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Page of Interesting News for Women

HERE ARE SOME EXERCISES FOR FAT AND THIN GIRLS

By M. E. G.

One of the strange characteristics of human nature, and the least feminine nature, is the desire to be different in personal appearance from what we are. The fair-skinned girl envies her brunette sister; the tall maiden wishes to be fatter; the stout girl tries to lose flesh; the thin one to gain it, and so on. Now, while the "dopple" cannot change his spots, nor the fair maiden and the dark exchange complexions and hair, it is possible for the maiden and the stout girl to become, shall I say, "less thin" and the stout girl to reduce her weight very materially. Dieting and proper exercise are the best remedies in each case. There is not space here to discuss dieting, but the exercises given below, if practiced regularly and persistently, should be found extremely beneficial.

Beauty Exercises.
For the girl with the thin neck: place the palms of the hands on each temple, slowly press the head toward the right shoulder; redress the neck, the exercises towards the left shoulder; clasp the hands at the nape of the neck and tilt the head back as far as you can; reverse, by grasping the chin in the hand and press forward; repeat these motions by the pressure of the hands. Another simple exercise for developing the neck muscles is to allow the head to droop forward until the chin rests upon the chest; then raise the head towards the right and go through a circular motion, keeping the face to the front.

A Bust Developer.
Here is a combined method for developing the arms, back and bust: Stand with arms at side; draw a deep breath; double the fists; bend the elbows and bring the fists up to the shoulders; repeat this stroke all you can; again, raise them to the shoulder level; drop arms to the sides; raise the fists once more, passing them close under the armpits, and across the back of the shoulders as far as possible.

Helps for the Fat Girl.
Here for the fat girl: A double chin is always a source of distress to the owner. This simple exercise will bring all the muscles into play, tone them up, and cause the undesirable fold beneath the chin to disappear. Extend the head as far as possible, first to the right side and then to the left; then backward.

Especially the fat girl is not fond of any sport or exercise which involves much running or walking, but if she really desires to weigh less, she should be a trifle plier, take a long brisk walk every day. A fine question for these out-of-doors recreations is a running exercise. Grasp firmly the foot-board of the bed, and move the feet rapidly just as though running. I might say that it is well to stand on an old rug while doing this, or cover the floor with a blanket to get through it in one spot. An important thing to remember in taking any of these exercises is not to practice too constantly at first, as that will only strain the unaccustomed muscles and cause much discomfort. It is best to take the motions just before retiring, and after rising. Have your room well aired, and if you haven't a "gym" suit, wear loose clothing that will not hamper your movements nor prevent deep breathing.

PRACTICAL FASHIONS

Pretty Blouse Styles.
In the beautiful blouses of chiffon, crepe, and other materials, one finds bewildering variety, yet, on the whole, a certain uniformity. The lines of almost all are much the same. Kimono sleeves, mainly cut fronts and backs. Dutch necks with or without collars. Blouses of chiffon or other material worn over plain gowns of net or lace which form entire under-blouse, fitting well, staying in place and yet removable for laundering or cleansing are a boon to the woman who has struggled with the problem of keeping clean the becoming little blouse. Some women have several yokes and collar gimpes which may be removed and fastened in again; but this is a nuisance, and the other arrangement when one has once secured the gimpes is much more satisfactory.

The Gimpes Question.
The net foundation does not add perceptibly to the heat of the blouse.

Fichu Drapery.
Fichu drapery with embroidered bands and trimmings, upon some of the dressy chiffon blouses and is extremely pretty, but has the disadvantage of crushing and losing its air of freshness when worn under a coat. The blouse, short-waisted and finished at the bottom by shirred cord, and a tiny frill, is worn in Paris and London, but has not yet found favor here. In the separate blouse, though showing in costume bodies, a fitted blouse with short puffed sleeves is introduced, and is very good looking in some of the models.



Fig. 17

IN THE SEWING-ROOM.
To broom the wear of silk hose reinforce the heel by tacking a piece of soft silk, which will not irritate the foot, on the inside before starting to wear the hose. This will serve as a cushion to draw over when the heel begins to wear thin before the holes appear, or even afterward.

To meet the necessity of giving some "body" to the trailing skirts of thin, clinging fabrics, a fold of cloth about a foot deep is sewed inside the skirt. Without this the soft silk falls in unattractive folds and does not show off its beauty of color or texture.

A wooden match or toothpick may be used to replace the missing bodkin by merely folding over its point at the end of the tape or ribbon and then turning the stick so that its whole length is wrapped. It will then run through the casing without damage or loss of the ribbon.

An expert needlewoman says that the reason why so much embroidery does not look attractive is that too coarse thread is used for the work. She says that it is not a bad rule to use a cotton a number or two finer than is recommended, and she advises one from one who understands embroidery first hand.

Book covers of brocade are the smartest things imaginable to provide for the library table, and may be made by cutting the material a half-inch wider all round than is the volume to be covered. Make a satin lining of precisely the size of the book and overcast upon its edges the turned-in sides of the brocade. Ribbon pouches, one-third the width of the covers, are then sewed along the lining side, a silver or gold cord finishing the edges, and ribbon ties are attached to the sides. If the cover is of plain corded silk, it should bear an embroidered monogram.

MINARD'S LINIMENT CURES
DANDRUFF.

The Daily Menu . . .

BREAKFAST.
Cereal. Cream.
Toasted Eggs. Coffee.

LUNCHEON.
Vegetable Souffle.
Silver Caramel.
Cake. Tea.

DINNER.
Pea Soup.
Boiled Ham.
Potatoes. Scalloped Corn.
Dessert. Coffee.

Vegetable Souffle.
Boil a small cauliflower in salted water until tender. Then drain it in flowers and lay them in a shallow buttered pudding dish, with alternate layers of thinly-sliced tomato. Season each layer with tomato, with a quarter teaspoonful of salt, and a dash of white pepper, then sprinkle with a tablespoonful of buttered bread crumbs. Mix two tablespoonfuls of butter with the same measure of flour, a quarter teaspoonful of salt and a tiny pinch of pepper. Add a cupful of hot milk and the beaten yolks of two eggs. Stir over the fire until quite thick, then add the stuffy-whipped white of two eggs, pour the soufflé mixture over the vegetable, sprinkle the top with buttered crumbs, set the pudding dish in a pan of hot water and run in a hot oven until the soufflé is well puffed up. Serve in the baking dish.

Scalloped Corn.
Cut corn from cob, slanting the knife so as to split as many grains as possible. To five cupsful of corn take one and one-half cups of bread crumbs, one egg and one-half cup sweet milk. Salt and pepper to taste; a pinch of red pepper adds a fine flavor. Mix the corn, egg and milk. Put in a baking dish half-inch of corn and sprinkle a thin layer of crumbs over it. Continue this way until materials are used up. Pour over all half a cupful of cream and put in a moderate oven (375° F.) for one hour. Have your room well aired, and if you haven't a "gym" suit, wear loose clothing that will not hamper your movements nor prevent deep breathing.

Cucumber Pickles.—Into a stone jar put one gallon of good vinegar and one cup each of salt, sugar, and mustard, stir well, and add cucumbers, well wiped with a dry cloth, keeping a plate over them so they will be well under the vinegar. No gum shall be put in. If it does, take out the pickles and prepare a fresh mixture. These are ready for the table in a fortnight.

Cucumber Salad.—Cucumbers sliced thin, cover with water. In which has been placed one teaspoonful salt, and one-half soda. Stand one hour, drain, rinse, slice one onion thin, mix with cucumbers. Dressing: One cup thick cream, one-fourth cup vinegar, dash of pepper, pour over salad; sprinkle with minced parsley. Serve on lettuce heart.

STUFFED CUCUMBERS.—Take six nice cucumbers about five inches in length; pare carefully and remove seeds leaving the outer shell of cucumbers with both ends open. Prepare a nice croquette of minced meat.

Three Ways to Cook Cucumbers

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THE SEVENTH NOON

BY FREDERICK ORIN BARTLETT,
Author of "The Web of the Golden Spider."

Slowly, with the self-protection that it demanded a tremendous physical effort, the dog emerged and stood shivering beneath the big hand which smothered its back with cooling words of reassurance. "That's the dog," Donaldson praised him. "When the shadows get too close, bark at 'em like that!"

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"Oh, Lucy dear, there really can't be such a difference between one tea and another."



"I thought that too, Marie, till I used Red Rose. Just you try it, dear."

of chicken and stuff the hollowed cutlets with it. Have three or four potatoes mashed to close the ends of the cucumbers after stuffing. Dip cucumbers in plenty of cracker crumbs, then into egg batter, then in a deep plate and bake for twenty minutes without turning. Serve hot on a plate.

CUCUMBER FRICASSEE.—Take short cucumbers, peel, cut lengthwise in slices one-quarter to one-third inch thick. Boil in water with one teaspoon salt, until moderately tender. Drain off water. Have ready yolks of two eggs slightly beaten and a dish of rolled cracker crumbs. Dip cucumbers in plenty of cracker crumbs, then into egg batter, then in a deep plate and bake for twenty minutes without turning. Serve hot on a plate.

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To solve the enigma of the Sphinx. The dog's lips were sealed as tightly as the stone's lip; the barrier between his brain and Donaldson's brain was as high as that between the man-cheliped image and the man who cheliped. He was only waiting his time on such a task, time that he should use in the training of his letter to the world. He sat down again upon the sofa, took the dog upon his knee, and tried to think. Before him the bottles danced—purple, brown, and blood-red, he closed his eyes. He would begin his letter like this:

"To the most wonderful woman in all the world. He would do this because it was true. There was no other woman like her. No other woman would have so helped an old man in his battle with himself; no other woman would have stayed on there alone in that house and would have helped him as she had wished to do and help him fight his battle with himself. But she was the most wonderful woman in the world because of the white courage she had shown in standing before her the glory in her half-the marvel in her own soul of the world."

He opened his eyes. The devil in the bottle directly in front of him was more unpleasant than it had been at all. Donaldson rose. The pup rolled to the floor. He was a thousand miles. He left a gory-looking blotch where it struck. He went back to his side again. Before him a devil danced in a purple bottle. He would begin his letter, then, like that. He would go on to tell her that he was unable to compute his life save in terms of her, that it had its beginning and end in her. He would tell her now and now had reached its zenith in her. At the break when he had clasped her in his arms, he had drunk one deep draught of her.

He looked across in one hot love phrase after another. He poured out his soul in words he had left unspoken to her. He was back again before the fire, telling her all that he did not tell her. One gorgeous image after another swarmed to his brain. He was like a poet come mad. He crowded sentence upon sentence, and he was like a poet come mad. He found himself upon his feet, his cheeks hot and his breath coming fast. Then he caught sight of the crimson stain upon the wall and felt himself a murderer. He staggered back and, panting like one at the end of a long run, he lay down upon the sofa. The dog crawled to his side and licked the hair at his hot temple.

(To Be Continued.)

Correspondence

Edited by Cynthia Grey

Dear Miss Grey: 1. Is a girl to ask a man to call first, or is it his place? 2. What is the engagement finger? 3. Is it all right to wear a veil and flowers and white dress to be married in the minister's house? 4. Is it right to extend an invitation, if it puts the guest-to-be at expense for train fare?

O. L. and J. D.

A—Convention is never strictly followed in regard to this question. If the young man has evinced a desire to call, I say it's all right for the girl to ask him. One invitation should be given, however. 2. Third on the left hand. 3. No veil, but the white dress and flowers are all right. 4. Yes.

Centrepiece.

Dear Miss Grey: 1. What dishes are to be set on a large centrepiece? What kind of dish for soup should one use for chow-chow? 2. Please give me a chocolate icing for cake—one that will not melt.

YOUNG HOUSEKEEPER.

A—1. If for a buffet luncheon, the punch bowl. If the centrepiece is over the table cloth for dinner, it depends entirely on the arrangement of the table and the taste of the housewife. 2. Any shallow pickle dish, and a small serving spoon of pickle fork. 3. Add 1 well beaten egg which has been mixed with 3 cup powdered sugar, a dash of salt and 1 teaspoon vanilla to 3 ounces melted chocolate and 3 table-spoons cream. Cook until thick, stirring constantly. When cool, fill and cover cake.

LOSES A FOOT.

Ottawa, Sept. 1.—Leoda Lapointe, the 3-year-old son of Wilfred Lapointe, a prominent farmer of Burbridge, Bouchette Township, Quebec, was the victim of a terrible accident, resulting in his right foot being cut off just above the ankle. The little fellow was playing in a field of oats, which his brother was cutting with a mower driven by a team of horses. The child was hidden in the oats and the brother drove the machine over him, completely severing his foot. He was picked up and rushed to the hospital, where he lies today in a critical condition.

Entries for the Dog and Cat Shows at the Western Fair close Tuesday, Sept. 5th. All other departments open Tuesday, Sept. 5th. Offices open Monday. Do not delay.

ROYAL VINOLIA TOILET PREPARATIONS



TOOTH PASTE
TOOTH POWDER
VANISHING CREAM
TALCUM POWDER
FLUID DENTIFRICE
SHAVING STICK
SHAVING POWDER
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At All Druggists.

THE ROYAL VINOLIA TOILET PREPARATIONS present a new and still higher standard of quality, the highest attainable standard of purity and the best resources in the world in the production of the Finest Soaps, Perfumes and Toilet Preparations that the world has known.

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How One Woman Makes Money Raising Watercress for the Market

A Suggestion for Others Who Would Like to Add to Their Income.

[By Edith Snow.]
The woman looking for a way to add to her income will find raising watercress for market is profitable. It requires no capital, and no cultivation after first planting. The only expenditure is that in marketing. For this she will receive a just, if not a generous, return. One woman, who has made a success of this work, describes how she happened to undertake it and her methods of procedure.

The first requirement is a brook or a ditch containing running spring water. The watercress grows from the plant from four to five inches in diameter. Watercress, as a table delicacy, is much in demand, particularly during the winter season. There is no difficulty in disposing of it from house to house, or arrangement can be made with grocers to sell it. Another plan is to make a contract with restaurant owners and keepers to furnish them cress on certain days of the week. These establishments use it in large quantities for salads and garnishing.

In preparing the cress for market, stalks about five inches long are cut from the heads of the plants. These are cleaned free from dirt and from the white rootlets and are tied in bunches from four to five inches in diameter. Watercress, as a table delicacy, is much in demand, particularly during the winter season. There is no difficulty in disposing of it from house to house, or arrangement can be made with grocers to sell it. Another plan is to make a contract with restaurant owners and keepers to furnish them cress on certain days of the week. These establishments use it in large quantities for salads and garnishing.

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