

Keeping the Figure Trim and Youthful

A Roller Massage Routine Which Can Be Used Anywhere on the Body to Reduce Accumulations of Fat Difficult to Exercise



Those Annoying Fatty Spots Which Develop Just Between the Hips and the Waist and Which Are So Difficult to Eliminate by Exercise Respond Readily to the Reducing Roller, as Shown at the Left.

Sufficient Twisting and Turning to Wear Away Fatty Accumulations Between the Shoulder Blades is Almost Impossible But the Combination of the Roller Massage and Reducing Lotion Will Work Wonders on This Difficult Area.

safety to your general health... which is of major importance.

If you want only to break down collections of fatty tissue which have formed on parts of the body which do not get as much exercise as they should, you'll be amazed at the shrinkage shown by the tape measure after a short time.

Incidentally, this business of pounds as against size is one of the most important features of all reduction. Many women are over-sized who are not over weight. Therefore, your tape measure is as important a factor in reduction as your scales.

One woman weighing one hundred and thirty pounds will be perfectly proportioned. Another of the same height, age and general make-up, will be decidedly over-sized at the same weight. This is because the first woman has the bone structure of her body covered with solid, healthy muscles and tissues while the second one has her bone structure covered with fatty tissue.

And so, besides thinking of reduction in terms of loss of weight alone, bear in mind that during the reducing program a process of tearing down fatty tissue and rebuilding it into healthy tissue is going on. You probably will find at the end of a month that the scales show just about the same weight but that the size of your body has decreased materially. Of course, if one is more than fifteen or twenty pounds over-weight or over-size the scales as well as the tape measure will show a loss.

Although the massage gained by the use of the roller illustrated above will reduce the body, a special lotion is part of the kit, whether you buy the small or larger one. This lotion should be used as suggested. Then, too, you can make up your own reducing lotion if you wish by following the formula for the camphor and alcohol reducing lotion which has appeared in this column so many times since I've been editing it.



These Photos Posing by Miss Eva Saecker.



For the "Tummy" the Massage Roller Not Only Works Off Excess Fat But Also Stimulates and Strengthens the Abdominal Muscles Preventing Further Accumulation of Fat Tissues.

The Roller, Padded with Felt and Saturated With Reducing Lotion, is Extremely Effective in Preserving the Youthful Lines of the Under-Chin and Throat.

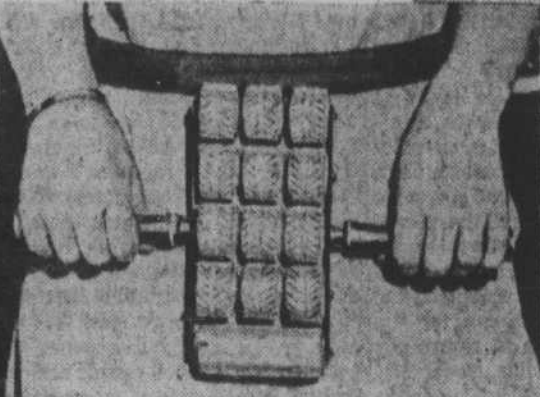
many times since I've been editing it.

Cut two (2) small bars or cakes of dry camphor into small bits and then add them to one (1) quart of rubbing alcohol. Let the mixture stand until the camphor has dissolved before using.

The large roller shown in the illustration above has a felt pad which should be moistened with the reducing lotion. The smaller rollers do not have this pad attached and so the reducing lotion must be patted on the skin if it is used. However, the plan is to get the lotion onto the skin whether it be by way of the felt pad of direct.

Then begins the fun! Simply massage the rubber roller up and down over the spots to be reduced, using long, firm sweeping strokes as you pass the roller over the spots. Work the roller ten or fifteen times over each spot to be reduced.

As the rubber rollers pass over the bare skin... yes, no clothes please while taking this treatment although, of course, we couldn't be so bold in the photographs...



hips, abdomen, bust, fatty spots from the back of the neck, thighs, legs ectra, the same length of time should be devoted to these spots as would be allowed for the body generally. For example, twenty minutes each day, in two, ten-minute periods, reduces the average waistline approximately three inches in one month. About two inches will be taken from the bust line, and about three inches from the hips during the same time.

It is estimated that the use of these rollers for twenty minutes each day will effect the same reduction that an eight mile, very brisk walk would.

One reason why such a method is so favored for reduction is that it breaks down only fatty tissues, muscles themselves are not effected, except to make them more firm and healthy by the stimulated circulation which such massage induces.

For reducing localized fat, there is not other method quite so satisfactory, except similar

The Specially Designed Rubber Patter Shown Above is Used to Stimulate Circulation Under and Around the Eyes, Thereby Eliminating the Possible Formation of Pouches and Wrinkles. The Massage Also Acts to Tone Up and Clear the Skin.

massage by hand, because with this method only those parts of the body which need treatment are treated.

You will notice a small rubber pad in the illustration above. This is for treating the face and neck in addition to the general treatment possible with the roller and the felt pad.

I'm not going into the details of the various movements with this roller for various parts of the body for if you are interested you'll find literature regarding this type of beautifier at your local department stores, or they can get it for you if they haven't it on hand.

A general idea of how it fits into any curve of the body is seen in the photographs above. To give detailed information regarding this, together with the general information regarding its merit, would take more space than I have for one article.

And, now before closing, I want to tell you that my next article will be based on the proportions of the body so that you will have a clearer idea of what you need to do before doing anything at all. This business of "supposing" that one is overweight or over-size is not good. There is a general, safe, true, guide for checking up on every woman's figure and you'll get it next week.

By JOSEPHINE HUDDLESTON
Author of "My Secrets of Charm."

It is not often that we discuss a treatment as recently touched upon as the one under discussion today. So many inquiries, however, came to me asking for more detailed information on the reducing roller which was included with an exercising machine in an article appearing late in August or early in September, that I feel most of you will be interested in learning more about this method of keeping fit, both from a health and beauty angle.

It is a well-established fact in all beauty and medical circles that women in general prefer an easy method of reducing, whether such reduction is for the entire body or only for some parts which are too large for the general contour of the figure. The easy way isn't necessarily a matter of laziness... many of us are time poor, having only a few minutes to devote to beauty regimes of any kind. Others, because of their manner of living, find dieting, gym work, long walks and similar methods

extremely hard to indulge even when a slender, graceful, healthy body will result from the treatment.

Probably because the health building reducer illustrated above requires so little time and accomplishes so much that the average woman desires, the reference to its use in another article stirred literally hundreds of women to a point where they wanted additional information. Here it is!

There are two types of this article... a small kit and a large one... so that one or the other will fit into almost any budget. The working benefit is equally good, the main difference being that the more expensive outfit has a larger roller and more attachments, although these attachments may be purchased later if the complete kit is priced beyond your budget at the time.

Whether you want to reduce locally or all over you'll find that approximately two pounds each week may be lost with perfect

What One Girl Wore---

By Betty Brownlee

CREATORS of fashion are spending as much time on making lovely clothes for the younger girls in the family as they are in designing costumes for their older sisters. The large shops in every town nowadays have special departments devoted entirely to fashions for the girl in her late teens.

Little sister is not neglected at all these days in the fashion world. She is still—if she is wise—choosing clothes that are youthful even though they are not as childish as they were a few years ago. Of course, her frocks are fashioned of the same materials as those of her debutante sister. Whatever fabrics are smart for the older girl are the fabrics that are used for her costumes.

Since most girls of sub-deb age feel that they are terribly sophisticated and like to play that part, we find that they are partial to black clothes. There's something so old about black, they think. Well, today, we have illustrated for you a frock worn last week by a younger friend of ours and we dare you to say that there's anything too old about it for even the youngest of the younger set.

Of black cotton crepe, it features the very soft and flattering cowl neckline. The sleeves are very brief—mere caps—and from beneath them peep dainty undersleeves of Irish lace. (And, by the way, no matter what age you are you're going to be using Irish lace this Spring. It's the very latest and very newest rage). The skirt of this frock is cleverly seamed and the seam-



The Younger Girl Will Want to Own This Charming Frock of Black Cotton Crepe With Tiny Undersleeves of Irish Lace. Note that the Cowl Neckline Still Enjoys a Vogue.

ings reveal double pleatings. Waistlines are to be a bit higher, as you will note in this instance, where the wide belt is finished with a soft bow.

Not even the most old-fashioned mother could object to this "younger set" frock!

Household Question Box

By Mrs. Mary D. Wilson

DEAR MRS. WILSON:
Please tell me how to remove grease stain from a marble table. Thank you. MRS. C.
Grease may be removed from marble with a paste of turpentine and whiting. Cover the stain and let stand for some time; then wash off with soap and warm water. For general cleaning when badly soiled, use kerosene or salt and vinegar, but do not permit the vinegar to remain for more than a few minutes lest it affect the polish.

DEAR MRS. WILSON:
In cooking, whenever a recipe calls for molasses, I have difficulty in measuring since the molasses sticks to the spoon. I never know whether I am getting the exact amount called for. Is there any way of preventing this? Mrs. B. H.

Yes. Dip the measuring cup or spoon in scalding water and the molasses will turn out quickly.

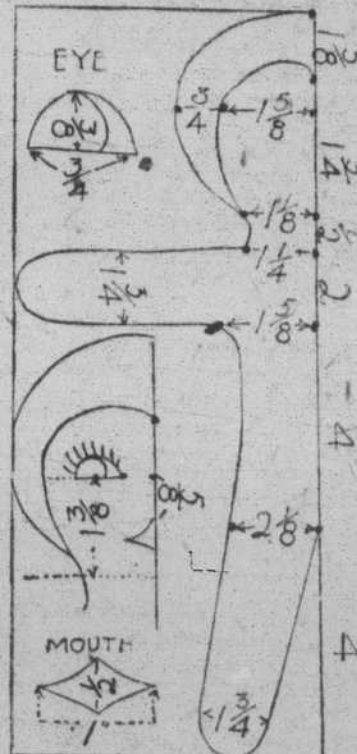
DEAR MRS. WILSON:
Can a corduroy suit be laundered at home? Thank you for your advice. MISS E. G.

Yes. Fill a tub with warm soapy water, using a pure white soap. Wash the garment by lifting it up and down in the water, rubbing badly soiled portions with the palm of the hand or a soft brush. Wash in as many waters of the same temperature as may be needed to get it entirely clean, and rinse until all the soap is removed. Without wringing or even squeezing, carry the garment to the line. Put waists or coats on hangers well padded with old cloth. Button or hook the garment to prevent sagging. Pin skirts to the line by the bands and pull to the correct length. Shake occasionally while drying, and when thoroughly dry brush the nap to restore its fluffiness.

In this column each week Mrs. Mary D. Wilson will answer all questions concerning the household.

How to Make a Washable Doll

Her Dress, Face and Hair Peel Off Every Saturday Night



This Sketch Shows the Pattern and Gives the Measurements for Cutting Out the Doll's Outside Covering. The Inside Body is the Same, but Slightly Smaller.

most charming guest, Joyce—age one, plus. Her father calls her the "wrecking crew." It is this appropriate title that brought forth this doll. It is small so it can be held easily by her highness—can't break and can be washed and all after a few days of being walked on.

Here is a chart for the pattern. This is the outside. When you get this cut, make another a quarter of an inch smaller all around. The small one is the inside body, the plaquet in a skirt, from the head to waist line. Over the piece that faces the plaquet, sew some duplicate pieces of the color which is underneath (brown for hair and dress material so that it will not show so plainly when finished). To this opening down the doll's back are sewed buttons, or snaps. One could bait the opening up each time—as I do—otherwise it may be



This Sketch Shows How the Doll Looks when Finished, and Also How the Outer Covering Is Buttoned or Snapped on to Her in the Back.

pulled apart in twenty minutes. The skirt ruffle is sewed up after the two sides are sewed up. It is very simple to make—cheap, too. Mine is of unbleached muslin, and what is more, I defy the wildest youngster to do it fatal damage.

Questions may be sent with enclosed stamp for reply to Miss Avery in care of this newspaper.

APPETIZING MENUS FOR THE WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Stewed Pears Boiled Rice Toast Coffee	Baked Apple Oatmeal Grilled Bacon Muffins Coffee	Bananas Flaked Cereal Bacon and Eggs Rolls Coffee	Oatmeal Figs Sausages Rolls Coffee	Prunes Vegetable Omelet Muffins Cocoa	Tomato Toast Bacon Coffee	Grapefruit Boiled Eggs Toast Coffee Jam
Luncheon	Waffles Maple Syrup Tea	Vegetable Plate (Carrots, Peas, Potatoes and Beets) Rolls Tea	Asparagus and 2 Egg Salad Bread and Butter Crackers Jam Tea	Cold Sliced Meat Fried Potatoes Cake Tea	Fried Oysters Cole Slaw Toast Cake Coffee	Baked Beans Crackers Celery Salad Milk	Stuffed Calery Roast Lamb Sweet Potatoes Green Pepper Salad Pudding Demi-tasse
Dinner	Boiled Beef Browned Potatoes String Beans Lettuce Salad Apple Pie Demi-tasse	Fried Ham Mashed Sweet Potatoes Cauliflower Potato Salad Fruit Cup Tea	Broiled Steak Baked Onions Baked Potatoes Rice Pudding Demi-tasse	Corned Beef Hash Lima Beans Beets Fruit Salad Pumpkin Pie Coffee	Codfish Cakes Tomato Sauce Spaghetti Asparagus Cocoanut Layer Cake Demi-tasse	Lamb Chops Scalloped Potatoes Endive Salad *Prune Tapioca Tea	Hot Lamb Sandwiches Pickles and Olives Lemon Cake Tea

The Week's Favorite Recipe—*Prune Tapioca.

Soak the tapioca one hour in cold water. Drain, then add the boiling water and salt. Cook in a double boiler until transparent. Arrange the prunes in a buttered baking dish. Pour over tapioca and the molasses and bake in a moderate oven until mixture becomes brown. Served with whipped cream.