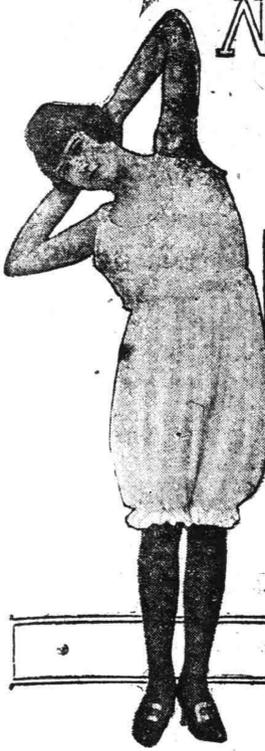
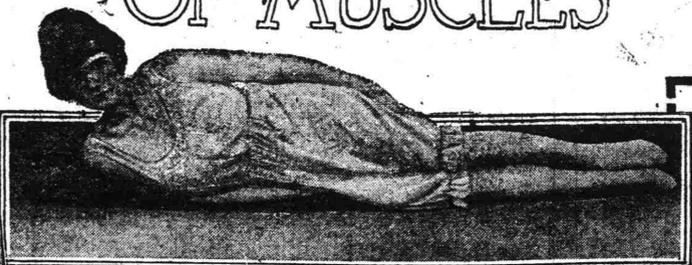


THESE EXERCISES BUILD UP A NATURAL CORSET OF MUSCLES



Lie on Side, Raise Body From Waist Up



Stand Erect, Feel Together Body Balanced, Lock Fingers Behind Head, Bend Body to Side

USE THESE EXERCISES

You Will Find Them Very Beneficial and Pleasant to Go Through.

BY EDNA EGAN.

YOU'VE heard of crusades and more crusades to try to induce women to give up those "shackles of fashion," corsets. About the only thing which such campaigns have accomplished is the manufacture of sensible corsets, and even this move may have had more to do with fashion than with hygiene. While there are isolated cases of women who are apparently comfortable and slightly without the corset, the majority of women-kind feel that they cannot exist without the support which the well-fitted corset gives.

It would be almost too much to hope that this generation as a whole could give up the corset, but there is no reason why the natural armor of muscles cannot be developed to the betterment of womankind generally, and to make the corset not an absolute necessity. Younger girls who have accumulated the fat and unshapeliness of age are very apt to do without corsets nowadays when styles like chemise frocks are kind to the unlaunched figure. They should be encouraged to develop the muscular corset so that they will not need the support and rigid shaping of corsets which their mothers need now.

Woman, as nature intended her, does not need a corset, but generations of abuse have made the corset necessary. These same generations have played havoc with the vital organs, especially those of the abdomen. Normally the abdomen should not protrude, nor should it lie flat, but should have a convexity which in the well-developed figure is not noticeable. Because the corset has been but an artificial support to the abdominal muscles, its removal means a sagging of these muscles, a consequent accumulation of fat, protruding abdomen, and thus the necessity for more rigid corseting in the future. Thus does the corset mean a continued wearing of the corset.

Now, the building up of the so-called muscular corset not only makes the wearing of artificial support unnecessary, but it reacts on the figure generally, giving it correct posture, a general strong physique, better health, and the happiness that goes with good health and proper bearing. Even if you have no intention of discarding the corset permanently you will not regret the cultivation of the natural corset in your body. Instead of a rigid cage, your outer corset, after muscles have been strengthened, will be but a gentle moulding agency upon which to hang your clothes. You will be able to indulge in all sorts of athletics without a corset when the day is hot, or its pressure annoys you without feeling tired without it. Try the exercise at least once a day, and if you don't feel an entirely different woman, one who can hold herself as nature intended she should, you are surely beyond all hope of human aid.

Of course, the exercises are taken carelessly, preferably before breakfast, and in a room where there is plenty of fresh air.

For the standing exercise, feet should be together, body well-poised, shoulders back, chest out, abdomen straight in front and the left arm is straight in front and the right arm back. Reverse the exercise, right arm front, etc. Be sure to breathe deeply and extend the body slowly. It is the resistance of the body muscles which means their development.

With hands on hips, raise the chest and expand as high as possible. At the same time arch the small of the back. You will feel the tension and

raising of the diaphragm-muscles as you do this.

For the floor exercises, try lying on one side, raise the body as far as possible, using the upper arm to help by pushing it along the body. Repeat on the other side.

Lying on the back, raise the body to sitting position and turn as far to one side as possible, then to the other side. It will make these exercises more difficult and consequently more helpful if they are done on an incline. Take an ironing board and place one end on a chair, secure it from slipping, and then do the floor exercises on it with the feet at the top of the board.

Too much cannot be said about improper posture. When one sees these little "flappers" with their skirts hiked up to a curved back and sunken in chest, tripping along with ankles turned over or curled up in their chairs in the worst kind of slouch, one is tempted to ask, "Is the race coming to this type of womanhood?" Stand erect, therefore, and do not depend upon those boned and steeled "stays" to do your supporting for you, but upon those muscles of the torso, between the abdomen and shoulders, which will hold you erect if you only give them a chance.

ECONOMY OF LEATHER

WAR demands leather—leather for soldiers' shoes, leather for harness, leather for equipment of many kinds. In this country there is no such surplus that we can afford to waste any of it; and it is wasting leather not to care for and preserve it properly. In the army and out, we all wear shoes. If we manage them rightly they will last longer, and we will not need so many new ones, and there will be more left for others.

The following suggestions from the leather and paper laboratory of the United States Department of Agriculture can be utilized by everyone who walks.

Shoes should be oiled or greased whenever the leather begins to get hard or dry. They should be brushed thoroughly and then all the dirt and mud that remains washed off with warm water, the excess water being taken off with a dry cloth. While the shoes are still wet and warm apply the oil or grease with a swab of wool or flannel. It is best to have the oil or grease about as warm as the hand can bear and it should be rubbed well into the leather, preferably with the palm. If necessary, the oil can be applied to dry leather, but it penetrates better when the latter is wet. After the treatment the shoes should be left to dry in a place that is warm—not hot.

Castor oil is satisfactory for shoes that are to be polished; for plainer footwear, fish or oleine may be substituted. If it is desired to make the shoes and boots more water-proof, beef tallow may be added to any of these substances at the rate of a half pound of tallow to a pint of oil. The edge of the sole and the welt should be greased thoroughly. Too much grease cannot be applied to these parts.

A simple method of making the soles more durable, pliable and water resistant is to swab them occasionally with linseed oil, setting them aside to dry over night.

Many of the common shoe poisons are harmful to leather. All those which contain sulphuric, hydrochloric or oxalic acids, turpentine, benzine or other volatile solvents have a tendency to harden the leather and make it more liable to crack.

It is poor economy, too, to wear a shoe with the heel worn out of shape and expand as high as possible. At the same time arch the small of the back. You will feel the tension and

CARE OF YOUR EYES

DO NOT read while facing the sunlight, and don't allow the sun to shine on the printed page. This dims vision, and if continued daily may damage your eyes considerably.

Wear an eye shade if necessary, and if moderate light irritates your eyes wear amber, smoked or green tinted glasses.

The best light for reading purposes should fall upon the printed page over the left shoulder.

The light should be even in quality and intensity, and not jerky or flickering.

Do not try to read in a dim light or in the pale, sickly twilight.

The strain on the eyes may not be felt until vision is seriously impaired. Do not trust your own judgment as to the strength of your eyes. Nature is patient and long-suffering and tries to be accommodating under trying circumstances.

You can deceive yourself for a long time, but you will suffer in consequence.

Bring the book up toward your eyes—not your eyes down to the book. Hold the article you are reading opposite your eyes so that a line from the eyes strikes the page at a right angle.

Don't get the eye-washing habit. If you feel the need of an eye wash, your eyes probably require other treatment.

Do not neglect the earliest symptom of fatigue of the eyes.

Eyesight is too valuable to life and happiness to be treated with carelessness or indifference.

Every one's eyes should be examined annually. People who wear glasses need the examination quite as much as those whose eyes have never troubled them.

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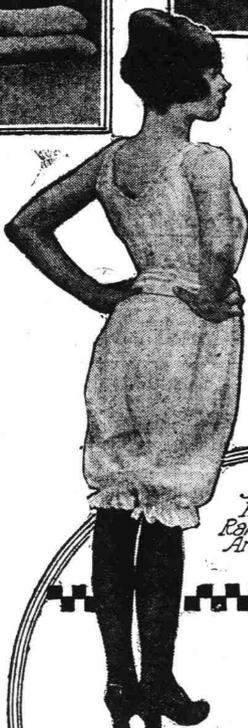
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Stand Erect, Feel Together Body Balanced, Lock Fingers Behind Head, Bend Body to Side



Extend Arms on Line With Shoulders, Swing so that Left Arm is Directly in Front of Body, Right Arm on Same Plane Behind Body

MILAOY'S BEAUTY

PUFFS under the eyes can sometimes be helped by the following massage treatment: Use both hands, place the finger tips directly beneath the eyes, press gently around the outer corners and upward, following the contour of the eyes. Try this movement fifty times a day.

VERY essential things that deserve more attention than is generally accorded them are: Good and well-made corsets, dainty shoes and boots and a supply of well-fitting gloves. No girl or woman can ever claim to be well dressed who neglects any of these three important points.

PLEASANT baths are made by scenting with some of the essential oils. For example, a few drops of oil of lavender in a tub of warm water will give a fragrant odor to the skin. A mixture of equal parts of lavender, thyme and rosemary is a pleasant combination. Care must be taken not to use too much at a time, or the odor is unpleasant. A teaspoonful is a large quantity for a tub.

THE girl with a high forehead must bring her hair down a little; the girl with fine temples and a lovely forehead should arrange her hair so that these beauties are displayed. The thing to do to secure a becoming way of hair dressing is to experiment until the most becoming way is found. Your neighbor may look very attractive and fascinating with her hair done a certain way, but the style may make you look like a picked chicken. After the clever woman discovers a becoming way to dress her hair she should not change the style.

WHEN the eyes are inflamed, irritated and red from exposure to the sun one of the best remedies is to frequently bathe them with a boric lotion. Warm water should be used and any desire to rub the eyes should be controlled when dashing this lotion on them. The solution should not be strong. A mild quantity will be more effective if used three or four times a day.

IT is impossible to dress to look one's best unless the toilet table has a brilliant light above it. It is mortifying to discover small wisps of straying hair and errors about one's attire which entirely escaped attention in the semidarkness. A clever woman has her bedroom most cunningly lighted so

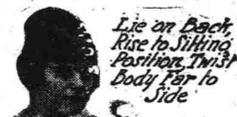
that by means of another mirror opposite that on her dressing table she can see herself in every position. This is one reason why she is rarely seen with "yawning" between bodice and skirt, glimpses at petticoats through plackets and the back of collar badly adjusted.

INSTEAD of nibbling at chocolate between meals, the girl who wants a good complexion should substitute seedless raisins and apples. Oranges are excellent for both the complexion and the blood if eaten without sugar, and would better be adopted in lieu of coffee, which yellows the skin as rapidly as oranges will whiten it.

FOR a red nose eat only the simplest food, avoiding sweets or any great quantity of acids. Redness and enlarged pores of the nose are frequently caused by indigestion or imperfect circulation. Drink plenty of water between meals, and morning and night bathe the organ with a mixture of half a dram of muriate of tannic acid, an ounce of glycerin and one and a half ounces of rosewater. The muriate is put into the glycerin until dissolved, and the acid is then added. When all has blended the rosewater is added. The lotion should be allowed to dry on.

GASOLINE is good for washing hair which has not its root in the scalp of the wearer, as is the case with many of the puffs and pompadours of the present day. Hair that has ceased to grow does not hold its color, as does live hair, and so when the wise lady shampooes her tresses with soap and water she washes her puffs with gasoline. It is a fact that the youth and beauty of the puff is retained through the medium of gasoline.

THE woman who is desirous of having a beautiful complexion is advised to take plenty of olive oil is said to be one of the best skin beautifiers to be had. A tablespoonful should be taken three times a day at first and the dose increased gradually. If the taste of the oil seems objectionable at first it is a good plan to take a pinch of salt before and after the dose or if that does not prove to be sufficiently effective one has only to contemplate the marvelous gain in facial good looks. The oil, it is claimed, clears the skin, brightens the eyes and fits out the cheeks.



Lie on Back, Raise to Sitting Position, Twist Body Far to Side

ELIMINATE THE WASTE

AN ounce of edible meat—lean meat, fat and lean, suet or fat trimmed from steak, chop, or roast—seems hardly worth saving. Many households take just this view of the matter—do not trouble to put such an insignificant scrap into the ice box or soup pot—do not bother to save for cookery a spoonful or two of drippings or a tiny bit of suet or fat.

Yet if every one of our 20,000,000 American families on the average wastes each day only one ounce of edible meat or fat, it means a daily waste of 1,250,000 pounds of animal food—456,000,000 pounds of valuable animal food a year.

At average dressed weights, it would take the gross weight of over \$75,000 steers, or over 3,000,000 hogs—bones and all—to provide this weight of meat or fat for each garbage pail

or kitchen sink. If the bones and butcher's waste are eliminated, these figures would be increased to 1,150,000 cattle and 3,700,000 hogs. But—every household doesn't waste an ounce of meat or fat every day. Very well—make it one out of a hundred families, but keep in mind that all meat allowed to spoil and all fat and fat rendered inedible by improper cooking, scorching or burning must be counted as waste. Make it an ounce every other day or one a month. Such waste still would be unendurable, when meat is scarce and when fat is of such vital food importance to many nations.

Waste of meat or fat is inexcusable. Every bit of lean meat can be used in soups, stews, or in combination with cereals; every spoonful of fat can be employed in cookery; every bit of drippings and gravy can be saved so easily and used to add flavor and nourishment to other dishes.

The United States Department of Agriculture, Washington, D. C., or your State agricultural college will tell you how to use bits of meat to make appetizing and nutritious dishes and how to use left-over fat in cookery.

Stains on blankets and other woolen materials may be removed by using a mixture of equal parts of glycerin and yolk of egg. Spread it on the stain, let it stay for half an hour or more, then wash it out.

FOR mending torn net lace, take a strong thread and needle, and buttonhole stitch loosely lengthwise in every mesh. Having finished one row, turn the lace around and buttonhole in every buttonhole which was just finished, doing this until the tear is mended.

COMMON yellow soap can be used even more effectively than rubber mending tissue to repair a torn place in a garment. Wet the cake of soap, rub it over a piece of the goods and after placing it smoothly over the rent press with a moderately hot iron. Soap will also temporarily stop a leak in a gaspiper or in a wooden washtub.

THE nervous woman should cultivate a fondness for celery, as it has a soothing effect on the nerves. Eat it once every day, oftener if possible. This can easily be managed by having the celery hearts for breakfast and dinner as a relish and the tougher parts converted into a vegetable for luncheon and a soup for dinner.

LACK lawns, percales, dimities and all mourning prints will not run or fade if spirits of turpentine in the proportion of one tablespoon to each pailful of water is used in rinsing after the dress is washed. The same with black satin undershirts. Gum arabic water, gelatin or thin glue-water is recommended instead of starch for black dresses.

HOT olive oil will relieve the lameness in the feet which is caused by long standing. It is also excellent for a skin which has been made hard and dry by exposure to the weather. A little oil rubbed into the skin at night makes it soft and smooth. The ancient Egyptian beauties knew its value and used it almost altogether as an unguent.

A medicine salt has a wide range of possibilities. A weak solution of hot salt water used frequently as a gargle is one of the best remedies known for sore throat in its incipient stage. The gargle must not be too strong, or it will act as an irritant and thus defeat the end in view.

IT is a bad thing for an adult to lose sleep, but it is worse for a child. To cut short the time the immature brain needs for rest and repair is to stunt the growth irreparably. Therefore, says Sir James Crichton Brown, the English physician, parents should set their faces firmly against home studying.

Keep cakes in the cellar in a tin with two or three apples in to keep them moist. When you want to sugar and spice on them lay them on the board and roll over,

mind as well. It reduces itself to the simple terms of the old parable of the wise virgins whose lamps were always filled and ready to light.

Being on the job means having your pencils sharpened—and your

ENTERTAINING THE SOLDIER

BY LUCILLE DAUDET.

THERE is a lure in brass buttons, beyond the shadow of a doubt, you know. The uniform is such a vast improvement on the sombreness of civilian clothes. But even more of an improvement is the new man himself. He is erect, bright of eyes, and tinged a delightful tan. Now the average American in the service of his country is all that can be de-

sired in a man. Therefore, when I say beware the lure of brass buttons, I do not mean to imply anything at all derogatory to the man of the hour. I am bent upon giving some helpful advice to the impressionable "flapper," with her propensity for mere surface judgment.

Let us take, for a typical instance, Mrs. Blank's dance given in honor of the "boys." The girls, with precious few exceptions, are unanimous in their judgment of the guests of honor. "Adorable," "fascinating," "charming"; no adjective is too extravagant to describe the uniformed beau. Needless to say, the interest does not halt at extravagant description. The follow the embryos of friendship, infatuation even, sometimes with ultimate satisfaction to the parties most concerned; sometimes not.

You see, the point is this. Mrs. Blank is doing the patriotic thing and a very commendable thing when she entertains Uncle Sam's first line. As hostess under any other circumstances, she is more or less responsible for the introductions and the acquaintanceships that come of her efforts. But when she extends her hospitality first to the uniform and next to the men, she need feel no qualms of conscience should unfortunate friendships ensue. The entire responsibility rests with the guests alone and their ability or inability to exercise good judgment.

To recommend reading the character after the merest first glimpse of the person would be anything but feasible. For readings of that sort are not within the capabilities of any but the most experienced. Therefore, little flapper, if Lieutenant John Jones strikes your fancy, proves to be very attentive, et cetera, et cetera, well, give him permission to call; and then leave the reading to your parents. But don't, above all things, get the impression that just because he is in the service of the dearest country in the world to you, he is also a man of irreproachable character and reputation. In nine cases out of ten he may be every bit of that; but have you any assurance that his won't be the tenth case?

And now, in lighter vein, there are endless little "puzzlers" that crop up under this new regime. One of the latest is this: Let us take for example Mrs. Blank's dance, where possible introductions are made. But there are instances of where an unrepresented seaman will ask the favor of a dance. And that may be a really serious "puzzler" to some. Well, the English rule holds good here; and that is that where all are guests under the same roof, introductions are not absolutely necessary. However, should the acquaintance not prove agreeable, it is quite proper to forget it at any time. A simple application of the ordinary rules of etiquette will in the majority of cases obviate social difficulties under the new order of things.

But before the subject of brass buttons and young ladies is brought to a close, listen to a bit of advice as peculiarly necessary under the circumstances. Everywhere we are hearing

ODDS and ENDS

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