

Beauty Chats

By EDNA KENT FORBES.

AN OIL BATH.

Paris, November 13, 1920. AN OIL bath does not sound very attractive, but I can assure you that it is beneficial and not a bit unpleasant. You may have to accustom yourself a bit to the idea, that's all.

A few days ago I wrote part of a conversation with a well known specialist here in Paris, who talked about the oil bath. This idea is his and it is particularly for the very thin woman and for the somewhat senile person.

You go about it as follows: Fill the tub full of fairly warm water—in fact, full of quite hot water. Take a bottle of olive oil and very slowly pour a little of this oil over the surface of the water, pouring it on slowly so that it will spread and form a thin film over the top of the water. I cannot tell you exactly how much oil you will need, for this depends a great deal upon the size of your bath tub. You will probably require at least ten tablespoons.

Get into the tub, letting your body become used to the water as possible in the water. The skin will take up a great deal of the oil and, unfortunately, a great deal will be retained on the side of the bath tub, but there will be plenty left on the surface of the water. By this time it will be warm and the pores open, ready for the massage.

Now take up as much of the oil from the water as possible with the hands and massage all over the body, rubbing this warm oil thoroughly into the skin. When you stop out most of the oil will be gone from the water. You cannot use soap in such a bath for the soap would dissolve the oil and you would not get its benefit.

Wash yourself dry with an old handkerchief. Comfortably stimulate and above all, nourished by the warm oil massage. If you can wear a cotton union suit after the bath, for some of the oil will be absorbed by the suit.

Such a bath is particularly to be recommended for old people who need a great deal of nourishment; for dry, brittle, thin people and for very nervous people. It is a most important and I can recommend it very highly.

MARY—The fact that you worry a great deal probably helps cause the gray hairs and possibly is partly responsible for the dandruff. Since worry sets up a nervous and poisonous condition, use a great deal of oil on the scalp for the dandruff, massage every night to stimulate the scalp, and if you wish a hair tonic which will help overcome the early gray hairs, send me a letter with a self-addressed, stamped envelope enclosed.

WENT TO AUTOSETS. If you're going to make a long tour don't wait until the last minute to begin getting things ready. Start your car thoroughly before you start.

Patter And Chatter

By S. E. KINER. Come, Listen To Reason.

COME, let us enact a saving measure To fill the country with Sunday gloom! The people are having too much fine pleasure. Let the Sabbath resemble the day of doom. Let us force all lovers to cease their glances. From Saturday night until Monday morn! Let the birds indulge in no Sabbath flying. Let no one on Sunday, henceforth, be born.

WE MUST cause the children to sense their absence. And sit indoors on the Sabbath day. Arrest the worker who takes an un-lag. On the day of rest, in a peaceful way. Let there be the look if any bety us— That's a perversion to keep in mind! Give us a law to make people plann. To force them all to become our kind.

SOMETHING TO KEEP IN MIND. 'Cheer up! Ten thousand people pay \$10 a year to see two prize fighters bruise and batter each other—but several million don't.' HORNING HIM OF DISTINCTION. We are assured that the coal crisis is past. This will be discouraging to the man who has been austere and pompous in his attitude toward us because he was able to pay cash a month ago for his writer's supply of coal.

THE UNIQUE EXCEPTION. The quiet man you occasionally find in the Pullman smoker is the fellow who knows nothing of politics, has never undergone a surgical operation and hasn't the proper command of language to express his opinion of the particular railroad over which he is riding.

YE TOWNE GOSSIP. WEDD BELLS AWAY. AND WHEN we got home. THERE WASN'T any tea. WHICH SOUNDS very much. LIKE OLD Mother Hubbard. WHO WENT to the cupboard. AND WHEN she got there. THE CUPBOARD was bare. AND ANYWAY. WE HADN'T any tea. AND IT WAS Saturday. AND NEXT day was Sunday. AND COMPANY was coming. AND I had to go out. AND SURELY agreed. AND NOBODY. HAD A bit of tea. AND I went home.

WE HAVE suffered long in our painful fashion. We who are solemn, sedate and serene! We who are filled with a holy passion To stop all pleasure and banish cheer! We have suffered long hearing blithe-some laughter. When we wanted the silence of Sabbath days! Give us a law to be used henceforth For quenching the people whose pulses leap.

LET us have a law with a wise provision For a whipping post and a stocking stool! Give us who look with a dry derision On such a right to impose our rule. Why should others indulge in pleasure? While we refuse to be glad or gay! Come, we insist on a saving measure To make the Sabbath a delightful day.

AND TOLD MY wife. AND SHE suggested. WE ASK our neighbor. IF SHE would mind. IF WE put our meat. AND OTHER stuff. FOR OUR Sunday dinner. IN HER ice box. AND SHE said we might. AND I took it in. AND ON Sunday. ALONG ABOUT noon. I HUNG their bell. AND NO one answered. AND I waited. FOR A little while. AND HANG it again. AND NO one answered. AND I went down. TO THE hallway. AND ASKED him. TO LET me know. WHEN THEY came in. AND HE said. "THEY GOT a telegram. EARLY THIS morning. AND WENT right away." AND THAT'S three days now. AND WE had Sunday dinner. IN A restaurant. FOR HIM. AND BESIDES that. WE LOST A good roast. AND A lot of other stuff. I THANK YOU.

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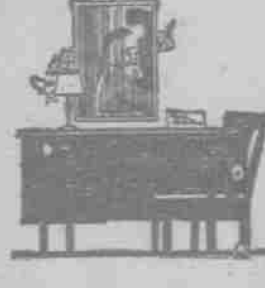
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HOROSCOPE

TUESDAY, DECEMBER 21, 1920. THIS should be a fortunate day, according to astrology. The Sun and Uranus rule strongly for good. Under this planetary government the spirit of Christmas should be evident in business as well as in social life. The sun gives evidence of unusual generosity on the part of employers for the rule imparts sympathy and understanding. For those who desire to solicit promotions or new positions for the new year, the sway of the stars is most auspicious. With the great boundary friendly and Uranus in benefic aspect, peace and good will should be prevalent. Uranus is in a place supposed to assure the mental vision that aids all human endeavors. Love affairs should prosper under the kindly influence of this day, which seems to foreshadow happiness and long life. Romance under this direction of the stars belongs more to the intellectual or mental realm than to any other, and for this reason it is held to be enduring. There is a slight rumour as promising for Ireland, but its hope carries with it some unexpected trouble for the king of England. Media is subject to a sway making for speculation, excitement and many difficulties in which Americans will be involved. Wealth will continue to pile up in the United States, for Europe again will contribute immense fortunes in the coming year. A vision of splendidly aspected industry and all the signs point to extraordinary development in 1921. The stars behold afar anxious trouble for this country and they even forecast military and naval movements for they declare that the nation did not learn its real war lesson. Persons whose birthdate it is have the augury of a removal or a long journey. They should be careful of both health and money. Children born on this day may be ambitious and unsettled, but they will succeed best as employees and should be taught the best business methods. Copyright, 1920, by the McClure Newspaper Syndicate.

MONDAY, DECEMBER 20, 1920. MARS rules strongly for good today, according to astrologers. Uranus is a kindly advocate. The forces of progress are powerful during this rule which makes for advancement through determined effort. Military interests should benefit. Army officers and all who are in control have the forecast of change that will be favorable. While the week will not be marked by business initiative, it will be a most auspicious time for making big plans for the new year. Engineers and all who are engaged in construction work have the forecast of a period of activity under much better conditions than have prevailed since the close of the war. The stars that guide building, whether of houses, health or character, are in an aspect promising much in the coming month. Asth physicians and surgeons come under the best direction of the planets which forecast for them new

The Confessions Of A Wife

BY HELEN ROWLAND. MY DAUGHTER, sing praises to the WOMEN'S CLUBS, and let their works praise them! Too long have we harkened unto the cry of the husbands when they lited on their voices in protest, saying: "Down with the Women's club! For the Devil grew this thing—and we can prove it! Behold it is the tree of evil, and the fruit thereof is wicked, lewd, lust, and delicatessen dinners, and cold consummation and feminine interest!"

Yes, I say unto thee, man know not a blessing which they have received it. And all this "man-stuff" is ex-isting wearisome! Verily, verily, the Women's club is a boon straight from heaven, for the salvation of woman and the comfort of man. For so, it hath taken the place of all those things which were the curse of wives, and hath supplanted all those things which were the affliction of husbands! Yes, it hath taken the place of social brooding and introspection and neurasthenia and hysteria. Of languid teas and lounge hazards and cheap flirtations. Of yellow novels and brain storms and domestic battles and embospoint. Of hand-colored playsets, and knitted neckties, and amateur music, and bridge-a-mania, and shopping sprees, and candy-box.

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DR. R. NEWMAN Licensed Physician State of New York 286 Fifth Avenue Desk H-135 New York City

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