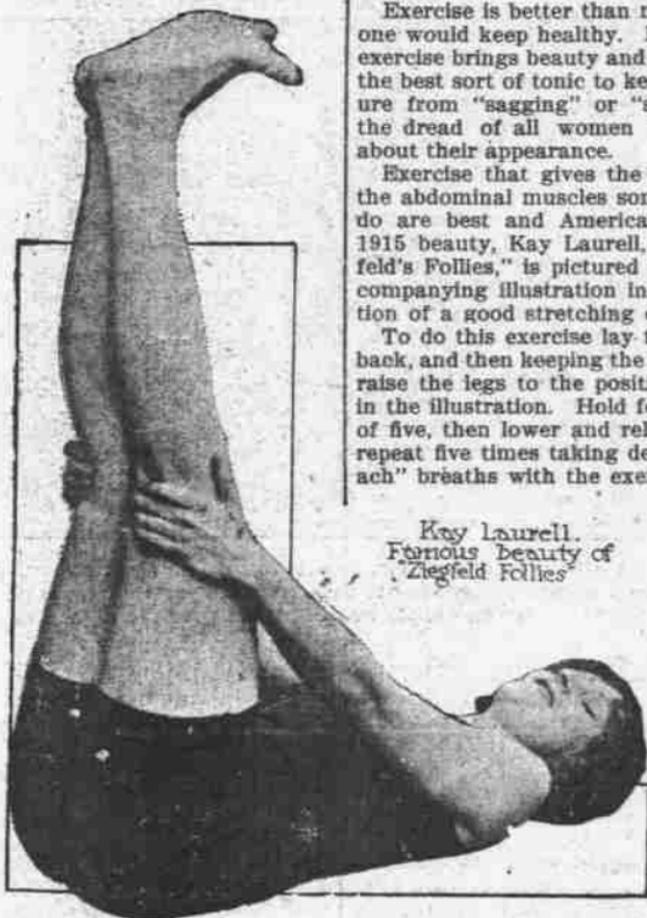


BETTER THAN MEDICINE! — 1915 BEAUTY SHOWS STRETCHING EXERCISE FOR HEALTH



Kay Laurell.
Famous Beauty of
Ziegfeld Follies

Exercise is better than medicine if one would keep healthy. Better still exercise brings beauty and grace. It's the best sort of tonic to keep the figure from "sagging" or "settling"—the dread of all women who care about their appearance.

Exercise that gives the spine and the abdominal muscles something to do are best and America's famous 1915 beauty, Kay Laurell, of "Ziegfeld's Follies," is pictured in the accompanying illustration in one position of a good stretching exercise.

To do this exercise lay flat on the back, and then keeping the knees stiff raise the legs to the position shown in the illustration. Hold for a count of five, then lower and relax. Then repeat five times taking deep "stomach" breaths with the exercise.

CREAMED OYSTERS

Cook three tablespoons of flour and two tablespoons of butter together until they bubble, but do not brown; add one cup of milk and one cup of oyster liquor and stir until it is a thick cream sauce. Drain one quart of oysters. Beat one egg very light; turn egg over oysters and turn oysters into cream sauce; stir for one

minute (no longer) and take from fire. Season with salt, parsley (minced) and juice of half a lemon. Put in buttered ramikins or scallopshells, sprinkle with fine crumbs and brown in quick oven, or creamed oysters may be turned over hot toast.

Those who can't dance very well may be only taking steps to learn.