

who spent most of her time doing fancy work, and sighing. She admitted she was married, and seemed bitter against all men, especially little ones.

"It's a good thing," she wheezed, "you ain't goin' to really marry 'im. The smaller they are, the easier they are to lose."

"'Twouldn't be much lost if I did mislay him," I admitted.

"Another thing," murmured the Fat Girl, "I'd advise you when you do marry, steer clear of the little fellows. They're liable to turn out wife-beaters."

I told her I'd had several prospects of matrimony, but none smaller than at the present time. This joke didn't cheer her. Evidently her marriage hadn't been happy, and probably her husband was much smaller than she. In fact, he could easily be. So, as I seemed to make her gloomy, I went over and talked to the Bearded Lady.

(Continued.)

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SOOTHING FINGERS DRIVE AWAY PAINFUL HEADACHES

Massage and a home-made brand of mental suggestion will cure that headache! You needn't be an expert to administer the massage, either.

Suppose it's your wife that suffers from the headache. She's very liable to, simply because she doesn't get out doors enough. Ask her to recline in an easy chair, close her eyes and forget she's alive.

Then press her head gently between your hands, as shown in Fig. 1. Gradually increase the pressure for about half a minute. Then stand behind her and stroke her head with the fingers from the center out toward the temples, as shown in Fig. 2. Next strike the eyebrows gently with the same movement. As shown in Fig. 3, the right thumb should then be placed on the right temple, and with this as a pivot the fingers should

be rubbed downwards over the forehead from the top toward the nose.

Finally the back of the neck and the shoulders should be firmly massaged with the thumb and fingers.

After the last strokes of the treatment apply a cold wet cloth to your



patient's head, and then tell her that she will now find the headache completely gone. If you accompany this treatment with soothing suggestions that all she needed was this relaxation and that your method never fails, the chances are ten to one that she will be completely cured of the pain.