s. Arms overhead, fingers clasped

hend to right five times, then to left

fitte times. Keep arms close to head;

ienees straight and feet firmly on

embrane lining the digestive canal

and the kidneys. It cleanses the bowels. Many of the constipation

troubles so prevalent would be eliminated if this water drinking habit

Begin This Today.

I urge most strongly—a warm bath at night and a quick shower or plunge in the morning following the exercises.

A couple of minutes' good, vigorous rubbing, and there you are, ready for whatever troubles or joys the day un-

prolonging energy and at the same time add a better note to your color, a

gloss to your hair, an improvement it

our figure—a general beauty improve

And do "My Youth Preservers"

BEAUTY ANSWERS.

LORETTO: MASSAGE THE EL

low with the paim of the opposite

and ready to be completely removed by a camel's hair brush and soap and

hot water. Scrub and rinse in cold

water and wipe dry. Then follow with a fairly strong solution of peroxide of

hydrogen on a sponge or piece of ab

sorbent cotton. Repeat this bleaching

process twice a day. Some elbows gather a kind of goose flesh about them that is disfiguring, but the soap

and water treatment, followed by the cold ablution will remedy that. Mas-

sage with a little cold cream at in-

tervals during the day just as fre-quently as you wish. Send a stamped.

Adressed envelope for the little book

let on care of the hair that you want.

JENNIE G.: THE MUSCLES OF

agiest ones. The arms have to do a certain amount of reaching and swing-ing and lifting and the leg muscles are

kept going by the ordinary demands of

and the neck muscles are stretched in the moving, but the corrected woman pampers the waist muscles sadly. That

is why fat begins to accumulate there

first. Let me send you some good waist exercises which I have in illus-

trated form which you may do morning and night, with reasonable hope of

keeping the waist free from adipose

G. D.: BLEACHING THE HAIRS

on the arms with equal parts peroxide and ammonia is about the best thing I

can recommend. Having them re-

moved by electrolysis would be expensive. This bleaching, if kept at con-

istently, usually turns out quite sat

JENNIE: VEILS ARE NOT SUP-

Send s. a. e., please.

stactorily.

The head is moved around

I will be happy to mail it to you.

very morning, including Sunday.

The daily tubbing is another thing

ground.

Real Love Stories ?

A LITTLE SPARK STILL BURNING

The love story which I am sending you seems very strange and out of the ordinary to me; exceptionally so since I am acquainted with the parties re-ferred to in the story, and know it to

TEARS ago in a small and thriving Ohio community there lived a fair young maiden, Mary. She was not only fair in face and figure but was also the possessor of an inimitable, girlish personality. All the boys in town liked Mary, and her natural feminine charm brought many suitors into the race. Among these was Henry. He was determined to win, and by constant attention and theeproper display of his many manly qualities he did win. That is, Mary

ecame his fiancée. Mary's best girl friend was Anna. She also was a charming representa-tive of delightful feminine pulchritude. She and Mary were inseparable, and when Mary and Henry went out (buggy riding or to the church social) Anga with her boy friend John would al-Ways go, too.

A year passed, Then rumors began. "Did you hear-Mary and John are now going together?"

And a little later. "What do you think? Henry is now going with Anna."

True enough, the great transfornation had taken place. John and and Henry had exchanged girls. Although the gossipers spent hours to-gether trying to fathom the reason, no definite conclusion could be reached. Later on it was said that Mary had turned from Henry. Though no reason for this could be ascertained, the truth of the statement was indicated by Henry's actions and attitude from that time on. The four no longer went

A few months later Henry left for an eastern city. Before going he placta an engagement ring on Anna's Enger. People said that Henry was only giving the ring to spite Mary and that his love was still for her. But they knew one thing about Henry and that was that when he was determined he was set.

Within the next few months Mary and John were married. Once more the customary remarks were passed. "I cannot see how she ever quit Henry and married that fellow. I'll bet she still likes Henry."

Another six months passed and Henry came back for a visit, married

The years rolled past. Henry and Anna seldom returned to the home town and after a few years seemed to have forgotten it altogether. Rumor said Henry was becoming a famous manufacturer in the east.

After thirty-two years of married life, John became ill and died. The two oldest sons were now working along fairly well. News from the east told of the great strides Henry had made in business. He was now reer of many millions. After being married thirty-four years Anna died.

Henry then turned his face toward ome town. He was given a royal reception by his many boyhood friends. He hurried to the home of his old sweetheart Mary. She was now livcomfortably. Her sons were successful business men in the town. To Henry she seemed still the possessor of that same girlish charm which had so enamored him when a young man. They both soon realized that there was yet, after all those years, a "little spark of love still burning" and as a consequence Mary, who had lived all those years in poverty, is right now living as a millionaire's wife in that eastern metropolis. And people say, I wonder how she likes that life of luxury? It sure must be strange for Mary with all those servants and everything. And they say he has more than ten automobiles. My!"

Embarrassing Moments

Getting the Once Over.

My new young man took me to call wanted to make a good impression, so dressed in my best dress and was on

Two brothers dropped in, and I overheard them say they "wanted to give Fred's girl the once over."

A 4 year old niece administered the

finishing touch when she asked in a voice that could be heard in the kitchen, "When you and Uncle Fred, get married, may I be your flower

The brother grinned, brother-in-law in the kitchen howled, while I turned

a most unbecoming red.

The youngster thought she'd waited long enough for an answer, so she said. "May 17" I managed to say yes, and two years ater we were and she was.

Not Being a Pin Cushion. My most embarrassing moment oc-

It was a pathetic scene which was being shown as we came in, and the audience was so attentive that the slightest noise could be heard throughwit the theater.
We had just been seated, when my

friend screamed. As quick as a dan-all even turned on me, as I turned all

colors of the rainbow.

While taking off my hat, I had absent mindedly stuck my hat pin in my friend's leg. Do you wonder be M. T. G.

The Truth Will Out

I was to have a date with a man from out of town and the day before the date I received an invitation to a dinner dance for the same night. I excepted after having carefully found out just who was invited. The day of the dinner arrived and I called up the out of town mar and explained our of town mar and explained one of the day of the dinner arrived and I called up the out of town mar and explained on the dinner and explained my ankies and would be unable to keep the date. Imagine my emberrasement at finding myself scated neat to this same chap at the dinner. The horizon had invited him at the rieventh hour in place of a guest who had disappointed by.

MY YOUTH PRESERVERS

tion; bend trunk forward until it is at

right angles to legs; exhale on down-

ward move; back to position, inhaling.

Execute slowly, keep knees straight,

and do not duck head on dozentear

(b) Bend trunk back slowly, inhal-

ing on backward movement, eshaling

us you recover "position" Do five

How many, many people confine their water drinking to the water element in the foods they eat. To this habit

YEW YORK .- [Special Correspondence.]—How you all com-in on, my good pupils? Have you learned your first week's leason, as I gave it to you last Sunday? Can you do with ease and facility now those first four exercises I gave you then. As I explained, they are the first of a set of tweive, planned by me with extreme thought and care, to involve in the daily home symnastic work every muscle of the body. Today I present to you the seco

group of four; next Sunday the final four will be disclosed. As they are guaranteed to keep you young until you are 60, at least, they are worth the effort, aren't they?

As I said before, they are my own exercises and those I have practiced

faithfully daily and Sunday for years. I have yet to reckon with a doctor's bill or to lay off work other than for vacation purposes. Muscles That Gross.

And mine has been no idle life. I'll tell you! If I had not adopted there youth preservers and worked faithfully at them, I doubt if I should be able to accomplish all I have to do. I do not believe I need go over again with you the copy book story of how nuscles atrophy when allowed to remain idle for any length of time. You know that as well as I. You know how they squeak and groan at the intermittent attacks of muscle energy you put them to, proving thereby their

And you know, too, that a muscle should be in shape at all times and every day to answer the call to work without creaks and groans. And, as I related to you last Sunday, it is only by some form of daily

effort that you may train your muscles to do your instant bidding.

Today I give exercises No. 5, 6, 7, and 8 designed to take care of the waist, hips, thighs, and upper part of the body, too, and all the muscles thereof. You see these exercises are neither difficult to learn nor difficult to do and still they could not be im-

proved upon for your daily work.

Add these to what you have been doing the last week, and you have eight movements which will take you less than ten minutes to do. The en-tire course of twelve exercises take not more than ten minutes of your time, with the erepetitions advised

Work Must Be Consistent.

of water drinking I attribute my free I found this way of taking a few dom from many itis to which flesh is at a time and learning them well betheir. I drink water on arising, be ter than trying to accomplish them



ground: twist trunk to right, at same time extending arms sideward. Re- tion. Do five times each.

breakfast, for instance. Leastwise, that's how it worked with me. And I

could no more begin the day or carry

one through without my morning prayer, "My Youth Preservers," than

So, get the youth preserving habit. And the habit will get you youth!

morning and every morning! Follow with a shower or a plunge or a cold sponge, whichever is your habit, and see what a useful, ambitious, as well as youthful outlook on life is yours.

As I promised last week, I shall give you a few health rules to incorporate

in your system along with the exer-

simpler the larger the following, and I have found that hygienic rules are

Daily Fresh Air Quota.

First, there is the daily order of fresh air. Add to that the night quots.

Sleep with the windows open. I can-not imagine people living in this age who would neglect this principle of

health. I open them wide. If I were ever forced to sleep in a sinfly room I should not get over it for days. In the

morning go through my exercises, as

many as you have already learned, and before an open window, clothed

and before an open window, clothed loosely but warmly.

Walk a mile or two a day at least, breathing easily and drinking in the cutdoor air. Even if you are a home women and do much walking around the house, it is not sufficient. Get off-doors for a mile or two a day. If a business person, walk part way to work or home again. Sedentary work ors are most prone to muscle atrophy, but my Youth Preservers will do for them what it has done for me, for my work is of that nature, too. Walk

them what it has done for me, for my work is of that nature, too. Walk around the office at every opportunity rather than ordering same and else to get something for you. Walk to the unter fount. Walk upstgire and down stairs. Do your own walking—do not leave it to the office boy.

Drink water Not less than my glasses, a day! This is nost important

could go without my breakfast.

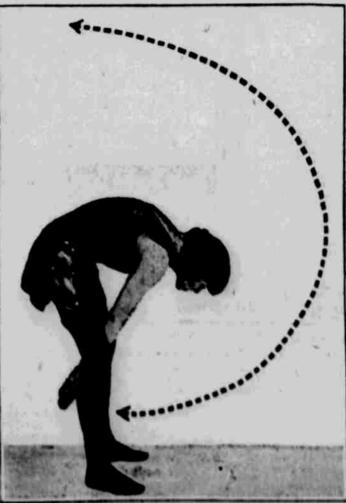
7. Knees straight; feet firmly on | cover position. Then to left, inhaling on twist, exhaling on return to post

all on the first Lesson. And I know But I want to emphasize again the need of their daily application. Not by spasmoide attacks may you hope to remain young and peppy for years and years. It has to be consistent, daily work. But work, you will agree at hap earlier, it is not. You will not find it work. You will find it fun-a

glasses a day is my rule. I drink often at meals, but never to wash down food. At the beginning or the end of the meal I drink water. I find that, in moderate amounts, it is of as sistance to digestion, for a certain amount of fluid is necessary to mix with the foods and further movement of the stomach upon which digestion

posed to be ween after 6 p. m. I like the simpler patterns better myself. There is a veil with a pinkish cast over depends largely.

Water keeps the blood pressure and the heart in normal condition. As a lavage, it is necessary to keep clean and free from impurities the mucous a white fine mesh, sometimes dotted, called a complexion veil, which is flat-tering. The large figured ones are apt



troop legs; rate trust and bent

just. You may modify this by furning of water and swigging both arms down on side of other leg.

FARM AND GARDEN

WHAT'S WRONG WITH FARMING TOLD BY FARMERS

By Frank Ridgious. This is the third of a series of letters written by farmers and printed in the "Form and Garden" depart-

ment of this paper, pointing out "what's wrong with farming?" Not all formers are willing to admit that there is anything particularly wrong with ferming. Home of the farmers try to off out " what's wrong with

The idea seems to be growing among farmers that their troubles are closely related to the epidemic that has struck industry, that prosperity of the one depends more or jess upon the prosperity of the other, and the best thing to do is to work hard and make the best of U.

Farmers have learned that much of their trouble can be overcome by orpanising and working out their problems co-operatively, but they have also found out that if they are to succeed they must continue to grow grain and huy and hogs and cattle as they did before organizations were ever thought of. Hany are regarding orpanication and legislation as side in removing obstacles and not remedies that will ours all of the farmers' diffi-

In his letter printed below Ralph Helm of Three Rivers, Mich. says it to foolish for farmers to imagine that the work of an agricultural bloc in congress, a "dirt farmer" on the federal reserve board or juggling of tariff will bring about a magical elimination of agricultural ille.

I will not give you any more rules for hygienic living today. Next week I will give you a few on foods and BLAMES INFLATED PRICES. "What's wrong with farming?" But begin today with the fresh air Nothing. and the water treatment, and you will immediately proceed to pile up youth

> solving, but com paratively this an ewer holds good. What, then, is wrong with the termers? The same thing that is wrong with

A few problems

of course, need

men in every In the first place, agricultur-al prosperity is RALPR L. HELM. not a thing apart from the prosper-ity of the country as a whole or any other particular line, as manufacturing

or commerce. The condition of any one directly affects that of all others The trouble, therefore, is the inabi ity or unwillingness of all business men, meaning also farmers, to recognize the fact that "history repeats it " and profit thereby. Every school boy who has been shaken out of his shoes for pulling the hair of the girl been learning the causes of the pan-ics of '37, '73, and '93 should have learned at least, by the time he is old enough to head a business, that every period of overinflation and specula-tion is followed by the opposite ex-

Expansion of business at inflated prices in order to grab the lion's share of increased trade is a quite frequent and highly probable road to bankruptcy. In the same manner the pur chase of land at \$300 and \$400 per acre on borrowed money because wheat happened to be \$3 a bushel is just as certain a road to ruin when the inevitable depression comes before the return of normal conditions.

The lumentable feature accompany-ing these "silk shirt orgies" is that all men who have learned this lesson and are content to sit tight and continue business at the old stand, although not so completely swamped, must suffer along with those who have

wrought the havoe. To be sure, there are some farm problems which sorely need attention. such as efficient and economical marketing, but to imagine the work of an agricultural bloc in congress, a "dirt farmer" on the federal reserve board, or juggling the tariff will bring about as foolish as to imagine that such pro codure will change human nature, which is the real cause of an econom condition of such magnitude as this which confronts us at present.

RALPH L. HELM, dist farmer and one of the sufferers. Graduate of lows biate college, 1912.) Three Rivers. Mich.

PAYS THE FREIGHT.

I have farmed more than fifty years and I can truthfully say that farm problems are many-there are many uncertainties. The no price problem cuts the deepest and is the greatest stumbling block the producers have to contend with all over the country And every year there comes a lull when there is no market price on grain, because the farmers must walt other place figure out a safe price on

the farmers' produce.
On the other hand, the manufacturer and all other industries mark the price on their goods before they are put on the market. Now, then, if it is fair for these people to put a fixed price on their products it ought to be just as fair for the farmer to put or have a fixed price on all his products; this price to be a price that shall be just as fair to the consumer as to the pro-

And the price at the local market ought to be the same—the man in Dakots should get just as much for his produce as the man in Maryland, grade and quality considered. As it now, freight comes out of most all we have to sell, and if we buy a load of something we also pay the freight

Right Scale of Prices. I'll just mention prices on a few farm products that I believe can be pro-duced on the following figures, and I should be glad to farm on these prices, but of course the price would have to be figured out on the proper basis:

Rye-1% cents per pound. Barley-1% cents per pound. Spelts, 1% cents per pound. Corn-1% cents per pound. Outs-11/4 cents per pound. Navy beans-3 cents per pound. Potatoes-1% cents per pound. Hay-\$10 to \$12 per ton Hogs and cattle-5 to 4 cents a

These are not get rich quick prices. but I think would help farm land prices and also brace up the farmer. More people would want farms and the consumer should not have to pay the prohibitive price for his cats.

P. C. L. RIEGEL,

DEALERS WIN OUT.

"What's wrong with farming?" Just at the present time low prices received for grain and live stock produced by the farmer, coupled with high prices of groceries, agricultural implements, clothing, and the hundred and one other things the farmer needs and

uses would about cover everything that's wrong with farming. school teacher, county, state, or national official, or any one else empolyed in or out of the city at a salary of \$3,000 a year or more, who thinks a farmer who produces wheat at 55 cents to \$1 a bushed, onts at 30 cents, corn at 55 to 40 cents, hides at 5 cents. butter at 25 cents, wool at 20 cents, and so on down the line, is in clover, had better exchange places with that horny handed tiller of the soil.

Taxes Too High.

I don't think any one would have to look long to find a farmer who would exchange with them most gladly. I have heard fools make the remark that the farmer could make money raising potatoes at 25 cents a bushel. I have lived on a farm all my life, and it's worth 26 cents a bushel to dig and bury or put them in the cellar, let alone raise them.

The trouble with farming is the eft.

vultures jump on the farmer with both feet when he has anything to sell or buy, setting the price both ways. This could be prevented to a certain extent by the organizing of cooperative buying and selling organizations among the farmers.

Another thing which is a great box-

den to the farmer at present is high taxes. Taxes are four times what they should be in proportion to the prices received for farm products.

Trim Wholesale Prices.

The remedy: Raise the prices pass the farmer for his products about three times what they are now, or trins wholesale and retail prices down so they will be on an equal basis with farm produce prices. The manufactur-er and retail dealers make from 10 to 100 per cent profit on every business transaction. Why should they ask the farmer to work for his health?

Let the farmer set his own prices tailers, and when they raise their prices let the farmer raise the price GLENN W. DUNNING

Doris Blake's Answers to Love Problems

Pangs of Jealousy.

"Dear Mins Blake: I have been going with a girl for three years and I have grown to love her, but she is only 16 and I 18. I know it would not be right for me to mik her to keep company with me.
"How can I escape being angry

when she goes out with some one else and she won't get angry for the same reason? G. A. P." reason? G. A. P."
That's something you have to fight

out all by yourself, G. A. P. Jealousy has pangs for the youths in no position to dictate, hasn't it?

Speak to Him. "Dear Miss Biake: I was going with a fellow for eight months and thought and stopped going with him. Do you think it will be all right if I speak to him and visit his people? My mother says no, but we would like your advice "Ban."

You would obligate yourself to the boy if you accepted his invitation to visit his people. But there is no reason on earth why you should not speak to him. That is not kind.

Hasn't Committed Himself.

"Dear Miss Blake: I am 20 years of age and just came to this country a few months ago. I am in love with a young man a few years my senior who gave me a beautiful present before coming here so that I would never for-get him. He never said he loved me, although he took a great interest in me. Do you think I may keep on hoping? Yes, but then I would not puss up any good opportunities to make new

friends among the men you may meet

She Can't Decide. "Dear Miss Riske: I am a girl of 21 and have been going around with a young man three years my senior. He has never mentioned love to me. A few days ago I met an old sweet-hears of mine with whom I kept steady company for over ax months. He mants to come back. Can you advise me what to do? Panyanan." Don't you think you could decide that better than I, dear? You must know which one absorbe your mind and heart when they go a romancing.

He Seeks New Fields "Twar Miss Hinks: I have been going with a young man for the last five years. I love him a great deal. He menus to care for me, but not much like be used to. Since he joined the club than he is in me. Phases afvise me what to do.

The trenchie with long courtships

what to do. R. C. E."
The trouble with long courtships
like yours in that one or the other may

Is Marriage a Failure?

On an Uncharted Sea.

Why do so many marrieges go wrong? Because it takes two to make a quarrel, and there are two partners in the business of marriage. The un derlying causes of happy marriages? The much expioited mutual understanding and forbearance and the de sire for harmony on the part of both

Marriage, like many another time worn institution, is fundamentally right, but in many of its practices, basically wrong. The old adage, "Marriages are made in heaven," has given way to the truth. "Marriages are made in haste."

Two persons meet. He likes the color of her hair. She likes the color of his bank roll. After a few fast and furious arrangements they enter into the state of matrimony, and not long the truth of that adage when applied to the connubial state. He also learns that the shade of her tresses, which he so admired, is a costle thing.

She finds him a far less agreeable breakfast companion, providing she is one of the now almost extinct break fast table wives. His tales of love and adoration have turned into tales of himself and of his business. To both somes distillusion.

Her best friend is a much admired

divorcee, and she begins to wonder if alimony and admiration are not synon-ymous. He dare not remain away at sight. He dare not ask the bunch to the house quite informally as of yore. He dare not remark about another woman's beauty, nor her clothes, nor anything pertaining to her. He begins to wonder just what this talk of the

And at this stage of the great game of life a word-a look-is enough to produce the final wrench. The result, ruined lives or a second trial with one

But until each party to the contract learns to consider marriage as a bustness and, as such, give it due consideration; until each learns the necessity of cooperation, the ship of matrimony will have, at best, an uncharted sea to travel

" Come On In."

Is marriage a failure? Well, now, I I embarked on the venture half a cen-

tury ago. It wasn't all smooth sailing, we both realized And many's the time that we durned near capsized; But the mate was a good one, and

staunch, bless her heart: In fair or ill weather she did her true She sighted the rocks many times from

And steered us to safety, like a joby good tar. high seas; Our anug little bark gave a wide berth

For the tide washes up wrecks of many good ships Who fool 'round with danger to splo

up their trips. The ocean of life is a mighty big place. And the lone sailor sure needs a whole heap o' grace.

As a hardened old cruiser still sailing the brine,

I say, "Come on in, folks, the water is fine." M. S.

How I Met My Better Half

A Queer Kind of Steed.

One Saturday I was told by the boss was to have an afternoon off, so i lest no time in jumping into my car and heading for the country. I was thinking what a beautiful place the country was especially at harvest time, when an object in a field attracted my attention. A young woman was sitting on a row's back and coming toward an open gate directly opposite from where I stopped the car. The cow was exceeding all speed timits and was making for that gate as though her life depended on getting through it. I lost so time in climbing on the

gate post and as they passed through I caught the girl around the waist, lost my balance and we both landed in a mud puddle. I that the expression on her face as well that I accepted her dad's invitation to suppor that evening and some clean ciothen her brother of fered one that I might make myself

presentable after failing in that mud. During the mean she explained that she had walked out into the field that afternoon and rode half on a load of

lowed the load. When she jumped off she landed directly on the cow's back and had hung on for dear life while

It is needless to say I was a frequent visitor there after that, and before sevsells had rung.

Playing Mate Believe.

I mot my better half when I ran away sue day in summer to investispent a delightful hour playing bruss with the neighbor's small daughter of her mud pies I proposed and she accepted me. My mother soon reliared
me, marched me home and held me
under the shed pump from which
formed water from 12 feet underground.
This dM not cool my arder more than
the former switchings for I have married my early swetheart and really
mat her pion now.

W. C.