

Pauline Furlong's Talks On Health and Beauty

Exercises for the Thin Girl to Gain Weight... EPID baths, at least once each day or night, are best for the thin girl...

I have been asked many times about olive oil and cocoa butter rubs for the thin girl, and while I do not think the body can be nourished to any extent from the surface or by local treatments...

Everything exciting and stimulating must be avoided by the slender woman trying to gain weight. Late hours, too much dancing or walking and other exercises which are tiring must be passed by until she has attained normal weight...

It is better to delay the practice of the exercises until you can find time to do them slowly and rest the body completely afterward, than to hurry with them and likely do more harm than good.

Learn to take things easy and as they come, and avoid outbursts of temper and passion, hasty eating and shopping and too much conversation. Talking up more energy than hard work and it is a wise plan to become a good listener, if you would gain energy and vitality.

TO DEVELOP CHEST, NECK, SHOULDERS AND BUST—MADGE K.: The chest raising exercise for thin girls is the best one in the entire course of developing...

CROW'S FEET—G. L. N.: Lanolin smeared on the crow's feet at night will help remove the dry condition. Do not massage with the talc, just rub talc on wall. Then gradually rise on toes—the heels will leave the floor—and lower the chest until it touches the wall between the palms of the hands...

Advice on Courtship and Marriage

By Betty Vincent The Marriage of Differing Races. SHALL a boy of nineteen, American born of German descent, and a Christian, marry a girl two years his senior, and of the Jewish faith?

"And, further," writes my anxious friend, who signs himself Interested Reader, "we both are suffering from jealousy. I think it is because we love each other so much, but maybe it is the difference in our religion. Do you think it advisable for me to go my way and let her go her way and end it all?"

This letter raises so many complex questions that I hardly know which to answer first. The fact that the girl is twenty-one while the boy but nineteen does not in itself create an obstacle to happy marriage. Yet, generally speaking, it is better for the girl to be the younger. Girls mature earlier than boys do. A girl is older at twenty than a boy is at twenty. And while it is true that being out in the world makes a man's mind develop faster than the mind of a woman who lives within her own four walls, he is more apt to want a younger and younger comrade as he grows older and older.

The difference in these young persons' ages is so slight that taken alone it might not be worth considering. But it becomes more serious when you add the fact that she is of Jewish faith and he a Gentile. The difference in religion usually means a difference in viewpoint as to many things. There are certain traits of character and certain training that sometimes cause grave misunderstandings between Jew and Gentile. They would be pretty sure to cause even graver misunderstanding under the close association of marriage.

And suppose there are children? And suppose the mother felt they should be reared in her family's ideals while the father wanted them brought up according to his? In many Jewish families it is regarded as a calamity for a member of it to marry outside the race. Likewise a Christian family which takes religion seriously feels affronted in the same way. Unless you are both exceptional young people—broadminded and amiable to a degree, free of all prejudice and very much in love, I should advise you not to marry, all things considered. The fact of your being apparently so undisturbed by the idea of parting and going your separate ways makes me feel you are NOT tremendously in love. In which case do not marry, no matter what other questions are involved. It will not hurt you to wait. It may hurt you very much and very permanently to act on impulse.

Can You Beat It!

JOHN DID YOU TAKE MY OIL STOCKS I HAD IN THE SIDE BOARD? YES, I SOLD THEM



DID YOU DRAW OUR BANK DEPOSIT? I DID



WHY DID YOU DO THAT JOHN? I NEED ALL THE MONEY I CAN LAY MY HANDS ON



By Maurice Ketten

DID YOU TAKE OUR MONEY FROM THE SAVINGS BANK? I DID



DID YOU TAKE THE FAMILY JEWELS? I PAWNED THEM



TO PAY YOUR INCOME TAX? NO - ARE YOU FORGETTING WE HAVE TO EAT IN A RESTAURANT TONIGHT?



Original Fashion Designs For The Evening World's Home Dressmakers

By Mildred Lodewick The Popular Gilet Distinguishes This Design.

The gilet or waistcoat is the most characteristic feature of spring fashions, being evidenced both in dresses and suits. This accessory has indeed become exceedingly popular in a few short months and where at first it was only its simple natural self, today it poses in more pretentious roles. A blouse it would supplant! This is where the gilet accompanies the suit, and then, made with a back portion, but sleeveless, it makes a blouse a non-essential, provided, of course, that the jacket agrees not to be removed. And as the jacket is usually of this state of mind any way, one does not take many chances on relinquishing one's blouse.

This idea, however, seems better adapted for summer wear than for spring, when the warmth of a blouse is not uncomfortable. The design I am offering is both a suit and a dress, and will answer the service of both. The gilet effect is prominent, being trimmed with bands of silk braid and closing with tiny satin buttons. At the sides of the skirt it terminates under bands of the material that are dropped from the waist line to give a draped effect and relieve the plain slim outline. The bodice boasts no belt, but turns up under at the waist line, to be confined with a slight suggestion of a blouse. At the front it is held by a silk cord in a novel way that brings out the distinctive cut of the frock. Patch pockets add to the practical air of the sailor collar. Light weight serge with satin for



A SUIT AND A FROCK COMBINED IN THIS DISTINCTIVE MODEL.

Will you help me with a design for making over a dark blue crepe de chine dress made like inclosed sketch? Would like it for practical wear. Am slim, 5 feet 3-1/2 inches tall, weight 106 pounds. Miss D. J. Z. Self color satin panel and cuffs would lend a modish air to your frock. Panel forms sailor collar in back. Very narrow ash belt lined with red.

As I have but 3 yards of material like sample (black tricotine) I am at a loss for a plain style in which to make it up. Am in mourning, 29 years of age, 5 feet 5 inches tall, weight 109 pounds. MISS B. I believe this style could be cut from your material. Black taffeta collar and cuffs, white georgette or organdy yoke. Scutache braid-covered or gunmetal buckle.

I would greatly appreciate your advice on how to develop a dressy frock for afternoon and evening wear, using 11-1/2 yards of unbrodered chiffon like sample. I am 31 years of age, 5 feet 4 inches, weigh 120 pounds. MISS G. W. Use the chiffon for bodice portion, matching the violet color for a satin skirt, with self color silk fringe. Shaded silk and velvet rose.

The GOLF COURSE MYSTERY BY CHESTER K - STEELE.

The End of the Fatal Golf Match When the Winner Lies Dead On the Green

Copyright by George Sully & Co. SYNOPSIS OF PRECEDING CHAPTERS. A golf match is arranged at the Marston Golf Club between Mr. Carwell and Major Wardell. The two men, both of whom are in love with her, though there has been some disagreement between them, are to play for the honor of the club. The match is to be played on the 19th hole, which is a very difficult one. The match is to be played on the 19th hole, which is a very difficult one. The match is to be played on the 19th hole, which is a very difficult one.

"Oh, it isn't true! It can't be true. Tell me it isn't!" said one. "Never saw him in better form, and some of his shots were marvellous." "He'd been drinking too much for a man to play his best, especially on a hot day," ventured another. "He must have been taken ill from that, and the excitement of trying to win over the major, and it affected his liver."

"I AM sorry," began Harry, and then she seemed to sense what he was going to add. "He isn't— Oh, don't tell me he is!"

"The doctor says he is dead, Viola," answered Bartlett gently. "He passed away without pain or suffering. It must have been heart disease."

"But Viola Carwell never heard the last word, for she faintly fainted this time, and Capt. Poland laid her gently down on the soft, green grass."

"Hurry get the doctor for her," he advised Bartlett. "She'll need him, if her father doesn't."

"As Harry Bartlett turned aside, waving back the curious seekers who were already leaving the former scene of excitement for the latest. Le Grand Blossom came up. He seemed very cool and not at all excited, considering what had happened."

"Perhaps you had better see to Mr. Carwell—Mr. Carwell remains, Blossom suggested Capt. Poland, a caddy Carwell will be herself very soon. She has only fainted. Her father is dead."

"Dead? Are you sure?" asked Le Grand Blossom, and his manner seemed a trifle more naturally excited. "Dr. Baird says so. You'd better go to him. He may want to ask some questions, and you were more closely associated with Carwell than with any of the rest of us."

"Very well, I'll look after the body," said the secretary. "Did the doctor say what killed him?" "No, that will be some time later. I dare say. Probably heart disease, though I never knew he had it," said Bartlett.

"Nor I," added Blossom. "I'd be more inclined to suspect apoplexy. But are you sure Miss Carwell will be all right?" "Yes, answered Capt. Poland, who had raised his head after prinking in her face some water, a caddy brought in his cap. "She is reviving."

Dr. Baird came up just then and gave her some aromatic spirits of ammonia. Viola opened her eyes. There was no comprehension in them, and she looked about in wonder. Then, as her hunched brain again took up its work, she exclaimed:

"What a terrible thing! I believe one evening de-