

Valuable Free Advice.

undertake to improve their personal They say it helps to keep their musthrone and live for no other object younger, I am convinced their systhan its worship and attainment. te.n is wise and beneficial.

day is all that is necessary for the running. This would be good exer-

ically.

morning, can all be accomplished in benefit is to be obtained. less than an hour.

the body not exercised.

Anyone, upon awaking in the morning, can imitate the cat and the for beauty and health. It is during healthy child by yawning and fast walking, running, athletics, stretching. I have heard it said that gymnastics, swimming, outdoor a good stretch and a yawn constitute games and deep breathing exercises nature's gymnasium. Stretch in that the upper diameter of the chest every way possible. Stretching up- is brought into vigorous action. It lifts and expands the chest and wakens the internal organs to new life. and especially tight corsets retard Walk to the bath room on your chest development. The very best hands and feet. Walk for another chest developer is deep breathing. week with bent knees. Then try an- Have you ever noticed the large other week to walk without bending girth of chest of running athletes? your knees.

should perform these feats in pub- development is due to deep, abdomlic. To walk to business in the man- inal breathing. ner described might attract more attention than the average beauty cul- a jorful noise. Let children sing turist would enjoy. As an exercise, shout. It is good for the lungs.

again.

in by many pugilists, is excellent. I Even talking is good exercise and know two women, room-mates, who some doctors claim that muscle talkgo to business every day but instead ing prolongs life.

of performing setting-up exercises Some women seem to think if they each morning they practice boxing. appearance they will not have time cles in good condition, stimulates during the twenty-four hours to do blood circulation and makes them anything else. This may be true I' quick and supple. As both are nearthey intend to set beauty upon a ing forty years of age and look years

As a matter of fact, one hour a There is such a thing as stationary

average woman to cises for anyone whose days are spent port instruction. devote to guarding at sedentary pugsuics. reopie who and improving her do this movement bring the knees physical assets, pro- well up to the chest, sind on their writes that she has been using a cer- the unskilled treatment, viding her method is toes and step lively, taking forty co scientific and her fifty steps to the haif minute,

time spent systemat- In stretching, if you want to exercise the back, raise the head, arms The hour before and legs as high as possible and hold retiring is the best to them so for a few moments while use for beautifying, stretching. If you are inclined to A bath at night, a have a double cain you should refew minutes' care of the fingernails, move the pillow and raise the head a little brushing of the hair and a till the chin touches the chest fiflittle massage of the face with a con to twenty-five times. It will be

proper skin food and, if the face be necessary, however, to persist in this dry or rough, leaving it on until exercise some time if any lasting Don't think you are too old to ex-

In choosing exercises, authorities ercise. Anyone between twelve and agree that one should consider care- sixty years of age can bowl, play fully just what muscles really need golf, swim, walk, play tennis and exercise. Unused muscles grow flab- ride horseback providing they are in by and excess flesh forms on parts of ordinary health and enjoy such amusements.

Deep breathing is essential both naturally follows that tight clothing Doubtless the swing of the arms as-Of course, I do not mean that you sists, somewhat, but primarily the

Sing even if you can't sing. Make it brings about good results. Try it. Don't be afraid to laugh. Laugh A good abdominal exercise is to lie loud and heartily whenever you have supine, raise the legs, bring them to a chance, regardless of conventions. the chest, straighten them and then Laughter is nature's device for exbring them level with the body ercising the internal organs. Laughter makes the eyes bright, increases Shadow boxing, such as is indulged perspiration and expands the chest.

THE ALLIANCE HERALD, TUESDAY, APRIL 27, 1920.

Do not forget that as long as a woman's skin as to completely ruin sixty she has a complexion and gen- figured by a traveling beauty doctor. eral appearance that many young He had guaranteed to remove a sugirls would envy. She claims that perfluous growth of hair and had she has never expended a great sum charged her three dollars for the opof money but that what she has used eration. It resulted in her lip being in the way of creams, shampoos, burnt and spotted like a guinea pig. cosmetics and medications have all The roots of the hair are still there been properly prescribed for her spe- and the white spots make them look cific case and used according to ex- worse than ever. Besides the price

that one of my correspondents who the repair of the damage caused by tain kind of prepared wax for her face, and thinks it is beneficial because for the time being it greatly forty to fifty years of age. Some improves her appearance.

I looked up that particular preparation in a government book and found it contained just what its curvature, color and expression. A name implied, a poison which, soon-

woman has good health she will her complexion and make her look ty as you would a flower garden, giv- houses on the farm-to pull in the have beauty and, by hygienic living, aged years before her time. since she was twenty years old. At paired after it had been terribly dis- I think you will find mine valuable.

therefore is:

of her ticket east it will cost that As an opposite case I must cite woman at least a hundred dollars for

> The greatest beauties of the world have been at their zenith at from women look old at thirty and others appear young at sixty. Ideal beauty

er or later, will so affect that young and a healthy woman is the perfec-

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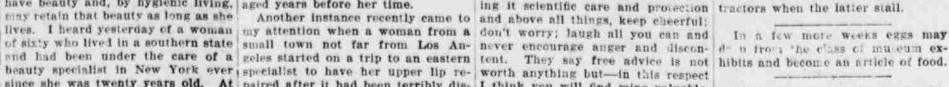
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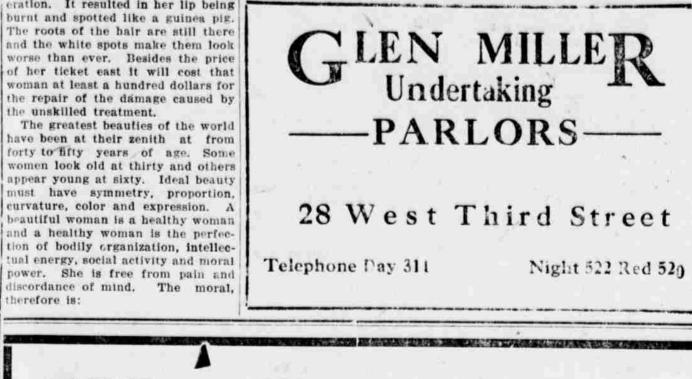
that true economy?



Priscilla Dean

Guard your health, cultivate beau- Of course, it is necessary to have ing it scientific care and projection tractors when the latter stall.

This nation should stop jazzing before the saxophone becomes the nations1 instrument.



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