

# PRETTY ARMS AND HOW TO GET THEM

The advertisement is a black and white illustration with a decorative border. At the top, the title "PRETTY ARMS AND HOW TO GET THEM" is written in a large, stylized font. Below the title, there are four panels showing women in various poses and exercises. The first panel on the left shows a woman in a floral dress holding a small object. The second panel shows a woman in a dark dress holding a large fruit, with a small text box above her head that reads "Bag punching rounds out the muscles." The third panel shows a woman in a light dress sitting at a table. The fourth panel on the right shows a woman in a light dress sitting on a chair. The entire advertisement is framed by a decorative border featuring a woman's profile and floral motifs.

Bag punching rounds out the muscles.

Hot water treatment for callous elbows.

A good flesh brush is a necessity

You should abstain from food that is especially fat-forming—cereals, potatoes, corn, peas, beans etc. You should also avoid sweets of all kinds.