

"Christmas on the Stage"

Is the title of a most interesting story in the Christmas Metropolitan Magazine, cleverly told by Gustav Kobbé, who seems to live and breathe in the theatrical world, and knows the people of the stage, their lives and their ways, better than anyone else. He tells in an absorbingly entertaining way of how the stage folk celebrate Christmas; how Richard Mansfield and others provide entertainment and gifts for their whole company; how Annie Russell remembers her associates. Besides this, there are

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Metropolitan Magazine for December

R. H. RUSSELL, Publisher

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THE VANISHING TEN POUNDS.

Rules for the Woman Who Thinks Herself Too Fat.

(New York Sun.)

It is a pity that any woman should be unduly fat, unless she desires to be so. Overstoutness is unhealthful, it is uncomfortable, it hurts good looks and it is unnecessary. Numerous examples exist of women who have been fat and have taken off fifty pounds, and there are countless cases of women, past middle life, who retain the graceful figure of girlhood.

It is the way of living and the habits that cause fat to come. You can build yourself up or you can reduce, and the beauty of it is that it takes very little time to do either. The woman who is too thin can add nearly ten pounds to her weight in three weeks, while the woman who is too fat can take off ten pounds in the same length of time.

Now, here are some rules for the woman who wants to get thin:

1. Eat fruit before you go to bed, all you can, choosing figs, prunes or apples.

2. Do not lie in bed more than seven hours. Either go to bed late or get up early, but let seven hours be the limit.

3. Do not drink over one cup of tea, coffee or water at each meal, and do not have either tea or coffee very sweet. One cup must suffice, no matter how much you may want another.

4. For breakfast take nothing but dry toast, put a little salt on it instead of butter. Eat three slices of toast if you please, but only one cup of coffee.

5. Do your own marketing and your own shopping and your own sight-seeing. Three hours is not too long to spend in walking. Don't sit down, but keep moving.

6. Have your feet in good condition, for the fat woman who has trouble with her feet might as well have no feet, so far as exercise is concerned. She cannot walk.

7. Don't wear tight clothing, for tight bands, tight lacings and tight collars keep the fat firm and it is impossible to exercise when the muscles are tightly banded or bound down.

8. Don't have ailments, although fat people are very apt to have many aches and pains. Forget them and remember only that you are going to grow thin.

9. Don't, when walking, try to wear high heels, for high heels injure the feet and make them ache so that it will soon be impossible to do the required amount of walking in order to get thin.

10. For the second meal take meat, if you prefer to do so; otherwise live on vegetables and try to cultivate a taste for all the nice green salads of the day.

11. Eat all the fruits, all the vegetables, all the green things you can get, but do not drink a deal of water while eating and do not take bread and butter.

12. Avoid sauces. Avoid starchy foods. Avoid the made dishes which are the delight of the stout people.

13. The prizefighters, who must keep to a certain weight, diet, but not in an uncomfortable manner. They eat enormously and partake of a great variety in food, but they drink no stimulants and they eat no great contrasts in food. They do not take vinegar and cream at the same meal, nor do they partake of the mixtures which are a daily part of nearly every household menu.

14. Arctic explorers grow very thin. Yet all have had all that could be eaten of good food, three, four and five times a day. But it is compressed food. It was a food that had no fatty substance in it. It was food that was not made for the putting on of fat and the tickling of the palate, but for the nourishment of the body and the preservation of the health.

15. Exercise is a vast thing in the scheme of reduction. If the fat woman would buy a pair of pajamas and a football and would turn herself into a vigorous kicker she would soon transform herself from a fat woman into a very thin one. If she would religiously kick every evening from 10 until 11 and every morning from 6 to 7 she would lose flesh, and lose it very rapidly.

Pork as a Civilizer.

Charles Lamb recorded the accidental discovery by the Chinese that "roast pig" was good to eat—and better than raw food. Upon this fact the cooking art of China is constructed. Now comes the tale that the Cannibals of Africa prefer "pork" to "human" meat.

The story runs that the British schooner Mary Hendry arrived at Philadelphia the other day after having made a trading voyage to a number of isolated ports of Western Africa. While discharging a portion of her cargo at one place the ship was visited by the king of the Niger Settlement. He was entertained by Capt. Foote of the Mary Hendry, who reports that the king and all his subjects are cannibals of the most ferocious kind.

When the king sat down to the best dinner that the ship's cook could prepare he was helped to a slice of pork, which he liked so well that he insisted in filling up on it. Biscuits he spurned and sardines he pushed away untasted. The pork was good enough for him.

When he had all he wanted, at last, he smacked his lips with much satisfaction and asked whether it was white man meat. He had never eaten anything but blackman meat before, and he found the new kind so much superior to anything he had ever tasted that he thought it must be white man meat. When told that it was not man meat at all, but the flesh of a pig, his wonder was great. He made many anxious inquiries concerning pigs, and expressed a desire to discover some way in which the products of his country might be exchanged for pork.

Here is a new text for Mr. Lorimer in his letters from "Old Gorgon Graham" to that convenient son: Pork as a civilizer; the packing house as a school of morals and the traveling man as a missionary. If this cannibal

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preferred pork to blackman meat why not teach him to make his black men work to earn pork? Nothing is stronger or as an argument to a human being than highly desired food. If this cannibal liked pork, other cannibals will like it too. Let the missionary open a can of pork, instead of a theological discussion. When the cannibal has been taught the value of human life

it will be time to begin on his soul. Meantime 'rah for American pig!'—Seattle Times.

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