BRINGS SCOTT'S STORY OF TRIP TO THE POLE

Editor of "Everybody's Magazine" Has Photos of Finding of Amundsen's Tent.

30,000 WORDS IN STORY

Contains Diary of Last Days of Explorer's Life—To Be Published in London, Paris and New York.

One of the most dramatically forlorn photographs that history has produced was brought here yesterday from Havre on the French liner France by Trumbull White, editor of "Everybody's Magazine." It is a picture of Lieutenant Scott standing at the South Pole and looking dejectedly into the tent of Captain Roald Amundsen. Belief in England that discouragement over the victory of Amundsen in reaching the pole first was in a measure responsible for the death of Scott gives the picture unusual significance.

It is one of twelve photographs taken by Scott and his men after they left the last relief party on their final dash to the pole. Some were made by Scott, others by those with him. These and a narrative story of some thirty thousand words extracted from the great bulk of matter left by Scott were brought here by Mr. White for publication in "Everybody's."

The editor explained yesterday that there was nothing morbid or startling in the material he had obtained, but that it was exceptionally interesting and contained much that cleared up the references made by Scott in his message to the English people.

"I went abroad five weeks ago to get the American rights to the Scott story," said Mr. White, "having made a contract with Lady Scott by cable when she arrived in New Zealand.

"I spent two weeks with her and Commander Evans and Leonard Huxley in London going over the manuscripts and selecting the thirty thousand word narrative I have brought over with me. It is all now carefully arranged and typewritten and ready for the compositor.

"After leaving the last supporting party Scott took with him to the pole three blank books, the pages being a trifle larger than a postcard. All his writing was in pencil and was carefully written. He had also a small camera and a roll of films for twelve exposures. The manuscript and camera with its roll of films were turned over to Lady Scott just as her husband had left them. The films were developed and revealed twelve perfect negatives.

"Scott's expedition, like many others, was in debt when it started out, and if it had not been for the money realized by the sale of this matter Lady Scott would find herself heir to her husband's debts."

Mr. White would not say what price his magazine had paid for the American rights of publication, but he explained that when Lady Scott had invested the sums paid to her by "Everybody's," "The Strand" and by Hachette & Co., of Paris, she would be able to realize an annual income equal to the pension of $1,500 awarded her by the British government.

By special agreement with the two foreign publishers Mr. White said that the magazines would be put upon sale simultaneously in London, Paris and New York, and that every possibility of a leak in the story to this country from France and England had been safeguarded.

The first instalment of the Scott story will appear in the July issue and will be continued in the three succeeding numbers.

FIGHT FOR FIFTH AVENUE

Suffrage Leaders Oppose Bill to Exempt It from Parades.

Mrs. Lillian S. Griffin, leader of the Woman Suffrage party in the 31st Assembly District, and Mrs. M. A. Saunders, who said she represented Mrs. James L. Laidlaw, head of the party in New York, protested yesterday at a public hearing in City Hall against the proposed ordinance that would keep all except official and military parades off Fifth avenue, except on holidays.

"We feel that this city is for the people," said Mrs. Griffin, "and that its streets are for the people. The facts that Fifth avenue is centrally located for all boroughs and that our party has grown until it is organized in all the boroughs make it desirable that we parade on that thoroughfare. We feel that no one street should be exempted from parades."

Mrs. Saunders backed up the remarks of Mrs. Griffin. Robert Grier Cooke, president of the Fifth Avenue Association, and representatives of Best & Co. and other merchants favored the ordinance.

OHIO WILL PENSION MOTHERS.

Columbus, Ohio, May 9.—Governor Cox approved to-day a bill passed by the Legislature providing for mothers' pensions.

WOMEN'S VOCATIONAL SERIES—VI.

The sixth of a series of eight valuable and interesting vocational articles for women, written by experts, will appear in the

Woman's Pages of To-Morrow's Tribune

Winnifred Stuart Gibbs

of the New York Association for Improving the Condition of the Poor, has an interesting article on

"Trained Charity Workers Needed"

WANTS HARD PLAY FOR GIRLS

Mrs. Weller Declares They Need Vigorous Outdoor Games Quite as Much as Boys, and Dolls Are Good for the Latter.

Richmond, Va., May 9.—Girls and their activities took up to-day's programme of the Recreation Congress. Mrs. Charles Frederick Weller, of Lawrence, Kan.; Ellen Kate Gross, of Baltimore; Bessie M. Weed, of Noroton, Conn.; Beulah E. Kennard, of Pittsburgh; Mary B. Stewart, of Baltimore; Catherine M. Combs, of Bennington, Vt., and Mary E. McDowell, of Chicago, were speakers.

The feature for to-day was an open-air demonstration of play activities, in which hundreds of kindergarten and school children took part.

That too much distinction was made between boys and girls in their play, their work and their educational training was the claim of Mrs. Weller, who said:

"Many people begin in his babyhood to train the boy away from the gentler side of life by taking away his doll. Later they teach him that certain home duties belong to the girl, and since the boy's work—such as cutting wood and drawing water—no longer has a place in the city household, he grows up without sense of responsibility and devotion toward his own home when he has one, and on that rock has split the happiness of many families.

"The girl, on the other hand, is constantly repressed, and, because her faults are not dramatic like those of her brother her elders fail to realize that she needs broad training to free her from the narrowness and pettiness of women which have been the jest of the ages.

"Vigorous sports, especially games, are found to develop just those characteristics in which women are lacking—physical strength and courage, sense of justice, public spirit, freedom from self-consciousness and a broad democratic spirit. Yet tradition for the most part bars girls from such sports, so that while the boys play baseball the girls must look on enviously, or play sickly sentimental games of their own; if they are not at home, bearing home duties or responsibilities—that often are too heavy for them—or waiting idle and impatient for the boys to be free to join them.

"Let the girls play hard sometimes and forget themselves. Quieter sport—music, literature, art—have their very important place for the girl, and quite as much for the boy. For with this all-round training each may be gentle and each may be strong when occasion demands it, and together they may round out a fuller, more wholesome life for the race."

5 PERFECT BABIES FOUND

Will Be Shown To-day in Health Contest Finals.

Five perfect babies will be exhibited at the Lenox Hill House, No. 446 East 72d street, to-day in the finals of the first health contest conducted under the auspices of the New York Milk Committee. The competition is one of a series of American standardization tests.

Almost five hundred babies were examined by the nurses in the preliminary trial; 375 survived for the semi-final examination, in which 252 received official rating. Twenty-two of the infants obtained 99 per cent or more of the possible points, and five of them were adjudged perfect.

To-day the twenty-two babies receiving a percentage of more than 99, together with eleven others who are to be re-examined, will appear at the Lenox Hill House for final examination and awarding of prizes. The baby who is judged best to-day in each of the different classes will be awarded a blue ribbon, entitling it to first prize, and its mother will receive a bankbook showing that $25 has been deposited to the baby's acount.

Those receiving honorable mention will get a red ribbon. Those who fail to win any prize will receive notice six months from now that a prize will be awarded to the baby who has made the best progress toward perfection in that time.

The examination will begin at 9 o'clock this morning, and the prizes will be awarded about 2 o'clock in the afternoon.

CHILDREN TALK POLITICS WHERE THE WOMEN VOTE

Only Woman Senator Tells How Eager the Girls Are to Vote in Colorado.

Here is what comes from letting women vote. The effect of the equal suffrage air of Colorado upon the infant mind is seen in the following "Essay on Man" written by a schoolgirl of Denver:

"Man is the person that marries woman. Man sprang from monkeys. So did woman, but she sprang further."

Mrs. Helen Ring Robinson, the only woman Senator in the country, told this story yesterday in her address before the Equal Franchise League at the Hotel Astor. She added that the children like politics so well that already her little girl was planning on serving her state at Washington.

"The women of Colorado implored me to tell you," said Senator Robinson, "that the stories you read in the women's lingerie journals about the failure of suffrage in Colorado are not true. They are lies, plain and fancy, gotten up to please an editor left over from yesterday. We do not spend our time drinking highballs or stuffing ballot boxes. We haven't faces like vinegar jugs, and we do love our husbands and homes just like other women.

"Most of us are glad and proud to vote. It takes us just twenty minutes a year, unless we tarry at the polls to discuss millinery with old friends."

Senator Robinson said she always thought of herself in the Senate as the direct representative of the home-making industry. The grocers had a representative, the doctors had one, the railroads had several—why shouldn't the homemakers?

"Virtual representation," such as the "antis" advocated, she designated as tommyrot.

UNIFORM DRESS IN SCHOOL

Fort Wayne Women Plan to Lessen Girls' Discontent.

Fort Wayne, May 9.—So that the children of the poorer citizens will not feel ashamed of their clothing when in the classroom with elaborately dressed children of rich parents, the Mothers' Club and Teachers' Club have started a movement toward a uniform dress to be worn by all girls who attend the Fort Wayne schools.

Merchants have promised that they will carry in stock a uniform dress at a price within reach of all. Members of the Mothers' Club declare one reason for discontent among daughters of poor parents is the better dress of other girls.

WOMEN DOCTORS WILL DINE

Jubilee Affair to Celebrate College Anniversary.

The Alumnæ Association of the New York Medical College and Hospital for Women will hold a jubilee dinner at the Savoy Hotel on May 23 to celebrate the fiftieth anniversary of the founding of the college and to create enthusiasm to raise the $500,000 necessary to equip a modern college to train women doctors.

The present college and hospital, at No. 19 West 101st street, were founded in 1863, and later a training school for nurses was added—the Lozier Memorial Training School. The graduating exercises of the class of '13 will be held at the Waldorf-Astoria Hotel on May 22.

GIRL'S PITCHING BEATS BOYS.

Hackensack, N. J., May 9.—Miss Elizabeth Pries, a teacher in a local business school, showed her skill as a pitcher this afternoon, holding the boys' baseball team of the school to three runs in an exciting game. The girls' team made six runs. The battery for the girls was Miss Pries and Miss Bertha Currey; for the boys, Jasper Allard and Everett Cadmus.

TO ROW THE MISSISSIPPI

U. S. Orders Entire Voyage Made in 10-Foot Boat.

[By Telegraph to The Tribune.]

St. Paul, May 9.—Quartermaster Andrew Koehn, of the United States Navy, has been directed by the government to row the entire length of the Mississippi River, from Lake Itasca to the Gulf of Mexico, in a ten-foot rowboat, starting on June 1 from Park Rapids, Minn.

Koehn's long voyage has been planned by the Navy Department to stimulate interest in and draw recruits for the United States navy.

The quartermaster is said to be an expert oarsman, a former member of several champion navy teams, a champion single sculler, and winner of many prizes in rowing contests. He expects to make the trip in ninety days, finishing at South Pass Jetty, 110 miles below New Orleans.

RACES HER AUTO AT 93

Aged Woman Defeats Young Rival in 20-Mile Spin.

[By Telegraph to The Tribune.]

Delmont, Penn., May 9.—As the result of some good natured bantering over the speed of their motor cars and their ability as drivers, a race of twenty miles was arranged this morning between Mrs. George Wallace, ninety-three years old, and Mrs. Harry Leordon, twenty-five years old, both prominent residents of this town.

The stakes to the winner were to be the expenses of a shopping tour in Greensburg. The elder woman won. Each driver agreed to take a different road from this city to their shopping point, the distance on each route being approximately the same.

The start was made at 8:30 o'clock, and at 9:23 o'clock Mrs. Wallace drove her car into Greensburg. Two minutes later Mrs. Leordon arrived. During the trip Mrs. Wallace never once slackened speed, and, according to Mr. and Mrs. William Blose, two of her passengers, she took the curves and corners on the route at full speed.

Mrs. Leordon smilingly agreed to pay for Mrs. Wallace's "shopping trip."

FOR "MODEL MARRIAGES"

Washington Board of Trade Recommends 'Em.

[From The Tribune Bureau.]

Washington, May 9.—A doctor's certificate would have to supplement a marriage license in the District of Columbia if the Board of Trade had its way.

A resolution looking to "model marriages" was passed by the board to-night at the suggestion of a committee headed by Dr. D. Percy Hicklin, a well known physician. There was little debate, the only criticism being by members who were lawyers, and who contended that it would be illegal to require a physician's certificate. The board consequently confied itself to a recommendation that ministers and others authorized to perform marriage ceremonies request a certificate from those who would enter the married state.

A committee from the Board of Trade will work a more definite scheme and report within a few weeks. Committees of the board which have been at work to establish the basis for a model health law have considered the advisability of having Congress create a vice commission, increase the powers and add to the dispensaries and laboratories of the Health Department and institute a general, widespread campaign of education in sex hygiene.

TITANIC HERO NEAR DEATH

Carpathia Surgeon and Medical Student in Auto Crash.

[By Telegraph to The Tribune.]

Albany, May 9.—Dr. Vittorio Risicato, of Albany, who was assistant surgeon of the rescue ship Carpathia, which picked up survivors of the Titanic disaster, was injured fatally to-night, and Tobia Marrazzo, of New York, suffered a fractured skull when an automobile which Risicato was driving turned over near the Albany Country Club. Dr. Risicato is not expected to live, but Marrazzo will recover.

The injured men were coming toward Albany, and Dr. Risicato turned aside to permit a larger car to pass. The steering wheel was twitched aside by the deep sand and the machine overturned, striking Dr. Risicato on the back.

Dr. Risicato retired as a ship surgeon because of the Titanic disaster. A gold medal was presented to him for his services on that occasion.

Marrazzo is a medical student in New York, and lives at No. 426 East 118th st.

BOY DYING: AUTO PARTY HELD.

[By Telegraph to The Tribune.]

Stamford, Conn., May 9.—A long fracture at the base of his skull, received when hit by the automobile of Clarence J. Wyckoff, a White Plains lawyer, sent Carlo Musela, seven years old, of Stamford, to the Stamford Hospital, where the surgeons said he would probably die. Mr. Wyckoff, Mrs. William H. Llewellyn, of Brooklyn, and Mrs. E. L. Perry, of Manorville, Long Island, are held by the police.

SARAH A SUFF? BUT YES!

That Is, There's Now a V. W. Button on Bernhardt.

"M-M," SHE TOLD VISITORS

That Was All, Yet Serenaders Have Visions of Divine Actress on a Soap Box.

Is it that the divine Sarah is for the suffrage?

But yes!

That is to say, the suffragists were consumed with the grand delight at the result of their serenade yesterday. It is true that all the recognition they received from the great Sarah was a smile and the privilege of pinning a "Votes for Women" button on her fur cloak, but what is it to expect?

The serenaders arrived at the Palace Theatre at 4:30 o'clock, and while Martha Klatschken addressed the crowds from the back seat of a taxicab, Miss Portia Willis, followed by an enthusiastic group of suffragists, charged more or less madly up and down between the box office and the stage entrance trying to find a male mortal who had the nerve to present their card to madame. It was achieved finally through a mild and blond young man, who turned out to be one of madame's managers. Then followed a period of stage door Johnnying. But no Johnny ever jumped as those girls jumped when the door opened—to release a harmless member of the chorus. Finally one great jump and leaping of the heart!

"Madame will speak to you as she goes out," said monsieur of the yellow locks.

The joy of the "suffs" must have been contagious, for in no time at all that stage door was surrounded by an excited, pushing throng, from which arose the steady murmur of "Bernhardt!" "That's her a-comin'!" and "Go home and wash your dishes!"

Miss Willis embraced the opportunity to make a speech about conditions of women in France, where before Bernhardt's day the "hen dare not sing before the cock," but now, it is to laugh!

Then the door opened and a maid and a dog appeared. Then shouts of "Live forever, Bernhardt!" Madame struggled through the crowd, glimpses of her purple plumes and chinchilla cloak being the most that was vouchsafed to the majority. Not so the "suffs."

"Est ce que vous etes pour la suffrage?" cried Miss Willis into the purple plumes.

"M—m," said Bernhardt.

"Live forever," said the crowd.

"Votes for women," said Miss Klatschken, who was waiting at the automobile, and deftly pinned a yellow suffrage button on madame's cloak.

That was all.

Is it for the divine Sarah to make the speech from the soap box?

GAVE LIFE FOR CHILDREN

Hero Saved Several from Runaway Which Killed Him.

St. Albans, Vt., May 9.—Injuries sustained yesterday when he stopped a pair of runaway horses just in time to prevent them from running down several children resulted in the death of John Green, twenty-one years old, of Richford, to-day.

As Green seized the horses he was thrown to the ground, striking heavily on his head. He suffered brain concussion and never regained consciousness.

'GOLDIE' HORSEBACK BRIDE

Cowgirl Has 8,000 Guests at Her Wild West Wedding.

"Goldie" Griffiths, one of the fairest of the cowgirls who daily and nightly perform wonders on broncoback, last night married Harry Smith, of Los Angeles, one of the rough riders, in "Buffalo Bill" Wild West Show. The wedding took place at the evening performance, while "Goldie" and Harry sat astride their horses.

When the Rev. Robert Ryan, of the Brooklyn Missionary Society, stepped into the centre of the arena, Bible in hand, and "Goldie" and Harry, blushing under the tan, rode their horses side by side before him, the audience of eight thousand persons applauded rapturously.

May Schaeffer, another cowgirl, acted as bridesmaid, and "Len" Sasseen, chief of the cowboys, was the best man. The little word "obey" was said by "Goldie" as though she liked the sound of it, and Harry appeared as a regular bridegroom.

After the wedding Major Gordon W. Lillie, "Pawnee Bill," rode forward and presented Mr. and Mrs. Smith with a gold medal to commemorate the happy occasion—not as a reward. To bring the affair to a happy conclusion, all the cowboys and cowgirls rode around the arena, shouting, firing their revolvers and throwing rice and old shoes. No one was hurt.

SAYS SUICIDE HAD PLENTY

Miss Goodrich Was Not Starving, Her Mother Declares.

[By Telegraph to The Tribune.]

Philadelphia, May 9.—Mrs. Della Goodrich, of this city, mother of Helen M. Goodrich, who committed suicide at South Framingham, Mass., yesterday refuses to believe that poverty drove her daughter to end her life. Mrs. Goodrich declares that she sent her daughter remittances regularly and that the girl was accustomed to earning $8 or $9 a week. Miss Goodrich made her home with a brother, who earns a good salary as a professional baseball player.

In her ante-mortem statement Miss Goodrich declared that she had gone hungry for weeks and had decided to give up the struggle for existence on $5 a week, the wages she received in a paper box factory. Mrs. Goodrich will have the body brought here for burial.

2,000 OUT ON L. I. RAILROAD

Italian Laborers Demand Minimum Wage of $1.75 a Day.

Two thousand Italian laborers on the Long Island Railroad system have struck for a minimum wage of $1.75 a day. The strike includes all the divisions from the River to Montauk Point.

The road had agreed to pay all the laborers in the construction department a minimum daily wage of $1.65, or a maximum wage of $1.75. It had also promised to give the concrete workers, who had been receiving $1.65 before the strike, a uniform wage of $1.75, and the track and dump men $1.75, if they were competent.

The company provided that the foremen should be the judge of the competency of the track and dump men. Those not qualified were to receive a minimum of $1.65. The minimum heretofore has been $1.50 for a ten-hour day.

The workmen declare the high cost of living makes necessary the increase which they demand. The officials of the line expect the differences to be settled in a few days.

NEW YORK WOMEN DECLINE A UNIFORM

Give the Merry Ha-Ha to Chicago Professor's Wise Little Plan for Reducing the High Cost of Living.

Hoop-la! Vive l'Américaine! She will not be divorced from Paris fashions—when hubby has the cash to buy them—neither will she go into a neat, cheap uniform, Non! That Chicago professor who suggests this as a remedy for the high cost of living can with himself further go. It is not because women buy Paris clothes that the cost of living it is high. It is that the egg is too expensive and the meat it is too dear.

No, Professor Walter Sargent, of the University of Chicago, will have to look elsewhere for sympathy in his crusade against the American woman's "mad pursuit for the varying fads of dress sent out from European fashion centres." He won't get it from New York women, at least. Not one could be found yesterday to say a few kind words for his plan of importing the Chinese custom of "one established style of dress for women." As for the professor's suggestion of "a national committee of artists to design woman's dress, they all gave it the merry ha-ha. And they weren't lightsome butterflies of fashion, either. The Tribune took care to consult specially sensible women—Mrs. Edward R. Hewitt, president of the Woman's Municipal League; Mrs. Julian Heath, head of the Housewives' League; Professor Jane Sales, head of the department of textiles and clothing at Teachers College; Miss Winifrid Gibbs, whom the Association for Improving the condition of the Poor sends out to tell people how to make their incomes go further, and Mrs. Harriot Stanton Blatch, president of the Woman's Political Union.

It was hoped that Mrs. Blatch would hold up Professor Sargent's hands, because she and her fellow suffragists having just been chided by the antis for the "extreme styles" they wore on Fifth avenue Saturday, and told to widen their hobbles and put on more petticoats, she might have been expected to be in a chastened mood. But far from it. She "couldn't be interviewed because she was hastening to a well known dressmaker's to try on a new frock." She ordered it several weeks ago, she explained, and was afraid it would be out of style if she waited any longer. She wanted it to be in fashion.

Mrs. Hewitt was perhaps kinder to Professor Sargent than any of the other women.

"A uniform style of dress for women and a committee of artists to design it!" she mused. "Well, that would add to the gayety of nations! I certainly hope the gentleman can do it, and that I can be there to see. Would I wear the uniform? No, I think not!

"Woman's dress to-day is like everything else," Mrs. Hewitt went on. "The note of the age is extravagance. It is the reverse side of the medal of our prosperity. There are some who think that only some great national trial would cleanse us and restore us to sanity.

"A groom in my stable just bought a $200 piano. Neither he, his wife nor his two little girls can play the piano. I asked him why he bought the instrument. He said he thought it would look nice in the parlor when the neighbors came in.

"You can't generalize about present conditions, nor cure them by putting women in uniforms. Of course, if we all went into blankets clothes would be cheap; and if we all took to eating rice the price of meat would go down. The Japanese live on rice. But are we likely to do it?"

Mrs. Heath, after carefully perusing Professor Sargent's assertion that "the American woman's mad pursuit of dress and her acceptance of European mandates of fashion were directly responsible for the high cost of living," said she guessed she'd keep right on fighting "to bring down the prices of eggs and meat. She wanted cheap food, she brazenly added, so we could get more pretty clothes!

"We women don't have enough pretty things to wear," she said. "That Chicago professor's economy isn't sound. Woman's dress doesn't add to the high cost of living. The extravagance of a certain few women in dress adds to the cost of high living.

"As to uniform dress—nonsense! American women have too much individuality. They want to express themselves in their clothes. And think of all the types—fat women and lean women and tall women and short women—fancy them all in one uniform! Heavens! And I, for one, decline to wear what any artists design. No angel sleeves and flappy things for me!

"Some women are wicked about dress. It's wicked to spend $100 for a plume on a hat when other women haven't enough to eat, but it puts their money in circulation. They oughtn't to have so much money. That goes back to wrong social conditions."

Miss Gibbs says she can speak only for the tenement house population, but she's sure clothes aren't responsible for poverty there.

"It's inadequate incomes, and nothing else," she said. "Instead of buying too many clothes, they don't have enough. They don't have enough pretty things. It's true, some of the young Italian men down on Mulberry street will bloom out in shiny yellow shoes and nice suits when they don't know where the next meal is coming from; yes, men—not women.

"But the desire to look well is a legitimate one. It would be hopeless indeed if they lost that."

"Tommyrot!" was the way Professor Sales characterized the Chicago professor's talk about Paris fashions. "That sounds like another advertisement for the American designers of dress. Who'd want to wear the designs those Americans put out? Would you? Would I? Would anybody? No.

"The high cost of living has nothing to do with the fact that a few women order clothes from Paris. The situation is far more complex than that. Do I think food is too high? I know it is too high.

"Personally," added Professor Sales, "I like the idea of a uniform dress for women. It would save trouble, and that appeals to me. But I don't think that to most women that would make up for the loss in individuality."

THE SCIENCE OF DEFYING TIME

To Grow Old Beautifully One Must Eat Well, Sleep Well and Exercise Wisely Mind, Body and Heart.

Many women have echoed the sentiment of a well known writer who said:

"I wish I could grow old like a tree; the older it gets the more attractive it becomes."

This delightful privilege is not, fortunately, confined to trees alone, but is possible for every woman who will follow the method of a tree and grow old gracefully from within.

The body, as we know, is continually in need of a supply of fresh air, wholesome foods and exercise, and the mind has its needs that are no less exacting.

There have been many theories and systems for the prevention of old age; many of them are excellent and most of them have a seed of truth that we should examine and adopt, but the most practical recipe of all is the formula given by a celebrated French woman who said: "To resist with success the frigidity of old age one must keep the body, the mind and the heart in parallel vigor. To do this one must exercise, study and love."

Every woman should spend at least two hours a day in the open air. This is the minimum for those who wish to preserve their beauty. On the other hand, the younger ones of us who are anxious to grow up graceful and healthy should spend every moment that is possible out of doors. There is nothing like fresh air as an aid to beauty.

Not alone is exercise absolutely necessary to preserve youth and good looks and to keep the body supple and lithe, but the choice of exercise is of great importance. Some systems or forms of exercise merely develop the muscles, while again others stimulate the brain, quicken the eye, and teach self-control. Walking may be taken as a type of the first class, and all games into which skill and rivalry enter belong to the second. Of all the indoor forms of exercise the one best adapted to give grace to the body is dancing.

To the serious seeker after the fountain of youth the realization that beauty and health are married to each other for all time must be the foundation upon which she plans her campaign. The brilliancy of beauty is merely the outward and visible realization of perfect physical wellbeing.

Sleep seven to eight hours if possible, the more the better, but above all have the bedroom well ventilated. Have it furnished with Spartan simplicity, knickknacks and quantities of pictures and bric-a-brac are out of place in a bedroom from the beauty seeker's point of view, as they are merely dust and germ traps. The position of the bed should be of great importance. It should never be in a direct draft, nor ought it to be placed where air cannot circulate freely round it, as, for instance, in a corner. From a hygienic point of view alone, the very best place for a bed is directly in the centre of the room. Of course this is generally impossible.

When the human race was satisfied to spend during the day only as much energy as could be made up at night during sleep, the race was vigorous and long-lived; old age began at 80 years. In these strenuous days work and play are both under heavy pressure, and twice as much life flows out of us during the day as flows into us at night.

The great trinity for defying time, therefore, is sleep, exercise and proper food. Don't over-eat or under-nourish the body; a happy medium is what should be the effort of the woman who is studying the wonderful and valuable science of defying time.

BOOM IN EUGENIC BABIES

Massachusetts Takes Steps to Improve the Race.

Boston, May 9.—Governor Foss signed a legislative resolve to-day authorizing the State Board of Health and Insanity to make a joint investigation to determine what further impediments to marriage, if any, should be recognized by the state. At present insanity is the only legal barrier.

There has been much discussion at the State House on the advisability of requiring candidates for matrimony to pass a physical examination.

The Woman About Town

IN OLD NEW YORK.—We were about comfortably seated atop of the Fifth avenue 'bus when it passed Washington Mews, which is back of Washington Square North. Our swift glance down the alley took in a patch of vivid green, which so aroused the curiosity that we scampered down the cramped stairway and hastened to the Mews. All the stables looked dull and dingy, except one. It wore a new red front and presented such a quaint appearance, with its grass green porch and fence and window boxes that held bright geraniums, we almost fancied we were in Mother Goose land. The door was wide open, and a peep into the room beyond showed there was "something doing." But what? As we stood a couple of paces away trying to screw up courage to look in, a lady appeared in the doorway and graciously said "Come right in." The room was filled with men, women and statuary. Edward Field Sanford, jr., the talented young sculptor, had but recently taken the place, renovated it and was having a housewarming. As his mother showed us every nook and corner and proudly told us of his wonderful success she beamed with joy, and then insisted upon our partaking of the sandwiches and lemonade punch. Dare any one rail against unkind Manhattanites, when a weary wayfarer is thus taken within the stranger's gate and shown such kind hospitality?

IN THE PARK.—Far off from the noise of the bustling city, we were seated in the pergola among the treetops in Central Park, opposite Seventh avenue. Foraging around our feet for tidbits was a gray-brown squirrel. Several small boys were climbing the rugged rocks. Aloft in the breeze, over the ancient blockhouse, Old Glory was fitfully blowing. The sunshine was dancing on the glimmering leaves as they sang "Hi lo' hi lo'" and the branches swayed in accompaniment to the whispering wind. A ragged, bluish cloud—just discernible through the heavy foliage of the trees—took on the form of the graceful, trailing wistaria. Our whole being sensed the purity and grandeur of nature, when—a boyish voice broke the spell: "Say, Bill! D'ye wanter see some scenery like in the 'movies'?" The boy was leaning over the log fence and looking down the precipitous path. It seemed deserted, but it wasn't. On the side of the steps that were hewn from rock two of Eve's children were seated. They had answered the call of spring. The early green of the grass and the peeping buds from the bushes were unnoticed by them, but they "belonged" to the time, place and hour. They must have felt the penetrating gaze of curious eyes, for the girl suddenly turned, looked up and at once assumed a more conventional pose. "Bill" and his friends resumed the task of bringing mother's mending day nearer and the Woman About Town discreetly melted into obscurity.

SANITARY PRECAUTIONS.—Two boys were drinking at one of the fountains in Central Park. Two more boys went up, but were chased away by the first comers, who soon went off, and the others got their chance. Before drinking one of them rubbed the mouthpiece well with his grimy hand. When his thirst had been quenched we asked why the first boys wouldn't allow them near. "Oh, they said for us to keep way 'cause they both had the whoopin' cough. That's way I washed it so well." Later on we saw another child labelled, "Don't get whooping cough." Doesn't that show thoughtful consideration on the part of the mothers of those children? They deserve many thanks.

Daily Bill of Fare.

SUNDAY.

BREAKFAST.—Strawberries with cream, panned white bass, corn gems, coffee.

DINNER.—Chicken en casserole with mushrooms, creamed artichoke bottoms, salad of cucumbers and lettuce, maple ice cream, coffee.

SUPPER.—Cheese, tea cake, sugared pineapple, tea.

ARTICHOKE BOTTOMS.—French artichoke bottoms are delicious with cream sauce. Remove the hard "choke" and the leaves from fine French artichokes. As they are trimmed and pared drop them immediately into water acidulated with lemon juice or vinegar. Then boil in acidulated water until tender. Lift them out immediately and drop them into cream sauce seasoned with salt and pepper. Add plenty of butter and serve immediately. If the artichokes are at all old they should be thoroughly trimmed, as they are rather woody near the surface. Most people cook artichoke bottom in ways that are too elaborate. Their delicious flavor shows to its best advantage when served in the simplest fashion.

MAPLE ICE CREAM.—Have ready a pint of cream, a pint of rich milk, three egg yolks and one and a half or two cupfuls of melted maple sugar. Let the milk come to the boiling point. Whip the egg yolks thoroughly and beat them into it. Let the custard thicken very slightly, stirring it constantly to prevent curdling. Mix the syrup with it and remove instantly from the stove. Let the mixture become cold and add the cream. Freeze as one would any French ice cream. With one and a half cupfuls of syrup one has a cream that is very delicate in flavor and not so sweet as one with two cupfuls.

News of the Markets

The first watermelons of the season made their appearance in Washington Market yesterday. They come from Florida, and are, of course, a little expensive at this time of year—$1.75 each. Strawberries are becoming more plentiful, and, in fact, the fruit and vegetable stands in the market were never more attractive than now. Rhubarb is plentiful and cheap.

Butter has come down a cent a pound during the week.

Sea Food.

	Pound.		Pound.
Salmon: Cut	35c	Porgies	15c
Whole	30c	Sea bass	15c
Lobsters	25@30c	Butterfish	15c
Cod	10c	Clams	Hundred.
Steak, cod	12@15c	Little Neck	$1@$1.25
Yellow perch	18c	Softshell	80c@$1.50
White perch	18c	Hardshell	$1
Pickerel	18c	Chowder	$1@$1.25
Fresh halibut	30c	Oysters	50c@$1.50
Eels	18@20c	Buck shad:	Each.
Flounders	10@12c	Whole	50@60c
Fresh bluefish	20c	Cut	50@60c
Filet of sole	20c	Roe shad	30c@$1
Shrimps	60c	Fresh mackerel	50@60c
Weakfish	15c		Pair.
Brook trout	75c	Shad roe	40c
Kingfish	25c		Dozen.
Striped bass	25c	Crawfish	50c
Crab meat	50c	Softshell crabs	$1.50@$2

Meat.

	Pound.		Pound.
Lamb: Leg	20@24c	Round steak	24c
Forequarter	14@20c	Corned beef	16@22c
Racks	25@28c	Shoulder of veal	18c
Stew	12@15c	Breast of veal	18c
Pork chops	22@25c	Veal cutlets	30c
Roasting pork	22@24c	Veal chops	24@28c
Porterhouse steak	30c	Loin of pork	20@22c
Pot roast	20@22c	Bacon	20@25c
Prime rib roast	25c	Ham	18@22c
Top sirloin	22c	Tongue	20@25c

Poultry and Game.

	Pound.		Each.
Roasting chickens	25c	Jumbo squabs	50c
Broilers	30c		Pair.
Ducks	25c	Guinea hens	$1.25@$2
Fowls	22c		Dozen.
Capons	32c	Pigeons	$1.20@$1.75

Vegetables.

	Bunch.		Crate.
Parsley	5c	Montana potatoes	$1.65
Beets	10c		Each.
Radishes	5c	Eggplants	10@15c
Celery	$1.50	Cucumbers	10c
Asparagus	20@40c	Yellow turnips	10@15c
French herbs.			Head.
Chervil	15c	Cauliflower	25@35c
Tarragon	15c	Romaine	10c
Bobb	15c	Lettuce	10c
Mint	10c	Cabbage	10c
	Pound.		Quart.
Tomatoes	20c	Peas	25c
Mushrooms	35c	String beans	25c
Endive	35c	Butter beans	25c
	½ peck.	Cranberries	10c
Potatoes	25c	Yellow onions	15c
Spinach	25c	White onions	15c
White squash	7c	French or California	
	Dozen.	artichokes	15c
Okra	25c	Green dandelions	30c
Carrots	15c		

Dairy Products.

	Dozen.		Pound.
Eggs: Hens'	27@29c	Butter: Phila. print	36c
Ducks'	35c	Cheese:	
Butter:	Pound.	Mild and sharp	25c
Sweet	32c	Swiss	25c
Best tub	35c	English dairy	30c

Fruit.

	Dozen.		Each.
Apples	60@75c	Pineapples	15@25c
Oranges	40@75c	Grapefruit	10@15c
Lemons	20@30c	Watermelons	$1.75
Bananas	15@25c		Quart.
Table pears	$1.25@$1.50	Strawberries	15@25c
	Bunch.	Grapes:	Pound.
Rhubarb	5c	Hothouse	$1.50

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