

Bathing Suits, Caution As to Alcohol and Care of Hair, Miss Kellermann's Themes

Never Use Whisky or Brandy for That "Chilly Feeling," Famous Swimmer Warns Wear One-Piece Suits Wherever They are Permitted. Other Valuable Advice.

ARTICLE NUMBER TWENTY-TWO

BY ANNETTE KELLERMANN

International Record-Holder and Star of the Wm. Fox \$1,000,000 Film "A Daughter of the Gods."

Of vast importance to swimmers is the bathing suit. There is only one kind of suit to buy: that is the one that is hung from the shoulders, with a one-piece garment underneath.

I believe that on a great many beaches the one-piece suit is now regarded as wholly proper. The fastidious prejudice against it has worked away a good deal. That, as I say, is the ideal bathing suit. But, where it is not allowed, the loose garment that

will be a pleasure, instead of a task. Fear of ruining the hair, is, I believe another great drawback to the sport of swimming for women. I believe in wearing caps. For two reasons! To keep the hair out of the eyes; and to protect it as much as possible. There are few bathing caps that are absolutely waterproof—and when they are they bind the head too closely for comfort.

One reason why women do not be-

come chilled." Indulgence in alcohol after a bath is the worst pos-



ANNETTE KELLERMANN, GREATEST WOMAN SWIMMER AND STAR OF WILLIAM FOX \$1,000,000 PICTURE

sible thing. Of course in a case of heart exhaustion, or fainting or any of the unusual things that may happen to a person unaccustomed to the water, alcohol should be used—but not for the little chilly feeling that sometimes follows a bath.

Exercise is the cure for that. Just three minutes of brisk moving around, running, jumping or simply calisthenics will cause the blood to circulate rapidly. Do not use alcohol, except externally.

I have given you the don't's. I have outlined the necessary preparations for successful swimming. I have told you how swimming is going to tone up your health and improve your looks. Now it is up to you. If you are really in earnest—and have ambitions toward and one of these things—SWIM AND BE BEAUTIFUL.

TOMORROW: Miss Kellermann will write about THE IMPORTANCE OF BREATHING PROPERLY. Not until you have read this article will you understand of what vital importance correct breathing really is.

is slung from the shoulders will not add much weight or discomfort.

NEVER HAVE A TIGHT WAIST-BAND—or even one that is not tight—if you wish to be a good swimmer. It is a decided hindrance. Also, your one-piece undergarment must have feet, so that the stocking and its attendant garter is abolished.

Never forget to take with you a large box of talcum powder. This simple little toilet adjunct is worth its weight in gold in a bath house. A great many women dislike bathing because they say it is hard to dress afterwards, and that their clothes "stick" when they put them on after a dip.

All this is done away with by using talcum. Use it profusely, all over the body, and dressing after the bath

come proficient swimmers, as often as men, is because they do not want to wet their hair.

With this end in view they try to keep their heads out of the water; this distorts balance and causes neck strain—both drawbacks to good swimming. I have always advised washing the hair in fresh water, immediately after coming out of a salt bath. And, if the swimming has been done in fresh water, a brisk rubbing of the scalp with a rough towel. Do not go around with your hair damp and dripping until it dries naturally.

I want to do away with another custom that is almost universal, if I can. People have a habit of taking a flask of whisky or brandy with them when they go bathing to use in case they

DO YOU

Maintain a polluted well and then complain about the undertaker's bill?

Think screening is too expensive and then blame your malaria on the climate?

Insist on sanitary cigar factories and then use a public cigar cutter?

G. O. P. WESTERN HEADQUARTERS

(Special to the Daily Examiner.) WASHINGTON, D. C., Sept. 22.—Announcement was made here today that the national Republican congressional committee will establish western headquarters at Denver, with a view to giving direct attention to the congressional campaign in the mountain and Pacific coast states, and to the senatorial campaigns in California, Washington, Utah, Wyoming, Montana, Nebraska, North Dakota, New Mexico Nevada and Arizona. In four of these states, Nebraska, Montana, Nevada and Arizona, the terms of Democratic senators will expire March 4 next, and the Denver headquarters of this committee will direct especial attention to the campaign in these states.

Western headquarters will be in charge of Congressman Frank W. Mondell of Wyoming.

DON'T MISTAKE THE CAUSE

Many Yuma People Have Kidney Trouble and Do Not Know It

Do you have backache? Are you tired and worn out? Feel dizzy, nervous and depressed? Are the kidney secretions irregular? Highly colored; contain sediment? Likely your kidneys are at fault. Weak kidneys give warning of distress.

Heed the warning; don't delay—Use a tested kidney remedy. Read this Tucson testimony. Chas. Kreiling, 148 N. Stone Ave., Tucson, Ariz., says: "I had a dull pain in my back, which was especially severe during the day. It was hard for me to stoop over or lift anything and I was in bad shape off and on for about three years. Doan's Kidney Pills rid me of the misery. They went right to the seat of the trouble, fixing me up in good shape."

Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Kreiling had. Foster-Milburn Co., Props., Buffalo, N. Y.

CASINO THEATER TODAY.

De Wolf Hopper in "Stranded," a five-reel Fine Arts comedy drama; also a two reel Keystone, "Pills of Peril," featuring Charles Murray.

UNCLAIMED LETTERS AT YUMA POSTOFFICE.
Mrs. Frank Akers, T. L. Alison, G. L. Anderson, J. J. Arnold, A. A. Ashom, Delfino Balles, Master Roy Bateman, W. S. Beeman, Mr. Biller, John Brown, Garland H. Burke, Alex. Burson, Ed. Carbajal, John D. Clark, Mrs. Jessie Cramer (2), Edward L. Crum (3), Carmen Cruz, Roy East, Clarence Ellison, John W. Freeland, Louis Garcia, C. M. Gentes, Byron Gray, Joe M. Hartman, Albina M. de Hernandez, W. J. Hurman, S. M. Jones, Thomas E. Just, Guy Lightfoot, Chas. Lovena, Harry Lovena, Belva F. Major, S. E. Masters, Jack Middleton, Tite Mondivil, John F. Messner, J. M. Miller, W. R. Miller, Abraham Montoya, Wm. C. Moore, W. W. Morris, William F. Mot-sick, M. R. Ortez, Geo. C. Paris, L. Payne, Julio Pertelace, Sarah Portor, Jas. Roming, S. A. Sam, Nellie B. Smith, Darwin M. Turner, E. J. Wallace, A. M. White, Wilbur Williams.

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