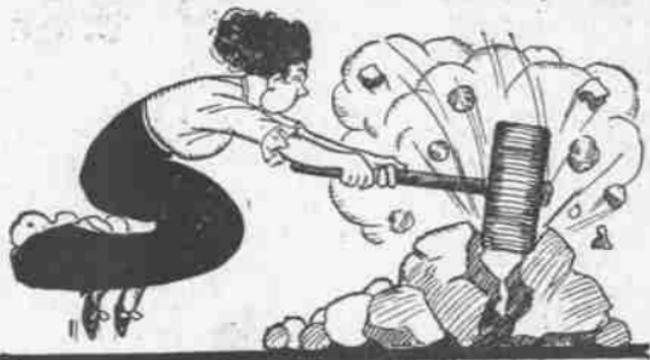


IT MAY NOT BE LADYLIKE, BUT BREAKING ROCK DOES HELP YOU TO SHED FAT



An earful a reporter got on the street car this morn:

"Well, whatayouthinkathis, Gladly! Breakin' rocks to keep your figger right! Lillian Russell says it's positively the only way to get rid o' your hips so's to wiggle into one o' them minierette gowns. And Lil should know!"

"But, say, Mame, I don't like the idea of breakin' rocks—no, not even to get a swell figger. Doesn't sound respectable to me. Kinca goes with '30 days or \$30,' and I don't believe a girl should go that far even to improve her figger. No rock piles for me, Mame, not while there's a wash-board around. I'll go as far as the next one to keep up to the times, but I won't follow even Lil Russell to the rock pile."

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To ascertain the freshness of an egg before breakfng, hold it before a strong light and look directly through the shell. If the yolk appears round, and the white surrounding it clear, the chances are that the egg is fresh. Or drop it into water; if the egg sinks quickly and remains at the bottom it is in all probability fresh, but if it stands on end it is doubtful, and quite bad if it floats. The shell of a fresh egg looks dull, while that of a stale one is glossy.

ACTOR - DIRECTOR PRODUCES
SOME OF BEST PICTURES



Francis
Ford

Some of the biggest and best features produced at Universal City, Southern California, have been made by Francis Ford under the Gold Seal brand. He acts leading roles and directs the entire play, collaborating sometimes with his leading woman, Miss Grace Cunard, in writing the scenario.

—o—o—o—
Turn boiling water over apples and they will peel much quicker.