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thing for the too thin woman to gain is a sense of repose of mind and body. She wants to learn to take things easily. Not try to carry the weight of a nation on her mind, and not try to cover all the adjacent territory in record time.

Rest whenever you can. Rest means to relax. Let go all your worries. Give your body and mind a chance to recuperate. Don't keep on edge every minute.

Sleep and eat. It seems to me the in most cases those are excellent rules for

Hints on Beauty Culture

Rest and Breathe Right To Add to Your Weight

By MAGGIE TEYTE Prima Donna Chicago-Philadelphia Opera Company.



thin woman has recently been designated as "an animated as an ammated knitting
needle" and "a human lead encil"

or nine or ten hours, and take a nap
whenever it is possible. And hink well
of your eating. Eat plen'y and often
and the most nourishing of foods Eggs that I am in receipt and milk and butter and pure salad oil

pleas for rules to desh forming foods. After : meal don't jump up and be on the warpath right for no other reason away. Take a rest. Take a nap if you have the time. from the constant plea Deep Breathing Important

"something to reduce weight." these In the mean time adopt a system of Personally. I have never seen the beauty of the human skeleton. I cannot and expand your chest. But the exercises, while they are to be taken regularly, should never be carried to the where she fits into the picture. Unless point of exhaustion. she is very young and gives the idea of she is very young and gives the idea of It is wise for the thin one to try to being undeveloped, she has always cultivate an attitude which somewha

so it is with genuine pleasure that I lis-ten when she tells me she wants to gain there is nothing particularly meritorious matter with her system there is no rea-Nor do I think it is altogether a question of diet. It seems often to be largely which she might quite easily have avoided does not get the same kind of sym-Repose Needed First

About that subject you must consult a fiser mind than mine. There is where the family physician has a work to perform. I have tried to make it emphatic know nothing about medicines, nor have I ever pretended to any such knowledge. All I can tell you is how to

apt to be thin than are their sisters who take life easily. This is not an infallible rule, however, for only the other day I met a woman who was too stout, and she told me a very noted doctor had longer I live the fewer infallible plump sister. A glass of rich milk into which an egg is beaten will give her

THE DEBUTANTE :: :: By Michelson



A Question of Temperament

By WINIFRED BLACK

DAILY MAGAZINE PAGE FOR EVERYBODY

UST like a flower that seems suddenly to be full blown. Maybe you didn't notice it very much when it was a mite of a flower, pale and slight, maybe,

not exclude it and expect to escape colds or to capture beauty. and a bit ungainly in its lankness. Then all at once, when you're not exactly looking, something happens. The fairy wand of the seasons has touched again the opalescent petals, and something in

GREAT French writer has

announced that he is going to

get a divorce and marry the

widow of one of his best friends.

The friend was a great writer, too

How pleasant it will be for the widow

and the great author to sit by the fire

The man who is getting the divorce

has a very sweet wife of his own at

home. But of late she has not been

She was, they say, a gay, light-

hearted little thing when she mar-

time in the flower pot of life, throws a flush of rose and gold and amethyst into the lovely outlines and the flower is COMPLETE. When the new flower blooms to maturity in the

social garden we call it a "debutante."

Funny word, debutante. In the French where it came from it means "the first player in the game." Her FIRST PLAY, then. Wish her luck in the greatest

companions who petted him and made

much of him and who did not let him

remember too often that he had a

To be sure, the great writer himself

wife at home-alone.

is no longer young.

cause she knows that he is dead in love with the other

from the average man, it will be about a year from the

begin to keep his desk locked so that his second wife will

A sweet hour is on its way to you.

Secrets of Health and Happiness

Copyright, 1916, by L. K. Hirshberg.

HEN the strangers visited Abraham, he extended to them the most conspicuous mark of ancient hospitality. He removed their sandals, washed heir feet, anointed the toes and invited the visitors into

This is pronounced proof that the hygienic laws of foses were known thousands of years before his day. erhaps much of the knowledge which modern bacteriolgy has rediscovered was known hundreds of thousands of years ago, only to be lost and refound as may be rain and again.

Shoes, sandals and foot covers have always been imately associated with health, vigor, perfection of m and muscular development. Pigeon-toes, flat foot,

ng malaria and the gout by conjuring

Usually, nowadays, with strange shoe lasts, tight shoes and the ill-ventilated, closely woven leather which is the ashion of the times, it is not a matter of wrong feet or odd shoes.

Sick feet and bony defects, awkward-dark appearance on the shaving part of the face? lespite the greatest care. Leather shoes

Among the faunty, recherche, modish millions of the dressed-up world there are 100 per cent. of bad feet. All due to constant the faunty of the dressed of t

because each person knows—and exag-gerates—his own troubles.

Perhaps you have read Sheridan's
"Trip to Scarborough"? Here is a dia-logue which explains why plumbers,

How could he, and live his own life -his life full of dinners and little

Imperfect Feet Common Among Booted Peoples

By DR. LEONARD KEENE HIRSHBERG®

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

no hurions, perspiration and callous fiesh are all DR. HIRSHRERG hysical ailments and deformities which have to do with the feet. So many troubles are connected with the fashion of enclosing the feet in

are, in short, responsible for imperfect feet. There are today absolutely no perfect feet among leather-shod, civilized nations.

Skinny and his bare-footed friends: NATHAN W.—I neither drink, smoke.

infants and their unshod, be-socked feet, bare-footed Ethiops, as well as wild. know any lady friends. I work hard tribal Africans. Tartars and Indians may find among their numbers a certain percentage of sound feet.

painters, carpenters and shoemakers painters, carpenters and shoemakers seldom mend their ways or learn new ways of doing old things and other ways of doing new things:

Lord Fappington—Mark thee, shoemaker, these shoes don't fit me.

Shoemaker—My lord, I think they fit you very well,

Lord Fappington—They have the first that are of cameral interest the selection of the selecti

breakfasts and pretty excursions into the world of romance with pretty



cots that the people once believed the to feel what you think fit, but that shoe does not hurt you. I think I understand my trade.

Answers to Health Questions B. O.—My hands are always moist and oily. Is there any simple wash that I can use?

Shoemaker—My lord, I think they fit you very well.

Lord Fappington—They hurt me just below the instep.

Shoemaker—No, my lord, they don't hurt you there.

Lord Fappington—I tell you they pinch me execrably.

Shoemaker—Why, my lord—
Lord Fappington—What. Wilt thou persuade me I cannot feel?

Shoemaker—Your lordship may please

Hons for readers of ints paper on medical, hygienic and sanitation subtects that are of general interest. He will not undertake to prescribe or offer advice for individual cases.

Where the subject is not of general interest letters will be answered personally if a stamped and uddressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirshberg, care this office.

Folklore Signs and Omens

By Elizabeth Hayward

hold on the popular mind is voiced in ing, if the left foot be clothed before the

Or else be sure you will it rue.

who hold to the old superstition, but at that one finds that not many of her acquaintances will imperil their good luck for the next twelvementh by letting Easter pass without donning some new

Satter pass without donning some new

Sieeping in a different county than that in which she resides she must, upon soing to bed, take care to wind the left garder about the right stocking, repeating these words:

Easter pass without donning some new

Sieeping in a different county than that in which she resides she must, upon soing to bed, take care to wind the left garder about the right stocking, repeating these words:

The woman he is going to marry when he divorces his faded wife is rather young and very poetle. I wonder the still beautiful, try as they may.

The woman he is going to marry when he divorces his faded wife is rather young and very poetle. I wonder the still beautiful, try as they may.

The superintendent coughed, in some faded wife is rather young and very poetle. I wonder the still beautiful, try as they may.

The superintendent coughed, in some faded wife is rather young and very poetle. I wonder the still beautiful, try as they may.

The superintendent coughed, in some faded wife is rather young and very poetle. I wonder the still beautiful, try as they may.

The superintendent coughed, in some faded wife is rather young and very poetle. I wonder the still beautiful, try as they may.

The superintendent coughed, in some faded wife is rather young and very poetle. I wonder the right stocking, repeat the stocking, repeat writer is doing his best.

The woman he is going to marry when he divorces his faded wife is rather young and very poetle. I wonder the right stocking, repeat writer is doing his best.

The woman he is going to marry when he divorces his faded wife is rather young and very poetle. I wonder the right stocking, repeat writer is doing his best.

The woman he is going to well as the word writer is doing his best.

The woman he is going to marry when he divorces his faded wife is rather yo

"come to want" are two readings of an As soon as sleep comes she will dream and the wished-for one is expected to "come to want" are two readings of an on wrong side out it is an omen of suc- appear in her dreams, showing by his cess or good luck. The luck is reversed, or calling, however, if the article is changed before An unexplainable fact is that if the garment is put on "hind side before," in- Man's Fortune." use these lines: stead of "inside out," the omen is re-Captain, your shoes are old; pray put them off, and let one fling of 'em after us.

with the hind-side in front; when his followers expressed alarm at the unlucky omen, he quieted their fears by claiming that the airc after which the right shoe was tied, thus beginning and ending with the right, which augured a successful day. An old doggerel upon the wearing of the shoe runs as follows: that the sign was a good one, inasmuch as it meant that he was to be changed from a duke to a king.

UPERSTITION seems to be inter- | Should a married woman's apron fall of evenings and talk about the dea. woven with all that appertains to off while she is at her duties it is a sign human life. Even such matter of that something is coming to vex her. If fact necessities as most articles of dress it is the apron of an unmarried woman, have scores of odd and whimsical fancies she is thinking of her sweetheart. In attached. A notion that still retains its putting on one's stockings in the morn-

approaches laziness in regard to triffer which do not immediately concern bar

person by the best dictitians. In their stead, milk or cocoa or chocolate is advised. A glass of hot milk slowly sipped fust before retiring is splendid. Also it induces sleep. And it is as important

Fresh air when we sleep is a need in which we all share, and there is never the night so cold we can afford to have

the windows of our bedrooms tightly closed. We may limit the amount of

cold air we allow entrance, but we must

right, it presages misfortune. A curious old superstition gives this method for a maiden to get a glimpse of ried the great writer. That's why he Of course there are few persons today her future husband. If she finds herself fell in love with her. She was so

dress, or something he carries, his trade Throwing an old shoe after one for the regular time comes for taking it off. luck is not only a very old custom, but must have been a popular one. Beau-mont and Fletcher, in "The Honest

In Chambers's "Book of Days" we are An old Jewish custom called for the told that William the Conqueror, in putting on of the right shoe and the arming himself for the battle of Hastings, happened to don his shirt of mall

rise in the air With a spring Mas-

Queer Creatures on Land and Sea

"The Flying Ape"

By Anita von Hartmann

With the help of these powerful ter Flying Ape swung out of his tree,

erms. Master Gibbon leaps from tree clutched the bird in one hand and

to tree with a swift, unbroken mo- went sailing on without stopping and

tion He looks like a huge bird flying caught with his other hand the through the forest. It almost seems bough at which he had aimed!

as if Master Gibbon had a body made Doubtless the poor little bird proved

of elastic, he swings along with so a dainty tit-bit for Master Gibbon's

dinner.

there is only one which walks times, as his hands clasp a bough he

submission to conventionality. The dignified, respectful person who LTHOUGH there are many Some of Master Gibbon's leaps strange kinds of monkeys, measure as much as 40 feet Some-

"He is a regular dead beat."
"Yes. And he is always alive to every chance to swindle his friends."

Turned Both Ways

"No he is always turned down

"Has it ever happened?"

"Yes, he is still waiting for something

With long fingers will be found a Complete absence of hair on the hands hair on the hands betokens effeminacy and cowardice. A hairy hand on a woman always de details.

and light hearted—and when she laughed very easily. She is clever after all—if she is not as pretty as she

Of course, her husband cannot be bored with her any used to be. Unless the great author is very different

Who could expect him to spend the rest of his life with day that he is married for the second time when he will

To be sure, some of her friends think that the husband not be able to find in it the sentimental poems he is

has had a good deal to do with the loss of her beauty. writing-to "One Who Loved Me Well"-the woman he

And the distinguished author has not always made his They say revenge is sweet. Cheer up, deserted wife.

useful, and a taste for war, travel, agri-

Short fingers prefer generalities to

If the back of the hand is very hairy fingers shows an impossible and fanati-it betokens inconstancy. the ends, resembling a chemist's spatula, you will have a desire for movement and manual exercise, a love for what is

there is only one which walks upright all the time like a man and will pivot right around and be off which flies through the air like a again in another direction, quick as bird It is the gibbon, a small hairy age, only three feet high, with Instrumental again in another direction, quick as again in another direction, quick as the special point of the face of the outer phalanx of the fingers are square at the face of the outer phalanx of the face of the outer p

Yes, Indeed. "I have taken a wife, old man,"

The Physical Aspects. "He gave me a cigar in one sense."

He is quite fat, they say, and very bald, and he dyes his little military moustache, and they do say he suffers mothers of a cow. He would stand and look on while the man milked, and asked all

Witticisms of Little Ones *

fers terribly with his feet since he fell seriously in love with the widow of his A Sunday school superintendent at the learned that the long, crooked branches

to go out as much as she did, so she occupies herself. She has given him up voluntarily, the first wife, be-

Jimmy-I'd like to be a doctor when I | A little 4-year-old was taken on a visit seriously in love with the widow of his dead friend.

The dead friend had very small tecomprehension of the least intelligible feet, and the widow, they say, sometimes speaks of them. It is hard to live up to such a reputation. But so doing his best.

A Sunday school superintendent at the learned that the long, crooked branches on the creation, on the cow's head were called horns. Now the little fellow knew of only one kind of horn, and a few days after obtaining this information, hearing a strange kind of hellowing noise in the live up to such a reputation. But so doing his best.

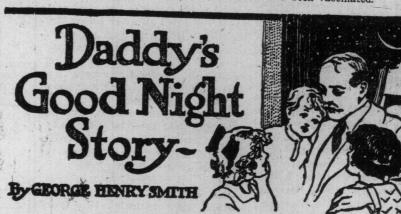
A tiny boy, with a white, eager face yard, he ran out to ascertain its cause. In a few minutes he returned, with wondance, exclaiming:

he married first loves him.

I wonder if she will be as patient with his follies and his aid.

"Please, sir," she said, smartly, "there was nobody to nuss him!"

"Yes," was the reply "Are you?"
"No, but I've been vaccinated."



RS. SQUIRREL was seated on the limb of a tree cracking a nut when she spied Mrs. Rabbit. "How do you do?" asked Mrs. Squirrel, "and how is Brer Rabbit?"

"He is very well," replied her visitor. "I played a good joke on him the other day.' "Tell me about it," said Mrs. Squirrel.

"Well," began Mrs. Rabbit. "When you want to make Mr. Squirrel tell you a secret all you have to do is to wait until he is asleep. Then you put his hand in water and he will answer everything you ask him." "You don't mean it!" exclaimed Mrs. Squirrel. "Is that what you did to

"Indeed it is," began Mrs. Rabbit. "He didn't tell me all I wanted to know about his getting drowned--" "You mean the time he got wet?"

"Yes," said Mrs. Rabbit. "Well, I waited until he was fast asleep and then I put his hand in a bowl of water and he told me all about it." "What did he say?" asked Mrs. Squirrel.

"He said-I'm not going to tell what my husband said," repiled Mrs. Rabbit. "Very well," said Mrs. Squirrel, as she skipped away to look for Mr.

When she found her husband Mrs. Squirrel told him of what Mrs. Rabbit had said and he hopped right down from the tree to ask Brer Rabbit about it. He found him in a fence corner eating a cabbage leaf, and when Mr Squirrel told him about what Mrs. Rabbit had said Brer Rabbit replied; "Ha! ha! I was awake all the time. That's a joke on my wife!"

Points on Palmistry

with her flowers and her books-and her memories.

such a faded wreck of the woman he married?

That makes her very sensitive and she does not care his little faults.

It is hard to stay pretty when one's heart is very sad. is leaving so heartlessly now.

Memories of the days when she was young and pretty woman.

Fingers that are too square show a fanatical love of order and a servile notes cruelty.

wife deliriously happy.

The whole instinct of the person whose fingers terminate in a cone is artistic. He loves beauty for beauty's

If your fingers are broad and flat at

Not Reciprocated

'He brags on his ancestors a great Well, they would not brag on him. Rather Selfish

"She loves and she is loved." "Well, hardly. You see the person she