THE HERALD'S PAGE FOR EVERY WOMAN

EDITED BY JULIA CHANDLER MANZ

OPEN-AIR SETTING FOR ENTERTAINMENT

Late Summer and Lilies Furnish Delightful Combination for Out-of-Door Party.

Summer and outdoor entertainment are as closely associated in the mind of a successful hostess as the rash and measles. The canopy of the blue skies, the carpet of green grass, and the freshness of the summer air are entirely too important as contributing factors in a luncheon or dinner. Late summer and lilies that are inexpensive can be combined to form a background for a lily luncheon on the lawn. A church can give this kind of entertainment in lieu of the strawberry festival; a luncheon of this type can be made an excellent excuse for charity, and the lily in all its attractive forms can be made to play a decorative part in the work.

On a table for the refreshments the arrangement should be appropriate. It is easily made, if you will follow directions.

Have the dining table moved out under the trees if your luncheon is to be a small affair. Use the polished top if you can, for the lily doilies will show in pretty contrast to the dark wood. Otherwise, the table should be spread with dark green paper, which will represent the water of a lily pond. Cut round pieces of white paper the size of plate doilies. From the center of each draw ovals to represent the petals, and make in the center a group of yellow dots with water colors or crayons to suggest the stamens. Cut the outer line to represent the end of the petals. The result is very realistic, and when a number of these paper lilies are placed around the table the effect is beautiful.

Pond Lily Centerpiece.

In the center place a boat-basket of brown or green wicker and fill with pond lilies, which can be gathered by you on the day previous or purchased at the flower stalls in any market place. Allow some to trail up the handle or over the side of the boat in graceful, careless line. The leaves of the decoration can be cut of green paper if you need their contrast in the grouping of the flowers. Bowls of lilies at each end of the table will make the beauty doubly sure.

At each place have a lily place card. Place the sheet over a piece of water-color paper or stiff cardboard, a piece of carbon paper between, go over the design with a sharp pencil and ink in the carbon impression that is left on the card. Streak the oblong with green paint or crayon to give an effect of water. Allow the flower to remain white or a pale pink. Make the dark parts at the base of the flower and bud a dark green and the leaf a lighter green. Write the name of each guest on his or her card. In this way you can arrange the seating of your guests, placing the good listeners next to the good talkers, and obviating all hesitation in seating when the luncheon is served.

The bonbons should be served in the satin or paper cups, which surround little paper cases to hold them. These may be placed at each plate or in a ring around the centerpiece.

High stands in lily form in all colors are purchasable. Ices can be placed in flat dishes inside, and the holder is given as a souvenir of the occasion if you wish. A pretty favor is one in a little china stand. The lily is held in green moss and promises not to wilt.

Possible Innovations.

Many innovations are possible. A huge lawn umbrella can be covered with large ovals of white wrapping paper attached to the ferrule and held down by a green calyx. This large lily is very effective. Huge white paper flowers can be pasted on green tape and strung in garlands around the tablecloth and over the bushes or on the trees near the table.

For luncheon there should be served a fruit cocktail in high-stemmed glasses, around which are wrapped tissue paper lily forms cut quite like the doilies. The stems should be wrapped with green ribbon.

Salad—potato or chicken—should be served with the crisp lettuce leaves curling up as lily petals do around the central portion.

Radishes should be cut to represent lily petals by cutting slanting lines down from the point and pulling down the improvised petals. Sandwiches of minced chicken, olives, or watercress should have the crusts removed and cut into forms to resemble lilies and lily leaves.

Cookies made to look like pond lilies by the same cutter that you use for the sandwiches can be served with the ices.

Give each guest a bunch of lilies when departing.

With this idea as a nucleus, the lily fete on the lawn, whether for sweet charity's sake or for the entertainment of your friends, will develop into an unusual and pleasing outdoor passing of the summer hours. And may no sudden storm mar the pleasure of the day.

An Easy Way to Bottle Grape Juice.

Wash some Concord grapes thoroughly, using cold water, then weigh them, and allow three-quarters of a quart of cold water to every five pounds of grapes. Boil until the pulp and skin have separated and boiled down. Make a bag of double cheesecloth, large enough to hold the quantity of juice that would fill a small bread pan. Tie the top tightly with stout cord and suspend it from a strong nail, or hook, in such a position that the juice may drip into the pan. Start to dripping early in the evening. In that way it can drip all night and be ready for bottling the next day. When all the juice has passed through the cheesecloth add one pound of sugar to every five pounds of grapes, and boil for about two minutes. Then take good-sized bottles with tight-fitting corks and heat them gradually in hot water before filling them with the grape juice. Cork them, seal with paraffin wax and keep in a cool place.

Mixed Salads.

Egg and vegetable salads can be made in endless variety. One calls for a bed of crisp, cold lettuce leaves. Cut boiled eggs lengthwise and remove the yolks, putting them through a wire strainer. Stand the halves of the eggs on the lettuce and fill each with a mixture of diced beets, butter beans, and mayonnaise. Sprinkle the egg yolk over the dish and serve with mayonnaise passed separately.

REMOVAL

Have removed my corset shop to 929 G St. N. W., where I am able to give my OLD AND NEW customers the best in Front and Back Laced Corsets. Also Brassieres of all kinds. Will appreciate a call.

MATTIE E. POYNTZ

LA POYNTZ CORSET SHOP.

Consider Motives Before Meting Out Punishment

It Is from Motives that Character Grows, and Character Is the Only Thing Which Counts in Building for Eternity.

By JULIA CHANDLER MANZ.

As long as I live I shall not forget the expression which I saw come over the face of a little girl one day. It was in the early spring. The woods and shady roadside were strewn with violets—tenderest thoughts of God materialized. I was telling the mother of Doris about their beauty as she added the finishing touches to the little girl's toilet, and instructed her to be very careful of her best white frock. The child was in gala attire for the party of a small friend, but it was not yet quite time for her to be on her way, so she sat primly beside her mother as I told of the flowers I had passed in coming to their suburban home.

"There is nothing so beautiful to me as the first spring violets. I have been intending to go out myself and gather some for the house, but I have not had time," the little girl's mother was telling me as she noticed the clock and sent Doris on her way rejoicing.

We were deep in the talk of many things of common interest when, in about half an hour, the little maid came running home with her frilly skirts gathered up to form a basket for the lovely spring violets she had found on her way.

Forgetting the hour of the party in her dear remembrance of her mother's wish for some violets for the house; forgetting all about the little white frock of which she had been admonished to take special care; forgetting every single thing save her impulse to please mother she had stopped by the flowered way; gathered the violets until her improvised basket was filled, running breathlessly back to carry them to mother.

She came into the room aglow with the sort of happiness that only pure unselfishness can bring; opened the little frock out to show her treasures; looked confidently up into the mother-face for the appreciation of which she felt so sure.

"Why, Doris, how COULD you do such a thoughtless thing?"

The question rang out from the mother-lips in a tone so indignant as to make the small hands lose their hold on the white frock, sending the modest little harbingers of summer over the floor at the mother's feet.

Into the wide blue eyes of the little girl there came an expression of distrust in the goodness of the world. She stood stock still struggling to keep her quivering lips still because she had been taught that it is not the proper thing to give vent to one's emotions in the presence of company, but the struggle was of small avail, for the quiver WOULD come, and tears WOULD mist her eyes.

And as she stood there looking from the violets to her mother the mother-voice again dominated the room.

"Now, you'll just stay home from Mary's party because of your disobedience. I told you to be careful of your dress and you have soiled it with all this nonsense of stopping by the way to pick flowers. I do think you are the most careless child I ever saw!"

It will not be hard for you to imagine that Doris was very glad, indeed, when she was sent from my presence to her own room.

Look of Infinite Reproach.

As she reached the first landing of the winding stairs in the house that gives her shelter she paused. Her mother's back was turned to her, for which I was sorry, for it is just barely possible that the eyes of her understanding might have been opened by the long, lingering look of infinite reproach the girl gave her before she went on her way of punishment. It might have awakened some appreciation of the dear, unselfish impulse which had caused the child to consider her mother's wish for the spring violets BEFORE HER OWN DESIRE TO BE EARLY AT MARY'S PARTY. It might have whispered to the mother-heart that if she felt she must punish the little girl for the act of disobedience concerning the frilly little frock, she might at least rob it of a little of its bitter sting by some little word of appreciation of the motive which prompted the action.

I was sure when, a few moments later, I left the house, that none of the resentment and pain which I knew to be surging in the young heart would be assuaged by so much as a "thank you" for the flowers, because THE MOTHER OF LITTLE DORIS IS TOO MUCH CONCERNED ABOUT KEEPING WHITE FROCKS CLEAN TO HAVE A MOMENT TO SPARE FOR THE CONSIDERATION OF MOTIVES.

Yet it is from motives that character grows and character is the one thing which counts when the little earth body for which mother spends so much time in making frocks shall have crumbled into dust and its substance absorbed by the trees and flowers.

And this isn't all.

Calls Herself a Christian.

The mother of Doris calls herself a Christian. She sings very loud in the church choir, is very regular in her attendance at the Guild meetings, and has much to tell of her good deeds at the Daughters of the King.

I wonder what she would do some fine afternoon when she was called on by the president of her chapter to give an account of stewardship; if, right in the midst of her telling how many times she had ministered unto sick Mrs. Jones, or given a lift to little Mrs. Brown, or made money for charity, somebody would get up and say that all this might be true enough, but that she was so lacking in true motherhood, that when her own little daughter had brought her a gift of flowers for which she has expressed a wish (laying aside her own pleasure in so doing) the mother had seen no deeper than the stains of dirt on a little white frock.

Yes, I wonder just what she would do.

I would like to try it and see, not only for the sake of dear little Doris, but for the thousands of other pretty impulsive children whose motives are never considered in the punishment meted out to them by mothers who sing just as loudly in church as does the mother of Doris.

HOW TO BREAK UP LINES OF A ROOM

To Make Furniture Appear to Best Advantage, Monotony Should Be Broken.

A well-known furniture dealer says if women would have furniture appear at its best advantage it should never be set with all lines the same way. Not that things should go "every which way," as the children say, but the monotony must be broken.

For instance, suppose there is a davenport or a couch of some sort in the living room. It will look much better if backed up against a table or possibly across a corner than just set straight across one end or stiffly at one side against the wall. It should be arranged in some way to look comfortable, somewhere near a window or where the light may be near a table that any person sitting or lying on the couch can see to read if he or she desires.

An intelligent study of the rooms of those who can afford to let their taste run to the best examples will show that tables, couches, etc., are nearly always near the center of the room instead of standing primly against the walls. Such an arrangement makes the room look a hundred per cent better than any other, simply because they show a reason for owning these pieces of furniture.

Every room should have a center of some kind. Usually a fireplace is in such a position. Take this as a center, about which to group chairs, &c., and stiffness vanishes. The piano, a pretty table with an electrolier or lamp, a big easy chair, a tea table with its perfect equipment, all or any of these placed handily give a homelike air that is very attractive and charming.

Sofa cushions may be placed at different angles, pictures rehung, and bright little rugs laid on another side of the room, vases and other bric-a-brac may be moved to other places in the room, and the housewife may so vary the monotony of her room that it will have new interest for those who are obliged to occupy it.

There may be and often is some tone that jars of which the most conscientious home mistress is totally unaware until she moves the article that produced it. A room may be overcrowded, a grave fault easily remedied, and here the process of elimination does a world of good.

Charming Little Hat.

For the tailor-made costume this little hat makes a charming accompaniment. It is soft white felt, trimmed with a crushed fold of black satin and an upstanding wreath of roses in bright red and dull purple tones. Cost—Hat, $3.00; satin, ¼ yard 75 cents; roses, 75 cents. Total, $4.50.

York, Pa., is to have an old maid's home.

Kansas City is to have women fire fighters.

Women are employed to sweep the streets in Finland.

Women thieves outnumber the men in Odessa, Russia.

The Wisconsin Senate has passed the eugenics marriage bill.

Mme. Kin Seno is president of the largest bank in Tokio, Japan.

New York City has nearly 50,000 old maids among its population.

Women teachers in the Philippines are paid from $1,000 to $1,200 a year.

Denver shows the highest average wage for grade teachers in the schools.

It is estimated that a farmer's wife lifts a ton of water each day.

Out of the 146,000,000 women in India only about 7,000 of them can read and write.

While the Bulgarian men were at war the women had to run the farms at home.

California women are beating the men in their records as efficient officeholders.

Miss May Minty is the first woman to be appointed to the police force in Toronto, Canada.

Women serve on juries and perform all the duties of full citizenship in the state of Washington.

Berlin has a "sister school," whose object it is to train girls for domestic science.

Mrs. Agnes Riddle, who is serving her second term in the Colorado Legislature, is the wife of a ranchman.

Among the 274 persons who have been members of the Legion of Honor in France this year three are women.

Miss Lou Rogers, who was brought up in the Maine woods, is said to be the only woman carbonist in the world.

Miss Amy Wren, a New York lawyer, has the distinction of being the first woman lawyer who ever appeared in the criminal branch of the United States District Court, she having defended a Chinaman who was charged with manufacturing opium.

Mrs. George W. Parkhurst, an anti-suffrage leader in Buffalo, N. Y., says that the women in that city do not care to vote.

Over a million women in the country have pledged themselves not to use the white phosphorus and after-glowing matches.

Miss Eva Bibeau refused the position of city auditor at Long Beach, Cal., which carries with it a salary of $2,400 a year.

Nine hundred young French women have petitioned the War Minister to allow them to join the army in the auxiliary service.

Helen Keller, the blind, deaf, and dumb prodigy, is now able to hear music by holding her teeth against the bridge of a violin.

Women are employed in the foundries of Syracuse and Buffalo, where they work under the same conditions and surroundings as the men.

Of the 343 female patients admitted to Middlesex County (England) asylums in the past year, 292 were either housewives or domestic servants.

Since Queen Mary of England announced her disapproval of the cross saddle riding by women, Philadelphia women are now riding side saddle.

Bryn Mawr College will train twenty girls for seven years in the open air so as to determine whether physical perfection is a success or not.

The first woman in Japan to receive a license to drive a motor car is Mrs. M. Wolfe, an American woman and the wife of a dentist in Yokohama.

Mrs. Maud Murray Miller, of Columbus, Ohio, has been appointed a member of the newly created State Board to censor moving picture shows in that State.

Miss Frances Pearl Mitchell is known as the official farm woman of Missouri, because she manages her own farm without the help of a man.

Mrs. Frederick Schoff, of Philadelphia, has been chosen head of the newly created home department in the United States Educational Department.

Mrs. Andrew J. Rogers and her sister-in-law, Mrs. George G. Rogers, are running restaurants in Kansas City while their husbands are making a tour of Europe.

Miss Nellie Frank has been chosen cashier of the First National Bank of Petersburg, Ind. She is only twenty-three years of age, and is, consequently, the youngest national bank cashier in the State.

The Pennsylvania State College has received a gift of $5,200 from the State Federation of Women's Clubs, the proceeds of which will maintain scholarships for two women of the State.

Mrs. Wilfred Chase, of Merrimack, Mass., has gone into partnership with her husband as a house wrecker, and now goes out with him every day and does as much physical labor as he does.

Miss Arizona B. Wimple, a graduate of the University of Michigan, has assumed the office of State bakery and sanitary inspector, to which she was appointed by Gov. Lister, of Washington.

Mrs. Laura C. Welch, a school-teacher of West Orange, N. J., who was transferred from one school to another, has sued the board of education on the ground that the transfer gave her nervous prostration.

Values Are Retrograding While Prices Are Soaring

Women Dismayed to Find that Exorbitant Price Is Least of Charges Against Food and Clothing They Buy.

By FRANCES SHAFFER.

At best, it would not be reassuring to read that beef is to ascend in price until it reaches the pretty rate of 50 cents a pound for the choice cuts; but we can, if we like, or if we must, let beef go by. Indeed, it has grown something of a luxury in ordinary homes already, so the new figures will not create a panic.

But that is not all. For the same ordinary homes have grown quite accustomed to hear the dismaying tidings of other advances from time to time, bacon a bit higher today than yesterday, and nobody knows what tomorrow will bring forth, with vegetables pretty poor and very fancy in price.

But not even that is all.

The thing that worries some careful buyers the most, though perhaps it is not the greatest item, is the steady retrograding in values on articles of clothing and the like.

One may go into a shop with her eyes wide open, yet unless she is an expert in determining qualities, she may be badly deceived. It makes one a bit pessimistic to pay a good price for silk, after looking it over with what one always has reckoned pretty fair judgment, to add the dressmaker's bill, and then, after a month or so of wear, to find the fabric steadily giving way, when it ought to last for many months more.

Not Woman's Fault.

It is not fair to blame the buyer, for the silk seems firm in texture and to be all that honest silk ought to be; and it is hard to guess the quality of dye or the many strange things that may have entered into its manufacture.

Nor yet is it the fault of the sturdy, faithful, little silkworm.

Time was when one did not purchase and wear hosiery in fear and trembling, not knowing what the first day might bring forth. One cannot hope to gather "grapes of thistles," and in buying the diphanous silk variety so much in vogue, one must expect to take her fate in her own hands, and perhaps to be forced to discard the purchase after one wearing or two. But when one tries to be as sensible and as wise as she knows how to be in her selections, one has a right to expect honest values. But, alas! in the hosiery world, they are few and far between.

Yet women buy as carefully as ever they did, and judge as well—the trouble surely is not with them. And it is scarcely on the cotton-fields, either.

And if they only would not adulterate foods!

It is bad enough to pay the fancy prices, but when housewives find pulverized sawdust in their pepper, ground tan-bark in their chocolate, benzoate of soda in their canned goods, plaster of paris in their sugar, and goodness knows what else in other directions, they do not know which way to turn for safety.

They must pay ruinous rates for eggs snugly packed in nice little boxes, carefully labeled "Selected with care," only to learn, to their sorrow, that the period of freshness has long since gone by. And they have grown positively afraid of the rank preservatives they find upon poultry, sometimes so conspicuously that the odor is telltale proof of some one's duplicity in trying to palm them off as "perfectly fresh."

World Is Right.

Now, women have problems of their own, and the world is not slow to ask that they solve them, for the sake of themselves and of everybody else. And women of good, sober sense are pleased to admit that the world is right, and that it is their business to go about their problems conscientiously and with telling results.

But while women are urged to be upon their guard against all kinds of frauds, to learn something of values, to be careful of their weights and measures, and to let nothing escape their critical eyes, it seems scarcely fair to expect them to straighten out tangles not of their making. And besides, the frauds in some of the goods offered for sale, both to wear and to eat, are so cleverly concealed that by the time they are detected it is too late to do any good.

And the world should not be slow to ask men to come to their own rescue, for the continued adulterations and deceptions in the manufacture of goods is a sorry enough comment upon the business methods and the laxity of supervision that have made them possible.

It comes hard to pay an exorbitant price for an article, and when the article is so rankly inferior that its price is only a beginning of the charges against it, it is time to call some one to account.

We hear more or less about an era of cheapness and of "backsliding" among women; and we admit that in some ways women need friendly admonitions once in a while.

But this question—and it is serious enough—of adulterated foods and of fraudulent materials of one kind and another does not rest with women, and it is not for them to solve it, though they bear a goodly share of its burdens.

New Way of Draping Curtains.

A new way of draping bedroom curtains of sheer and soft, thin materials like casement cloth, cotton voile, marquisette, or net, is to hang a single width at each end of the pole and let it fall in straight folds to the floor. The hooks supporting these straight widths occupy about one-third of the space at each end of the pole and next to them are suspended two double widths of material, both of which are hooked back at the window sill, but while at the top, one of these widths falls naturally, the upper inside corner of the other width is brought forward to overlap the first one and hooked to the pole within three inches of the end width's inside edge. Finally, several feet from the pole at the opposite side of the window, this overlapping curtain is partly caught back by a narrow ribbon or twist of silk starting from its own end of the pole. The lap-over fills in the space at the top of the window, which draped-back curtains always form, and it is less stiff in appearance than is the short width of curtaining sometimes employed to obviate the abrupt break at the center of the window pole.

Economical Floor Stain.

Instead of buying an expensive floor stain get a package of dye, mix with hot water, and apply with the scrubbing brush, and when thoroughly dry put on a coat of varnish and you will be surprised at the floor finish. An advantage in this is that you can make a stain to match any furnishings or carpets. Remove any paint stains with sandpaper before applying the dye. This finish can also be used for home-made furniture.

OF SHADOW LACE.

An evening dress made entirely of shadow lace, trimmed with bands of dark marabou stitched about the skirt, sleeves, and neck. It is built over a silk underslip overlaid with delicate pink net.

To make the dress for average size takes: Four yards 40-inch lace at $2 yard, $8; four yards 36-inch silk for slip at $1, $4; four yards marabou at $1 yard, $4; six yards 27-inch net at 50c yard, $3. Total, $19.

TO UTILIZE OVER-SUPPLY OF DOILIES

Joined with Insertions, They Make Lovely Centerpieces and Buffet Covers.

"Oh!" exclaimed the bride of a year, "I already have a heap of square doilies, and here come another dozen from my sister out West for an anniversary present. Who would have thought that Millie and I would ever live so far apart that she couldn't keep tab of my linen supply?" And the bride's countenance was so rueful that Mrs. Next-Door-Neighbor was obliged to smile.

"But don't let them stay just doilies, my dear," counseled Mrs. Next-Door-Neighbor, and as the bride looked at her hopefully, she went on to explain, "Last winter I had an oversupply—a couple of dozen which I had never used—and I made a really magnificent wedding gift of them. I took four of the heaviest doilies—they were hemstitched and rather elaborately embroidered—and made a square centerpiece or cover, by joining them with heavy cluny insertion about two inches wide. I then whipped a row of the insertion about the entire outer edge of the large square when it was completed and whipped a two-inch edge of cluny edging on to that. The effect was far beyond my expectations, and I followed up that first success with a buffet cover made from a dozen other doilies that were not quite so heavy. The doilies in the buffet cover I joined with heavy tightly crocheted lace, which I had made at odd moments. One can use, of course, any heavy lace preferred."

"Just the thing," cried the bride, enthusiastically; "I'll start one this afternoon."

HOW TO MEASURE FOR WALL PAPER

Modern Tendency Is to Bring the Window Treatment to Floor with Panel of Wood Beneath.

Inquiries such as these are frequently made, says the Delineator: "Will you please tell me how to measure a room for wall papers? Are the rolls standardized? Where should the picture-molding be placed?"

All American wall papers are standardized on the basis of a single roll containing thirty-six square feet, exclusive of the margins left for trimming. Prices are all based on this unit, which the dealers call a "piece." Unfortunately for the layman, the term "single roll" is misleading; it does not mean the finished roll you buy—that may be double, or triple, or quadruple roll. Suppose, for the purposes of measuring, we use the term "piece." A single roll, then, is a roll that contains one piece, or thirty-six square feet. A double roll contains two pieces, and so on. Always ask the dealer how many pieces there are to the roll when you have selected your wall paper, because the longer the roll the smaller will be the waste of short lengths. The widths usually sold are 18, 22, 26 and 36 inches.

The mistake people often make when measuring for wall papers is that they forget they are not measuring for a fabric. You can estimate exactly how many yards of curtain stuff you will need, for instance, because you can buy fifty yards of it in one piece if necessary, and there will be practically no waste. But wall papers come in short rolls, and there is the inevitable waste of short ends to be reckoned with.

Important to Know.

It is quite important to remember the length of the roll when you are measuring the room. Suppose your side wall requires strips nine feet long, and you are using a 36-inch paper four yards long. You will get only one long strip and a leftover piece of three feet out of each roll. The leftover scrap will be useless unless you have an accidental space beneath a window or above a door. It is best to be safe and order a few rolls too many if you are doing your own estimating.

If the paper you use has a large figure, you will have to allow for much greater waste than if the paper is plain. Suppose the "repeat" of the figure is eighteen inches, you will have to allow not eighteen inches extra, but thirty-six, because the larger figure the more wasteful at baseboard and picture rail.

Multiply the length by the height of each wall to get the number of square feet, and add the totals. Of course, if your room is square, it is obvious that you have to measure only one wall, and multiply it by four, but there aren't many such rooms nowadays. Divide the number of square feet by thirty-six, and you will have the number of single rolls required. For every single door and ordinary window you can eliminate one-half a single roll.

Allow for Matching Seams.

Do not deduct anything for the baseboard space or frieze space, for you will need that much extra for the matching of seams, &c. Of course, if the room has a high wainscoting or paneling, you measure only the space above it, but the ordinary baseboard is not deep enough to make an appreciable difference.

The best place for a picture molding is in line with the top of the doors. The modern tendency seems to be to bring the window treatment to the floor by using a paneling of wood beneath the sill, and to carry the tops of doors and windows to a fixed line—the molding line. Thus the walls are divided into rectangular spaces, and the decorative effect of a good paper is enhanced. A plain paper has the dignity of a panel when so used, and one of the foliage, tapestry, or landscape papers becomes as distinguished as a length of tapestry.

Potatoes Baked on Top of the Range.

Potatoes may be baked on top of the range. Place an asbestos mat on top of the range, and on this lay the potatoes, previously washed clean and dried. Cover with a deep pan, and in one hour you may eat a potato that is just bursting with mealiness. Turn them around occasionally.

Are You FAT? I Was ONCE I Reduced MYSELF

I was Fat, Uncomfortable, Looked Old, Felt Miserable, suffered with Rheumatism, Asthma, Neuralgia. When I worked or walked, I puffed like a Porpoise. I took every advertised medicine I could find. I Starved, Sweated, Exercised, Doctored, and changed climate, but I ruined my digestion, felt like an Invalid, but steadily gained weight. There was not a single plan or drug that I heard of that I did not try. I failed to reduce my weight. I dropped society, as I did not care to be the butt of all the jokes. It was embarrassing to have my friends tell me I was getting stout, as no one knew it better than myself.

SOMETHING HAD TO BE DONE

I began to study the cause of FAT. When I discovered the cause I found the remedy. The French Method gave me an insight. I improved on that. Removed the objectional features, added more pleasant ones, and then I tried my plan on myself for a week. It worked like Magic. I could have

SCREAMED WITH JOY

at the end of the first week when the scales told me I had lost ten pounds by my simple, sure, harmless, Drugless Method. It was a pleasure then to continue until I regained my normal self in size. I feel fifteen years younger. I look fifteen years younger. My Double Chin has entirely disappeared. I can walk or work now. I can climb a mountain. I am normal in size. I can weight just what I want to weight. I am master of my own body now. I did not starve, but eat all I wanted to. I did not take Sweat Baths. I did not Drug. I used no Electricity or harmful exercises, but I found the simple, Sane, Common-sense WAY of reducing my weight, and I applied it. I have tried it on others. My Doctor says I am a perfect picture of health now. I am no longer ailing. I am now a happy healthy woman. Now I am going to help others to be happy. I have written a book on the subject. If you are fat, I want you to have it. It will tell you all about my Harmless, Drugless Method. To all who send me their name and address I mail it FREE, as long as the present supply lasts. It will save you Money, Save you from Harmful Drugs, Save you from Starvation Diets, Painful Exercises, possibly save YOUR LIFE. It is yours for the asking without a penny. Just send your name and address. A Postal Card will do, and I'll be glad to send it so that you can quickly learn how to reduce yourself and be as happy as I am. Write today, as this advertisement will not appear again in this paper.

HATTIE BIEL, 1306 Barclay, Denver, Colo.