

Without Playing Whist For Prizes. Asheville, Nov. 30.—Dr. R. F. Campbell took occasion to criticize those who play bridge for money or prizes, in his morning sermon Sunday at the First Presbyterian church. "The only difference," said Dr. Campbell, "in the results of playing bridge whist for prizes by those who are protected in their homes, and the negro who shoots dice in the street for money, is that the colored man is arrested by the policeman."

Don't Tell the Wife

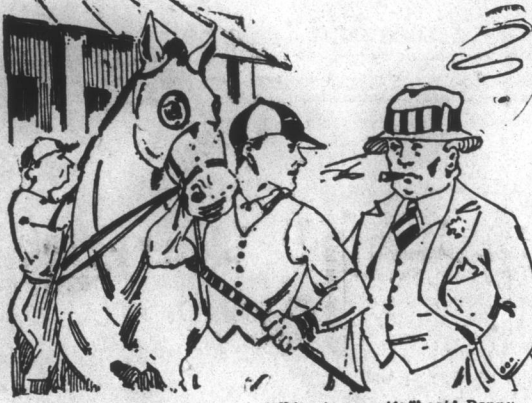
BY WILLIAM B. COURTNEY

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"DON'T TELL THE WIFE," starring Irene Rich, is a Warner Bros. picturization of this novel.

SYNOPSIS
The hot and stubborn temper of Ranny Forbes, star polo player, and his beautiful wife, Joan, result in a great storm that furnishes a cliche society with choice gossip. Joan wants a divorce, but Ranny earnestly opposes to his chum, Clay, that he loves her. Worse, he confides his secret discovery that she is in love with another man, Abner Gramman. Stivner, a lumber king with whom Ranny has been negotiating a gigantic business deal, tells him he has scouted fifty thousand on Ranny's team in the Westbury Cup finals. Ranny sees that victory will mean business good will. Interest is lent the situation when Ranny learns that his wager is with Abner Gramman! Ranny makes a phenomenal goal.

CHAPTER I—Continued
Never before in the history of international polo had so mighty a stroke been uncoiled, nor, indeed, a goal achieved, with the first chukker but a scant thirty seconds under way. Of course there was no boisterous cheering. One does not cheer within a radius of fifty feet of the goal. The crowd, however, roared. "Great shot, Forbes! Bull's eye! American!" Youngsters and oldsters raised something of a clamor with auto horns. Many young girls squeaked a bit, and Stivner gloated heartily. But only down in the paddock were there more enthusiasms. There were three Ranny's hand-legged groom alternately turned handspins and ejaculated to no one in particular: "Stryke me pink! Stryke me pink!"



"You'll find him in my car, talking to my wife!" said Ranny.

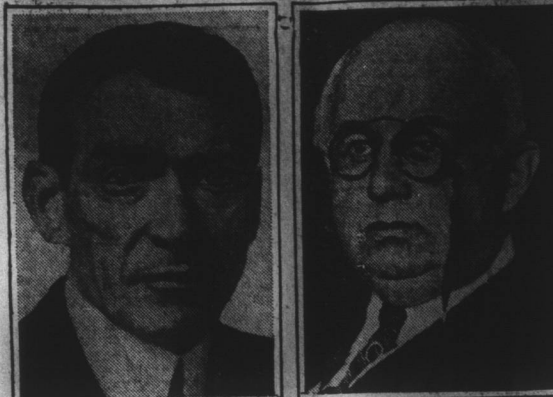
The Argentines galloped, rather than cantered, back to midfield, so impatient were they for the second toss-in and a chance to retrieve this immediate advantage their friendly enemies had secured. But Nos. 1, 2 and 3 of Ranny's side closed in and rode straggled to stirrup with him at a somewhat less eager pace, boyishly glorying in the blood that had been drawn rather than testing that still to be shed. Polo, after all, is a game for men with the hearts of boys.

It was the essential boyishness of his nature that made Ranny sulky and exult in his shot, not for what it had meant, but for its reaction upon the object of his jealousy and contempt. He managed a furtive glance back toward the sedan. It was not hard to conjure up a delightful picture of the chagrin on Abner's dark face.

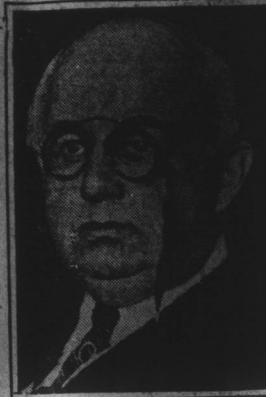
Into it again. There! Take it, Number 1! Ride him out, 2—ride him out. Ah, a beautiful long diagonal pass and a snuffon Argentine bank streaking after it, dribbling it along with short, snappy strokes until he should come within range of the Tornado's goal. A clear shot ahead of him. Uncovered! "After him, Ranny, after him!" But Ranny had hesitated. Instantly, his thoughts with Joan and Abner in the car instead of on the shimmering 300 by 150 yard expanse of playing field. Awake now, and in pursuit! But too late. "Go it, Judy!"

The game mad mare stretched out at full tilt and her lean little belly almost scraped the ground between her flying feet. Man and mare a giddy oneness. Ranny fastened over her neck jockeywise, giving her free head. There! The Argentine has played the ball beautifully for a straightway try at the goal, only eighty yards away. He cups at the almost motionless sphere, all the confidence in the world in the free swing of his mallet, the easy way in which he stands in his stirrups for a teehold and throws his weight over to his hitting side. Swift! But wait! Judy has rushed her snorting nostrils into the picture. Ranny's mallet flashes overhead in a cross back stroke and meets the ball simultaneously with the Argentine's forward smash. The ball is

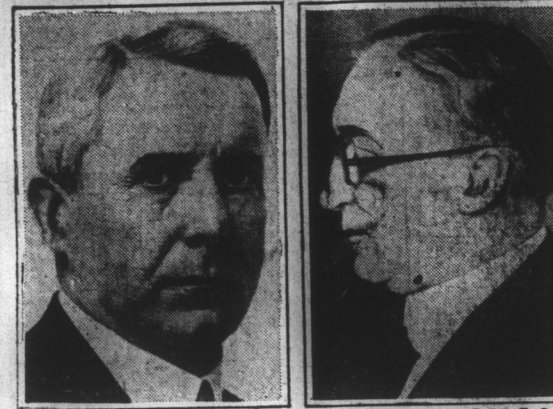
In the News of the Nation



EDWARD I. EDWARDS



GUY D. GOFF



JAMES A. REED



HUSTON THOMPSON

Senator Edward I. Edwards, of New Jersey, planned a campaign against a bill introduced by Senator Guy D. Goff, of West Virginia, providing new methods of search and seizure under the Volstead Act. Senator James A. Reed, of Missouri, was invited to join the campaign. Huston Thompson would not be re-appointed Federal Trade Commissioner, the President indicated.

"Proper Food and Exercise," by ARTHUR A. MCGOVERN, former physical director, Cornell Medical College.

Tonics do not always come in bottles

MANY of the men and women who patronize my gymnasium come there on a advice from their physicians. Exercise, the latter realize, is one of the best "medicines" prescribable. It is a medicine that you can well prescribe for yourself. The functioning of every organ in your body is indirectly caused by muscular contraction. When muscles grow flabby and soft, it usually means that organs have lost their tone through lack of muscular co-ordination. If we took away the muscles of the abdominal wall, we would bend up like a jack-knife because we would be taking away the main support of the body. Incidentally, the abdominal muscles are the most important we have, and usually they are the most neglected.



TO BE TAKEN AT LEAST ONCE A DAY

1. Lie on the floor, flat on your back, hands at your sides, palms down. Take a deep, slow inhalation, raise your chest high, bringing the abdomen in and turning palms up, with shoulders on the floor. Hold breath for five seconds. Exhale, return to a relaxed position, turning the palms of your body is indirectly caused by muscular contraction. When muscles grow flabby and soft, it usually means that organs have lost their tone through lack of muscular co-ordination. If we took away the muscles of the abdominal wall, we would bend up like a jack-knife because we would be taking away the main support of the body. Incidentally, the abdominal muscles are the most important we have, and usually they are the most neglected.
2. Lie flat on your back. Draw knees up with both feet on floor. Place a weight (a heavy book will do) on abdomen. Raise the weight up by contracting the stomach muscles and lower it by relaxing these muscles. Repeat ten times.
3. From flat position, legs out straight, hands clasped behind head, raise head and draw up RIGHT knee, trying to touch your chin with your knee. Repeat ten times.
4. From flat position, legs out straight, hands clasped behind head, as in No. 3, raise head and LEFT knee, trying to touch your chin with your knee. Repeat ten times.
5. From flat position, hands clasped behind head, raise head and both knees, trying to touch chin with knees. Repeat ten times.
6. From flat position, hands straight behind head, raise body to sitting position (without bending knees), trying to touch toes with finger tips.

During the course of a day we exercise our arm and leg muscles. In fact, no matter how sedentary our work, we nearly always get enough exercise to take in the arms and legs. The only way we can systematically exercise the muscles of the abdominal wall is to lie flat on our back and devote fifteen or twenty minutes to arm and leg movements in this reclining position. The following exercises are those that doctors advise their patients to take, and that many physicians practice themselves.

Eat and Grow Slender Diet
BREAKFAST: Choice of one orange, apple, pear or one-half grapefruit. Bran with skimmed milk. A slice of gluten bread toasted. Cup of hot water, hot milk or a coffee substitute.
Between breakfast and lunch eat some fresh fruit. Drink two glasses of water.
LUNCH: A raw vegetable salad or fresh fruit salad. Use lemon juice for dressing. Or a cooked vegetable lunch consisting of any of the following vegetables: Spinach, string beans, carrots, tomatoes, cucumbers, Brussels sprouts, celery or onions. Unsweetened stewed fruit or gelatin.
Between lunch and dinner, two glasses of water and some fresh fruit.
DINNER: A thin soup such as bouillon. One lamb chop or a portion of broiled lean meat, chicken or fish. Two vegetables, such as suggested for lunch. A fruit cup. One slice of dark bread toasted. Cup of hot skimmed milk or hot water. Gelatin dessert without cream.

FRENCH MAY SHARE HOMES WITH LEGION NEXT YEAR
Ten Thousand Parisians to Be Asked to Give Rooms to Visitors During Convention.
Paris, Nov. 30.—The task of providing accommodation for the 30,000 members of the American Legion expected in Paris for the convention next September is receiving the attention of the hotel men, city officials and private individuals.
The latest suggestion has been made by former Lieutenant Jacques Perard, the man who before Verdun

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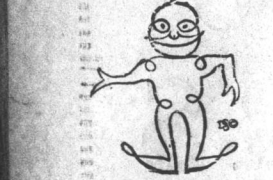
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