THE HERALD'S PAGE FOR EVERY WOMAN

Edited by JULIA CHANDLER MANZ

SPRING OPENING JUSTIFIES PROMISE OF LOVELY STYLES

By JULIA CHANDLER MANZ.

I want to tell you what I did yesterday, because it brought me so much genuine pleasure that I am confident that if you know, you would like to do it too.

When the sun came out with such a radiance and flooded the rain-drenched earth yesterday morning everything seemed to me as sweet and clean as if this old world of ours had just come into our possession straight from the hands of its Maker.

Spring quickened in my pulse even as it is doing in the trees and shrubs. The birds seemed trying to burst their little throats with the message of now nearly gone winter and the song of the coming spring, and everybody I greeted on my way down to The Herald office gave evidence of the sun's bright influence.

When I rolled back the cover of my desk the prospect within came so far from suggesting spring that I turned to my paper for comfort, and the first thing that greeted me was the announcement of the spring opening of S. Kann, Sons & Co.

It sounded so enticing that it gave me an inspiration.

"I'll just close up this old desk and go out and revel in every lovely thing that suggests spring." I told myself, and suited my action to my words.

Found Spring Spirit.

And I was not disappointed. I found the spring spirit before I even entered the doors of the big department store, for the great windows of S. Kann, Sons & Co. are a wonderful picture in rioting wistaria blossoms and charming millinery creations, piled high with all the early blossoms that are doubly dear to our hearts because they are the first announcement of the joyous days of spring.

If I hadn't seen a thing but Kann's windows I would have been glad that I had courage to close my desk and go in search of the beautiful things that we wear in celebration of the awakening of the warm days when all the world turns green.

The wistaria blossoms and the fairy-land of frocks and dainty waists and charming chapeaus would entice the veriest laggard to see the display of the season's fashions within.

Anyway, I was quite willing to be enticed, for hadn't I shirked my desk duties just for the very purpose of finding out for myself if all the wonderful array of promised styles was real?

Woman like, I headed straight for the millinery department, for who does not feel an innate craving to lay aside the dingy velvets and stately plumes of winter for the gay flowers of spring? What woman does not delight in trying on the new hat models, even though she may have but a car ticket in her pocketbook with which to buy them?

Spring in Full Bloom.

And if there is anywhere in Washington you will find spring in full bloom it is in the millinery department of S. Kann, Sons & Co. during this, their week of special prices in celebration of all the brand new stock they have to display.

I was shown all the newest wrinkles in hats both as to shapes and colors. The first importation to which my attention was called was a monstrosity in color. Not if you want to be ultra gay, my dear lady; not if you want to flash your way this spring through Washington so that nobody will forget you as long as you live, go down to Kann's and express this desire to the head milliner and I'm quite sure that she will bring out that Durbar turban made of braid the shade that was last year called "Helen pink," and trimmed with velvet and the new shade that is called primrose, but which our grandmothers knew as a deep cerise.

Primrose is the last minute note in spring coloring, and everywhere you will see the shape of the East Indian turban repeated, although—thank goodness!—seldom in vivid, never-to-be-forgotten cerise.

They are chic little creations, these Durbar turbans, made in the main of Milan straw—in color two-toned.

The ultra smart woman will wear black and white this spring. The two-tones are combined in wonderful effects in the hats shown me yesterday at Kann's, one of the most stylish of which was a walking hat trimmed only with a Legion of Honor rosette.

Cardinal Shape Favored.

The cardinal shape is much in evidence this spring, and trimming tends toward the pompon effect.

Even the flowers are builded up in the shape of a pompon, and the Milan braid, with its fine flexibility, gives tremendous advantages to the milliner in her effort to consider individual charm, because they may be twisted into any shape to suit the face while still holding to fashionable lines.

The children's millinery department is a perfect fairyland, and proves the statement of its head that it takes really more skill to make hats that bring out all the quaint charm of childhood than to make the grown-up woman's chapeau.

Very Frenchy are some of the young people's millinery creations shown me, recognizable in that the most stylish carry out the two-toned idea in black and white without losing their youthful lines.

I admit that I would have been quite satisfied to spend my day in the millinery department, for there is no other place that is so imbued with the spirit of spring as here, but I had some curiosity to see if some of the advance fashion reports that have come to me from time to time were really justified in the actual spring opening of a firm known to carry always the reliable and newest in point of style.

Fashion Reports Justified.

All the reports from Paris have told us of the popularity of terry cloth, and I found them more than justified, for the new material is shown at Kann's spring opening, both charmingly developed in gowns and suits, and in the raw material. The new tans are very soft. Some one described them to me the other day as "caressing tones," and it seems to fit them well.

There has been a good deal of speculation about the new spring coats. Their length has been the most discussed point. The new suits I saw yesterday seem to settle this question, for the coats are all short—twenty-six inches only—and are made in cutaway style, with either one or two buttons. The skirts to the new tailored suits show the envelope feature promised for the spring. In materials they are without fuss. Whipcords and novelty materials prevail although taffeta suits will be much worn later on for more dressy occasions.

In fact, taffeta reigns supreme in the spring styles.

It is worth a trip to Kann's to see the silks alone, both those developed and those displayed on the first floor and sold by the yard.

Bordered poplins, marquisettes, and foulards hold popularity still. In fact, I never saw anything softer than the silk poplins with borders of Iris, which look to be hand-painted, instead of woven. In these the blues and soft grays and corn colors are the most beautiful. Any of them, however, hangs in folds that beckon the money right out of one's purse.

By the time I had reveled for a couple of hours in many more beautiful things than I have space to tell you about I was so joyous with the spirit of spring that I think I would scarcely have been surprised had I found the trees bursting their buds when I came into the street again.

Even if you haven't a cent to your name, it will be worth something that no money can buy to lay aside all thought of the dreary winter and revel for half a day in the beautiful spring awakening found now in the shops, even as I did yesterday.

For I confess it filled my heart with good cheer.

Charming Evening Frock

This is one of the black robe dresses shown among imported stock. The skirt, while finely plaited, is very narrow, and the tunic of chiffon is heavily embroidered in jet, taking up with the jet ornament in front of corsage. Black chiffon is artistically draped over each shoulder with two bands of cherry-colored velvet ribbon near the skin.

TO STRENGHTEN THE SMALL BOY'S POCKET

Often the busy mother is nearly distracted when she examines her small son's pocket, for no matter how heavy the patch she stitches on, it only takes a few days to wear it through.

One wise mother remedied this by making the pocket of chamois. This is an excellent idea. Or ordinary pockets can be ripped part way and protected with chamois skin for about three inches from the bottom.

Knives will thereafter not be lost, and busy mothers will not be continually mending torn pockets. Portions of kid gloves can also be used for the purpose if desired.

Fitting the Candle.

When a candle—wax, sperm, or paraffin—is too large to put in the candlestick, dip the end in hot water for a few moments to melt down to the required size. A simple expedient worth remembering.

WHEN TO MARRY.

Following are the sayings relating to the various months which brides regard with superstition:

Married in January's bear and rime,
Widowed you'll be before your prime.

Married in February's sleety weather,
Life you'll tread in tune together.

Married when March winds shrill and roar,
Your home will lie on a foreign shore.

Married 'neath April's changeful skies,
A checkered path before you lies.

Married when bees o'er May blossoms flit,
Strangers around your board will sit.

Married in month of roses—June—
Life will be one long honeymoon.

Married in July, with flowers ablaze,
Bitter, sweet memories in after days.

Married in August's heat and drowse,
Lover and friend in your chosen spouse.

Married in golden September's glow,
Smooth and serene your life will go.

Married when leaves in October thin,
Toil and hardship for you begin.

Married in veils of November mist,
Fortune your wedding ring has kissed.

Married in days of December cheer,
Love's star shines brighter from year to year.

To Have Complexion That Men Admire

"A man may admit, with great sophistication, that powder and rouge are necessary aids to beauty," writes the Countess of Wenick, "yet deep in his heart he dreams of the woman whose loveliness needs no artificial touching up. Women who appreciate this, who give consideration to the masculine viewpoint, avoid using anything that might indicate their beauty is not all their own.

"Such women in increasing number are acquiring the mercolised wax habit. By applying the wax at night, as they would cold cream, washing it off in the morning, they secure, and maintain, entirely natural complexions. Their faces exhibit no evidence of having been 'beautified.' Nothing is added to the old complexion—the latter, instead, is discarded. Mercolised wax, procurable at any drug store—an ounce will do—absorbs the devitalized outer skin, gradually, almost imperceptibly. The fresh, clear, satiny underskin which appears bears a healthy, youthful bloom not comparable with the fixed artificial color."

WHAT TO SERVE AT THE HOME BOARD

Nourishing Menu that Requires No Eggs.

BREAKFAST.
Prune Marmalade and Pineapple.
Oatmeal with Cream.
Baked Hash. Jelly Toast.
Coffee.

LUNCHEON.
Cold Sliced Beef Loaf.
Brown Bread and Butter.
Baked Bananas, Raisin Sauce.
Soft Gingerbread. Tea.

DINNER.
Cream of Potato Soup.
Stewed Lamb with Suet Dumplings.
Escalloped Parsnips. Currant Catsup.
Grapefruit Salad.
Graham Crackers. Black Coffee.

The above menu is a nourishing one, also economical, as no eggs and but a small amount of butter is used in the preparation of each meal.

One of the ways of making the less expensive meats acceptable is to flavor them highly. In the poorer countries the art of flavoring is given great attention.

Spanish Beef Loaf—Ten cents' worth of hamburg steak, one cup of bread crumbs, one cup of cold mashed potatoes, salt, and pepper as required. Mold into a loaf. Put one tablespoon of dripping in roasting pan, add loaf and pour over it one cup of canned tomatoes, one small onion and one mango pepper chopped together. Bake for about forty minutes in hot oven.

Soft Gingerbread Without Eggs—One cup of New Orleans molasses, one cup of brown sugar, one-half cup of shortening, three cups flour, one teaspoon of baking soda, one-half teaspoon of cinnamon, same amount of ginger and salt, and one cup of boiling water. Put the molasses, shortening and sugar into bowl; mix until creamy; add spices, salt and baking powder, which has been dissolved in the boiling water; then the flour, which has been sifted. Bake in muffin tins or in cake pans.

Grapefruit Salad—Peel and separate one large, firm grapefruit into sections, remove all skin and membrane, keeping sections whole as possible. Prepare an equal quantity of celery by cutting it into half-inch pieces and an equal quantity of tart apples, cut in small cubes. Arrange on crisp lettuce leaves and garnish with mayonaise dressing.

Appended Recipes—

Putty or Caramel Cake—One-half cup of butter, one and one-half cups of sugar, one cup of cold water, two eggs, two and one-half cups of flour, two heaping teaspoons of baking powder, five teaspoons of caramel and one of vanilla. To make caramel, brown one-half cup of granulated sugar on the stove, then add one-half cup of boiling water. This is one of the best recipes I ever tried; never fails to be good.

Eggless Devil's Food—One cupful of sugar, one-half cup of butter, one-half cup of sour milk, two scant cups of flour. Dissolve one teaspoon of soda in the sour milk. Put one square of chocolate in one-half cup of water and let come to a boil. Add this to mixture before adding flour. Bake in loaf or two layers.

EASY WAY TO PREVENT WALKING IN ONE'S SLEEP

Have a piece of zinc one and one-half feet wide by five feet long fastened over thin boards in the way stoveboards are made. Place this beside the bed when retiring. Since zinc is always cold, if the sleepwalker attempts to rise in his sleep his warm feet will come in contract with the cold zinc and he will awaken. The zinc can be pushed under the bed when not in use.

Codfish Scallop.

Mix two tablespoons of cream or one of butter (melted), with one and one-half cups of boiled rice and arrange with one and one-half cups of creamed codfish, using alternate layers of fish and rice in a buttered baking dish, finishing with rice. Carefully break four eggs on top, season the whites with salt and sprinkle with a little cream or dot with butter. Bake in oven until heated and eggs "set," or individual ramekins may be used and an egg slipped on the top of each.

BITS OF WISDOM.

God created the coquette as soon as he made the fool.—Victor Hugo.

Before going to war say a prayer; before going to sea say two prayers; before marrying say three prayers.—Proverb.

To educate a man is to form an individual who leaves nothing behind him; to educate a woman is to form generations.—Edouard Rene Lefebvre Laboulaye.

There are Florence Nightingales of the ballroom, whom nothing can hold back from their errands of mercy.—Oliver Wendell Holmes.

THERE IS NO CURE FOR THE JEALOUS MAN OR WOMAN

By DOROTHY DIX.

A woman wants to be told of a cure for jealousy. She writes: "I am a quiet, domestic, home-loving woman, utterly devoted to my husband and children. I am not pretty or gay, nor do I dress in a striking manner, nor is there anything about me to attract the attention of men. In fact, so far as I know, no man has ever given me a second glance of interest since I was married, yet my husband is as insanely jealous of me as if I were the flightiest coquette that ever lived.

"Worse. He even condescends to be jealous of the butcher boy and the laundry man, and looks at me and them with suspicion while I give the necessary orders to the tradesman with whom I deal.

"I have virtually given up society because if I displayed even the interests that common courtesy demanded in a man's conversation, or my dinner partner was ordinarily civil to me, I knew that my husband was glowering at me from some corner, and working himself into a fury of jealous rage for which I would have to pay the price when we reached home. But one cannot live as a recluse altogether in this world. One must have acquaintances among the opposite sex. One must have a preacher and a doctor. One must deal with butcher and baker. I am tired of scenes about nothing. I am tired of being treated as if I was untrustworthy. I am tired of being catechised every night about were I went, whom I saw, if there was any man there, and what he said to me and I said to him. I am tired of having my mail opened for me and every letter read before I get it. I am sick at heart at the thought of my life being ruined by my husband's silly and groundless jealousy.

No Cure for Victims.

"Is there no cure for the victims of the green-eyed monster?"

Alas, sister, I can give you no hope. Jealousy is a form of insanity that is incurable, and those who are afflicted with it should be taken quietly away and locked up in padded cells, where they can indulge their mania for imagining things and torture themselves to their heart's content without afflicting other people.

God pity the woman who is married to a jealous husband! God help the man who is married to a jealous woman! What they go through makes the rack and the thumb-screw look like a pleasant evening's diversion, and the only remedy for their sufferings is Reno or death.

Of all the faults that any human being can possess, jealousy is the worst and the most hopeless, because it is so self-righteous that there is no chance to reform it. If a man is a drunkard or a gambler, he comes out and does battle with what he recognizes as a weakness in his own character. If a woman is a shrew or a slattern, she admits that she must overcome these defects. But the jealous husband or wife is the one perfect and flawless being in the universe and never admits that he or she is in the wrong. On the contrary, he or she is a noble, lofty-minded, godlike creature, whose trust is always being abused by some poor, unworthy, lying, deceitful, unfaithful weakling to whom he or she has the misfortune to be married or to love.

Never Admits Fault.

Therefore, there is no hope of curing jealousy, because no jealous man or woman ever admits that he or she is jealous. The green-eyed man sees his wife looking cheerful and pleased as she talks to a man at a party, and he is furious; not with himself for being such a cad and a cur as to suspicion the woman whose absolute goodness and purity and whose devotion to himself he has had proven a hundred times a day for twenty years. Oh, no! He doesn't blame himself. He blames her for improper conduct of which she is absolutely guiltless, and he proceeds to make her life miserable.

Nor does the jealous woman ever think that she is in the wrong when she leaps to the conclusion that her husband is leading the double life because he is decently civil to his stenographer, or he takes his old schoolmate out to lunch some time when he happens to run across her when she comes to town. Oh, no, the wife doesn't think that she has got a nasty, mean disposition and an imagination that needs to be sent to the laundry, when she can see only harm in her husband's association with any other woman. She blames him and thinks herself a poor, persecuted martyr.

Jealousy can't be cured, because it's the one example in the world of a self-manufacturing, double-action, perpetual-motion substance. It can make itself out of nothing, and it grows by what it feeds on, and there is no way to combat it, because it is like the fabled monster whose head grew on again as soon as it was cut off.

Lovely Theater Gown

Pink, gray, and black are charmingly combined in above theater gown. Rose pink satin meteore formed the foundation, over which was a gray embroidered net tunic with black satin bands bordering all around as shown. Pink covered buttons trimmed from waist line to foot of skirt and a bertha of lace trimmed the bodice; yoke was of plain gray net over white chiffon and the embroidered net sleeves were part of the tunic.

POEM THAT HAS HELPED

Editor's Note—Every woman is invited to send me a copy of the poem nearest and dearest to her heart—the little verse that has given her fresh courage in some dark hour, renewed her hope, and uplifted her spirit. It does not matter how obscure the verses, so long as the thought contained in them is uplifting. The heart-throb poems sent me for this series will be published as fast as space permits, and will furnish every woman who clips and saves them a collection she could obtain under no one book cover. In copying your favorite poem for the series, please write only on one side of the paper.

(Published at the request of Mrs. Street.)

O, heart of mine, we shouldn't worry so!
What we've missed of calm we couldn't
have you know!
What we've met of stormy pain,
And of sorrow's driving rain,
We can better meet again,
If it blow!

We have erred in that dark hour we
have known,
When our tears fell with the showers,
all alone!
Were not shine and shadow blent
As the gracious Master meant?
Let us temper our content
With His own.

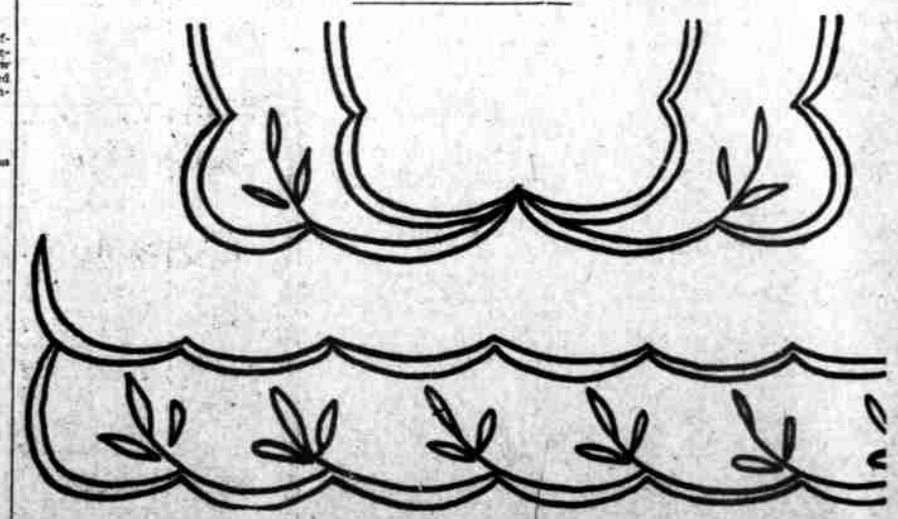
For, we know, not every morrow can be
sad;
So, forgetting all the sorrow we have
had,
Let us fold away our fears
And put by our foolish tears
And through all the coming years
Just be glad.

—James Whitcomb Riley.

Antique Embroidery.

Carpet embroidery is introduced upon the collars and cuffs of coats of Eastern design. The ancient coloring and velvety softness of this embroidery make it appear like so many pieces of rare old prayer rugs.

HALF OF TURN-OVER COLLAR AND BOW.



Half of a turn-over collar and half of the bow to match are given today. The edge is first padded and then closely buttonholed. The inner scallop is also buttonholed and the leaves are worked solid. The stems are done in the outline stitch. The collar must be duplicated to make the entire article. When the bow is finished, it should be drawn together in the center with a piece of the linen to cover the stitches. The collar is sewed into a band. Colored or mercerized cotton No. 25 may be used.

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We Have Said It Many Times Before and We Say It Again—

OUR TAILORED SUITS FOR WOMEN

ARE THE BEST IN THE SOUTH

At $24.75

THE statement is widely established, known by heart by thousands of women who come here for suits, who would not think of going anywhere else. We put more style, more grace, more good workmanship into our suits at $24.75 than many other stores do in the suits they sell at $30 and $35. And that is precisely what has made the Kann $24.75 suits famous, why these suits are so eagerly bought by women of refinement and superior taste in dress. Therefore, we call your very particular attention to a special opening gathering of Women's Suits at $24.75 which we will have on sale to-day and which comprises all the authoritative styles for spring in a wide range of the most popular fabrics and all the prominent new colorings.

These suits are thoroughly distinctive; they are splendidly tailored; they are cut along the most fashionable lines; many embody the best style effects of the most conspicuous foreign tailoring concerns. The style range extends from the severely plain tailored to the elaborately trimmed and most fetching conceptions. There are whipcords, men's wear serges, mannish worsteds, diagonals, black and white effects, stripes, checks, mixtures, also the smartest of cream serges that are to enjoy phenomenal popularity this spring..... $24.75

Suit Store—Second Floor.

PRESIDENT GREETS VISCOUNT CHINDA

New Japanese Ambassador Assures Friendship and Good Will with the United States.

Most cordial felicitations of friendship and good will were exchanged between the governments of the United States and Japan yesterday at the presentation of Viscount Chinda, the new Japanese Ambassador to Washington.

Viscount Chinda arrived a few days ago as the successor of Tasuya Uchida, who served in that capacity for two years. In presenting his credentials, Ambassador Chinda said to the President that he was most happy to assure him of the sentiments of warm friendship "which my august sovereign entertains toward you and of the earnest wishes which he feels for the well-being of the people of the United States."

Viscount Chinda stated that, prompted by the unvarying desire to strengthen and maintain the ties of traditional friendship and good accord which so happily unites Japan and the United States and which served so well not only the reciprocal interests of the two countries on both sides of the Pacific, but also the conservation of the general peace and progress, the Emperor of Japan honored him by appointment to the high and important post at Washington.

The President replying, said:

"Strongly desiring that the relations between the United States and Japan should be of the most friendly and cordial character, it will be my pleasure to co-operate with you at all times in promoting the mutual interests of the two countries and preserving those sentiments of friendly regard which the people of each have ever entertained for the people of the other."

The President expressed appreciation of the good disposition of the Emperor toward the United States, which, he said, thoroughly harmonized with his own for the prosperity and welfare of the Japanese nation.

WANTS CANAL TO BE FREE.

Joseph N. Teal Gives His Reasons for Opposing Tolls.

The Panama Canal should be treated as part and parcel of the interrelated system of the waterways of our country, in the opinion of Hon. Joseph N. Teal, of Oregon, who but recently returned from an extended trip to the Isthmus. Mr. Teal, an authority on transportation questions, unhesitatingly believes that any other position which Congress might take would be suicidal, and he is firm in the belief that the canal should be free to domestic commerce.

"It has always been the policy of this country not to exact tolls for the use of waterways improved by the national government or facilities constructed by the government in connection with the waterways," said Mr. Teal in the course of an interview on the subject of Panama Canal tolls, and the distinct bearing the opening of the canal will have upon the interior trade of the country.

"The Panama Canal is a connection between two oceans lying wholly within territory of the United States, the cost of which has been entirely borne by the United States, and, therefore, in all essential particulars should be treated the same as our rivers and subject to the same regulations."

Taft to Greet Hibernians.

President Taft has definitely accepted an invitation to visit Savannah, Ga., either the latter part of April or the first of May, to participate in the Hibernian celebration in that city.

ARMY ORDERS.

Leave of absence for three months is granted Capt. DAVID L. STONE, quartermaster, to take effect upon his relief from duty at Fort Sill, Okla.

The leave of absence granted Capt. EDWARD BENNETT, Philippine Scouts, is extended two months.

NAVAL ORDERS.

Lieut. Commander C. C. FEWEL, to Lancaster as executive officer, March 1.

Lieut. Commander M. J. McCORMICK, detached Lancaster; to campaign instructor, Washington, D. C.

Lieut. Commander E. S. LARIMER, detached Montana to Nebraska as navigator.

Lieut. F. D. BURNS, detached navy yard, New York, N. Y., to Montana.

Lieut. F. M. PERKINS, commissioned a Lieutenant from December 22, 1911.

Assistant Paymaster R. H. JOHNSTON, orders of February 2 revoked.

Assistant Paymaster H. H. KARKER, orders of February 9 revoked.

NEW "COOK BOOK" ON CHEESE ONLY

Uncle Sam's Pamphlet Explains "Inside" as Solution of H. C. O. L.

When meat prices soar and wage-earners rave
At the high cost of living—knowsoftly he brave,
Things are not as black as they look,
Seek a substitute in Uncle Sam's "cook book."

A new "cook book" has been published by the Department of Agriculture, which has municipal markets totally eclipsed as a solution for the high cost of living problem. The new book deals with cheese—only cheese, but the "inside dope" handed out to the public is worthy of deep consideration. Approximately, forty distinct recipes for savory and wholesome dishes concocted with cheese as the main ingredient are declared to be as savory and beneficial to the system as meat—and that's going some.

The pamphlet calls attention to the fact that many persons are in ignorance as to the real value of cheese as a food. The old superstitution that this commodity will cause the consumer many moments of pain is recounted as being absurd, and as far as nightmares being induced by consumption of cheese is concerned—"piffle."

The department informs the long-suffering public, victims of the wiles of beef magnates, that cheese is as nutritious as any meat, and is easily digested, despite rumors to the contrary. The "cook book" discusses cheese making, enumerates the more common kinds of cheese used in American homes, gives a few sample bills of fare in which cheese dishes are substituted for meat, and gives two score receipts which are sure, so the department declares, to prove attractive to American housewives.

KNOX REACHES CRISTOBAL.

Cruiser Washington Reports Arrival at Canal Zone.

The cruiser Washington, which carried Secretary of State Knox and party to Panama, was reported at the Navy Department yesterday as having arrived at Cristobal, Isthmian Canal Zone. Secretary Knox also reported his arrival in a routine cablegram to the State Department.

Mr. Hitt, the American Minister to Guatemala, reported that the Guatemalan government is making elaborate preparations for the entertainment of Mr. Knox upon his arrival there.

Secretary Knox will make a speech in San Francisco before the Panama-Pacific Exposition directors and the allied boards of trade on May 7.

San Francisco Mint Not Closed.

A denial of statements that the San Francisco mint is to be closed and its work turned over to the so-called smelter trust was included in a letter received by Representative Berger, of Wisconsin, yesterday from Secretary of the Treasury MacVeagh.

The Body Is a Fat Factory

When a man or a woman grows fat and huge, flabby layers of this worthless flesh makes them miserable, it is a certain sign that somewhere within the organism of that man or woman there is something radically wrong. The healthy man or woman digests all that is good in food and throws off in a natural manner all that is bad. This is what the digestive juices are made for. When these juices are weakened or too powerful they cannot get the good things out of the nourishment we eat, and hence they turn into the blood that which makes fat. It is very simple to correct these juices in a fat person. This secret has been demonstrated in the famous Marmola Tablets which now have such a tremendous sale. They reduce fat at the rate of 12 to 15 ounces a day. They correct the faulty juices and give to the body the very nutrition it needs. They remove fat in a natural manner, but they do it so quickly as to be almost beyond belief. You do not have to diet or exercise and you may eat what you will. These little tablets are the result of a demand on the part of the public for a form of the famous Marmola prescription that will permit a fat person to carry his fat reducer with him at all times, so that each meal will add no more fat to his body. Marmola Tablets are sold by every druggist, or you may write the Marmola Company, 857 Farmer Bldg., Detroit, Mich., and a case will be sent you privately by mail. The price of Marmola Tablets is 12 cents everywhere.