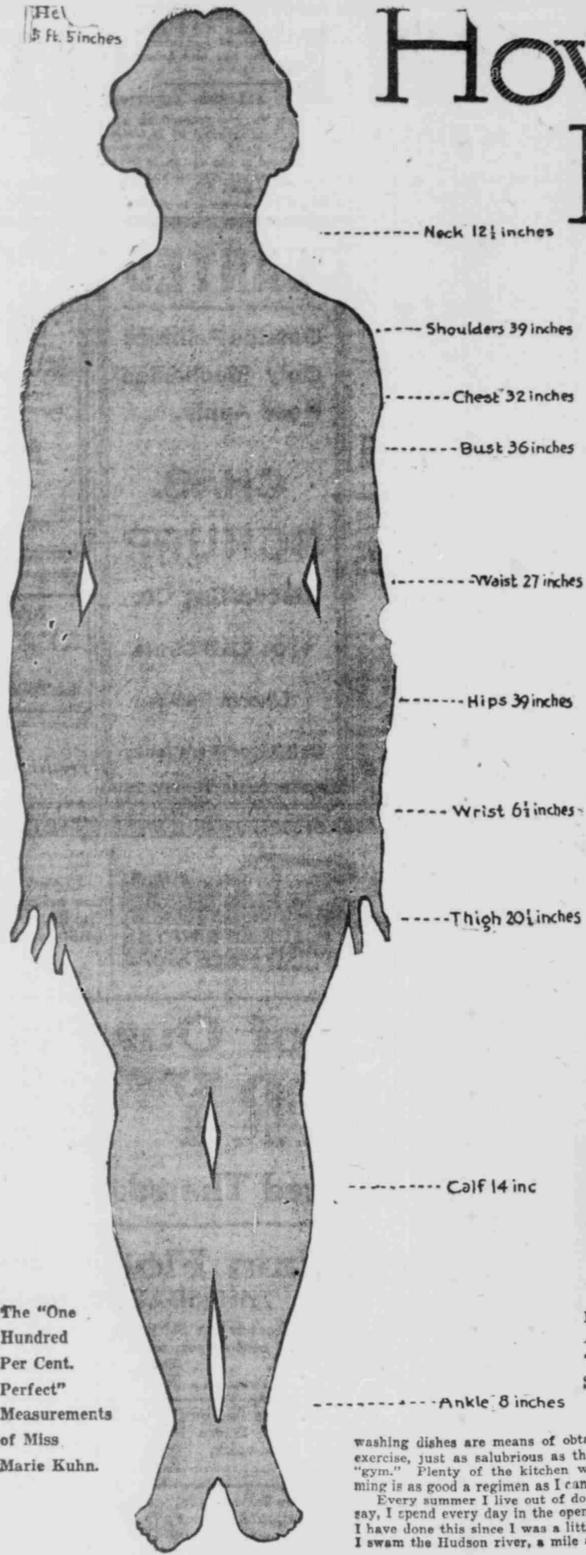


How to Have a Figure Like Mine



The "One Hundred Per Cent. Perfect" Measurements of Miss Marie Kuhn.

"Help Mother With the Housework," Declares Marie Kuhn, the Perfect Girl, Who Attributes Her Graceful Form to Outside Exercise and Real Hard Work at Home.



Miss Marie A. Kuhn, the "Perfect" School Girl.

way, a few years ago, while my friends and family fretted on shore, it seemed to me to be only the most natural thing in the world. To me there was nothing remarkable in it. Our summer home runs down to a creek and this runs out into the Hudson. Every day my two younger sisters and I go swimming in the creek, and sometimes in the Hudson.

Swimming is wonderful exercise for a girl. I began to swim when only 5 years old. I cannot remember anyone teaching me to swim. I think I just learned it naturally, which is the best way after all. Mother bought us a canoe. When we tired of swimming we do love to paddle Kaaterskill creek.

Basket ball, croquet and tennis are good fun and exercise, but the very best outdoor exercise

washing dishes are means of obtaining excellent exercise, just as salubrious as the workout in a "gym." Plenty of the kitchen work and swimming is as good a regimen as I can recommend. Every summer I live out of doors. That is to say, I spend every day in the open, rain or shine. I have done this since I was a little girl, so when I swam the Hudson river, a mile and a half each

Can you imagine what a shock it must have been to the experts engaged in searching for a "100 per cent. perfect high school girl" to find one who attributed her splendid figure to housework? The Life Extension Institute was looking for a perfect type of school girl. Its experts made a search through the biggest institutions of secondary education in New York city. They most carefully applied tape and stethoscope to every student who was of athletic leaning—the basket ball girl, the hockey girl, the tennis girl. But they did not find her. Always, when they were about to shout "ureka!" a calf was too large, an ankle too "beefy," a waist too stout.

So they turned their efforts to the classroom, among girls whose exercise was largely compulsory, the girls including even the pedantic among their number.

And the girl they sought was found! To the astonishment of the delighted "perfect form" seekers when asked what her principal form of exercise was she said:

"Mixing dough, baking, dusting and washing dishes."

In other words, she was a "home girl" who benefited in "helping mother."

Her name is Marie A. Kuhn. On this page she tells how she unconsciously developed the really wonderful physical attributes concerning which she is so charmingly modest.

Every American girl should read her narrative, particularly the girl who is habituated to adding housework as irksome, bothersome and ruinous of white hands and good looks. It may set this type of girl to thinking—and washing dishes—and it may bring about a change of home conditions that will be beneficial to the girl, helpful to the tired but uncompromising mother and conducive to perfect peace in the family circle!

By Marie A. Kuhn

When I meet a girl who is pale and delicate looking I feel sorry for her. I try to imagine how I would feel if I looked like that, but, of course, I could not look like that very well because I have never been ill.

But I believe that every girl who is not strong could improve her health and appearance wonderfully by merely doing as I do and living the way I live. Mixing dough, cooking cake, dusting and



Three of the "Gym" Exercises Which Miss Kuhn Takes When School Is Open and the Kitchen Is Not Available.



of all is swimming, because it develops all the muscles, and makes one exercise one's brain at the same time.

Now, I shouldn't say that housework and swimming alone are responsible for my good health. My summers in the country include work in the field besides. My sisters and I take care of the garden, pick apples and rake hay, and keep the lawn in good shape. After we finish with the housework, we work for a couple of hours every morning in the garden or on the lawn. We have our dinner at noon, and then, after the dishes are put away, if we have any more out-door work to do, we finish it, and then we are ready to amuse ourselves.

It is only people who are not used to exercise who do not like farm work because it makes them tired.

If one is used to using one's muscles in swimming or in playing tennis or basket ball, one doesn't get tired so easily working in the garden. Hoeing and raking and weeding are all good exercise, and it's lots of fun to watch the things grow. We love it, and so we don't mind it.

Two or three times a week, after supper, we walk to the village, about a mile away, and sometimes besides going there for the mail, we attend a dance. But mother never permits us to stay up after 10 o'clock.

Up with the Chickens

I know city girls who haven't been reared as we were, who could not do so many things in a day. They said it made them too tired. But when one is used to it, it makes all the difference in the world.

All the year round we get up at 6 o'clock, with the exception of Sundays, when we have an extra hour of rest. I know many people complain of getting up so early, but that is another thing that doesn't bother one much if one has grown up to it.

I see now that mother was wise in the way she brought us up, because we are all strong and well.

In the country one does not have to bother about "dressing up." And it is so much more fun not to have to do it. We wear bathing suits,

"Mother Bought Us a Canoe. When We Tired of Swimming We Do Love to Paddle."



"Mixing Dough Is Excellent Exercise," Says the "Perfect Girl."



for instance, of knitted wool. Woolen bathing suits are best, because the wool absorbs the moisture more quickly, and lying in the sun after a good swim, the circulation is kept up by the heat from the wool which dries very quickly. We wear little rubber bathing caps, and sometimes no stockings at all.

When we are gardening we wear overalls, which are much the best for that kind of work, and of course we wear large straw hats to keep the sun out of our eyes and usually we wear ankers and heavy stockings, to protect our feet and legs from briars and bushes.

Shank's Mare Her Vehicle

During the winter, while going to school, I get plenty of exercise in the kitchen, in the school gymnasium, by attending some dances and skating, and of course walking a lot every day. I think I average from four to six miles every day. My sisters and I never think of taking a car to do shopping or any other errands we have to do. We always walk. It is much more pleasant than being packed in vile smelling subway trains and unclean germ-laden trolley cars.

Naturally, a girl does not get as pleasant exercise during the season in town that she would get in the country in summer, but it is most important that every girl should have some kind of vigorous exercise the year round, particularly in the open air.

Poor circulation will make a girl pale and delicate looking. Lack of fresh air will make her lose her appetite. Vigorous exercise in the open will stimulate her circulation and give her an appetite for good, wholesome food instead of for sweet things and tea and toast. My mother has always been most particular about having us eat good, well-cooked food, three times a day, with very few sweet things.

However, I eat a rather light breakfast—never coffee or tea—I don't care for either. For breakfast, I drink milk, and eat some fruit and perhaps an egg or two. Then I carry my lunch to school, and eat a hearty dinner in the evening. In the country we always have our dinner at noon and I think this is much the better thing to do, but in town with the long distance to school, it is impossible.

One thing we do the year round is to sleep with windows wide open, no matter what the temperature may be. Fresh air is one of the most important things. I never sit in a closed room if I can help it. If one is in good health, if one's circulation is unimpaired, one does not feel the need of such a great amount of steam heat. I have been in homes when the heat was sufficient to give one a Turkish bath. People who live in that temperature can never be well and strong.

Any girl, even if she is ailing, even if she has never been strong, can do a tremendous amount of good for herself, if she will live this way, with lots of housework, lots of fresh air, plenty of daily exercise in the open, and good plain, wholesome food.

Even if a girl is employed during the day, she can walk from her work in the evening, or she can take a walk, or spend an hour or two skating, or dancing after the evening meal. She will sleep all the better for this exercise, and feel much more rested the next day. She should never shirk the kitchen.

People who wake up tired are either suffering from poor circulation or lack of enough fresh air in their room during the night.

Dances of the Nations

The Bohemian national dances are the "redowa."
The English national dances are the "hornpipe" and "lancers."
The French national dances are the "contredanse" (country dance), "cotillon" and "quadrille."
The German national dances are the "gallopade" and "waltz."
The Irish national dance is the "jig."
The Neapolitan national dance is the "tarantella."
The Polish national dances are the "mazurka" and "krakoviec."
The Russian national dance is the "cosac."
The Scotch national dance is the "reel."
The Spanish national dances are the "bolero" and "tandango."