

# BEAUTY CHATS

## STRENGTHENING CHEEK MUSCLES.

If the muscles of the face are strong there will be less danger of sagging, wrinkles and hollows. There for every woman who fears the approach of wrinkles should strengthen the muscles of the cheek as much as possible.

There is a certain rubbing exercise which is well recommended for this. If the skin is dry coat it with a little cold cream before you begin this rubbing. It is very easy to use talcum powder. This is simply to make the rubbing easier. Hold the hands over the face with the palms of the hand, that is the cushiony part of the hand against the skin. Then rub and knead the muscles vigorously—yet not too vigorously. What you want is to stimulate the circulation of the blood and to exercise these muscles. You do not want to pull or stretch them.

This kneading, rubbing motion should be kept up for several minutes; the hardest part of each stroke being upwards so as to lift the lax and sagging muscles.

When you have finished wash the face with warm water, then rinse with water as cold as you can get it and if possible, if you have a very loose and flabby skin this may seem to aggravate the wrinkles for a few weeks, but after that the whole face will be toned up and decidedly improved in appearance by this treatment.

Miss M.—If your legs are so stout they shake when you walk, you must reduce your weight. If this is really the cause of the feeling of weakness in them you must be very much over-weight. Perhaps, however, the unsteady feeling is the result of ill health—have you been ill lately? If an exercise would yourself up and you feel all right again.

See See—Reduce the ankles by massaging and kneading them vigorously with the hands to work off the fat from the heels. If you have thick, loose ankles will be thick. Any strenuous outdoor or gymnasium exercise will tend to make the ankles slim and neat looking.



This exercise does away with wrinkles.

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All inquiries addressed to Miss Forbes in care of the "Beauty Chats" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired a stamped and self-addressed envelope must be enclosed with the questions.—The Editor.

### ODDS 19 TO 1 AGAINST WAR WITH JAPANESE

London, Nov. 19.—Local betting is 19 to 1 against the outbreak of a Japanese-American war and 17 to 3 against the invasion of the West Indies to the United States within the next 14 months.

London has accepted applications of two pessimists for policies to guarantee against loss in either event.

Both policies are valid until December 31, 1922. A rate of 5 per cent was quoted for a policy insuring against total loss of property in the event of a war between Japan and America, and 15 per cent for a policy insuring against the invasion of the West Indies to the United States, presumably in liquidation of the British war debt.

The West Indian policy revived the old possibility of Great Britain giving up the islands. Officially however, promptly replied "no chance."

### COUNTY TEACHERS ENGAGE IN STUDIES

The teachers of Mecklenburg county's rural schools assembled at the Y. M. C. A. Saturday morning for a meeting and for continuation of recitations in reading course work, which was mapped out for all teachers at the initial teachers' meeting a few weeks ago. It is the plan to complete the reading course work by having recitations each Saturday before Christmas, except on the Saturday following Thanksgiving. The lessons will be omitted on that date for the reason that many of the teachers are expected to be in Raleigh on that day at the annual convention of the State Teachers' Association.

"Millions Now Living Will Never Die." Free Bible Lecture by W. J. Thorn, of Boston, Mass., in assembly room, Selwyn Hotel, Friday night, Nov. 25, 7:30 o'clock. Seats Free. No collections. 20-6t



WHEN QUITTING TIME COMES do you go home with a clear head, spry step and amiable disposition, or do you experience headache, lassitude and the attending roughness?

Even stop to consider the fact that defective vision often produces these effects!

If you have the slightest suspicion that your vision is not all that it should be have your eyes examined. You should make sure that you are equipped to do your level best at all times.

**F. C. ROBERTS**  
Optometrist.  
24 S. Tryon St. Phone 8528. Upstairs

### ROADS BILL TO FURNISH WORK

Federal Road Measure Will Give Employment to 50,000 Jobless Men.

Washington, Nov. 19.—Fifty thousand idle men will get work through the passage of the Good Roads bill, appropriating \$75,000,000 in State-aid road building funds it was predicted today at headquarters of the national unemployment conference.

Although the measure carried \$75,000,000, twice that much money will actually be turned loose on road projects, as the States must match the allotments made to them by the Government. One-third of the money is available for immediate work and the remainder can be used after July 1, 1922.

Enactment of the roads bill was urged by the unemployment conference as one of the best steps that could be immediately taken to better labor conditions. State allotments under the bill follow:

Alabama	\$1,553,420.07
Arizona	1,053,281.44
Arkansas	1,251,142.89
California	2,432,093.83
Colorado	1,311,175.03
Connecticut	480,597.75
Delaware	335,024.00
Florida	836,825.69
Georgia	1,997,547.58
Idaho	938,536.68
Illinois	3,246,281.07
Indiana	1,958,855.41
Iowa	2,102,872.74
Kansas	2,102,281.51
Kentucky	1,417,178.88
Louisiana	996,980.64
Maine	695,180.25
Maryland	640,029.01
Massachusetts	1,098,176.94
Michigan	2,249,532.43
Minnesota	2,123,597.07
Mississippi	1,294,096.22
Missouri	2,448,128.62
Montana	1,546,838.82
Nebraska	1,331,189.50
Nevada	953,436.78
New Hampshire	365,625.00
New Jersey	942,870.95
New Mexico	1,156,823.47
New York	8,696,447.97
North Carolina	1,709,333.90
North Dakota	1,164,714.42
Ohio	2,823,004.05
Oklahoma	1,752,339.44
Oregon	1,182,863.90
Pennsylvania	3,398,953.97
Rhode Island	365,625.00
South Carolina	1,061,237.34
South Dakota	1,204,080.31
Tennessee	1,647,893.24
Texas	4,425,172.41
Utah	849,417.21
Vermont	365,625.00
Virginia	1,456,823.47
Washington	1,103,709.77
West Virginia	802,359.77
Wisconsin	1,894,816.86
Wyoming	934,617.63

The bill also appropriated \$15,000,000 for the improvement of National Forest roads.

The Federal Highway Act, just passed in a general way resembles the Federal-Aid Act of 1916, but contains several new features. Administration of the act of the Secretary of Agriculture, and under him the Bureau of Public Roads, remains unchanged.

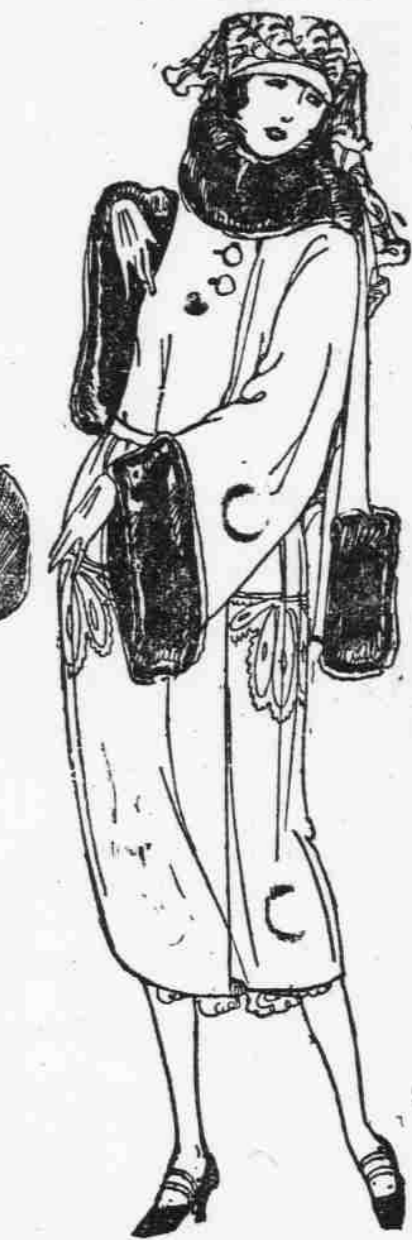
Apportionment of the fund to the States is almost the same as in the previous act, the fund being divided into three parts, 1 part apportioned according to population, 1 according to area, and 1 according to mileage of rural and star mail routes. A new feature is the stipulation that no State shall receive less than one-half of one per cent of the total fund which, in this case, amounts to \$365,324. This stipulation will increase the amount received by four of the smaller States, Delaware, New Hampshire, Rhode Island and Vermont.

# The Values! Not Words Tell The Story Of The Great Savings Here In SUITS, COATS and DRESSES

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