

the chest always leads, the abdomen recedes, the back and head assume their right positions. It goes without saying that there can be no grace in a hasty walk. Haste causes irregular and uncertain movements of all portions of the body, tracts from a woman's dignity, and makes

are the second essential of a graceful walk. It is strange that women rarely seem to associate the feet with grace ance of freedom in the hip, good poise of the head and often of the action of the arms, but the feet they apparently think unimportant.

swung forward from the hip, the

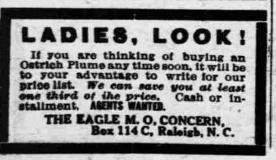
eral saying that one should "walk on the balls of the feet" has led people to try not touching the heel at all.

bears the weight, and the strain is Again we read dat de Hebrew chiltoo great. There seems to be a dren vash cast into de firish furnace, growing tendency to have an artifi- and dat alwaysh lookt like a peeg Dr. King's New Discovery is the talk cial support for the instep. This is story, too; for I dinks dey would of the town for curing C. V. Pepper not necessary if young people are have been purnt up; but it ish all of deadly lung hemorrhages. "I

taught to use the feet correctly. blain to my mint now; for dey were could not work nor get about," he In walking upstairs the easiest and shust cast close py or near to de firish writes, "and the doctors did me no most graceful way is to put the foot furnace. Oh, I ish so glat I vash good, but, after using Dr. King's on the stair and energize the instep. here to-night. New Discovery three weeks, I feel Then lift the chest and avoid that "And den, Mr. Breacher, it ish like a new man, and can do good old look of the back which a woman said that Jonah wash cash into de work again." For weak, sore or dishas when she appears to be literally whalesh pelley. Now I could never eased lungs, Coughs and Colds, Hem-"climbing the stairs." In coming understand dat; put it ish all blain orrhages, Hay Fever, La Grippe, down, the weight should not fall on to my mint now; he wash not taken Asthma or any Bronchial affection, it] the heel because of the jar to the into de walesh pelley at all, but shust stands unrivaled. Price, 50 cents spine. and \$1.00. Trial bottle free. Sold shump on his back and rode ashore. The carriage of the shoulders is Oh, I ish so glat I vash here to-night! and guaranteed by all druggists. an important element in graceful "And now, Mr. Breacher, if you walking. Nervousness, self-conscious- will shust explain two more pashages ness and haste, show in stiffness of of Scripture, I shall pe, oh, so happy ALL PAT the shoulders, also in the aggressive I wash here to-night! One of dem ish elbows and closped hands. If the vere it saish, de vicked shall pe chest is well up and forward, the cast into a lake dat purns mit fire shoulders will take their natural po- and brimstone alvaysh. Oh, Mr. sition and the arms hang at the sides. Breacher, shall I pe cast into dat Forget your shoulders, and think lake, if I am vicked, or shust close WE HIGH only of your chest. jy or near enough to be com- McCall PATTERNS "What to do with the hands" fortable? I hopes you vill say I Celebrated for style, perfect fit, simplicity and reliability nearly 40 years. Sold in nearly every city and town in the United States and shall pe cast shust py, a good way off, and I vill pe so glad I vash here Canada, or by mail direct. More sold than any other make. Send for free catalogue. to-night! De odder pashage ish dat McCALL'S MAGAZINE ADIES, LOOK vich saish, plessed are dey who obey More subscribers than any other fashion magazine-million a month. Invaluable, Lat-If you are thinking of buying an atrich Plume any time soon, it will be o your advantage to write for our dese commandments, dat dey may est styles, patterns, dressmaking, millinery plain sewing, fancy needlework, hairdressing have a right to de tree ob life, and etiquette, good stories, etc. Only 50 cents a year (worth double), including a free pattern. Subscribe today, or send for sample copy. price list. We can save you at least one third of the price. Cash or in-staliment, ASENTS WANTED. enter in through de gates into de city, and not close py or near to, THE EAGLE M. O. CONCERN, Box 114 C, Raloigh, N. C. shust near enough to see what I WONDERFUL INDUCEMENTS to Agents. Postal brings premium catalogue and new cash prize offers. Address have lost, and I shall pe so glad I vash here to-night!"

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