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wear, those of wool, those of linen and those of cotton. The trimming of the Persian silk on the mohair is effective but any contrasting material could be used. Plain taffetas are being much trimmed with the same material striped and that treatment would be pretty for this model, or changeable taffeta could be trimmed with one of the plain colors, or, again, the gown could be made of white serge and the trimming portions braided with a little soutache to be very handsome. The blouse is made with front and back portions and with one-piece sleeves that are sewed to the arm-holes, and the skirt is six gored. The closing of the entire dress is made at the left of the front.

For the medium size will be required 9 1/4 yards of material 27, 5 1/4 yards 36, 4 1/4 yards 44 inches wide, with 1 yard 24 or 27 for the trimming, the width of the skirt at the lower edge is 2 1/2 yards.

The May Manton pattern, No. 7340, is cut in sizes from 34 to 42 bust, and will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

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DESIGN BY MAY MANTON.
7362 Fancy Blouse,
34 to 42 bust.
7269 Skirt with Tunic Effect,
22 to 30 waist.

with satin and trimmed with frills of ribbon, and with collar and cuffs of all-over lace, while the chemisette and under sleeves are of dotted net. The gown is a very charming, graceful and altogether attractive one that is thoroughly practical and useful at the same time. Light weight silks are among the most satisfactory materials that can be worn for they are comfortable and durable and they always look well. The foulard and satin are charming, but the model could be utilized for taffeta, plain and striped, or plain and figured, or voile with taffeta or satin or indeed for any preferred material. The blouse is new and smart; it is closed at the left of the front and in this case it is made over a lining that includes under sleeves, but if liked the

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How to reduce Fat One Pound a Day and Then Always Remain Slim. No Drugs, Medicines, Starvation Diet, Exercising, or Apparatus Used. Finds Simple Home Treatment Works Wonders.

Arrangements Now Made to Have All Stout Readers of This Paper Receive a Free Copy of Dr. Turner's Wonderful Book "How I Reduced My Weight 100 Pounds"

On returning from a recent trip Dr. F. Turner the physician, scientist and traveler, who has won fame and world-wide renown through his writings and scientific researches, accorded an interview to press representatives who were astounded by his loss of more than 100 pounds of excessive fat since they last saw him. They found it difficult indeed to recognize in the slender, muscular and perfectly proportioned form of Dr. Turner to-day the same man whom only a few months ago they knew as a semi-invalid, so enormously fat that he could hardly walk.

When questioned concerning his health and the remarkable change in his appearance, Dr. Turner said that neither illness, medicines, starvation dieting, nor strenuous exercise had caused him to lose so much excess weight. In fact he said that fatty degeneration had eaten into his vital organs to such an extent that it would have been foolhardy to even attempt the usual methods of reduction, and he was forced to seek other means of escape from his former terrible condition.

On being questioned further the doctor said: "When I began to feel the stuffy, cramped feeling inside, which, as a physician, I recognized as the first tell-tale symptoms of fatty degeneration and when my heart pounded and throbbed at times so it shook my whole body and seemed about to burst, I knew from these warnings that the end was approaching very rapidly although the examining physician of a large Life Insurance Company, when refusing point blank to accept me as a risk, had already told me I was likely to drop dead at any minute. I tried every means of reduction known to medical science, but without the slightest relief. I then became desperate and began to use all the advertised treatments I had ever heard of. These not only failed to help me, but they did considerable harm, one nearly causing my death on account of the powerful drugs it contained. Although a physician I am strongly opposed to the use of drugs in treating obesity. I have never known when put on the market by persons who are without a physician's training, and I firmly believe that if I had continued one or two of the methods recommended by these ignorant, so-called advertising 'specialists' I would now be in my grave."

"My discovery came about during my trip and in this way: When seeking data for some literary work, I found a reference to the manner in which the Japanese were said to easily overcome any tendency to take on superfluous flesh.

It was easily apparent from observation that the Japs are comparatively heavy eaters and that their diet consists largely of rice, the most starchy and therefore the most fat forming of all grains. I had often wondered why in spite of these facts the natives of Japan both men and women, always present such a slender, trim, neat appearance. Although corsets are rare in that country, the women there have beautiful figures that any American woman might well envy, and the Japanese men have strength and powers of endurance that are proverbial. After diligent inquiry about the cause of this, I became more than ever convinced that they were using there in Japan methods of fat reduction and fat prevention far in advance of anything known to medical science in this country. As the finding of such a method was a matter of life or death to me at that time, I consulted numerous authorities and set about asking questions of those who would be likely to know anything about it. I am glad to say that my untiring efforts were finally rewarded by the discovery of a new means of fat reduction that I determined to give a short trial immediately. I was fairly startled to behold the wonderful change it made in my appearance, and the improvement in my health that was noticeable from the very first. My fat began to vanish at the rate of one pound a day, sometimes more. I knew I had at last discovered the secret that had been vainly sought for years, and I continued the treatment until I had lost more than 100 pounds in weight. I became stronger with every pound I lost, and I regained all my old time vigor of both body and mind. It made me feel twenty years younger to be rid of all the fat that had formed inside and outside of my body. After discontinuing the treatment and keeping a careful record of my weight for more than two months, I was delighted to find that reduction was permanent, nor has my fat shown the slightest tendency to return since then."

"Can you imagine my ecstasies of joy and indescribable relief, the tremendous load that was lifted from my mind, when after all my suffering I discovered almost by accident this wonderful secret method that enabled me to rid myself of 100 pounds of fat, and which transformed me from a hopeless, helpless wreck into a perfect specimen of physical manhood again. I have now been gladly accepted by the same large insurance company that previously rejected me."

Dr. Turner then went on to explain the treatment he discovered, and while anyone must admit that it is a highly logical method and undoubtedly effective to a wonderful degree, yet it is so simple that even a child can understand it and obtain most satisfactory results. Surely no stout person need any longer feel that he or she must remain fat now. Lack of space prevents a full description of the entire method here, but Dr. Turner has described it in a handsomely bound and extremely interesting little booklet entitled "How I Reduced My Weight 100 Pounds," and by special arrangement with the Doctor we are able to announce that these valuable booklets, while they last, are to be distributed absolutely free to those of our stout readers who are sufficiently interested to send a two-cent stamp for postage. The books are sent in plain wrapping, and we are told that there are about 1,000 left. When these are gone, the Doctor may not have any more printed for some time, as he is planning another long trip and will probably have no time to give the matter attention again until he returns. The Doctor's address is F. Turner, M. D., Suite 1335A Clark Building, Syracuse, N. Y., and any request sent there during the next few days will be given prompt attention. We urgently advise all of our stout readers to obtain this wonderful book and begin reducing weight immediately, as such an opportunity as this may never present itself again.