

OLIVER OSBORNES WE HAVE KNOWN

Haven't You Seen Them Before Those Be-Caned, Be-Flowered Males?

THEY PROPOSE EARLY

Something in the Description of Oliver Osborne Sounds Familiar.

(Note: No doubt you have read of "Oliver Osborne" who also has other names, who swindled over 200 women, making love to them, and we infer, taking their money? We think that he is representative of a very common type. Of course few sink so far as to take money, but whether they do or not they are Oliver Osbornes just the same.)

The Oliver We Know. He isn't exactly like his namesake, this Oliver. We know. But, he qualifies. He qualifies.

Instead of stealing money, He steals time from other people. And he hasn't got the nerve to say the word "marriage."

Even in mockery. With his cane, and his spats, and the flower.

In his buttonhole, and his gloves (not always worn—his true, but always gloves)—

He spends his time. Hurrying after the ladies, the debutantes, the pretty waitresses. For 'tis like honey in his mouth to say, with crossed legs, foot marking time, and a knuckle between teeth.

"I love them all." And he likes himself, and thinks that he is in the apothecary of true manhood.

All because he loves the ladies. And no doubt he will get a good laugh out of the story of Oliver Osborne.

For you see, he can't find the likeness to himself. This Oliver we know.

Sunset. A week ago I put them on. For cold and bleak the wind did blow. They kept me warm, the dear old things. And oh! I loved them so!

Today's perhaps, I take them off. The weather is as warm as spring. They keep me warm (doggone their hides!) I hate them now like anything!

THE CONDUCTOR.

You see, Sylvia, we have been trying to hit on a day to print your dainty bit of verse for several weeks, but this column is written always a day ahead, and by the time we are ready to put your delectable poem into print, it turns cold and kills the point.

However, freezing, rainy, bitter, mild, no matter what the weather we plan (this being Tuesday) to print it Wednesday. Just for fun as you read this, note the weather and see if it isn't fearfully cold.

The Eternal Nuisance. When you are with people who hate you, you are on edge all the time. When you are with people who are fond of you, you are made uncomfortable by giving you mental and physical pawkings without offending them. Give me people who are not interested in me at all!

Times Pattern Service.

Neatness is stamped all over this apron—a straight front, half belted model buttoned at the back and given smartness with cape effect sleeves, contrasting goods to finish the neck brings out its novel outline, and also adds to the pocket in the right front; the sleeve ends show the same treatment. Now is a good time to buy apron materials and this is a very good design to develop.

The apron pattern No. 014 cuts sizes 34-44 and 44-54.

To make in size requires 3 1/2 yards 36-inch goods, with 2 1/2 yards banding.

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

Dear Chaperon—Should a married woman, who is very intimate with a single girl, allow her to monopolize the place, to feel every night and persuade her to make and keep engagements with her, when the husband wishes in his wife to visit her friends, and she cannot do so, without offending this girl? The wife likes the girl very much and this is very unpleasant for the husband. What would you suggest to do in a case of this kind?

LEADER OF ANTIS



MRS. ARTHUR DODGE.

ANTI-SUFFRAGE LEADER PLANS TO SHOW THAT WOMAN'S VOTE IS OVER-ESTIMATED.

STATISTICIANS CALLED IN Mrs. Arthur Dodge, in Interview at Hotel, Says That Suffrage is Beaten.

By FLORENCE E. YODER. The women voters did not re-elect Wilson, and we are going to prove that they didn't. An actual count of all of the votes will show. We are working on it now.

"Suffrage is beaten. They will never get another State. They will work through the Susan B. Anthony amendment or not at all."

The speaker was a short, rather motherly looking, elderly woman, inclined to stoutness. Her hair is pure white, and worn pompadour. She is not very tall, has a small determined mouth and kindly blue eyes.

She is Mrs. Arthur Dodge, president of the Anti-Suffrage Association to be in convention here on Thursday.

Personality of Leader. Mrs. Dodge is the president of the Anti-Suffrage Association, and will be the next president, according to a statement of one of her cohorts at the hotel.

And she is the heart, soul, and brains of the Anti-Suffrage party. She is a most remarkable woman, firm in her convictions, and swift in her reasoning.

I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined. She is the most understandable woman imaginable, and is indeed a sincere, upright, staunch believer in all that she stands for.

A Busy Woman. It was necessary for her to sign some papers prior to the interview, and it was possible to observe her closely. Straight upright she sat, her back uncompromising, her lips set, in a firm line, and she looked calmly down at her paper through a pair of inconspicuously flapper dark brown horn rim glasses.

Having dispatched her business, she was called to the interview, and she sat in passing that she had seen me before. Being assured of the impossibility of such an event, she took up a telephone conversation with a gentleman who was very important, she assured me.

At last the pressing business had been done away with, and she allowed a five minute conversation. Those who have an idea that the anti-suffragists will not talk, nor do not like publicity must change their minds.

Mrs. Dodge is a woman of many talents. She is a most remarkable woman, firm in her convictions, and swift in her reasoning. I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined.

She is the most understandable woman imaginable, and is indeed a sincere, upright, staunch believer in all that she stands for.

A Busy Woman. It was necessary for her to sign some papers prior to the interview, and it was possible to observe her closely. Straight upright she sat, her back uncompromising, her lips set, in a firm line, and she looked calmly down at her paper through a pair of inconspicuously flapper dark brown horn rim glasses.

Having dispatched her business, she was called to the interview, and she sat in passing that she had seen me before. Being assured of the impossibility of such an event, she took up a telephone conversation with a gentleman who was very important, she assured me.

At last the pressing business had been done away with, and she allowed a five minute conversation. Those who have an idea that the anti-suffragists will not talk, nor do not like publicity must change their minds.

Mrs. Dodge is a woman of many talents. She is a most remarkable woman, firm in her convictions, and swift in her reasoning. I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined.

She is the most understandable woman imaginable, and is indeed a sincere, upright, staunch believer in all that she stands for.

A Busy Woman. It was necessary for her to sign some papers prior to the interview, and it was possible to observe her closely. Straight upright she sat, her back uncompromising, her lips set, in a firm line, and she looked calmly down at her paper through a pair of inconspicuously flapper dark brown horn rim glasses.

Having dispatched her business, she was called to the interview, and she sat in passing that she had seen me before. Being assured of the impossibility of such an event, she took up a telephone conversation with a gentleman who was very important, she assured me.

At last the pressing business had been done away with, and she allowed a five minute conversation. Those who have an idea that the anti-suffragists will not talk, nor do not like publicity must change their minds.

Mrs. Dodge is a woman of many talents. She is a most remarkable woman, firm in her convictions, and swift in her reasoning. I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined.

She is the most understandable woman imaginable, and is indeed a sincere, upright, staunch believer in all that she stands for.

A Busy Woman. It was necessary for her to sign some papers prior to the interview, and it was possible to observe her closely. Straight upright she sat, her back uncompromising, her lips set, in a firm line, and she looked calmly down at her paper through a pair of inconspicuously flapper dark brown horn rim glasses.

Having dispatched her business, she was called to the interview, and she sat in passing that she had seen me before. Being assured of the impossibility of such an event, she took up a telephone conversation with a gentleman who was very important, she assured me.

At last the pressing business had been done away with, and she allowed a five minute conversation. Those who have an idea that the anti-suffragists will not talk, nor do not like publicity must change their minds.

Mrs. Dodge is a woman of many talents. She is a most remarkable woman, firm in her convictions, and swift in her reasoning. I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined.

She is the most understandable woman imaginable, and is indeed a sincere, upright, staunch believer in all that she stands for.

A Busy Woman. It was necessary for her to sign some papers prior to the interview, and it was possible to observe her closely. Straight upright she sat, her back uncompromising, her lips set, in a firm line, and she looked calmly down at her paper through a pair of inconspicuously flapper dark brown horn rim glasses.

SAY WOMEN DID NOT RE-ELECT WILSON

Anti-Suffrage Leader Plans to Show That Woman's Vote is Over-Estimated.

STATISTICIANS CALLED IN

Mrs. Arthur Dodge, in Interview at Hotel, Says That Suffrage is Beaten.

By FLORENCE E. YODER. The women voters did not re-elect Wilson, and we are going to prove that they didn't. An actual count of all of the votes will show. We are working on it now.

"Suffrage is beaten. They will never get another State. They will work through the Susan B. Anthony amendment or not at all."

The speaker was a short, rather motherly looking, elderly woman, inclined to stoutness. Her hair is pure white, and worn pompadour. She is not very tall, has a small determined mouth and kindly blue eyes.

She is Mrs. Arthur Dodge, president of the Anti-Suffrage Association to be in convention here on Thursday.

Personality of Leader. Mrs. Dodge is the president of the Anti-Suffrage Association, and will be the next president, according to a statement of one of her cohorts at the hotel.

And she is the heart, soul, and brains of the Anti-Suffrage party. She is a most remarkable woman, firm in her convictions, and swift in her reasoning.

I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined. She is the most understandable woman imaginable, and is indeed a sincere, upright, staunch believer in all that she stands for.

A Busy Woman. It was necessary for her to sign some papers prior to the interview, and it was possible to observe her closely. Straight upright she sat, her back uncompromising, her lips set, in a firm line, and she looked calmly down at her paper through a pair of inconspicuously flapper dark brown horn rim glasses.

Having dispatched her business, she was called to the interview, and she sat in passing that she had seen me before. Being assured of the impossibility of such an event, she took up a telephone conversation with a gentleman who was very important, she assured me.

At last the pressing business had been done away with, and she allowed a five minute conversation. Those who have an idea that the anti-suffragists will not talk, nor do not like publicity must change their minds.

Mrs. Dodge is a woman of many talents. She is a most remarkable woman, firm in her convictions, and swift in her reasoning. I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined.

She is the most understandable woman imaginable, and is indeed a sincere, upright, staunch believer in all that she stands for.

A Busy Woman. It was necessary for her to sign some papers prior to the interview, and it was possible to observe her closely. Straight upright she sat, her back uncompromising, her lips set, in a firm line, and she looked calmly down at her paper through a pair of inconspicuously flapper dark brown horn rim glasses.

Having dispatched her business, she was called to the interview, and she sat in passing that she had seen me before. Being assured of the impossibility of such an event, she took up a telephone conversation with a gentleman who was very important, she assured me.

At last the pressing business had been done away with, and she allowed a five minute conversation. Those who have an idea that the anti-suffragists will not talk, nor do not like publicity must change their minds.

Mrs. Dodge is a woman of many talents. She is a most remarkable woman, firm in her convictions, and swift in her reasoning. I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined.

She is the most understandable woman imaginable, and is indeed a sincere, upright, staunch believer in all that she stands for.

A Busy Woman. It was necessary for her to sign some papers prior to the interview, and it was possible to observe her closely. Straight upright she sat, her back uncompromising, her lips set, in a firm line, and she looked calmly down at her paper through a pair of inconspicuously flapper dark brown horn rim glasses.

Having dispatched her business, she was called to the interview, and she sat in passing that she had seen me before. Being assured of the impossibility of such an event, she took up a telephone conversation with a gentleman who was very important, she assured me.

At last the pressing business had been done away with, and she allowed a five minute conversation. Those who have an idea that the anti-suffragists will not talk, nor do not like publicity must change their minds.

Mrs. Dodge is a woman of many talents. She is a most remarkable woman, firm in her convictions, and swift in her reasoning. I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined.

She is the most understandable woman imaginable, and is indeed a sincere, upright, staunch believer in all that she stands for.

A Busy Woman. It was necessary for her to sign some papers prior to the interview, and it was possible to observe her closely. Straight upright she sat, her back uncompromising, her lips set, in a firm line, and she looked calmly down at her paper through a pair of inconspicuously flapper dark brown horn rim glasses.

Having dispatched her business, she was called to the interview, and she sat in passing that she had seen me before. Being assured of the impossibility of such an event, she took up a telephone conversation with a gentleman who was very important, she assured me.

At last the pressing business had been done away with, and she allowed a five minute conversation. Those who have an idea that the anti-suffragists will not talk, nor do not like publicity must change their minds.

Mrs. Dodge is a woman of many talents. She is a most remarkable woman, firm in her convictions, and swift in her reasoning. I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined.

She is the most understandable woman imaginable, and is indeed a sincere, upright, staunch believer in all that she stands for.

A Busy Woman. It was necessary for her to sign some papers prior to the interview, and it was possible to observe her closely. Straight upright she sat, her back uncompromising, her lips set, in a firm line, and she looked calmly down at her paper through a pair of inconspicuously flapper dark brown horn rim glasses.

Having dispatched her business, she was called to the interview, and she sat in passing that she had seen me before. Being assured of the impossibility of such an event, she took up a telephone conversation with a gentleman who was very important, she assured me.

At last the pressing business had been done away with, and she allowed a five minute conversation. Those who have an idea that the anti-suffragists will not talk, nor do not like publicity must change their minds.

Mrs. Dodge is a woman of many talents. She is a most remarkable woman, firm in her convictions, and swift in her reasoning. I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined.

She is the most understandable woman imaginable, and is indeed a sincere, upright, staunch believer in all that she stands for.

A Busy Woman. It was necessary for her to sign some papers prior to the interview, and it was possible to observe her closely. Straight upright she sat, her back uncompromising, her lips set, in a firm line, and she looked calmly down at her paper through a pair of inconspicuously flapper dark brown horn rim glasses.

Having dispatched her business, she was called to the interview, and she sat in passing that she had seen me before. Being assured of the impossibility of such an event, she took up a telephone conversation with a gentleman who was very important, she assured me.

At last the pressing business had been done away with, and she allowed a five minute conversation. Those who have an idea that the anti-suffragists will not talk, nor do not like publicity must change their minds.

Mrs. Dodge is a woman of many talents. She is a most remarkable woman, firm in her convictions, and swift in her reasoning. I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined.

She is the most understandable woman imaginable, and is indeed a sincere, upright, staunch believer in all that she stands for.

A Busy Woman. It was necessary for her to sign some papers prior to the interview, and it was possible to observe her closely. Straight upright she sat, her back uncompromising, her lips set, in a firm line, and she looked calmly down at her paper through a pair of inconspicuously flapper dark brown horn rim glasses.

Having dispatched her business, she was called to the interview, and she sat in passing that she had seen me before. Being assured of the impossibility of such an event, she took up a telephone conversation with a gentleman who was very important, she assured me.

At last the pressing business had been done away with, and she allowed a five minute conversation. Those who have an idea that the anti-suffragists will not talk, nor do not like publicity must change their minds.

Mrs. Dodge is a woman of many talents. She is a most remarkable woman, firm in her convictions, and swift in her reasoning. I confess that the actual Mrs. Dodge was far different from any anti-suffrage head ever imagined.

A Mole Vest



Copyright by Underwood & Underwood.

This Is, Quite Literally, a Wrinkle, and Quite an Advantage Over the Old Fashioned Garment of Red Flannel at That. Collar and Cuffs of Mole Are Added Just for Instance.

SEEN IN THE SHOPS

Bargains Noted Here and There in the Stores.

A dinner set, complete with silver, napkins, and green goblets, is a holiday offering that young housekeepers appreciate. This costs \$5.45.

A potpourri jar shaped like the lanterns one sees at the entrance to Japanese temples, is \$3. In case of filling it is 50 cents a box.

A miniature friendship circle of engraved gold is \$2. This is a suitable present for a child.

"Driftwood Blaze," otherwise known as "Fairy Fuel," is a mineral that, when sprinkled on a fire, gives all the changing blue green lights of burning driftwood. It costs 50 cents a box.

Merry tally cards for Christmas, with holly and poinsettia, are 25 cents a dozen. Flannel cards are 10 cents a dozen, and tally pencils, without string, are 25 cents a dozen.

At \$55, reduced from \$125, is a sumptuous set of soft brown fox gloves, excellently matched and becoming.

Spearpoint children, with wriggly eyes—really collapsible dolls that may be crushed to earth only to rise again, are 45 cents. They are brightly dressed in green felt and carry the symbolic spear.

Mints that will match almost any party color scheme are to be had for 40 cents a pound at one candy shop. These are not only in pink, yellow and red, but in dull orange, green and other wanted colors. These are either made as wafers or as roses.

Wee vanity cases look like artificial roses of satin, but open out to show a puff and a mirror. These are 50 cents.

Telephone Main 5266 and ask The Shopper for information concerning the shops where these bargains may be purchased.

Simple Way To End Dandruff

There is one sure way that has never failed to remove dandruff at once, and that is to dissolve it, then you destroy it entirely. To do this, just get about four ounces of plain, common liquid arvon from any drug store (this is all you will need), apply it at night when retiring, using enough to moisten the scalp and rub it gently with the finger tips.

By morning, most, if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have.

You will find all itching and digging of the scalp will stop instantly, and your hair will be fluffy, lustrous, glossy, silky, and soft, and look and feel a hundred times better.—Adv't.

DANCING

MRS. M. A. BROWN, 1210 G ST. N. W., Modern Dancing Class Saturday Eve.

MISS FISHER Modern dancing. Private lessons only. 159 C St. N. E.

WYNDHAM 518 12th St. N. W., Phone 5034. Modern dancing. Private lessons only. 159 C St. N. E.

GLOVER'S, 613 E. St. Classes Tues., Thurs., Sat. Priv. lessons any hr. 5:00; latest methods. Ballroom for rent. 45. Phone W. 1125.

NAT'L RIFLES ARMY, 6th near 9th Every Mon., Thurs., Sat. evgs. Dancing 8:30 to 12 p. m. Band and Orchestra with soloists.

Studio De Danse—Modern Dances. The art of the joyous spirit. Directors, Mr. and Mrs. Hartley, 1125 16th St. N. W. Ph. M. 2184.

MILLER'S Belasco Theater bldg. Ph. M. 825. Dances for 1917. The "Too-Too," the London TAPA, RITZ Waltz private & class. Instr. by apt. Sat. eve. class starts Dec. 5, 1916 (limited).

POPULAR MEDICINE BY DR. HIRSHBERG

Intelligent Observation of Rules of Hygiene Will Decrease Illness.

By DR. L. K. HIRSHBERG.

For each pound you weigh your body requires four-tenths of a calorie or heat-fuel unit every hour while you sleep. If you should sleep all the time you would burn up yourself for want of fuel-hust from food.

If you were seated quietly reading, sewing, eating, or with arms folded, and you weigh 100 pounds, you would need sixty calories of nutriment "every hour on the hour." If you gossiped, still more energy from victuals and drink would be called for.

On the other hand, light exercises or work, such as standing, walking, dressing, typing, clerking, and selling demands about one calorie of food for each pound of your weight every hour of the day. If you weigh 150 pounds, are on your feet ten hours, and eat less than enough rations to yield 1,500 calories, you will fall in weight, and show other signs of sickness.

Active muscular work and sports, such as housekeeping, mowing, bricklaying, carpentering, bicycling, and baseball are lamely carried out if two calories per pound of body weight are not available each hour.

Men and women who work, play, and perform strenuously with power-muscles must eat three times as much food as those who indulge in light exercise or perform light muscular work.

Obviously, habit is not the safe guide in preparing three meals a day that it's cracked up to be. It makes for overeating some of the time, and undernourishment perhaps the rest of the time. Such haphazard, hand-me-down meals may at one time give a surplus of energy, and at another furnish none by flooding the body's "carburator" with too rich a mixture now, and then again by giving so weak a "gasoline" that even the adaptable human mechanism cannot yield the energy it should.

(Copyright, 1916, Newspaper Feature Service.)

PAPER IS A LABOR SAVER

Many and Varied Are Its Uses in a Busy Household.

Paper