they must correspond in color. All must be hung upon picture moulding, even the smallest. Gilt wire should never be used, only the commonest kind, which one buys at the picture frame shop. See that all pictures "dip" at the same angle, if they incline at all.

The Latest in Girdles.

Below is shown a pretty girdle of shaded ribbon, trimmed in front by



two Rhine stone buttons, and is equally fetching when made from Liberty satin, Suede or Crepe de Chine.

The Cause of Bad Temper.

"The idea that thin persons are more irritable than fat ones has some foundation in the fact," said an old physician. "But the thinness is generally due to the irritability and not vice versa. The great mistake is in supposing that a querulous disposition is natural and inherited. The peevish and fretful child could be brought to an amiable and good tempered maturity if its needs were understood and attended to. It does not whimper from sheer perversity," says Woman's Life. "More than half the bad temper in the world is due to neglect of this kind."

"The child's disposition is warped in infancy, and it grows up with a twist in its temper and a disposition to look on the black side of things. Instead of growing plump and rosy, the continual irritation keeps it thin, pale and 'spindly.' Now this is a matter of special importance to women, because with their finer organization, fretting and worrying have a far more destructive effect than in the case of men. They spoil their good looks, dissipate their vitality and become 'scraggy.' Mothers, who have fretful children should use every effort to find the remedy, especially when the children are girls."

Veils and Eyesight.

"I have been experimenting on a veil's effect on the sight," said a physician. "I find that it is a bad effect save when the sight is especially strong, and, therefore, I am going to write an article in favor of the abolition of the veil."

"But since scientific attacks abolish nothing, I shall include in my article helpful hints to the vain wearers of the veil. I shall tell these ladies what kind of veils injure their eyes least."

"The least objectionable veil is without dots, sprays or figures. Its meshes, large and regular, are made of single, compact threads."

"The plain veil, with its meshes made of double thread, is the next harmful one."

"Then comes the figure veil—the veil with dots and diamonds and other ornamentation upon it. This veil is very bad indeed. Though my wife and daughter have good eyesight, I would never, under any circumstances permit them to wear this veil."

MY BOYHOOD HOME

Words by Bessie M. Franklin.

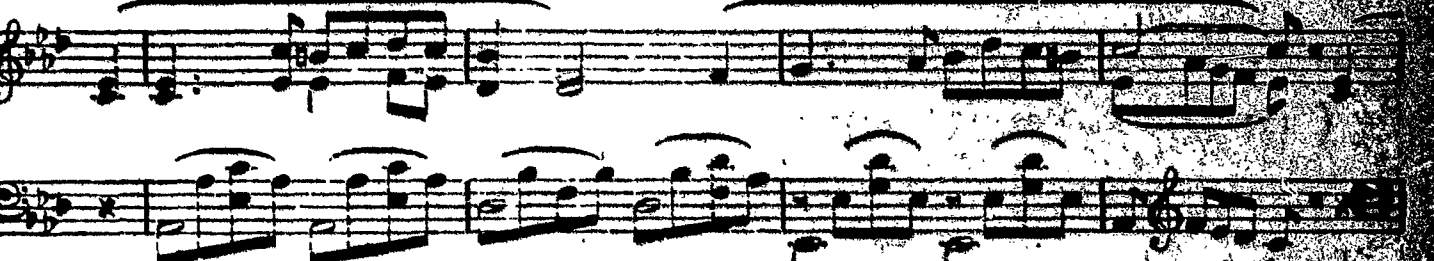
Music by Fred. A. Franklin.

Andantino.



1. Down on the banks of the O - hi - o, Up - on a mud-sill-ty farm;

2. Now years have pass'd and I have wan - der'd, Far from the home my boyhood knew.



spent my hap - py childhood hours, Se - cure and safe from ev - 'ry harm;

dreamed of gold and fame and sought them, I've trav - eled for - eign lands - tries through - out.

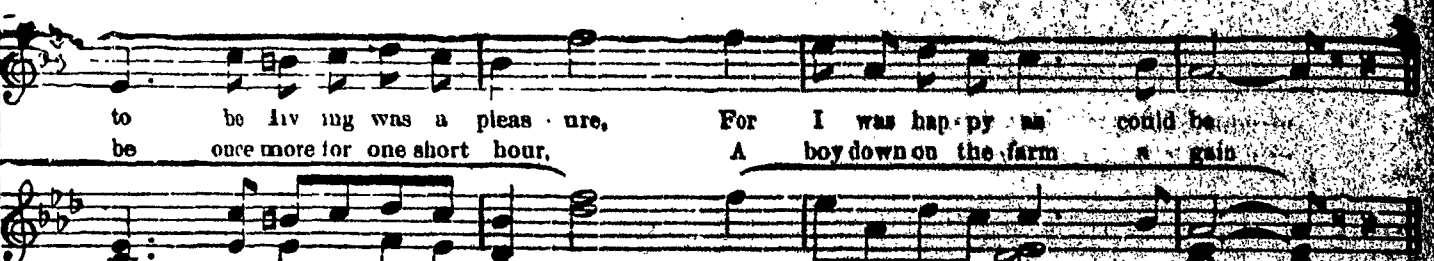


life flow'd on in peace - ful meas - ure, The fu - ture had no care for me;

though I've gain'd both wealth and pow - er, I'd give them both and call it gain - less.



American Melody Co. N. Y. Copyright 1904



to be liv - ing was a pleas - ure, For I was hap - py as could be;

be once more for one short hour, A boy down on the farm a - gain.

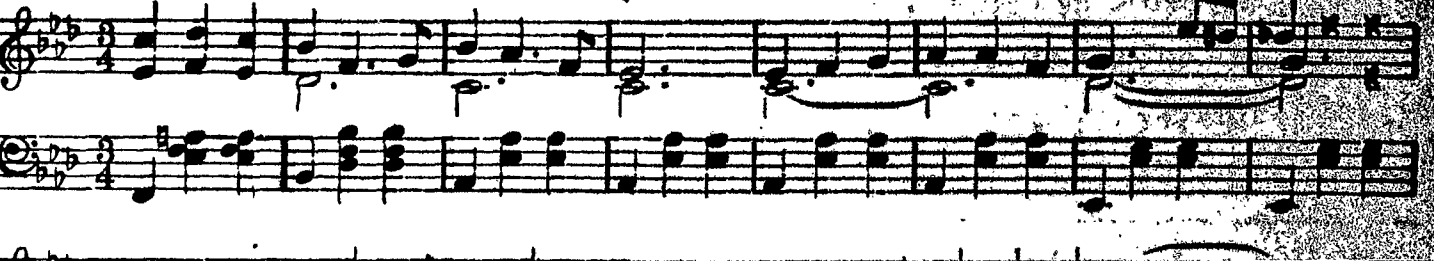


Chorus.

Moderato.



There in O - hi - o the dear lit - tle farm, Still has a wel - come for me.



Tho' to far coun - tries and lands I may roam, Nought like the farm do I see.



Yes it is plain and old fashioned and old, But mem - o - ries round it have grown.



me it is dear - er than sil - ver or gold for the hap - pi - ness there I have known.



My Boyhood Home.