

OUR COMIC SECTION

Doing His Best



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A Wife's Transformation

The Story of the Comeback of a Woman Gone to Seed

By Mary Culbertson Miller

INSTALLMENT XVI

Improved Sitting Posture. HELEN was feeling the intoxication of movement now. For some reason she enjoyed walking even more than sitting or standing. "What is your conception of the word relaxation, Mrs. Crane?" the rhythm instructor asked as Helen dropped down on a straight chair.

"Abatement of tension," she returned quickly.

"Quite right. But at first you confused sloppiness with relaxation. To sit easily and gracefully your body needs the suppleness and complete control that come from relaxation, as much as standing or any other bodily attitude. As you sit there, there must not be a constricted place in your body. Knees a little closer together, please." She smiled, "you are losing your surplus flesh and you must realize it."

"One should sit well back in the chair so that the coccyx will follow the chairback all the way up. Sloppiness is utter lack of self-control while relaxation is an easy feeling that can be maintained in any position. Your most comfortable sitting position has been to slide down in a chair and rest on the end of your spine—your body like a jelly-mold."

"I feel easy and comfortable; am I sitting correctly?" Helen asked.

"You are indeed. Your position is easy, yet straight. Your shoulders are squared normally, and feet loosely crossed. Every part, Mrs. Crane, must be perfectly co-ordinated and conscious of the dictates of your brain. You yourself can feel the difference—try slumping in your old position, then sit up straight as you have just shown me."

Crossing the Legs.

"How about crossing the legs?" "It used to be very bad form in any place, but I should say it was quite all right if one had a sense of the fitness of things. I shouldn't like to see you cross your legs in public conveyances. But that is something you must decide for yourself. I have often sat opposite girls and longed to make a few constructive suggestions. Have you ever observed people in subways and surface cars?"

Helen smiled, "I haven't been very observant, I've lived mostly in books." "It's lots of fun, I can vouch for that. I get considerable amusement out of it. I see an interesting face and wonder what is going on behind those eyes. And speculate a little about the particular person that would give a great deal to be sitting there beside them. Sometimes I weave a life's history—I become quite absorbed. Then I'll be jostled out of that trend by a fat woman, perhaps, barging into the car and plumping down beside me. A fat woman's knees always fall wide apart, and often the skirt stretches dangerously tight across her lap. She sighs usually as she eases her bulk into a seat. Knees do indeed tell a tale. Perhaps in the corner of the same car a woman somewhat past middle age, or one who has sprung from the womb middle aged, presses her legs from the knees down tight together, drapes prudent skirts carefully over bony legs, and inwardly sniffs as her gaze settles on a flapper across the aisle crossing and uncrossing exquisitely silken sheathed legs, wriggling an ankle, and perhaps even dangling a pump, wholly indifferent to criticism as she relives what—she said—and what—I said, the night before. Then there is the greedy reader that sits pigeon-toed, almost motionless, wholly unconscious of everything but the printed page until she reaches her destination."

As to the Legs.

"Is it not the correct position to press the legs together from the knees down?"

"Most certainly. We decided that, but the stern type of woman I have just cited was too strained for grace. I am going to show you some very bad habits." A moment later the instructor was sitting on one leg, dangling the other. The next, she was crossing and uncrossing her legs, working her toes, for she had no pump to dangle. The next moment her feet were curled around the rungs of her chair, the next her feet were tucked under the chair. At that Helen blushed. She could see how ridiculous she had appeared.

"I know that I have a lot of bad habits—I've caught myself curling my feet and legs into all sorts of odd positions."

"Yes, and the appearance is grotesque. You can see that for yourself. And then there is a strain on the muscles. It causes that tired feeling you haven't been able to account for."

"Even after my 'settles' are stretched out I think I shall continue. I want to become perfect through rhythm." "I've heard that many times," laughed the instructor. "That is our purpose in the work—we hope to make each pupil a perfect being mentally and physically."

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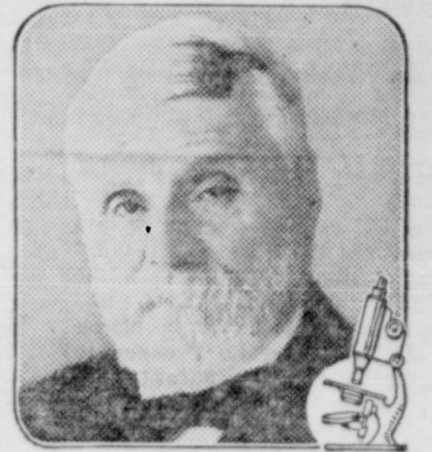
Something Wrong

Jennie—Dick didn't blow out his brains when you rejected him. He came around and proposed to me.

Jeanette—Then he must have gotten rid of them some other way.—London Tit-Bits.

Dr. Caldwell's 3 Rules Keep You Healthy

Dr. Caldwell watched the results of constipation for 47 years, and believed that no matter how careful people are of their health, diet and exercise, constipation will occur from time to time regardless of how much one tries to avoid it. Of next importance, then, is how to treat it when it comes. Dr. Caldwell always was in favor of getting as close to nature as possible, hence his remedy for constipation, known as Dr. Caldwell's Syrup Pepsin, is a mild vegetable compound. It cannot harm the most delicate system and is not a habit forming preparation. Syrup Pepsin is pleasant-tasting, and youngsters love it. It does not gripe. Thousands of mothers have written us to that effect.



J. B. Caldwell M.D. AT AGE 83

Dr. Caldwell did not approve of drastic physics and purges. He did not believe they were good for human beings to put into their system. In a practice of 47 years he never saw any reason for their use when a medicine like Syrup Pepsin will empty the bowels just as promptly, more cleanly and gently, without griping and harm to the system.

Keep free from constipation! It robs your strength, hardens your arteries and brings on premature old age. Do not let a day go by without a bowel movement. Do not sit and hope, but go to a druggist and get one of the generous bottles of Dr. Caldwell's Syrup Pepsin. Take the proper dose that night and by morning you

will feel like a different person. Use Syrup Pepsin for yourself and members of the family in constipation, biliousness, sour and crampy stomach, bad breath, no appetite, headaches, and to break up fevers and colds. Always have a bottle in the house, and observe these three rules of health: Keep the head cool, the feet warm, the bowels open.

We would be glad to have you prove at our expense how much Dr. Caldwell's Syrup Pepsin can mean to you and yours. Just write "Syrup Pepsin," Monticello, Illinois, and we will send you prepaid a FREE SAMPLE BOTTLE.

Listen to the Voice

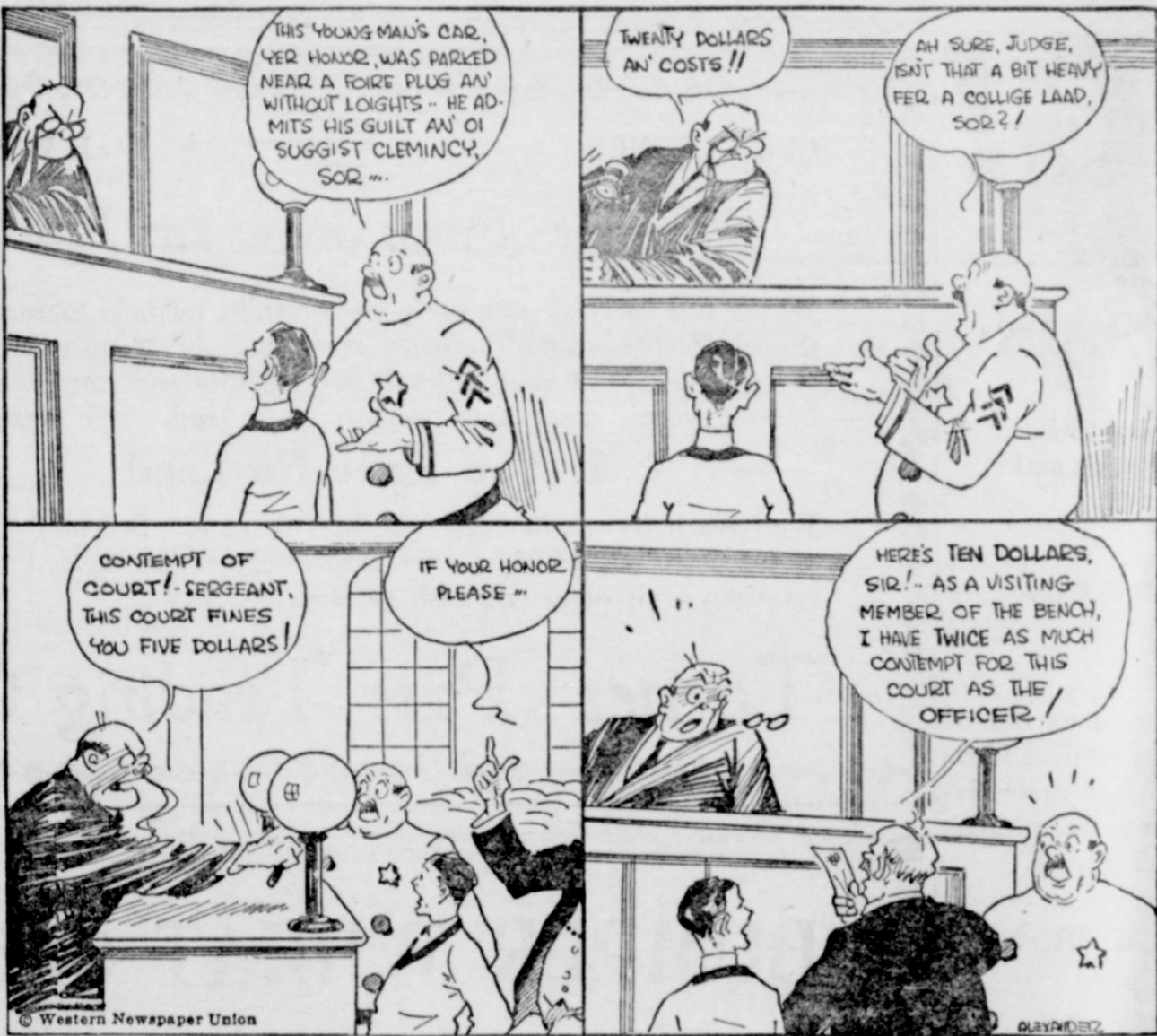
"Never buy anything," the Woman's Home Companion advises girls, "if a little voice inside you is kicking up a rumpus."

To Entice

Grocer—Anything else besides the flypaper? Sambo—Ah wants a half-dozen raisins besides, jes' fo' decoys.

FINNEY OF THE FORCE

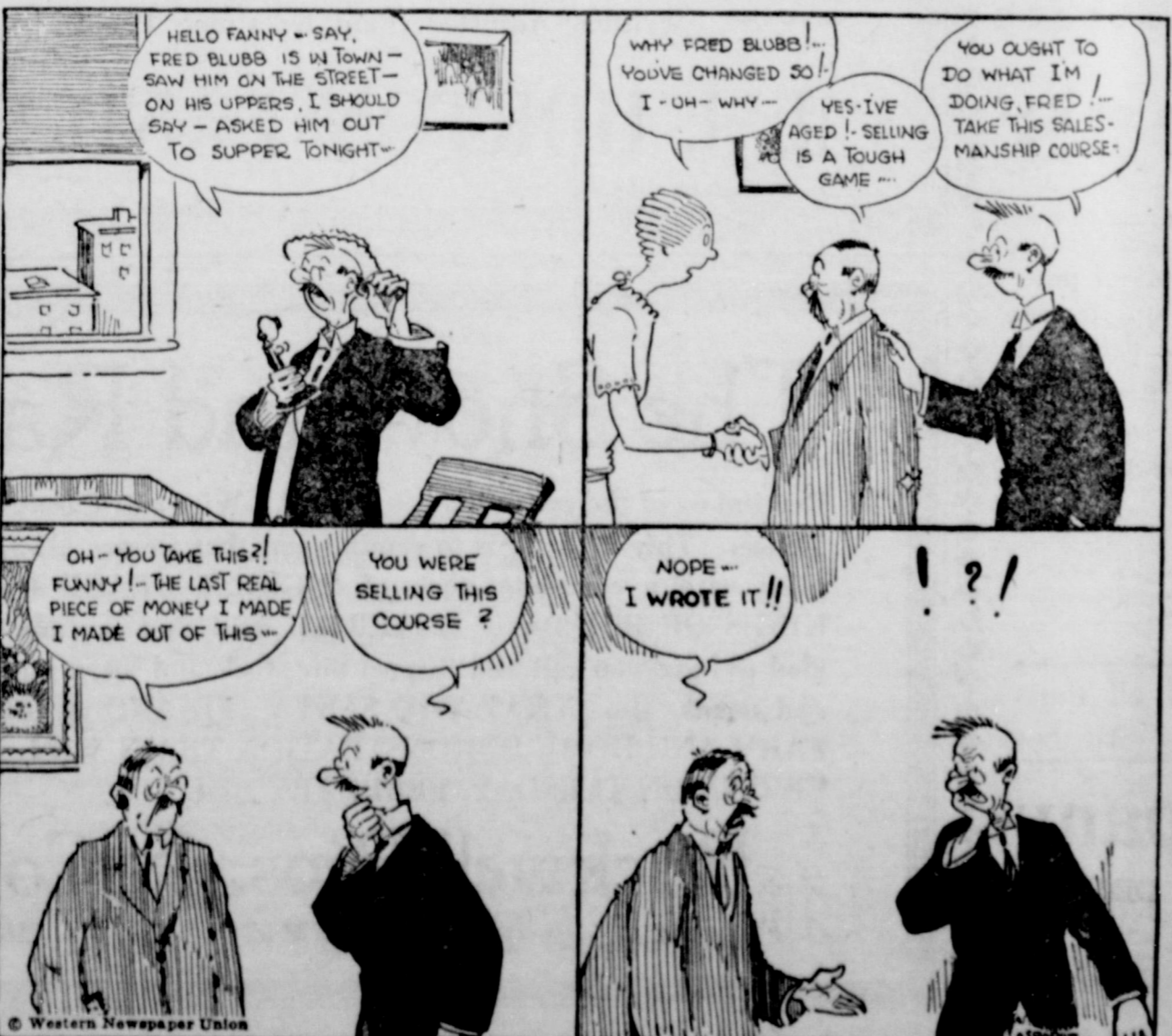
Nnyaa! Nnyaa! Yer Honor!



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THE FEATHERHEADS

A Strong Endorsement



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SAY "BAYER ASPIRIN" and INSIST!

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 25 years.

DOES NOT AFFECT THE HEART

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monocetoneester of Salicylicacid

There are fast friends and fast friends; one kind you can't lose. Matrimonially speaking, where there's a will there is often a won't.

It's well to remember that it is a mistake to forget a favor. Love laughs at locksmiths, but not at the installment man.

Keep Fit This Winter

Your Kidneys Must Function Properly For You to Be Well.



WINTER is hard on the kidneys. All too often colds and chills upset the action of the kidneys and allow poisons to remain in the system. That's why winter finds so many folks achy and tired; with backache, headache, dizzy spells and scanty, burning kidney secretions.

Doan's Pills, a stimulant diuretic, increase the secretion of the kidneys and aid in the elimination of waste impurities. Are endorsed by users everywhere. Ask your neighbor!

Doan's Pills

A Stimulant Diuretic to the Kidneys

At all dealers, 60c a box. Foster-Milburn Co., Mfg. Chemists, Buffalo, N.Y.



Kill Rats—Without Poison

A New Exterminator that is Absolutely Safe to use Anywhere!

Will not injure human beings, livestock, dogs, cats, poultry, etc. Is deadly to rats and mice every time. Poisons are too dangerous. K-R-O does not contain arsenic, phosphorus, barium carbonate or any deadly poison. Made of powdered squill as recommended by the U. S. Dept. of Agriculture in their latest bulletin on "Rat Control."

Never saw anything work like it did. We are ordering from our Wholesaler in our next order. It is not necessary to say that we are pushing K-R-O. Hory's Pharmacy, Bardonia, Ohio.

75c at your druggist; large size (four times as much) \$2.00. Sent postpaid direct from us if dealer cannot supply you. SOLD ON MONEY-BACK GUARANTEE. The K-R-O Company, Springfield, Ohio.

K-R-O
KILLS-RATS-ONLY

"A Young Colonial Named —"



George Washington

By ELMO SCOTT WATSON

SPEAK of a "riding President" and one naturally thinks of the former ranchman, Rough Rider, lover of the outdoors and exponent of the strenuous life, who occupied the White House from 1901 to 1909. So it will be a surprise to many Americans to learn that perhaps the greatest rider of them all was not Theodore Roosevelt, but George Washington!

This fact is revealed in a new book, "George Washington, Colonial Traveler," written by John C. Fitzpatrick and published by Bobbs-Merrill of Indianapolis. Mr. Fitzpatrick is already known as the editor of the Washington Diaries and one of the leading authorities on the life of Washington, and his official position as assistant chief of the manuscript division of the Library of Congress, which enabled him to search every important document in the national storehouse of historical treasures has made it possible for him to present the first complete documentary record of Washington's career from his birth in 1732 to that day in 1775 when his life as a colonial gentleman ended and he became commander-in-chief of the Continental army.

In his prefatory note, Mr. Fitzpatrick makes this statement:

Few inhabitants of Colonial America traveled the country so widely or continuously as did George Washington and it is not too much to suppose that this acquaintance with his native land had a decided bearing upon that broad patriotism which was his distinguishing mark from the moment he took command of the Continental armies.

In this, the first period of his life, he traveled from Williamsburg, Va., to Lake Erie, from Mount Vernon to the Shenandoah, Pennsylvania and Fort Pitt, from Winchester, up the Shenandoah valley to the North Carolina line, from Mount Vernon to Ohio and lower West Virginia beyond the Allegheny mountains, from Williamsburg into the Great Dismal swamp and from Mount Vernon to Baltimore, Philadelphia, New York and Boston, not to mention

a voyage to the West Indies, frequent trips to Annapolis, Maryland, and the many times he traveled up and down the "Northern Neck" to attend the sessions of the house of burgesses at old Williamsburg.

In these last mentioned journeys he often crossed into Maryland, to recross again into Virginia and vice versa, to avoid the mud and heavy going of the old Potomac path down the west bank of that river. The journeys to Williamsburg, from Mount Vernon, by way of Fredericksburg or Fort Tobacco, Maryland, were made so many times that it is regrettable that none of the old inns, or "ordinaries," at which Washington was wont to stay, have survived. The state of Virginia is now earnestly at work upon a system of markers, or tablets, for its historic spots and the locations of the more important, at least, of these hostilities will, doubtless, be fixed as a result, but as the buildings themselves disappeared long before photography was recognized as a valuable art, there is small likelihood that authentic pictures of many of them will ever be found.

Prior to Washington's marriage and while he was in command on the frontier, he traveled, almost entirely, on horseback and there are indications that the excessive and hard riding of those frontier days was largely responsible for one of the severe illnesses of his life. Excepting the western plainsmen of later days, there are few Americans who have spent so much of their lives in the saddle as did George Washington and few parallels can be found in American history of the riding performed by him in his services to his state and to the nation. Nearly all of the riding, during the period covered by this volume, was through regions wild, or sparsely settled, minus the advantages of good roads and frequently upon nothing better than an Indian trail or hunting path, exposed many times to the arrow or bullet of the savage.

Although the book is in effect a "day-by-day" account of the activities of Washington over this period of years, complete only so far as accessible documents make it possible to compile such a record, and therefore lacking the narrative appeal of other books on Washington which have appeared in increasing numbers during recent years, there is a world of human interest in some of these documents. There is, for example, Washington's account of Braddock's

defeat, the story of which has filled many a page of history in the 173 years since it occurred. From the Braddock Orderly Book is taken Washington's laconic report on that disaster as follows:

July 9, Wednesday. Monongahela, near Fort Duquesne.
On the 9th, I attended him (Braddock) on horse-back, though very weak and low. On this day he was attacked, and defeated by a party of French and Indians, adjudged not to exceed 300. When all hope of rallying the dismayed troops and recovering the ground was expired (our provisions and stores being given up) I was ordered to Dunbar's camp.

A few days later he writes from Fort Cumberland to John Augustine Washington:

As I have heard, since my arrival at this place, a circumstantial account of my death and dying speech, I take this early opportunity of contradicting the first and of assuring you that I have not as yet composed the latter.

What a chance was lost there to anticipate by more than a century Mark Twain's celebrated epigram about the news of his death being "greatly exaggerated"! But it could not be expected that Washington, with the scenes of that carnival of blood still fresh in his mind, would be inclined to comment upon such a report with any degree of whimsical humor. Instead his thoughts on the matter were far different in tone, and they suggest the possibility of his having some strangely prophetic vision of the destiny that awaited him when he continued his letter with these words:

By the all powerful dispensations of Providence, I have been protected beyond human probability and expectation; for I had four bullets through my coat, and two horses shot under me, yet escaped unhurt, although death was leveling my companions on every side of me.

And there are those who agree as to the "dispensation of Providence," who believe that if the bullet which killed Edward Braddock, the British general, had struck down instead a young colonial named George Washington, the history of the United States would have been vastly different.

Washington's False Teeth

Until 150 years ago dentistry comprised little more than clumsy methods of extraction and was largely the avocation of barbers and the trade of traveling "tooth-pullers." Paul Revere, patriot and silversmith, practiced dentistry. John Greenwood, a Continental trooper, gained such a skill that he supplied General Washington with a full set of teeth carved from a hippopotamus tusk. The most noted of the

pioneers and the founder of dentistry in this country was Joseph Le Maire, friend of Lafayette, who landed in Newport in 1780. James Gardette and Josiah Flagg, two of his pupils, became leaders in the profession. Flagg was the first to use gold fillings.

The First Inauguration

George Washington was inaugurated as President the first time in New York on April 30, 1789. The oath of office was administered by Robert Livingston, chancellor of the state of

New York. Samuel Otis, secretary of the first senate under the Constitution, held the Bible on a cushion while oath was administered. At the close of the ceremony the first President bowed down and kissed the Bible.

Common Sense

The right of property isn't holy, but is just common sense. The man who is industrious enough to attain property ought to have more rights than the loafer.—Atchison Globe.

BATTLE OF THE "BOB" IS NOW ON; APPLIQUE FAVORED BY STYLIST



THE battle of the "bob" is waging fast and furious. Opinion is divided. Some say short hair must go. Others declare "never again" long tresses for them.

This much is evident, a period of transition for the coiffure has set in. Even the most ardent "bobblists" are entering a protest against stereotyped effects. Women are demanding a more distinctive individuality for the bob.

Exit the boyish bob, enter curls and swirls—thus are hairdressers giving answer to a clientele who are asking "something different." This by no means sounds the knell of the bob, but it does bespeak a reaction against all bobbed heads looking alike.

So much for the bob! But what of those who are letting their hair grow? It is a vexatious, trying experience, this matter of retaining one's beauty while the bob grows.

Experience teaches that the best way to start the process is to coax the hair to grow as long as possible at the front and sides. Curl the ends of these longer locks and pin them back over the shingled portion. Here's where the adage, "Necessity is the mother of invention," has proved out with the hairdresser who has devised all sorts of little contrivances to "pin on" at this point. Especially has the

HAIRDRESSING SUGGESTIONS

another emphasized in modern dress design. It is an interworking of materials which is nothing less than amazing in its intricacy and ingenuity. So interrelated are fabrics through fantastic inset and applique, as achieved by dexterous seaming and handcraft of various sorts, it requires a second and even a third glance to detect whether the design is in the weave or worked by the individual fashionist.

The newest thing for sports frocks and ensembles is the use of silk with wool and this plays right into the scheme of design as exploited by the mode. Sometimes the combination includes crepe satin with superfine jersey cloth. Then again the crepe satin is used with that which is the last word in the realm of fabrics—transparent woolen weaves.

Perfectly charming are two-piece models done in nile green, or the favored pink tones, or any of the very



SHOWING INTRICATE APPLIQUE TREATMENT

beauty expert sent curls to the rescue of those discarding the bob.

Rumor has it that curly heads are about to take the center of the stage. The illustration presents several charming new "curl" effects, each forecasting the return of lovely feminine coiffures. These curls may be bought or acquired by patient and "watchful waiting" for their growth.

A very girlish hairdress is shown at the lower right. It was acquired in this way: After the hair had been induced to reach a certain length at the sides, it was pinned back, with a view of concealing the short clipped portion. In order that the latter be given a chance to grow. The straggling ends were then rolled up off the nape of the neck and caught with a jeweled comb made for the purpose.

A very stunning arrangement for straight hair which has reached to beyond shoulder length is to comb it to one side and arrange in a "biscuit" as pictured before the mirror in this illustration.

If there is one feature more than

smart grays or gray tones. These pose a blouse of finest jersey over a skirt of accurately matched crepe satin or flat crepe. The two, blouse and skirt, are brought into relation in that the blouse is beautifully patterned with insets of the satin or with applique motifs, the latter worked out either in modernistic design or, as is often the case, in complicated floral delineating many-petaled flowers with their leaves and foliage. To observe the extreme niceties of the mode, hats, preferably felts, worn with these costumes should be "a perfect match."

The handsome dress of beige broad cloth, together with velvet, in the picture, typifies the vogue for intricate applique treatments as forecast for spring and summer. A futuristic feeling is expressed in the patterning. The high collar of velvet which wraps the throat, flaunting a single streamer, bespeaks the latest.

JULIA BOTTOMLEY.

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The BABY



Why do so many, many babies of today escape all the little fretful spells and infantile ailments that used to worry mothers through the day, and keep them up half the night?

If you don't know the answer, you haven't discovered pure, harmless Castoria. It is sweet to the taste, and sweet in the little stomach. And its gentle influence seems felt all through the tiny system. Not even a distasteful dose of castor oil does so much good.

Fletcher's Castoria is purely vegetable, so you may give it freely, at first sign of colic; or constipation; or diarrhea. Or those many times when you just don't know what is the matter. For real sickness, call the doctor, always. At other times a few drops of Fletcher's Castoria.

The doctor often tells you to do just that; and always says Fletcher's. Other preparations may be just as pure, just as free from dangerous drugs, but why experiment? Besides, the book on care and feeding of babies that comes with Fletcher's Castoria is worth its weight in gold!

Children Cry for



Mothers, Do This—

When the children cough, rub Musterole on their throats and chests. Not telling how soon the symptoms may develop into croup, or worse. And then's when you're glad you have a jar of Musterole at hand to give promptly.

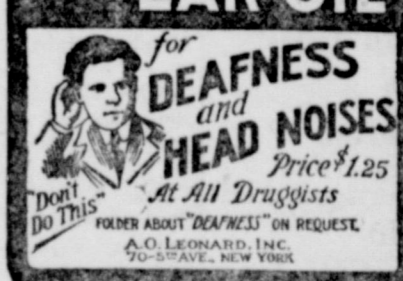
As first aid, Musterole is excellent. Keep a jar ready for instant use.

It is the remedy for adults, too. Relieves sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of back or joints, sprains, sore muscles, chilblains, frosted feet and colds of the chest (it may prevent pneumonia)

To Mothers: Musterole is also made in milder form for babies and small children. Ask for Children's Musterole.



LEONARD EAR OIL



Grove's Tasteless Chill Tonic

Is an Excellent Tonic for Women and Children. 60c

HANFORD'S Balsam of Myrrh

Since 1846 has healed Wounds and Sores on Man and Beast

All dealers are authorized to refund your money for the first bottle if not suited.



FLORESTON SHAMPOO—Ideal for use in conjunction with Parker's Hair Balsam. Makes the hair soft and fluffy. 50 cents by mail or at druggists. Hiseox Chemical Works, Patchoque, N. Y.

PISO'S Coughs

Quick Relief! A pleasant, effective syrup—15c and 60c sizes. And externally, use PISO'S Throat and Chest Salve, 35c.

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