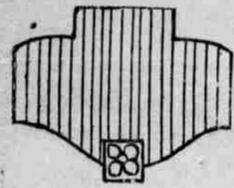


# Corrective Gymnastics for Your Child

Sitting on Chair, Bend Over as far as Possible, Relaxing All Back Muscles



Raise Trunk to Sitting Position and Touch the Toes

## EXERCISES FOR CHILDREN

Prudently Used They Lay a Wonderful Foundation for Perfect Health.

By Mrs. McCune.

**D**o you want your child to rise up and call you the best mother any one ever had? Of course you do. Then pay strict attention to the following directions, which will do much to correct or prevent any slight deformities that would mar the child's health or carriage.

The other day a young girl of 19 was complaining the fact that her mother or some one interested in her did not insist upon her standing, sitting and walking correctly so that she would not be so stooped-shouldered. Her face was pretty and the girl was attractive in a general way, but her drooping shoulders added years to her appearance. I gave her a list of exercises and urged her to practice them regularly, but even then she complained of the negligence of her parents.

While the exercises offered today are especially meant for children, there is no reason why grown-ups should not practice them, too. At least, a mother must have them firmly fixed in her mind before she can direct her child.

It is a splendid thing to get a child in the habit of exercising daily, and if a mother can exercise in conjunction with the child, the work will be pleasant and the results will be beneficial to teacher and pupil.

There is nothing like same exercise to promote a normal growth and to develop and discipline motor control. It produces a hardiness that will prove of wonderful value to the child in later years.

Of course, every one thinks of the physical effects of exercising, but there is an educational side to it. Regular exercise promotes obedience, exactness and order. It trains for alertness, quick perception and quick reaction. The will power is strengthened by it, and there is acquired a consciousness of the beautiful in form and motion.

The exercises photographed are all splendid for strengthening the muscles of the back and thus checking round-shouldered tendencies. They also have a noticeable effect on other parts of the body, as you will find when practicing the various movements.

Here are the directions for the complete chair exercise. Have the child sit on the edge of the chair. Let her raise her arms as high as possible and then bring them down and touch the

floor. The body should be bent forward as far as possible, and the muscles of the back should be relaxed. Try it yourself and feel the effects of the stretching on the abdomen, back and arms. By degrees let the child move further back on the chair until she will be able to perform the exercise with the whole length of the thighs resting on the chair. Have her repeat five times.

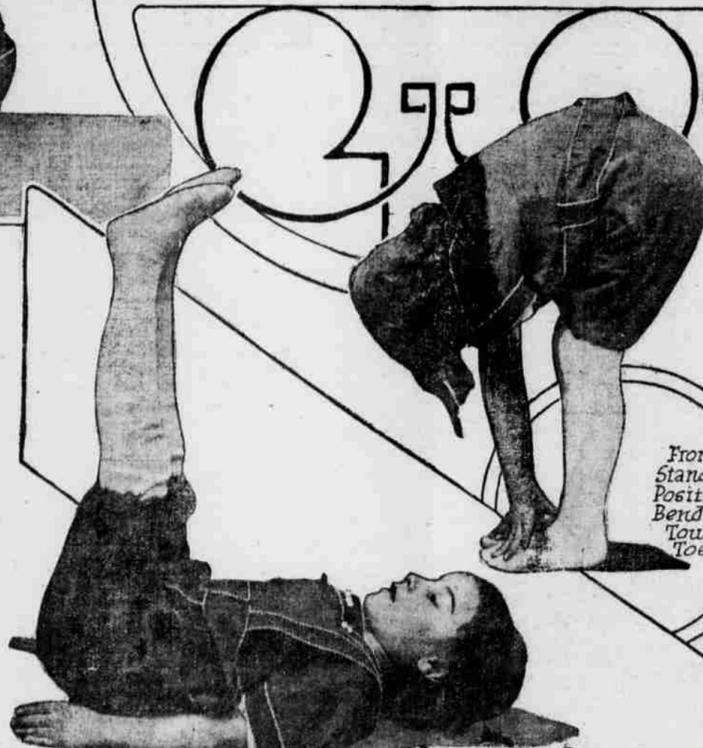
While lying with the back flat on the floor, hands at the sides, have her raise her knees up and backward as far as possible. During the exercise the shoulders are thus kept straight and the drawing up of the knees has a strengthening effect on the muscles of the abdomen and back.

From the flat position on the floor raise the trunk, the hands assisting if necessary, and bend it forward, reaching forward with the hands as far as possible. At first the toes may be the limit, but in time the hands will be able to go beyond this point.

Lying on the back, hands on the floor at the sides, the legs should be raised upward and backward. All the while they should be kept very straight.

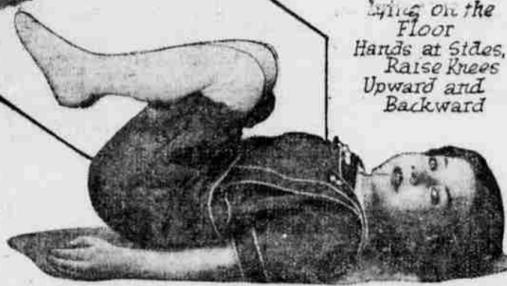
A splendid exercise to encourage balance and poise is the one showing the child bending forward and touching the toes. This position is reached after the body has been held erect. The principle is something like that followed in the chair exercise, except that the child bends the body from a standing rather than a sitting position.

From earliest infancy a child should be given an opportunity to exercise her body. Just as she automatically gets the proper amount of sleep, if given half a chance, so she will take the proper amount of exercise. The mother should not restrain her by hindering her movements with tight clothing. If the various garments are loose enough to permit of free movements of the arms and legs, a baby will get exercise. Children of the school age need to be watched carefully. They are apt to indulge in faulty positions, which lead to decreased heart and lung action, and sometimes to more serious results. Thus, the vitality is lowered and the child is more susceptible to all forms of disease. Corrective work, if undertaken in all seriousness and persisted in, will cure most mild cases of deformity. The more developed ones, however, need special attention from a skillful person.



From Standing Position, Bend and Touch Toes

Lying on the Floor, Hands at Sides, Raise Legs, Keeping Them Straight



Lying on the Floor, Hands at Sides, Raise Knees Upward and Backward



## THE KITCHEN

**Carrot Pudding.** One and one-half cups of brown sugar, one and a half cups of suet (chopped), one cup of raisins (chopped), one cup of currants, one cup of carrot (grated), one cup of potatoes (grated), one teaspoon soda, one and a half cups of flour, one teaspoon each of allspice, cinnamon and cloves. Lemon peel, dates or figs may be added. Steam at least three hours, and as much longer as possible; the longer the better. Steam in moulds. Put about one tablespoon of brown sugar in your frying pan and brown it well; then pour about half a cup of boiling water on it and pour this over the pudding before steaming, as this makes it dark and rich. This will make enough for two days for six in a family.

**Maple Mousse.** Yolks of eight eggs, one cup maple syrup, one pint cream, whipped. Into the yolks of eight eggs beaten light, pour slowly one cup of hot maple syrup, beating all the time. Put this mixture into a double boiler and cook until a coating is formed on the spoon; remove and cool. Pour this on the whipped cream and stir in. Put in mould and pack in ice and salt from four to six hours. This serves 15.

**Cinnamon Cake.** One egg, one cup of sugar, one tablespoon butter, two cups flour, two teaspoons baking powder. Mix this well together, then take part in a bowl and add two teaspoons of cinnamon, and add the white part and put half in the pan, and then the dark part and drop by spoonfuls into the white part in the pan, then put in the rest of the white part. Bake 40 minutes.

**Cinnamon Frosting.** One cupful confectioner's sugar, little butter, two teaspoonsful of cinnamon and a little milk. Do not boil.

**Canned Salmon Loaf.** Drain off the liquor from a can of salmon, and with a silver fork pick the fish fine, discarding skin and bones. To the fish add half a cup of fine bread crumbs, the yolks of four eggs beaten light, four tablespoonsful of melted butter, half a teaspoonful of salt, a scant half teaspoonful of pepper, one teaspoonful of fine chopped parsley and lastly the whites of the eggs beaten stiff. Turn the mixture into a buttered pan, shape into a loaf and bake one-half hour. Serve with following sauce: Melt one tablespoonful of butter, stir in one tablespoonful flour, dash of pepper, one-quarter teaspoonful salt. Cook until frothy; add one cup of milk and the fish liquor from can. Stir until it boils, simmer three or four minutes, remove from fire and add a beaten egg.

**Cherry Shortcake.** Six egg whites, four egg yolks, half cup of pulverized sugar, three-quarter cup flour (sifted), one-quarter teaspoonful salt, one-half teaspoonful orange flavoring, one-half teaspoonful cream of tartar. Beat white of egg

## HEALTH IN SUMMERTIME

By Edna Egan.

**N**OW that the warm days are here," sighed the pale stenographer, "I am sure I shall feel better. I'll have roasts in my cheeks and be able to put more heart in my work."

Perhaps she will, but it is very likely that she won't. For the warm weather season, instead of giving the average worker a new lease on life, makes her feel more tired, more nervous, nearer the end of her physical endurance than she ever did during the winter. This is not entirely because heat is enervating, but because few girls who work for a living and must, in consequence, be in the city most of the summer, know how to live properly during the warm days. As a rule they eat the wrong food, sleep too little and take no exercise except that required in the performance of their daily duties. No physical system can stand such treatment, especially at a time when the heat saps away the small fund of strength.

If you want to be well this summer you must begin now to lay the foundation for future health. During these fine spring days when it is neither too hot nor too cold, get up early, each morning take a cool or cold bath, eat a substantial breakfast, and then start early to the office, allowing yourself time to take at least a fifteen minutes' walk before going to your daily labors. You will feel refreshed and more like work than you ever have before.

At luncheon time stay out in the sunshine and open air as much as possible. Fresh air will do more towards building up strength than all the medicines in the world.

But fresh air and exercise are woefully handicapped in their work if the business girl clogs her system with the wrong sort of food. The human system craves a change of diet in the spring and it is fatal to health to keep on eating heavy meats, rich sauces, pastries and desserts at this time of the year. Eat as little meat as possible and when you do eat it, be sure to eat some light meat. Fish should take the place of meat to a large extent during the hot weather, and plenty of fresh vegetables, salads and fruits should be eaten.

During the hottest parts of the summer months she must observe certain rules if she wishes to keep her health during this trying period.

If possible, arrange one's work that the hardest part of it comes early in the morning and late in the afternoon. This leaves the middle of the day (when the heat is most intense) comparatively free, and during this time the working girl should sit as quiet as possible.

This does not mean that she should not work at all. If she is a business woman this is impossible, but it does mean that in many cases she can so arrange her work that whatever running about she has to do can be accomplished in the early morning and that the writing of letters or other work that keeps one still at one's desk can be taken up between the



**L**EATHER work is interesting, and has become quite a fad, although the numerous articles, while pretty, are very difficult to make. Quite a novelty is the picture frame of leather, with a bouquet of leather flowers fastened across the top. The one seen was decorated with morning glories. They were made by wetting the leather and stretching it to form the funnel-shaped blossom. Of course, the leaves are not as difficult to manage.

**T**HE following is an excellent way of sewing buttons on children's coats, etc. Make a good-sized knot in your thread, which should be fairly coarse, then place a small pearl button on the inside of the coat. Put the needle first through the material, starting from the right side of the garment, then through the small button, then back again through the material and right through the big button. Continue to stitch through and through until the button feels quite firm, then give the thread a twist or two round the base of the top button and finish off securely. There will then be no fear of the buttons coming off or tearing away the cloth.

**A**PRETTY cushion cover intended for porch use is made from natural linen, showing the Swastika emblem (applied) in a large size. The prettiest shown in a collection seen recently was cut from a piece of cretonne, in Persian coloring, outlined with a couple of rows of dark red soutache. Other designs used as a decoration for the pale tan linen were fashioned from bright red Turkish twill, black braid in rows, art tickings and printed canvas.

**I**F women wish to retain youth, they must avoid nervousness. The forerunner of old age is the taut drawing of the little nerves. Each time they succeed in gaining control age has won a trench from youth. Worry, too, often takes the form of self-pity and the woman who suffers from this affliction can find no safer remedy than interest in another's burdens. It eases the annoying troubles. After all, it is one's

hours of 11 and 3. The girl in the shop has not this advantage. But even she can save herself excessive exhaustion by doing work as calmly as possible, by refusing to become flustered and hurried during working hours. Worry adds to one's temperature considerably, and the woman who becomes flustered only adds to her discomfort during warm weather.

**E**VERY one who wears darned stockings—and that means almost every one in the world—knows how the darning cotton sometimes shrinks away from the sides of the hole, making the stockings tear around the darn. This may be avoided by holding the card or skein of darning cotton over the spout of a kettle of boiling water. The steam shrinks the wool and when the stockings which have been mended with this cotton are sent to the wash no fear need be entertained of the darn shrinking.

## GOSSIP

**T**HERE are few offices where several persons are employed which do not give opportunity for gossip. But the girl who determines that she at least will neither repeat nor welcome talk about other members of the office force chooses a wise course.

Sometimes the talk is not ill-natured, but it's just as well to steer clear of it. Prying and fussing over other people's affairs is poor work at the best, if it has a best.

Of one thing you may be quite sure. If you say something unkind, something sarcastic, if you let yourself wonder why Mamie is seen round with So-and-so so much, or remark that Blanche had lunch with a married man the other day, or whisper that Ethel colors her hair, such talk will finally get to the person involved. She will be told it is you who are saying things about her, of course under the promise of strict secrecy; and the office will be a less pleasant place to work in than before.

Remember that it is not enough to refrain from gossiping yourself. You must also refuse to let others gossip to you. The reputation you will establish will be one good to have, one even the worst offenders in the gossip factory will respect.



**G**REAT harm is done to the skin by the use of a powder which contains mineral substance in a large degree. Lead, arsenic, mercury, and blameth are all active poisons and their continued use is most injurious. The presence of sugar of lead in any cosmetic preparation can be detected by testing it with ammonia, which will turn it black.

**W**HEN your eyes have become irritated through excessive use, a little dipped in cold water and applied to them, and changed as often as it becomes warm, will generally relieve them. If the irritation continues, the following lotion will prove efficacious: One grain of borax, one ounce of camphor water used as lotion.

**I**f the skin is dry and peels it is from lack of natural oil. Such skin should be massaged often with a good skin food or cold cream. The massage stimulates the oil glands to perform their natural work, while the cold cream supplies what natural oil is lacking. The face should always be carefully dried after washing it, as the water is drying to the face.

**I**n the East Indies, where fine teeth are the rule, charcoal of the Arca or bivalve, which is both smooth and alkalescent, is used for cleaning the teeth. As you cannot easily obtain this, the following is a very good substitute: Prepared chalk, one-quarter pound. It should be pure precipitate, carbonate of lime. Add to this one-eighth of a pound of starch flour; the same amount of powdered orris root, one-tenth of an ounce of sulphate of quinine and eight grains of oil of wintergreen or peppermint. These ingredients should be very thoroughly mixed and put into a bottle and corked. If

the mouth is kept perfectly clean and the gums massaged Riggs' disease of the gums may be held in check and in many cases, cured, by the use of a very little aromatic sulphuric acid. This should be the most carefully used and in minute quantities.

**T**HE grape cure is highly recommended to those who want to have a beautiful complexion, and one of carrying it out is to take a wineglassful of the juice of freshly squeezed grapes every morning an hour before breakfast. At night before going to bed the face and neck should be spatted with fresh cream, which should be allowed to remain on for about ten minutes, and then be washed off with moderately hot water. The skin should be dried by soft dabblings with a fine towel. When the skin is quite dry the finger tips should be dipped in fresh grape juice and the face and neck bespattered with it. The juice should be left to dry on, and then the face should be massaged lightly to remove the rather strained feeling.

**L**ITTLE sun kisses called freckles are not easily bleached, yet they can be greatly reduced in color if persistently given a treatment for bleaching them. A good remedy for freckles on the arms and hands is made of: Cocoa butter, four scruples; sweet almond oil, four scruples; oxide of zinc, two drams; borate of soda, one and a half grains; essence of bergamot, eight drops. This will keep the arms in splendid condition and prevent more freckles from coming. Now for a remedy to cure them on the face: Elderflower water, four ounces, eau de Cologne, one ounce, tincture of benzoin one-half ounce, cucumber juice, two ounces. Take care there are no pimples or bad scratches on the face when this lotion is applied.