

DAILY MAGAZINE PAGE FOR EVERYBODY

Peter's Adventures in Matrimony

By LEONA DALRYMPLE

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

The truth about "the girl in the case" distinguishes this new series by Miss Dalrymple. Her character studies will not appear unfamiliar to the majority of readers, who will follow the fortunes of "Peter" with interest.

No. 115.

Forced to Borrow.

It hurt me more than I said to have Mary think so much of painting lessons and "At Home" days when she knew well enough that I could not afford it. It hurt me that she did not realize how steadily we were drifting behind in our domestic book-keeping. The instalments on the new furniture were left unpaid—agents began to call with disconcerting frequency, and Mary was very much upset.

"He comes nearly every day," said Mary, "that furniture man. Oh, Peter, what will the neighbors say?"

"I don't care what the neighbors say," I admitted. "My chief thought is how to stop his visits in a wholly agreeable way."

"Can't you send him a check?" "I'd like to," said I. "But a check is only good when it stands for something. I can't overdraw."

"I don't see why it is," said Mary tearfully. "I said nothing. Why waste words? Either Mary could not or would not understand that we were living extravagantly, that the fault was wholly hers, that she could put her shoulder to the wheel and help me economize."

"I don't understand financial things," she would insist when I tried to make her understand. "You know I don't, Peter. I never had to think of money at home."

"And that was a mighty bad beginning," I said pointedly. "I don't think so," said Mary. "I don't see why women have to worry about that side. Their side is home-keeping."

"Home-keeping needs financial oil to keep the machine in order," I said. "I do not think Mary always means to be extravagant. Money slips from her fingers like rain drops from a pail."

"She literally does not know where her money goes."

"I gave her money for the furniture instalment—money that I saved with the most rigid economy—and it got away from her—she didn't know where."

"We had a scene. I interviewed the furniture man and he refused to wait. We faced the disgrace of having our furniture taken away from us."

"Mary did nothing but cry, and how in heaven's name can you reason with a crying woman? If you shoot logical facts at her when she's crying—she'll cry harder. If you shoot them when she stops crying—she'll cry again."

"Mary uses her tears for a weapon. I know of no better one."

"There is only one way left," I said. "I'll ask her father to go on my note at his bank."

"I went to Dad and told him the facts, saving Mary as much as I could. Dad looked grave."

"You're welcome to the money, son," he said, laying his hand on my shoulder. "But aren't you and Mary living pretty fashionably for your salary? You're travelling with a crowd that has more money—you're living up to every penny—aren't you?"

"Living one beyond the last penny," said I bitterly. "And," said Dad, "notes are bad things. You've got to pay sooner or later, of course. It's merely postponing the day of reckoning."

"I spoke of the furniture bill."

"Well, well," said Dad, "that's too bad. Let's clear up that furniture bill once for all. I'll give you a note for \$500, Peter, and you'd better pay it in full."

"I had only meant to ask Dad for \$50—just sufficient to tide over one or two instalments. But two hundred and fifty I figured would put me safely on my feet. I thought hard for a minute and took it. Dad's eyes were very kind."

CHORUS GIRL TYPE IS CHANGING



FACE AND FIGURE GIVING WAY TO CLEVERNESS

By ELEANOR AMES

THERE are ever-changing styles in everything, and the best policy is to be ready to nab one, if it comes her way. Some of the Chorus Girls who look the most stunning from the house go home after the performance and take care of the baby, and do the mending for Friend Husband.

The fact is that brains play a very important part in the career of the new type of girl. It is an everyday remark that some girl, who is asking for a chance, is "pretty enough and good figure, but she has no brains."

Speak her name as lightly as you please, and allow her a place in the froth of life, but the fact remains, when you know facts, that the Chorus Girl, in the modern day which needs her talents, has to have a lot of ability.

As to be an all-round, clever, active and intelligent young person. An inventory of one of the big Broadway agencies this past season proved that one-third of the chorus girls were studying for some profession. One was taking a course in architecture. Another was studying dress design. Several were working hard to cultivate their voices, and had dreams of going abroad to try for grand opera. Two were making a specialty of interior decorating, and one had several commissions for fitting up small apartments in an apartment hotel. Half of them were studying languages, French, German, Spanish and Italian.

The old style girl was conspicuous. The new type of girl is dignified and reserved and natural and spontaneous. Neither one is perfect, as there is no perfection in this world, but if, when the old order changes, as change it will, it is always as much for the better as in the style of Chorus Girls, the world will not deteriorate.

She is just a sweet, sensible sort of girl, who has a lovely face and an attractive figure, who can dance and sing and wear clothes, and chooses the stage as the best place to have her talents appreciated. Frequently she has had a high school education. Often she has ambitions. She may want to be a leading lady, or a prima donna, and she knows that there are unexpected chances.

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Secrets of Health and Happiness

Why You Rest the Best Sleeping on the Right Side

By DR. LEONARD KEENE HIRSHBERG

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

SLEEP has through the ages been one of the greatest mysteries of life. It has been sought by the worried, wooed by the wicked, studied by the scientists, encouraged by poisons, hypnotism and unnatural practices, and investigated by everybody.

Almost all investigators are agreed that rhythmic movements of the circulation and respiration are essential to sound sleep. Disturbed, restless slumber is indicated, if not often caused, by irregular breathing, palpitation and spasmodic muscular movements. Of the many physical misadventures liable to unsettle a sound sleeper, none is more frequent than turning on the "wrong side" or resting on the back. Children, until they are 12 or 14, are able with comfort to sleep on either side, but from 70 to 80 per cent. of their elders sleep best on their right sides.

Why is this so? How is it you are more refreshed and contented after seven or eight hours of oblivion on your right side, than an equal period of restlessness on your back or your left side? The answer is a complex one, and includes hypotheses as well as facts. Except in some 10 or more per cent. of individuals, sleeping on the right side means rest on the diaphragm, always thicker on that side in right-handed people than on the back or left side. Sleep on the right side removes pressure on the diaphragm of nature's true liver pad; it obviates all interference with the stomach, and is filled with late hour rarities from the gilded lobster palaces of the pale White Way, and of not the least moment is the remoteness of any obfuscation of the heart action—a not uncommon sense of discomfort to many persons when lying on the left side.

What a Snore Is. Snore is nothing more nor less than a form of stertor or noisy breathing. As the rhythmic inspiration and expiration take place through the open mouth, snoring may be prevented by gluing a bit of sticking plaster or fly paper over the closed lips. In snoring, the moving waves of air impinge upon the soft palate and the little finger of flesh called the uvula, connected with the roof of the mouth and cause the muscles to vibrate. This rate of tremulous vibration is sufficient to cause a snore. To lie on the back is more or less conducive to snoring. The reason is not far to seek. When the body is relaxed and symmetrically placed, the soft tissues of the cheeks become, if possible, even more flabby than when you sleep on the side. The part played by the bellowing snore in causing snoring has been generally overlooked. To put it mildly, snoring is a sign of a weak throat. Any one who has witnessed as many instances of stertorous breathing and of the paralyzed cheek in cases of apoplexy as I have cannot but conclude that snoring is caused as much by the relaxed cheek muscles as by other factors. True enough, any sort of nasal obstruction such as adenoids, thickened bones and membranes, overinfected tonsils and enlarged adenoids, all tend to excite the bugle call of the wee wee hours. But the intrinsic cause of the snore is, nevertheless, a complete relaxation of the cheeks, gullet, uvula and soft palate.

How to Cure Snoring. Now, though a man may be immunized against most diseases, by proper methods of health building, and an insomniac may by physical exercises be made to sleep what can be done to prevent snoring? Well, much may be done. The solution can be read from the explanation of its cause. If lack of muscular tone has as much to do with snoring as other causes, such as resting upon the back, a cure may be effected by the simple procedure of restricting the tone and removing the

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Useful Hints for the Housewife

By Ann Marie Lloyd

THE scientific housekeeper plans to so order her house during the hot weather that the work of cooking is reduced to a minimum. Electric and gas stoves have materially helped in the solution of the summer problem.

But in arranging household affairs so heat and work shall both be minimized, the housewife must not forget that there are certain food elements that must be incorporated in each meal, else the health and happiness of the family will suffer. Food must be selected that will furnish the needed heat and energy to accomplish the daily work of the individuals comprising the family, and supply the material for growth and repair. The work of feeding a family is not a haphazard task. There is a carefully defined science in nutrition.

Perhaps there has been more progress in selecting food in the past 10 years than in the 20 previous years. And in no way has this improvement been more marked than in the choice of the dessert which ends the dinner or luncheon.

The rich pastries and heavy puddings which once were every day factors in the average menu are