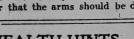
# Fashion Will Force You to Exercise For Shapely Arms and Shoulders

come to stay for a while so we may as well prepare for it. We can no longer conceal a too pudgy arm under flattering draperies or non-committal long sleeves. They must be reduced-or acveloped as the case may be-and beautified if we wish them to be attractive with the fashionable frocks.

It is difficult to reduce the arm per-





Government. This airship scheme, upon which the cabinet is expected to give a decision soon, is a far-reaching one, says the duke, and it may be possible soon to fly to India in 72 hours. The new British Home Defense Air Force, the under-secretary said, would consist of not fewer than 500 airplanes. The purpose of this force would be to protect Britain against air attack in strains of this country. This is the only way to insure peace," said the duke. "I don't wish anyone to think I am accusing any of oour great and friendly neighbors of wishing us ill."

The under-secretary said great extensions and improvements were now being considered, especially in regard to the amalgamation of the various companies concerned in civil aviation and the employment of large sums of private capital, which he believed was the only way of attaining eventually commercial success without government assistance.

A butterfly's eye has been adapted as a photographic lens by an Austrian sclentist.

White breads, starchy 1000s, white fact, it merely means that we must choose our foods intelligently and eat more vegetables. Potatos, sweet and white, contain in proceiable amounts of vitamin "B". The men all have allotments. They work in pairs—a man who knows something of gardening being coupled with a man who knows nothing about it. Every prisoner who does well is allowed to grow a border of flowers to decorate his "com" as the cells are called. There is plenty of work done allowed to grow a border of flowers to decorate his "com" as the cells are called. There is plenty of work done allowed to grow a border of flowers to decorate his "com" as the cells are called. There is plenty of work done allowed to grow a border of flowers to decorate his "com" as the cells are called. There is plenty of work done allowed to grow a border of flowers to decorate his "com" as the cells are called. There is plenty of work done allowed to grow a border of mours to vitamin "B". It is like work is arranged under expert in civil aviation and the templayme

oranges have been used to a limited of years in the treatment of infantile scurvy, it is only recently that it has become the common practice to supply orange juice to infants as part of the regular feeding practice. More recently it has been discovered that tomato juice is practically equal to the juice of the orange in this regard, and many physicians in the poorer districts of the large cities are prescribing strained tomato juice in place of orange juice. The juice of canned tomatoes seems to be very satisfactory for this purpose, indicating that the canning process is not particularly destructive as far as vitamin "C" is concerned. Berries are known to have scurvy-curing

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The Swedish turnip or rutabaga is very valueble as a source of vitamin "C" and the same is true of the carrot. Young carrots are apparently more valuable than old carrots and this appears to be true for many vegetables. As a rule, it is probably safe to state that the vitamin content of vegetables is highest at the time that

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Mayor Rizzo of Mulberry Street Mourns Thomas and

New York, Aug. 24-Mr. Bryan was right and those evolutionists were wrong. Look at all the trouble that's first or even carry on Platonic Hields, ships. There were Eve and that snake, for instance. There were Jonah and the whale. Look at all the trouble the whale. Look at all the trouble the whale. Look at all the trouble the whale. There were Jonah and the whale the saw the blood why is the saw the saw the blood why is the saw the saw the saw the blood why is the saw the saw

The part and restrict a company of the first of the black of the part of the p

ranks next, with cabbage holding third place.

Train leaves 1,15.

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2 pkgs. Seeded Raisins \$23c
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2 tins Corn \$27c
2 tins Co

Tins Pears 2/c
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Tins Tomato Soup 18c
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