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Buttermilk Is a Blessed Drink

By Dr. FRANCIS J. O'FALLON

Don't fret, don't get "pestered" over small things; wear the lightest sort of clothing; avoid rich and heavy food; drink all the buttermilk you can swallow, and I'll go bond that you will emerge from the heated term in fine fettle.

Above all things abjure thick steaks and use hog flesh sparingly. Fruits are good, but there are people to whom strawberries are undoubtedly poisonous. Rice is a grand summertime diet. On the coast one is blessed with an abundance of sea food on which life can well be sustained while the torrid days last.

But don't forget about the buttermilk. I lay more stress on that than all else. My own allowance is at least one quart per diem and on days when Old Sol seems to be going out for a record I consume as much as a gallon. It is the most blessed beverage ever vouchsafed to perspiring humanity and I am absolutely convinced that if taken regularly it will prolong life.

Know a Girl Before Proposing

By BETTY VINCENT

"How long must a young man know a girl before he may propose to her?" writes an anxious young man.

He does not say whether he means how long he should wait for his own good or merely for a chance of success. However, I am going to advise him to know the girl at least a year before he asks her to be his wife.

Every girl appears at her best when in the society of a young man who interests her. No matter how bad tempered she may be, how disrespectful to her mother, how spiteful to her brothers and sisters, she can always manage to convey an impression of angelic sweetness to an eligible young man. That is, she can do so for a brief time. But in a year, if the youth is admitted to the family circle, or if his opportunities of observing it are fairly frequent, he will certainly be able to form a fair estimate of the charmer's disposition.

Amiability is not the very most important quality in a wife, but is one of the essentials to a happy marriage.