

HERE SHE IS—ONE OF NEW PERFECT WOMEN



Are you one of the NEW perfect women? What do you measure up to the new dimensions of perfect womanhood?

Here are the feet and inches which denote feminine perfection; also pounds:

Height—5 feet 4 inches.

Weight—134 pounds.

Length of arm—64 inches.

Chest circumference—32 inches.

Waist—30½ inches.

Now the question is, how near do you come to this? The measurements were outlined by the National Conference For Race Betterment while in session in San Francisco.

Miss Adele Coffee of this city is one of the first to prove herself a candidate for the new-woman perfection. Her measurements vary but slightly from those outlined at the conference.

Of course, if you don't measure up, there is a remedy, always providing you start with about the right height.

If your chest doesn't measure up to

standard, exercise, deep breathing and gymnastics will do the work.

If your arms are not long enough the athletic instructor at the "gym" will tell you how to lengthen them.

If your waist isn't as big as it ought to be, strengthen and enlarge the muscles of the abdomen with right exercise; or if it is too large, the same process will reduce it.

So if you are not as near perfect as possible, it's no one's fault but your own.

—o—o— OYSTERS R HERE, FOLKS

New York, Sept. 1.—This is Sept. 1 and oysters R in season.

Even the bureau of fisheries of the department of commerce had a good word to say about the oyster, which its investigators found was the only sort of food that had not increased in cost in the last 25 years. The supply has kept pace with the growth in population. The average quality of oysters has improved as a result of oyster culture.