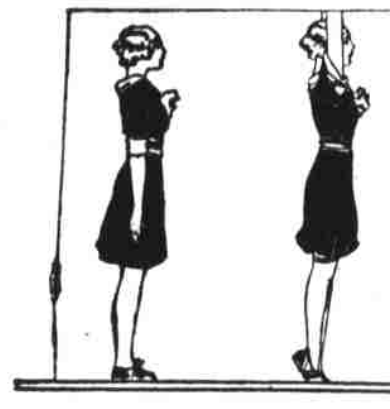


How You May Banish Weight and Retain a Youthful Figure

By LUCREZIA BORI
The Famous Spanish Prima Donna

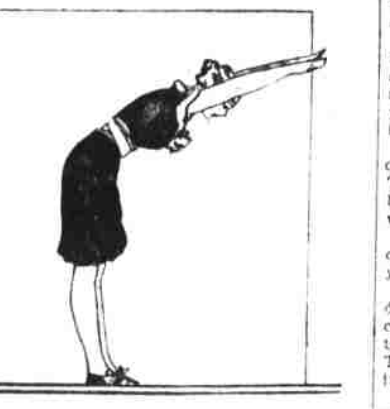
To retain a youthful figure despite advancing years is the ambition of every woman. To accomplish this a certain amount of determination is absolutely essential. It is so easy to grow less active as one grows older! Besides, the accumulation of superfluous fat is a gradual process, and it is not until the youthful lines have become rather heavy that many women realize the change that is taking place.



Can You Do This and Touch Your Toes Without Bending Your Knees?

see results you will realize how well worth while your determination has been. Of course, many women in the routine of their daily work get a certain amount of exercise, but unfortunately they do not benefit from it as they should, for they do not breathe properly. Very frequently, especially in household tasks, they expend a great deal more energy than they should, and often keep themselves in a state of "tension." There-fore, it is better to adopt a regular course of exercises.

your hips and reach forward as far as you can. Keep this position—your feet on the floor, your knees straight, your body bent at the hips and move your hands downward until they touch the floor. Then, in an instant, relax all your muscles but those of your legs as you feel the renewed energy sweep upward through you to the erect position. Do this five times at first and go about the various movements quite slowly. As you get accustomed to the different motions your muscles will soon get over the slight stiffness that you may increase the number of times you do this exercise to as many as twenty-five.



Can You Do This and Touch Your Toes Without Bending Your Knees?

Another excellent exercise which will give springiness to the carriage and thus lend an air of youthfulness to the figure is known as the "walking exercise." This is one that will strengthen the abdominal muscles, like the former, and is an ideal antidote to corpulence while it helps at the same time to exercise the waist muscles.

YOUR HEALTH Frost-Bite and Chilblains Ways to Banish the Dangers

By ROYAL S. COPELAND, M. D.
Commissioner of Health, New York City



DR. COPELAND

Nothing is more painful than the itching, smarting and burning of chilblains. Frost-bite is rarely met in some sections of our great country, but elsewhere it is as common as freezing weather.

Just after I left high school, it was my pleasure to teach school in a country district. It was one of the "old-fashioned winters" in a northern clime. One solid week the thermometer started each morning at 30 degrees below zero. I walked a mile every day to the schoolhouse, built a fire in the big box stove, and then stationed myself at the door to inspect the arriving pupils.

One would appear with a white nose and another with frost-bitten ears. Such poor little chaps I led gently but firmly to the snow-drift at the corner of the building. The ears and noses were rubbed with snow till the color returned and the circulation was fully restored.

Cold applications for frost-bite, with massage, will produce the desired results. Later, after the first effects have subsided, alternate hot and cold water will sometimes stimulate the tissues and hasten recovery.

Chilblains, which are the after-effects of frost-bite, require special attention. The feet or affected parts should be bathed in cold water. Then rub them with a coarse towel. Here is a prescription which has given comfort to many a patient in the early years of my practice.

Iodine crystals, 5 grains; ether, 2 drams; collodion, 1 ounce. Apply to the parts and keep them from the air. The iodine is remedial. Usually the itching and discomfort speedily disappear. The trouble is met in motormen, stone and brick-masons, workers in refrigeration establishments, and in cream makers. It was common during the war among aviators, and among the soldiers, generally, during trench fighting.

Wet, light clothing or shoes, and lack of exercise are productive of chilblains. Loose clothing and shoes, warm underwear and the avoidance of moisture, either from wet shoes or from perspiration, are of great importance.

So that the feet may be dry, perspiration should be prevented if possible. To this end it may be well to moisten the feet once in a while with a 25 per cent water solution of aluminum chloride. Let this dry on. It will aid in controlling the perspiration.

Sometimes just as much trouble will come from tight stockings as from tight shoes. If the stocking is short, it will cause ingrowing toe-nails. It will double the toes under, thus causing the knuckles to project upward, to be rubbed by the shoe, and thus produce corns. It will interfere with the circulation and, under right temperature conditions, will help to cause frost-bite and chilblains. The feet require care, as does the rest of the body.

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TWO FROCKS FOR EARLY SPRING

The High Collar and Colorful Lining Are Distinctive Novelties

By ANNETTE BRADSHAW

ANY of the smart dresses for the morning and afternoon promenade emphasize the lines that are associated with the coat frock. One of their most noticeable features is the high collar. Of course, this is often designed so that it may be turned down if desired.

Much embroidery is another expression of the season's mode, while fascinating effects are attained by the various uses of ribbon as a trimming.

The dress at the left is fashioned from white flannel, a fabric by the way, that occupies a most distinguished place in the realm of materials. The skirt shows a generously cut front panel trimmed with bands of embroidered done in black wool.

The bodice also reveals a pleasing use of embroidery on the collar and low-set belt. The sleeves are laced with black satin ribbon. The tricorn hat of rough black crystal is decorated with cabochons of the straw.

Navy gabardine, always a well-liked fabric for the early spring frock, is chosen for the model at the right. The coat effect is greatly accentuated in this dress. Running from neck to hem is a band of brick-red duvetyne. Its color, however, is somewhat modified by the straps of dull silver ribbon that relieve it at occasional intervals. Silver ribbon also outlines the frock and is used for the rosettes at the waist and hem.

The hat of gray straw is faced with brick-colored ribbon, from which the dashing bow is also made.



Dull Silver Ribbon Adorns the Navy Gabardine Dress at the Right.

This White Flannel Dress is Embroidered in Black Wool.

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HOLDING A HUSBAND Adele Garrison's New Phase of Revelations of a Wife

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What Lillian Brought from the City.

LILLIAN—with a pasteboard box in either hand, held by one of the small wooden handles which she attached to big bundles—alighted from the train as I drew up my car to the station platform. I had just had time to make it after my telephone message to Dicky, and I looked nervously over my shoulder as I stepped into my car to see if the village policeman was in sight. For I knew that I had gone well over the speed limit allowed motor vehicles in the village streets.

It was evidently my lucky day, however, and I sprang to the platform, hastening to take one of the packages from Lillian. I knew that she must be warm, dusty and tired, but I could have deduced not one of the three from her appearance. She was as placid, as fresh-looking, as if she had just stepped from her bedroom door after completing her toilet for the day.

"I'd like to see you fighting a fire some day," I said a bit viciously as we turned toward the car. "But I suppose you'd emerge as unscathed and peaceful as a summer morning."

"Rave on, sweet child," she retorted. "If it amuses you. But, really, I'd get a new line if I were you. It seems to me I've heard that comment upon my appearance so often that I'm getting tired of it. I can run a sewing machine, and that lets me out."

I changed the subject abruptly, for the mention of the sewing machine had brought to my mind an analogous incident. Perhaps I could absolutely avoid any explanation to Dicky of the wreckage the marauders had caused in the contents of my knapsack trunk.

Madge's Plan. "I need not ask you if you were successful in your quest this morning," I said with a nod toward the bundles as we climbed into the car.

"What?" Lillian turned an attentive face toward me. "I know from her tone that she guessed I had some special reason for the request."

Answers to Health Questions

D. M. Q.—What can I do for heart burn?

2—I have a steady pain in the joint of my big toe. What would you advise?

A—A teaspoonful of soda after meals often gives relief. Correct constipation. 2—See an orthopedic specialist.

G. M. P. Q.—Where can I buy thyroid for a reducer?

A—You should not take thyroid extract unless prescribed by a physician. Do not worry about your weight or take any chances on your health in an endeavor to reduce.

J. P. C. Q.—My teeth are in good condition, but I have a very bad breath. How can I relieve myself of it?

A—Have your tonsils and nasal sinuses examined by a physician. A regular course of exercise is productive of chilblains. Loose clothing and shoes, warm underwear and the avoidance of moisture, either from wet shoes or from perspiration, are of great importance.

B. M. Q.—How can I make my nose narrower?

2—What is a good cure for oily skin?

3—How can I make my eyebrows thicker?

A—Leave your nose alone. 2—Wash frequently with warm water and soap. 3—Yellow vaseline rubbed in at night might help.

A READER. Q.—Is tweezing the eyebrows harmful to the eyes or head?

A—It will cause them to grow thicker and coarser.

HAROLD H. Q.—I have had a valvular contraction of the heart since birth. At times I turn a purplish color and cannot walk very far. What would you suggest?

A—Consult a specialist or attend one of the heart clinics or apply at the nearest large hospital.

W. Q.—Please tell me how serious removing the tonsils is. Would you advise having them removed?

A—Removal of diseased tonsils is not dangerous when done by an able doctor. Removing them depends on their condition. Have your doctor look at them and tell you whether or not they should be removed.

J. S. Q.—I have been troubled for some time with a strain or swelling of the blood arteries in the chest. Every time I walk fast or climb upstairs I must stop, due to a very severe pain in the chest. Can you help me?

A—Your symptoms are probably due to high blood pressure. Don't over-exert yourself. Observe your diet carefully, abstaining from meat and eggs. Get plenty of sleep.

WINIFRED BLACK WRITES ABOUT The Spirit of Devotion

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THEY walked hundreds of miles overland from Arkansas to Louisiana—Thomas Alexander and his wife—last month.



Winifred Black

All in the freezing weather they walked. And it snowed and hailed and froze and was bitter cold. The woman carried an umbrella and a little pail—a bucket, they call it in her part of the world. And the man carried a shotgun and a basket, and each of them had a blanket strapped to their backs—and that was all.

From the mountains they came down with no map to guide them—no one to show them the way. They hadn't even a geography.

Would You Have Walked?

They knew in a general way that Louisiana was south and west, and that they must leave the mountains and cross the level country and find a great river and go on, down and down—to the little city on the Mississippi. And in that city they would find their little daughter who lay a-dying, and who had written to Mother and Dad to come and kiss her "Good-by" and fold her hands upon her breast, and close her eyes and see her laid quietly in the brown earth.

When the letter came from the little girl, there was no money in the house for railroad fare, and no bank-book. They had no friends who would help them provide clothes and provisions for their long journey. What would you or I have done in such a case? Would we have walked? Why, we should have stayed at home, I'm afraid—at home in the little cabin in the mountain of the Ozark—at home where at least we knew we could get wood enough to burn and game and fish enough to keep the life in our bodies—at home where we could wrap ourselves in such poor

garments as we could find and be in comparative comfort and ease of mind. Oh, yes, we would have cried bitterly, and we would have written letters and said how sorry we were, and we would have prayed!

But they went, this mother and father. They packed their things—their poor, little scraps of nothing and went. They took the chances of the road in the dead of winter. She carried her umbrella to shield her brave head from the storm a little—and he carried his gun upon his shoulder.

The Magic of Love. Oh, magic of love—oh, divine alchemy of faith—oh, dear spirit of devotion—to what heights they rise in the human heart!

Poor, friendless, not particularly well-educated perhaps, nor overly brilliant. But oh! what a heritage of love they gave to the one of their flesh and blood who called to them from the low countries and bade them come down from their mountains and kiss their own "good-by," before she set out on the long, long journey we must all take some day.

It is a great thing to be as brave and as faithful and as loyal and as loving as that. I wonder if these two poor travelers were not in all their penury and in all their cold and hunger and anxiety, happier than those who dare to pity them.

Three Minute Journeys By Temple Manning

WHERE THE "KO" IS A VERITABLE "CO."

THE busy little island of Japan has just passed through a period of financial adjustment following the world war, and is even now getting back to its pre-war basis. During this period, perhaps, the Japanese farmer in the interior recalled other days when crops failed, and they, as recently, were compelled to borrow money. In late years, it is said, many a farmer has had to pay as high as 20 and 25 per cent. for money to tide him over his difficulties. This is mentioned to explain the reason for an interesting communal method of borrowing, still observed in some Japanese farming districts.

It is the plan of the "ko." Strange, indeed, is the similarity in sound as we pronounce this word, to our own abbreviation of "company." "Co." For the Japanese ko is truly a farmer "Co."

If a farmer is in financial difficulties or wishes to buy something beyond his immediate means, and if his friends and neighbors decide to help him, they form a ko. No matter how much money is needed—the sum of perhaps \$25 or maybe \$50—many persons as can be induced to join the ko are formed into a monthly-contributing group. Perhaps the monthly subscription is 20 cents. The beneficiary, who pays his 20 cents with the rest, receives the first \$25 or \$50 monthly dividend.

Each month, thereafter, every member of the ko subscribes his allotment of money. Also, each month every member of the ko stands a chance to receive the \$25 or the \$50 in a lump sum. This goes on and on until each member of the ko has received in a single payment the principal sum.

Yes, this Japanese ko is nothing more nor less than a savings scheme. But it has the advantage of giving to the majority of the subscribers the full sum.

THE HOME KITCHEN By JEANNETTE YOUNG NORTON

Author of "Mrs. Norton's Cook Book"

Solving Some Pie Crust and Filling Problems.

PIES are still a favorite dessert, holding their own against all of the modern innovations, provided the crust is tender and the fillings carefully and attractively prepared. There are many ways of making good pie crust, and the beginner should learn to make the simple kind well before venturing to make puff paste and fancy pastries that take time and many expensive materials to accomplish.

So-called plain pie crust is made by using three cups of pastry flour that has been sifted three times, adding a saltspoonful of salt, a half-teaspoonful of baking powder, a half-cupful of butter, and a quarter-cupful of lard, working these together until all is blended. Next, add a cupful of ice water and mix lightly, then turn on to a floured board. Cut in as many pieces as there are top and bottom crusts—this recipe is enough for two pies—then roll them out one at a time. Instead of butter and lard the newer vegetable fats may be used, and about the same amount is needed as the others combined. A cupful of cold milk may be used in place of the water.

Hot water pie crust is another recipe which works well if directions are followed carefully. Put three-quarters of a cupful of shortening into a bowl and add a half-cupful of boiling water. Stir until creamy, then add slowly three cupfuls of sifted flour, a half-teaspoonful of baking powder. Blend well, and roll the crust on a floured board. Handle all pie crust lightly and as little as possible, for too much handling makes it tough.

Cranberry Jelly Filling. Wash and boil one quart of cranberries in a pint of water until they are all soft, then rub through a sieve. Add a pint of sugar, and cook 15 minutes. Cool, then fill the crust and bake until the crust is done. Have a marriage ready, and after spreading it on the brown lightly in the oven and set to cool.

Cranberry and Raisin Filling. Chop two cupfuls of cranberries and one cupful of seeded raisins. Add two cupfuls of sugar and one cupful of water, a teaspoonful of vanilla and two of flour. Mix smoothly, and fill the crust on a floured board. Bake this pie slowly, so that the cranberries will be thoroughly done.

ODD and INTERESTING FACTS

Aberdeen is the fourth city in Scotland in point of size. The term "Admiral" was first used in England in 1297. In English law there is no definition of an accident.

Cloth dyed with aal, an Indian dye-stuff, is said to be immune from attacks by white ants. The first successful aerial photograph taken by the British was one of Nevee Chapelle, in 1914. Among after-the-war bargains offered by the British government are 17 air-planes station, 3000 bass brooms and 3019 tins of chicken broth.

ADVICE TO GIRLS

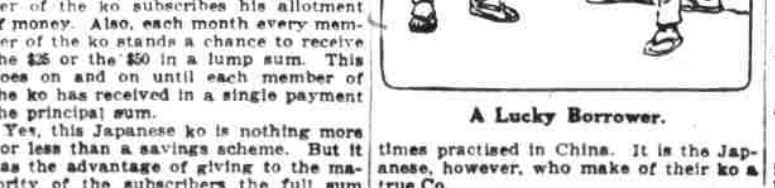
By ANNIE LAURIE

DEAR ANNIE LAURIE: I am a married woman and have two children aged 7 and 9 years. My husband is working out of town, and he does not send me any money. I would like to know if it is wrong for me to go out with a young, single man, and to have him call at my house, while I spend afternoons and Saturday evenings at his store?

MRS. C. B.

A Lucky Borrower.

times practiced in China. It is the Japanese, however, who make of their ko a true Co.



A Lucky Borrower.

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