

The Evening World's Beauty and Health Column

Conducted by Pauline Furlong

Through This Column Miss Furlong Will Reply to Women Readers' Questions Regarding Exercise, Diet and Other Means of Preserving Good Health and Good Looks.

The "Liver Squeeze" Exercise.

WING to the fact that a great number of readers have written me about the "liver squeeze" exercise, which I advocate so strongly, I am telling them more about it today. The condition of the blood has a great deal to do with both fatness and thinness, and the liver that is not functioning naturally means blood that is in an abnormal condition.

Joy your sensible articles very much and want your help also. Please tell me a simple exercise to keep blood circulating. I am past sixty-five. Stand with feet together, head and chest well up and the arms outstretched above the head, hands clasped together; take a deep breath and stretch firmly upward, swaying the body from right side to left side. Exhale and relax completely, and repeat the deep breathing and stretching until comfortably tired.

Can You Beat It! By Maurice Ketten

Comic strip panels with dialogue. Panel 1: 'HOW DO YOU LIKE YOUR NEW FLAT JOHN?' 'GREAT! IT'S VERY MODERN, RIGHT UP-TO-DATE, COME AND SEE IT.' Panel 2: 'MY WIFE HAS TO MOVE THE HAT RACK BEFORE I CAN OPEN THE DOOR - THE HALL IS SO NARROW.' Panel 3: 'CLIMB OVER THE FURNITURE, THE ROOMS ARE SO SMALL THERE IS NO ROOM FOR OUR FEET ON THE FLOOR.' Panel 4: 'PUT THIS GAS MASK ON, I AM GOING TO OPEN A WINDOW.' 'WE GET THE FUMES OF AMMONIA GAS FROM THAT CHIMNEY UNDER OUR WINDOW.' 'DON'T LOOK.' Panel 5: 'IN AN UP-TO-DATE FLAT THE PARLOR IS ALWAYS BETWEEN THE BEDROOM AND THE BATHROOM.' 'DON'T MIND THE COOK - SHE HAS TO PASS THROUGH THE PARLOR TO GO FROM THE KITCHEN TO THE DINING ROOM.' Panel 6: 'IN A MODERN FLAT THE BEDROOM IS ALWAYS IN THE NOISIEST PART OF THE HOUSE.' 'THIS IS ANOTHER BEDROOM, IT'S DARK IN DAY TIME BUT BRILLIANTLY ILLUMINATED AT NIGHT BY AN ELECTRIC SIGN ACROSS THE STREET.' Panel 7: 'IT TAKES ALL MY SALARY TO PAY THE RENT BUT WE HAVE A DOORMAN IN UNIFORM AND MY WIFE LIKES THAT.' 'CAN YOU BEAT IT!'

Original Designs for The Home Dressmaker

Advice in the Selection of Materials and Styles for All Types Furnished by The Evening World's Expert. By Mildred Lodewick



With gold balls dangling. The cuffs should be of the red satin, with only a tiny flare of black velvet over the hand. Gold embroidery on the skirt would complete an adorable frock. At the right is suggested a suitable combination of serge and satin, which needs but a touch of colored yarn embroidery across the collar and yarn crocheted balls on the cuffs.

Answers to Queries Dear Fashion Editor: I have some dark blue serge and would like to have a dress made of it. Am fourteen years old, 5 feet 2 inches, weight 135 pounds. I am light complexioned with wavy brown hair. My skirts are still short. L. R. A. A white broadcloth collar, red tussels and red-worsted embroidery.

Letters From Readers.

BRAN BREAD—MRS. LILLIE R. asks: "How is bran bread made and have you a formula for one made with some other dark flour? I am following the obesity diet and losing weight and do not want to eat anything containing white flour, if I can avoid it. I feel so much better since eating light, easily digested foods." The following is a delicious bread made from Watermill, and gum gluten flour: Half pint fresh butter, milk, half level teaspoon soda, one teaspoon butter or olive oil, half pint water, ten flour, one rounded teaspoon baking powder, two eggs. Mix well, put in eight-inch square, well-greased pan and bake in moderate oven half an hour.

SAM Love Clashes With Pride in This Delightful Story of a Summer Girl's Flirtations By E. J. Rath

SYNOPSIS OF PRECEDING CHAPTERS. A young girl goes to a house party on the mainland in a creek motor boat by Sam. She is attracted to a young man who is the son of the house and goes to bed with him. She later she hears that he has been seen in the neighborhood. She takes a walk and sees him. She is attracted to him and goes to see him. She is attracted to him and goes to see him.

CHAPTER III. (Continued.) "Biting 'it' he meant a channel, into which they plunged a moment later. It was very narrow and very dark, and it served to make two islands where the casual observer thought there was only one. "If we don't pile ourselves up this is going to be about as clever a thing as I ever did," remarked the steersman genially. "If we do hit anything you'll find a life-preserver under the starboard seat. In any case, I'll lay you three to one they don't follow us." She did not take the bait; she was too intent upon watching the rocks that rushed by almost within reach of her arm. "I said it would be a pretty clever stunt," observed the boatman a moment later. "Here we are in open water again. No fear; they won't try it." He swung the tiller sharply. The launch swerved and began to follow a new course. "Is that Mr. Witherbee's Island?" demanded Miss Chalmers, pointing. "That? No, indeed. We've been going away from Witherbee's." "Take me there at once." He shrugged his shoulders and devoted his attention to the course. The voyage was finished in silence. She did not know whether she was sorry or pleased when she set foot upon the lonely dock for a second time. "That's the time," observed the boatman, "it's on me." She turned upon him fiercely. "Let me warn you," she said, "that you are caught under way again." "Well, good night—or rather good morning—Miss Accessory-after-the-fact," he called back.

ELDERLY WOMEN'S EXERCISES—Mrs. M. H. R. writes: "I en-

\$100 IN PRIZES. THE EVENING WORLD'S Figure Improvement Contest

WANTED. Six STOUT women who wish to decrease their weight and measurements. AND Six THIN women who desire to gain weight and build up their figures. Contest open to one STOUT woman and one THIN woman from Manhattan, Brooklyn, Bronx, Queens and Richmond Boroughs and the State of New Jersey. The twelve chosen applicants will have only to faithfully follow a new two months' course of diet and exercise prepared by MISS PAULINE FURLONG and which will be published daily in THE EVENING WORLD. The STOUT woman who makes the most progress in reduction and the THIN woman who achieves the greatest development will each be presented by THE EVENING WORLD with FIFTY DOLLARS IN GOLD. Contestants' names will not be published. Applications must be made in writing to "Figure Improvement Contest," Evening World, No. 63 Park Row, New York City. Each applicant must furnish certificate from physician stating that she is physically fit to undertake the contest course; that the applicant's present condition is not hereditary nor due to any organic trouble, disease or operation, and must give applicant's age, height and weight. Only women not younger than TWENTY-FIVE or older than THIRTY-FIVE years of age may enter the contest. Contest will be started as soon as the twelve contestants have been selected.

CHAPTER IV. DAWN gently touched the eyes of Miss Chalmers and awakened her. She sat up briskly and surveyed the interior of the boat-house, then reached for her grip, opened it, took out a ring full of keys, and arose from her canvas cot. She ran swiftly to the wharf, selected one of her six trunks, unlocked it, and spent two minutes with its contents. Then she retreated to the boat-house. Fifteen minutes later Miss Chalmers reappeared with a bundle under her arm, returned to the trunk, stowed her burden away, shut down

Another Craig Kennedy Story THE DEATH THOUGHT By ARTHUR B. REEVE Begins in The Evening World October 16