The Heart and Overweight.

have an undesirable effect.

lessness will disappear."

our consideration.

the Reserve Strength of the Heart"

in Hygeia, it is very much worth

Exercise May Do Harm.

fat individuals make is their effort

to reduce weight by violent exer-

cise. Notwithstanding the fact that

they have taken no regular exercise

time put on 30 to 40 pounds of ex-

cess fat, they seek out some very

may rid the body of a few pounds

but it may have lessened or eaten

of resting in bed to get this reserve

has met one or more of these cases.

The first thought in all cases of

tion by the family physician with

shows the effect upon the heart

rate after the exercise. If the heart

gest that nothing in the way of ex-

ercise should be taken for a few

weeks and that the weight be re-

duced entirely by eating less food.

A practical and simple method of

treating overweights whose hearts

are beginning to show some loss of

power is to have them cut down by

25 per cent on the two fat storing

foods-starches and fats-and cut

down by about 50 per cent on liq-

uids because of the tendency of fat

tissue to hold extra water thus pro-

ducing extra weight. When there is

any tendency to kidney stones, plen-

. . .

Gland Extracts.

Boston were able to prove that eat-

ing calf's liver would cure and pre-

vent pernicious anaemia it marked

another great step in medicine be-

cause before this pernicious anae-

Then came the discovery that ex-

tract of liver taken by mouth or

injected into the veins was just as

effective, and this was certainly a

great boon to those who disliked the

taste of liver. Another discovery

quickly followed this, and that was

that extract of hog's stomac' acted

just as well as liver in pernicious

anaemia-that is, increasing the

number of red corpuscles and the

amount of iron in these red cor-

And now a Berlin research physi-

cian, Dr. W. Schemensky, has dis-

covered that the lining of the large

intestine in hogs has this same pow-

er of enriching the blood and cur-

ing pernicious anaemia. He pulver-

ized or made into a powder the lin-

ing of the large intestine and tried

it in 20 cases of pernicious anaemia

and while the results came a little

more slowly, the final results were

as good as with liver and hog's

stomach. However the patients felt

the improvement in their general

health just as early as with liver

@-WNU Service.

and hog's stomach.

mia was considered incurable.

When Drs. Minot and Murphy of

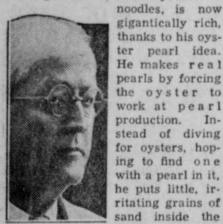
ty of liquids must be taken.

One of the natural mistakes some

BRISBANE THIS WEEK

The Souls of Oysters In the Coffin, He Pays Polly Has a Tombstone Suicide Is Folly

Mr. Kokichi Mikimoto, able Japanese gentleman, once a peddler of



ritating grains of sand inside the shells of millions Arthur Brisbane of oysters, and each oyster proceeds to deposit the pearly substance on the sand to escape its irritating scratching.

These pearls are "real." Although experts can tell the difference, they annoy jewelers and have hurt the value of the other accidental pearls, but they make it unnecessary for the unfortunate pearl diver to "go all naked to the hungry shark," as the poet has it. Mr. Mikimoto has been obliged to kill hundreds of millions of oysters, which is serious: his Buddhist religion teaches that each has its little separate soul-in fact, the soul of his great-grandmother might have resided in one of the oysters.

An American who recently died left a fortune of between twentyfive and thirty million dollars, chiefly in tax-exempt securities on which the owner, while he lived, paid no income tax. Now that he is dead, inheritance taxes will take about two-thirds of the many millions.

The lack of a "dead-or-alive" taxexempt securities offers opportunity to some able lawyer. If the government has no constitutional right to take any income from tax-exempt bonds, how can it legally take half merely because the owner is in his

A green parrot, with red tipped wings, buried in a respectable grave, will have a granite headstone with "Here lies Polly Coddington, sixty-eight years old," engraved on it. Exactly how old Polly was, no one knows. Born in Brazil,

mother of Mrs. Joseph E. Hunt, sixty-eight years ago. Parrots, like eagles, elephants and other intelligent creatures that eat wisely, often pass one hundred.

A higher race thinks up foolish things for itself.

Gruesome details which no one seems to have put into a movie or a horror story are published in connection with a recent suicide. The unfortunate victim, convinced that life was not worth while, hanged himself, and then, still conscious, found he was mistaken and made desperate unsuccessful efforts to cut the rope.

Those that think of suicide should remember that they must leave the world soon in any case, and might as well remain to see what will happen. While there is life, there is hope.

Chiang Kai-Shek, dictator of the Nanking government, warns China, "No nation can ruin us unless we first ruin ourselves," emphasizing the fact that the short road to national ruin is neglect of preparation for war. Some patriotic American "radio sponsor" might arrange to broadcast that talk in Washington, D. C. We need it here almost as much as China needs it.

England fears that quarrels among union men may cause strikes in airplane factories and delay Britain's effort to get ready for her next war. Such strikes would probably bring welcome orders for planes to American factories; nevertheless, it is only fair to remind British workers, quarreling among themselves, that when foreign bombs begin dropping on their families, any strike against national safety will seem to have been foolish, in retrospect. And those words, "chiefly women and children." should be remembered.

Borrowed money is cheaper, and it ought to be, since the dollar is only worth 59 cents. A cheap house or cheap dollar should bring a cheap rent. Even so, it surprises you to learn that Mayor LaGuardia borrowed from J. P. Morgan & Co. thirty million dollars for the city, spread over a five-year period, for one and one-tenth per cent interest.

Here, Myron C. Taylor, head of "Big Steel," greatest steel company in the world, announces increases in wages, also resumption of full dividend payments on the preferred United States Steel stock, also earnings in three months of more than thirteen million dollars, biggest in six years. Thirteen million dollars in three months may not be "big money," but "it is better than being hit on the head with a sharp

& King Features Syndicate, Inc. WNU Service.



great autumr and winter

way, for it's gayest o' gay Scotch fabrics. plaidies the lassies o' fashion ha' taken to wearin' these crisp cool

A wild orgy of plaids it is indeed into which fashion is plunging us and, what's more, we are growing very clannish about it. An astonishing lovely array of beautiful designs and colorings in plaids is the proud record of fabric designers this season, keyed to exacting and versatile fashion demands. Many are of authentic clan origin, featuring rich, deep colors and historic patterns. So wide is the range of weaves, textures and patterings, it's almost a plaid you set out to get.

And so it's plaids that are being she was presented to the grand- used for jackets, for skirts, dresses, suits (nothing smarter than a pertly tailored jacket suit of plaid), for ensembles, for blouses and waistcoats, accessories, including hats, bags, scarfs, belts and gloves. Nor must linings and trimming accents be forgotten in the list. Even mackinaws, traditionally fashioned in plaids, have again stepped into the spotlight of fashion for active and spectator sports. These are presented in soft thick fleecy woolens and in striking color combinations and designs. Wool plaid blouses and shirts for wear with ski clothes and monotone tweed suits are also of outstanding importance.

> In addition to the regulation plaids there is a wide variety of modern interpretations in both woven and knitted fabrics from sheer six ounce shirting type to the heavy fleeces for topcoats in subdued tones, monotones and multicolor overplaids. Also hairy and nubbed surface plaids are shown in flannels, hard worsted types, soft rabbit novelties, smooth surface fab-

style parade wends its spectacular | rics and the soft thick coating

The fall and winter season lends itself admirably to plaids which are particularly smart in the new boxy jackets and coats, also in tunic dresses in which the plaid tunic highlights the voguish flared monotone skirts. They also style perfectly in casual coats for sports and travel and for street coat-dresses and in dashing cape modes. In fact for back-to-school fashions, for snow suits, for everything from children's for ten years and have in that wear to cocktail ensembles, wool plaids are style leaders.

See the fashions pictured. They are strenuous exercise or game such an index to the handsome plaid ap- as tennis, basketball, or badminton certainty you can get any type of parel being turned out by enthusi- in the worthy effort to rid themastic designers. The smiling lassie selves of this fat. And they try to centered in the group wears Scotch get it off in a few days or a few wool plaid culottes in rich dark tones | weeks. of blue and gray accented by white with a navy wool titted jacket and for a long time this violent effort dashing little plaid cap with quilla fashion-first for fall.

The new plaid hats now shown are up some of the reserve power of the pride of the milliners creating the heart, which may mean weeks them. Quite the rage are "Scotty" caps and tams. See the tam-o-shant- back. Practically every physician er pictured in the inset. It is made of multi-colored plaid woolen. A long pheasant feather is stuck through at overweight should be an examinaa rakish angle.

An interesting hairy woolen with special care regarding heart and nubby overplaid in clear bright tones | blood pressure. Thus the effort of fashions the tailored daytime dress 50 steps or less of a stationary run to the left in the picture. A chamois vestee with self colored buttons and beat and the length of time it takes chamois trimmed belt are fetching the heart to get back to its normal

The beautifully tailored sports doesn't get back to its normal rate jacket to the right is styled in color- in the usual or normal time-for ful wool plaid and milady carries the weight of the individual and the a bag of the same plaid. The collar- speed at which he runs-and there less neckline is very chic. The edges is more breathlessness than there of the jacket are bound with self should be for this amount of exerplaid, which together with large cise, then the physician will sugpatch pockets and bone buttons gives this mode high "tone."

@ Western Newspaper Union.

LEI OF GARDENIAS By CHERIE NICHOLAS



Now that the pretty custom of wearing flowers, or trimming with flowers, has been revived in fashion's realm, it is interesting to note the novel interpretations designers are giving to this theme. Pictured is a lei of white gardenias clipped around the neck of a black satin evening ensemble. The flowers may be clipped to the shoulders of the dress when the cape is removed. Huge roses used in the same manner on a raisin colored velvet wrap would be equally as effective. Roses, by the way, are smartly in vogue, so reports from Paris tell us and will be greatly in evidence this winter as costume decoration.

VELVET SUITS FOR DAY WEAR POPULAR

Those new velvet daytime suits may not appeal to the business girl but they have a lot to offer to the social butterfly.

No more elegant fashions have appeared in our time than those handsome velvet ensembles. The smartest ones are black, unrelieved by color except for the flash of a blouse, but there are rich tones such as dark green, wine and plum to consider if you don't like black. Furs match the tone of the costume and usually are of the long-haired variety to frame the face and flatter a figure.

The suit which has a tunic length coat is one of the most dignified of the velvet types on exhibition. It has the fitted waistline that is unbelted.

"Fifty-Fifty" Costumes to Lead Winter Collections

"Fifty-fifty" costumes play an important part in the fall and winter dress collections. These are dresses. suits or coats with the back and front made of two contrasting colors. Black is frequently combined with bottle green or a brilliant, deep purple to make these queer costumes. The same two-color tones are usually carried out in the hat and gloves that accompany the costume. In the gloves, the two colors are combined in a zigzag seam which runs down the palm and the back of the hand.

For Daytime Wear Black, brown and bottle green are being shown more than other colors for daytime wear.

Certain of Milady's Vote



THREE post-election candidates | sizes 14, 16, 18, 20; 32, 34, 36, 38 for milady's wardrobe, every one a winner. Choose any one of these clever patterns and the vote will be unanimous that you have and one - sixth 'yards for the done well by yourself. Every pattern is accompanied by an illustrated instruction chart giving step by step details for quick sewing and perfect fit-the short cut to an adequate wardrobe.

Pattern 1821, a comely morning frock fashioned along princess lines, is available in a wide range of sizes, 36, 38, 40, 42, 44, 46, 48, 50 and 52. The smooth fitting and or 44. Size 36 requires three and slenderizing hip line joins with the one-fourth yards of 39 inch mascalloped collar and cuffs in con- terial. trast to achieve a flattering effect, and this design is so simply made and so easy to wear, in swiss or percale or lawn or pongee, it will win instant favor. Size 38 requires four and three-fourths yards of 39 inch material.

Pattern 1958, the blouse and skirt combination, speaks for itself. Versatility is the keynote of this double duty pattern which consists of just eight simple pieces for both blouse and skirt The wide and graceful revers conceal those extra pounds above the waist, and the panelled skirt is of the sort that will go well with any ensemble or tunic. Quickly and inexpensively made, this combination will add new life to any wardrobe with a minimum of effort. The pattern is designed for

Ideas of Luxury

It is interesting to collect people's ideas of Babylonian luxury. One man's notion is to afford to eat only the heart of dead ripe watermelons; another's is to be able to sleep calmly through a night thunderstorn, leaving the windows open to let in rain upon whatever rugs and furniture are exposed. Ours is to own a private projection room with a sound projector and a collection of all the filmed exploits of Mickey Mouse, Donald Duck and Pluto.- Kansas City Star.

40, 42, 44 and 46. Size 18 requires two and three-fourths yards of 39 inch material for the blouse, two

skirt. A grand pattern bargain. Pattern 1843, the fitted slip, offers a choice of the strap or builtup shoulder and makes a perfect foundation garment for a smooth silhouette. Fashioned in silk or taffeta or pongee, the pattern employs just six pieces and goes together like a charm. Send for it today, in size 32, 34, 36, 38, 40, 42

Send for the Fall Pattern Book containing Barbara Bell wellplanned, easy - to - make patterns. Exclusive fashions for children. young women, and matrons. Send 15 cents (in coins) for your copy. Send your order to The Sewing Circle Pattern Dept., 367 W.

Adams St., Chicago, Ill. Patterns, 15 cents (in coins) each. @ Bell Syndicate.-WNU Service.

Foreign Words and Phrases

Amour propre. (F.) Self-love: self-esteem.

Billet doux. (F.) A love letter. Dum spiro, spero. (L.) While I live I hope. (Part of motto of South Carolina.)

Pas a pas. (F.) Step by step. Quelque chose. (F.) Something,

Flagrante delicto. (L.) While committing the crime; caught in Gosse. (F.) Street slang for

Compare 'child," "infant." "kid," "kiddie," and the Irish gossoon.' Multum in parvo. (L.) Much

En bon train. (F.) In a fair way, on the road to success.

Non omnia possumus omnes. (L.) We cannot all do all things.

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