AUDY MAGAZINE PAGE FOR EVERYBO

Fashion's Whims Determine the Health of Women Today

THAT MODISH FIGURE Belated Gifts IS RESULT OF DIETING

But If You Must Reduce to Be in Style Do It by Eating Less of the Wrong Foods and More of the Proper Ones, Advises Authority.

> By ROYAL S. COPELAND, M. D. United States Senator from New York.
> Former Commissioner of Health, New York City.

T is a surprising fact that the fashions to a large extent determine the health of the women of today. Yet this is true. A few years back the great modistes of the world decided that the fashionable figure must be the slender one. No woman of curves

> could wear the clothes they designed. And so to be stylish, dieting became the rage. Classes in dieting, schools of diet sprang up over night. Everyone, man, woman and child became intensely interested in losing weight. Persons who never gave thought previously to whether they weighed one hundred or two hundred, found their weight to be a matter

of vital importance. In many instances this was an excellent thing. But it was overdone. It was forgotten that in all things moderation should be our

Your overweight is not important merely as a matter of looks. It is important because it may shorten your life. Then it becomes something of real concern, something far more important than merely being fashionable.

Dieting is a matter requiring real effort.

But please remember, it is only good when practiced in moderation.

If you are going to reduce, do it by the natural method of eating less of the wrong foods and more of the proper ones. Exercise more than has been your habit.

than has been your habit. You must learn to make a wise 3—You should try to gain weight in general. Exercise, such as walksary to starve yourself, or to grow ing, dancing and running are also weak from the need of food. When helpful. you study food values it does not take long to find out what sub- WALTER M. C. Q .- Do you adstances must be taken sparingly be- vise treatment for psoriasis?

taken in unlimited quantities.

dissolve the fat.

from the body.

such violent efforts at reduction.

Answers to Health Queries

OODNESS, I was all dressed up? T at the shop today! The occa-

I had on one of the new Sunday

night frocks. Have you heard about

them? They're really informal even-ing frocks designed for the Sunday

evening party, for the dinner to

which one goes on short notice, and

for other evening affairs which are informal in spirit. Of course, the tea

wasn't an evening affair, but since

these frocks are really quite tailored,

Madame thought I could get away

with wearing one of them. She wants

to popularize them with her cus-

tomers, and she thought seeing me

in one might give them the idea of

The model I wore was of panne

velvet in a lovely mulberry shade. It

has a soft shirred band around the

neck which continues diagonally

down the front. At the natural

same material finished with spark-

ling rhinestone buckles. Flared in-

sets that have a diagonally trend,

the interesting skirt. Two loops of

galyak at the shoulder add a smart finishing touch. And, by the way,

the hemline is fashionably uneven,

much admired, and a few of the

guests said they were coming in next

week to see our stock of Sunday

The tea was really a great suc-

cess. I've never seen the shop so

crowded. Everybody who at any

being slightly longer at the back. It was very becoming and very

waistline there is a double belt of the

getting some for themselves.

both at the top a

night frocks.

hollday-season tea to her clientele.

sion was Madame's ennual

5 feet 2 inches tall, weigh?

cause of their richness in fats and carbohydrates. At the same time, you will learn what food may be self-addressed, stamped envelope and] repeat your question.

Well chosen, systematically em-ployed physical exercises are of great value. But they are of no use MRS. L. K. Q .- What do you advise for correcting constipation? unless used every sirgle day with

A .- You should eat at regular energy sufficient to produce what I hours, and only simple and wellalways refer to as "honest sweat." Simply to perspire is not enough- cooked foods. Avoid foods rich in one can do that in a hot room. You fats and starches. must produce perspiration by the

J. T. B. Q .- What should a boy muscular effort you make. Perspiration of this sort seems actually to weigh who is 13 years old and 4 fet 11 inches tall? 2-How can I gain weight? Drink plenty of water. All the water the system craves may be

A .- For his age and height he taken in safety. Do not drink much should weigh about 107 pounds. with meals. When taken then it 2-Proper dieting and deep breathserves merely to wash down a suring are the secret. You should eat plus of food. But when taken benourishing foods and have plenty of tween meals it helps to dissolve the sleep and rest. wastes and to put into solution those materials which should be taken

MISS H. L. Q .- What should a girl weigh who is 17 years old and I am more and more concerned feet 8 inches tall? over the fact that so many women 2-How can I gain weight? dose themselves with powerful drugs

which have a reputed value in tak-A .- For her age and height she ing off flesh. It is not safe to use should weigh about 137 pounds. these drugs. You cannot afford to 2-Proper dieting and deep breathtrifle with your good health by any ing are the secret. You should eat nourishing foods and have plenty of Use common sense in this matter sleep and rest. of reducing. Then you will be im-

proving your health as well as your M. A. C. Q.—What should a girl of 14, 5 feet 2½ inches tall, weigh?

A .- She should weigh about 111

C. R. Q .- What should a girl of 15, MISS M. Q .- How can I gain 2-What do you advise for black-2-What should a girl weigh who

A .-- She should weigh about 111 2-Correct the diet by cutting eat nourishing foods and have plenty carrots, turnip balls and perhaps one thickness of the steak. Keep the down on sugar, starches and coffee. of sleep and rest.

Eat simple food. For further particulars send self-addressed, stamped should weigh about 107 pounds. envelope and repeat your question. Copyright, 1929, Newspaper Feature Service, Inc.

A Fashion Model's Diary

By GRACE THORNCLIFFE

She Enthuses Over a Sunday Night Frock.



TILL the holiday spirit pervades the world! It's so hard to relinquish the glorious spirit of Christmas that we find ourselves prolonging the gift-giving as long as we can. It always seems that there are belated gifts which must be delivered, for they're so sacred that we simply won't intrust them in any hand but our own for

And with the echo of the reindeer-bells on old Santa Clau's sleigh, as it makes its way back for another year, we trudge cheerfully on our rounds of belated gift-giving.

They'll be none the less welcome for their lateness, and perhaps we'll bring joy into the hearts of those who have been forgotten. So don't worry, but go your way and keep the lovely holiday bright and happy with your thought for your friends, and perhaps the unfortunates who have been denied the pleasure which you are experiencing-of giving and bringing Christmas

Planked Dishes, Despite Elegance, __ The Home Kitchen Need Not Awe the Cook By Alice Lynn Barry

HE ornate appearance of a must be covered well with salad oil Chops can be served on a plank 3-What do you advise for thin is 13 years old and 5 feet 1 inch awes the beginning cook. It does To serve a planked steak, broil plank, surround with vegetables and look so very elegant-the cut of steak as usual, except that it should brown. meat or fish, surrounded by a fluting be left a little underdone-about two A .- Proper dieting and deep of golden-brown mashed potatoes, or three minutes less cooking than breathing are the secret. You should little mounds of peas, fancy shaped usual, depending on the size and fish, shad, whitefish, scrod.

> simple foods in company style, for are preferred. Place under the and surrounded by fancy arrange- serve at once.

> two inches thick, and can be ob- intervals on the plank or small tained in most housefurnishing cooked artichokes, or baked stuffed stores. Before using a new board it peppers or onions.

Those whose birthday it is may an-

ticipate a year of abrupt and per-

The Stars Say—

By GENEVIEVE KEMBLE

For Sunday, December 29. + For Monday, December 30.

UNDAY'S horoscope holds au- NONDAY'S astrological chart

foreseen change, hardly desirable or be much excitement and surprise in

understandable. Yet it may be con- these, with some unwelcome develop-

plexing change, possibly provoked by prepare for a year of preferment, favorable contracts or other writings.

things should flourish.

Those whose birthday it is may

looks quite grand.

planked dish, as it is served in and left in a warm oven so that the in the same way as steak. Broil as a smart restaurant, often over- wood will absorb as much oil as pos- usual, except, leave them slightly

or two other mysterious vegetables plank in a warm place meantime. 2-For her age and height she that can't be identified at first Transfer the steak to the plank and surround with vegetbles, as follows:

Nothing so attractive to the eye as | First, there should be ready three planked dish, and not as compli- cupfuls of hot mashed potatoes, seacated to make as it appears. More- soned with salt and pepper. The other ingredients and keep for bast- for his hysterical accusation of me. over, there's a lot to be said for it as a conserving factor. To begin pastry tube, forming a ridge on the fastened to the plank, skin side faltered at last. "I ought to have seither." William said. "The radio chunk of meat, as though he were with, it is a help in the matter of edge of the plank all the way around. down, with a wire, which is removed known you wouldn't do anything like was making such a noise that at riding on a sled, slid down into the flavor. Like casserole cookery, the Mix one eggyolk with one table- before serving. Place the fish under that. And of course I don't need to first we didn't notice the kids. Then chopper. planked foods served direct from spoonful of milk and brush the top broiler, cover with a spoonful of the have you call Mary down. I believe all at once we heard them yelling at stove to table retain heat and flavor of the potato with this, to help give warm dressing and add a spoonful more than it transferred to another it a deep-brown color when broiling. every few moments until the fish is bering-what-my mother-used-to squaring off at each other as if they specks of dust. Mij. Flor, Hanid and dish. And as three or four foods are Pipe the potatoes on the plank im- done to keep it from getting dry. do-oh-she wasn't well-you-know were Tunney and Dempsey. But Yam darted all over the kitchen, neatly arranged on a single plank, mediately after placing the steak on A minute or two before it is ready - or - she wouldn't - and I just Roderick hit Junior first-I know gathering him together. He was simmuch saving of extra serving dishes it. Then place at intervals a cupful surround with the vegetables and couldn't stand it to think Roder that and Junior got a beauty back ply ground all to bits. is thus effected. Last, but not least, of hot, cooked peas, small buttered brown quickly. plank cooking enables one to serve carrots, or whatever other vegetables

even ordinary lamb chops or a baked | broiler in a hot oven for about two fish, brought to table on its plank, minutes to brown the potatoes and ments of vegetables and garnish. With a little extra trouble, many kinds of vegetables can be added to Planks, usually oval in shape and improve the dish. Small tomatoes, of well-seasoned white oak, are about stuffed and baked, can be placed at

Planked Fish.

4 tablespoonfuls of butter.

1/2 teaspoonful of salt.

Any large fish can be used-blue-

1 teaspoonful of Worcestershire.

1/2 teaspoonful of made mustard.

teaspoonful of lemon juice.

Melt the butter in a saucepan, add

Advice to Girls By ANNIE LAURIE DEAR ANNIE LAURIE:

I am coming to you for some advice and hope you can help me. am a young married woman, twenty-eight years of age, the mother of three children. I am employed every day and always have worked to help my husband. He goes out most every night in the week but when I ask him to take me out he is either tired or has no money. Now, Annie Laurie, he is going out with another girl; he told me he has been going with her for almost three months. I am gury of very intriguing and per-plexing circumstances. It is presages many activities and my husband and want to win him back to me if possible. He tells probable that there may be an un- of many lines of interest. There may me if I just let him alone he will contracts and will be met with equa. sterling qualities and talents are as- kiss or love me any more at all. nimity because of the poised and senpersonal relations are under most

Doesn't seem to want to be in the same room with me. Would you or Henry or Roderick or Mary may easier for me. And now we must go pack up and leave or would you find out that you do not mind seeing back to the living room." benign rule, and all worthwhile try to find someone else and go animals or even insects suffer. Then "Yes, I'll bet they've got a circus out when ever he does? HEART-BROKEN RAMONA. carefully for fear that some time that with the blessed buoyancy of prepare for a year of preferment. There may promotion and substantial return for fidelity and good work. There may be doing, it would be much better ful to care. It might help to result that with the blessed badyancy of when you are angry you make them youth, he already had put aside his suffer just because you are to wrathful the blessed badyancy of that with the blessed badyancy of the promotion and substantial return for fidelity and good work. There may be doing, it would be much better ful to care. It might help to result that with the blessed badyancy of the promotion and substantial return for fidelity and good work. There may be doing, it would be much better ful to care. It might help to result that with the blessed badyancy of the promotion and substantial return for fidelity and good work.

And while there may be a great surbe sudden changes, but these bring to have a frank, calm talk, rather member what you went through possibilities which the quarrel beprise in this sudden visitation the excellent opportunity, better field- han indulge in scenes or quarrels when you were helpless." for Informal Parties.

Madame was very much pleased, Madame was very much pleased, Madame was very much pleased, the afternoon, because it seemed a good omen for the coming year. And since during the next few weeks she will be shown inglicities for Southern wear, she may anxious to have her customers was anxious to have her customers when the complements and spiritual port to the application, but lead nowhere but to another of the happiness of endeavor and the happiness of the customers when the customers when he happiness of endeavor and the happiness of endeavor and the happiness of the children, he will doubt for the children, he w

By Maud Thomas | WILD GEESE, A DOG, AND A MYSTERY MAN

> The Birds Winging Their Way South Bring Memories to Winifred Black of the Days When a Romantic Stranger Troubled Her Thoughts.

By WINIFRED BLACK

THE wild geese are on the wing. Last night I awoke and heard them calling to each other.

High over the great city they flew, all in a line with their strange long necks stretched in their strange wild way-a-n-d -they never looked down

I saw them black against the moon and all at once the noisy city and the great ghostly buildings seem to vanish and we were all children again on the shores of a great, calm lake—and the trees stood tall around the edge of the lake and you could see their reflections

Far away a dog barked—he sounded lone-ly and forlorn—but the loneliest thing of all was the foreigner who lived on the farm down the road standing out by his sunken doorstep and playing a strange wild tune on some odd foreign instrument he had—and would never play for us in the daytime. Some of us had seen the instrument hang-

ing or the wall of the little kitchen of the little house where the foreigner lived, but he didn't like us to speak of it and only when he thought he was quite alone did he play it. Always when the foreigner played his strange droning chant on the strange foreign instrument we knew that some-

where the wild geese were flying South.

When I grew up I began to
understand that the foreigner tle was a man of mystery. He spoke many languages and sometimes when the simple country people who lived around him talked excitedly of the church sociables or how some farmer's daughter was going to marry another farmer's son—the foreigner smiled as one does who hears very little children whispering together over great and important affairs such as the next day's skating, or who can run the farthest or jump the highest in the school games.

A dark man, the foreigner, with a dark romantic face and great black eyes that always seemed to see something houody else could see. Then one day all at once he was gone and we never knew who he was or where he came from or where he went or what he thought of us and our plain, simple ways.

He had, I remember, a silver cup strangely carved. Someone who looked in at the open door one day saw him sitting at a little carved black table all alone -but the table was set for two; two plates, two glasses, two cups and a service of worn but shining silver for two.

There was no one in the lit- maple sugar.

tle house to eat with the foreigner, but he always set his carved black table for two. Last night when I heard the call of the wild geese flying south, and looked out over the great city and saw the geese black against the silver moon, I thought of the strange foreigner and the music he made when the moon was full and the geese flew high in the sky.

Who was he, do you suppose, and what was he, and where is the one for whom he so carefully set a place at his table of carved black wood there in his lonely house in the lonely countryside?

I wonder and wonder.

Helpful Hints

tar added to sugar syrup will prevent it from becoming granulated.

To keep cooking raisins moist, keep them in a glass fruit jar.

Equal parts of granulated white and dark brown sugar, with onehalf the quantity of water added. and boiled until of desired thickness. makes an excellent substitute for

The Interrupted Combat.

"That's mighty nice of you, Aunt

Madge," he said. "And you let me

any trouble. I can straighten 'em

about anything."

out for you."

Love's Reawakening The Story of a Wife's Triumph Over Jealousy

--- By Adele Garrison. ----

Young William, Finding He Is Among Friends, Offers to Keep the Other Boys in Order, to Madge's Great Delight.

TILLIAM HARRISON looked first-hand information upon the into little chunks. Finally she put a at me with a gaze as steady disciplinary problem which awaited quantity of chunks into the top of

as my own when I asked him me in the living room. if he would believe my statement "neither Roderick nor Junior is go long shreds. For the machine was a concerning Junior's punishments or ing to get a 'licking' even though meat grinder, you see. if he wished me to call his sister both deserve it. We shall not begin Now meat grinders are not things Mary down for corroboration. In your Christmas holiday visit that to be examined too closely. Particdeed he kept that unwinking gaze way. I shall devise something, keep ularly no one should ever think of upon me for so long after I had ing them home from a drive, for letting himself down into one of

But to my relief, the horror slowly me what happened. You see when I ing. died out of his eyes, and there crept came into the room my father was into them a curious mixture of joy- holding each of them by the collar others shouted in dismay. "You'll be ous relief and shamefaced apology and they were yelling at each other." you. It's only that I got to remem- each other, and then they were

The boy's eyes were tortured now Then you came in." with the worst of all suffering to a There was no light on my problem Strativeness, intuition made me put situation in the living room, I rose nese puzzle. A nose here, a too

ones.
"William, don't," I implored. "Of course your mother wasn't herself, with me, William," I said, holding ers for a time, and of kitchens, tode she was really iil, and you must out my hand, which he gripped awk- for that matter. never think again of those things wardly. "And I'm sure you will have Copyright, 1900, Nesspaper Feature Service, in unless-" I bit the word back and a good time during the holidays. Be substituted a fervent injunction- sure to come to me if there is any "just remember always the lovely thing you want, or if you're puzzled

"Oh! I do," he said hastily, but The boy threw up his head and there was that in his voice which looked at me. This time there was made me realize that the poor lad confidence instead of questioning in had few such memories to cherish that steady gaze. and the next second he added "What did you mean by 'unless' know if Henry or Roderick give you

No Time for Homilies. I sent up a mental anathema upon I knew that at that moment his their fullest extent, the capacimy carelessness of speech. This was fourteen years seemed like twice ties of every kind with which

be all right. I do scold him a lot | no time for homilies, yet to be truth- their number to him, and it was with | the God who made us has onbecause I am jealous and I just | ful I must utter one, and his steady | the gravity I would have accorded understandable. Yet it may be con- these, with some unwelcome develop- can't stand it. I can't sleep until questioning eyes admitted of no to a man's offer of help that I cerned with advantageous writings or ments, but industry, fidelity and he comes in. He never wants to equivocation. equivocation.

"Only this," I said, nerving myself answered him.

"Thank you so much, William," I

you must watch yourselves very on their hands," he said, and I saw

GOOD-NIGHT STORIES - By Max Trell

Knarf Finds That Mean Grinders Are Poor Things to Fool With.

66TTELLO, there, Inda, what are you doing?"

It was Knarf calling to the cook. She was in the kitchen, He was standing right under her nose, but she paid no attention to him. Nor did she pay any attention to Mij. Flor, Hanid and Yam. And yet she had sharp ears and eyes.

The fact of the matter was that Knarf and his companions were only shadows. No one pays any attention to them-not even the cooks. However Knarf, who had made

himself no bigger than a thumb, called up again: "What are you doing, anyway?" Inda, it seems, was busily prepar-

ing the dinner. She had just finished peeling the potatoes and was now poking about in the pantry, fetching about a great many pots and pans, which she placed on the stove and on the table. One pot she filled with water, dropping the peeled potatoes into it. Then she lit the gas and set it to boil. Another pot she filled with vegetables, such



as peas, beans, carrots, cauliflower, turnips and mushrooms, setting that on the stove, too.

All but Knarf sat by quietly on a shelf and watched. He had to examine everything closely. He peered into the pots, noting just how big they were and whether they were aluminum or agate. Then he counted the number of peas and beans that went into the other pots and how much salt Inda sprinkled on the

"Don't be so nosey!" warned Hanid, Did he heed her? Certainly not. It wasn't altogether safe for him. Being so small, he was in constant danger of falling into one of the pots, especially as he took no care whatever about leaning over into them. He had a narrow escape when Inda suddenly started stirring up the vegetables with a huge spoon, almost sweeping him in. He slid down the pot in great haste and hid behind a carving knife, remaining there until the danger was over.

Then Inda went to the pantry closet and returned with a machine which she screwed to the table. From the icebox she took a slice of meat, which she proceeded to cut the machine, turned the handle and "No. William," I said smiling, out they came from the other end in

finished speaking that I had much instance, which will be sufficient them. Yet that was exactly what the sensation of something impaled. punishment for this tinee. But tell this inquisitive shadow-boy was do-

"Come back! Come back," the ground to pieces!"

before your father could grab 'em. Was that the end of him? No. it

child, shame for a parent and though here, and with the realization that I But as he was a shadow he had only I know how most boys hate demon- had left Dicky in a most unpleasant to be put together again, like a Chimy hand softly over his twisting abruptly and William sprang to his there, and-pouf -he was himself

Words of the Wise

Dignity increases more easily than it begins.

tion is to cherish and unfold the sown within us; to develop, to

Dost thou know what a hero is? Why, a hero is as much as one should say-a hero. -Longfellow.

He is an eloquent man who can treat humble subjects with delicacy, lofty things impressively, and moderate things temperately. -- Cicero.

The law often allows what honor forbids. - Saurin.

Care not for the reward of your speaking, but simply and with undivided mind for the truth of your speaking.

time has ever bought anything from Panne Velvet "Sunday Night Frock"



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