

Pretence May Be Fine; It Depends on the "Why" By WINIFRED BLACK



Winifred Black

WILLIE RITCHIE has dimples—three dimples, two in his cheeks and one in his chin. He is young and he is handsome, and he has a smile like the smile of a lovely child.

The Irksomeness of Pretence.

"Women have been pretending all these years. Every one of us has pretended for a generation. My great-grandmother pretended that she loved my great-grandfather when he made her spend Sunday afternoons reading psalms to him, and all the while, I haven't much doubt, poor, dear great-grandmother was thinking of the color of the eyes of the tenor singer in the choir.

What Does Pretending Mean?

"The men pretend, too, all the time when they are with us. I want to see how they look when they forget to pretend. And then I want to see the fighters themselves. I'm really mad to see them. From what Mrs. Gilmore says they must be perfectly engaging.

How to Cultivate Charm Through Grace By LUCREZIA BORI



Lucrezia Bori

MANY hands have sung of the "poetry of motion," and it is evident that in their minds, to be beautiful and charming, a woman must move gracefully.

FEMININE FOIBLES By Annette Bradshaw



THE CALL OF OUTDOOR SPORT.

Peter's Adventures in Matrimony

By LEONA DALRYMPLE Author of the new novel, "Dance of the Green Van," awarded a prize of \$10,000 by Ida M. Tarbell and S. S. McClure as judges.



LEONA DALRYMPLE

The Moon Rises. "WELL," said I to Mary as we motored out of the picnic wood in the twilight, "this has been a day."

Mary Grows Drowsy. "Gambling instinct," I told her. "I do believe you're sleepy! I saw you nod."

Quickness and Sleep. "I remember there was quicksand somewhere, and the minister had warned us of the danger. Quick-sand!"

The Good-Night Story

THE BLUEBIRD By Vernon Merry

IN the ancient Kingdom of Spain there once lived a youth who tried to earn his living by making birchcane, but as he seldom sold one, he was often hungry and dependent.

Advice to Girls

By Annie Laurie

DEAR ANNIE LAURIE: I am a young girl and go to the skating rink quite often. A few weeks ago I was introduced to a young man whom I skated with.

Secrets of Health and Happiness Excesses Deplete Fluids of Sleep—Result, Insomnia

By DR. LEONARD KEENE HIRSHBERG

A. B. M. A., M. D. (Johns Hopkins)

INSOMNIA is as unpopular as it is widely distributed, but it may amaze you to learn that hypersomnia or pathological sleep is equally a pestilence of human kind.

Why We Sleep. In sleep all the tissues are excessively engaged in a task not permitted throughout the active hours of the day—to rebuild, reconstruct, store and elaborate new materials to replace the waste of the waking hours.

How Insomnia Develops. Dr. Salmon offers no theory without the facts. He says that these juices in various organs or viscera until he hit upon the pituitary gland, from the little putty-like nest which hangs from the under surface of the brain in a bony socket over the nose.

Answers to Health Questions. ANXIOUS BLUE EYES—Q—Please advise me of a good remedy for falling hair. A—Massage into the scalp twice a day: Resorcin, 1/2 grain; balsam of Peru, 1/4 dram; sulphur loli, 4 drams; castor oil, 14 drams; oil of theobromine, 3 drams.

Diary of a Well-Dressed Girl

By SYLVIA GERARD

Making a Dainty Early Summer Frock of Wash Materials.

IT is believed that "listeners never hear a good of themselves." This morning I heard Aunt Kathryn talking to mother about me, and since there wasn't any way of escape, and as I was curious to know how "Robbin" and I were getting along, I decided to write a few lines.

Charming Pale Blue Muslin Frock

twice as smart. I cut the ruffles away from the front and attached the panel to the belt, looping it up just above the knees.

To Have Wa

Perpetually within the measure. After one or two ounces of drug store and even in damp beautiful curls which bear no relation to the rest of the hair, it is not destroyed by the use of the hair brush.



MARGARET S.

daughter of the Board of the office, which she will carry from the Queen's battle of the last letter to popular of the knowledge which his count had sent to write the following: "My Dear B. much for you was just what a wonderful nice a scarf. After the who have been homes by the thousands of around here in and tents. It smashed down. Now, Margaret letter from you tell you more next time." The above is before he me when his bat reinforce com swept back b

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