

## BEAUTY HINTS

### If You'd Be Beautiful

By M. W.

Do you belong to the chair-sit-into chairs while reading. Anyway, you will spoil your pretty tapers? Those women who tap typewriters all day or sew pretty clothes for the young family—or probably you do neither, but have fallen into evil ways of slumping backs if you don't sit up properly.

There must be an inward curve of the spinal column at the waist-line. In this position muscles suffer from less fatigue, there is no danger of acquiring round shoulders or cultivating collar bones that stand out like little shelves. Sit pretty if you would be pretty.

No woman can have beautiful clear skin unless she takes just a little time to keep it clean. A good cleansing cream will do this, but to keep your skin clear your system must be kept in good condition as well.

The term nourishing, as applied to skin, means keeping the skin sufficiently oily to replace the natural oils which various conditions exhaust. But if you want a clear healthy color, firm and youthful, do your toning and stimulating with a liquid, either a skin tonic or a protective lotion, whichever you require.

### Look and Learn

What is the weight of a cubic foot of gold?

ANSWER  
1,205 pounds.

## 35¢ EASES 23 PAINS

**Liniment that brings fresh blood to pain spot gives quick relief . . .**

Mother's lame back,  
Junior's bruised elbow,  
Both found relief  
In a bottle of Sloan's.

And Father who suffered  
For years with lumbago  
No more loses sleep; while  
Those damp-weather pains  
That kept Grandpa  
Awake  
No longer annoy him.

That ankle of Sister's  
Healed quickly; the  
Swelling has gone.

Relief? Why, that bottle of  
Sloan's eased  
Twenty-three different pains!

## SLOAN'S 35¢ LINIMENT

### SPIRIT INCENSE

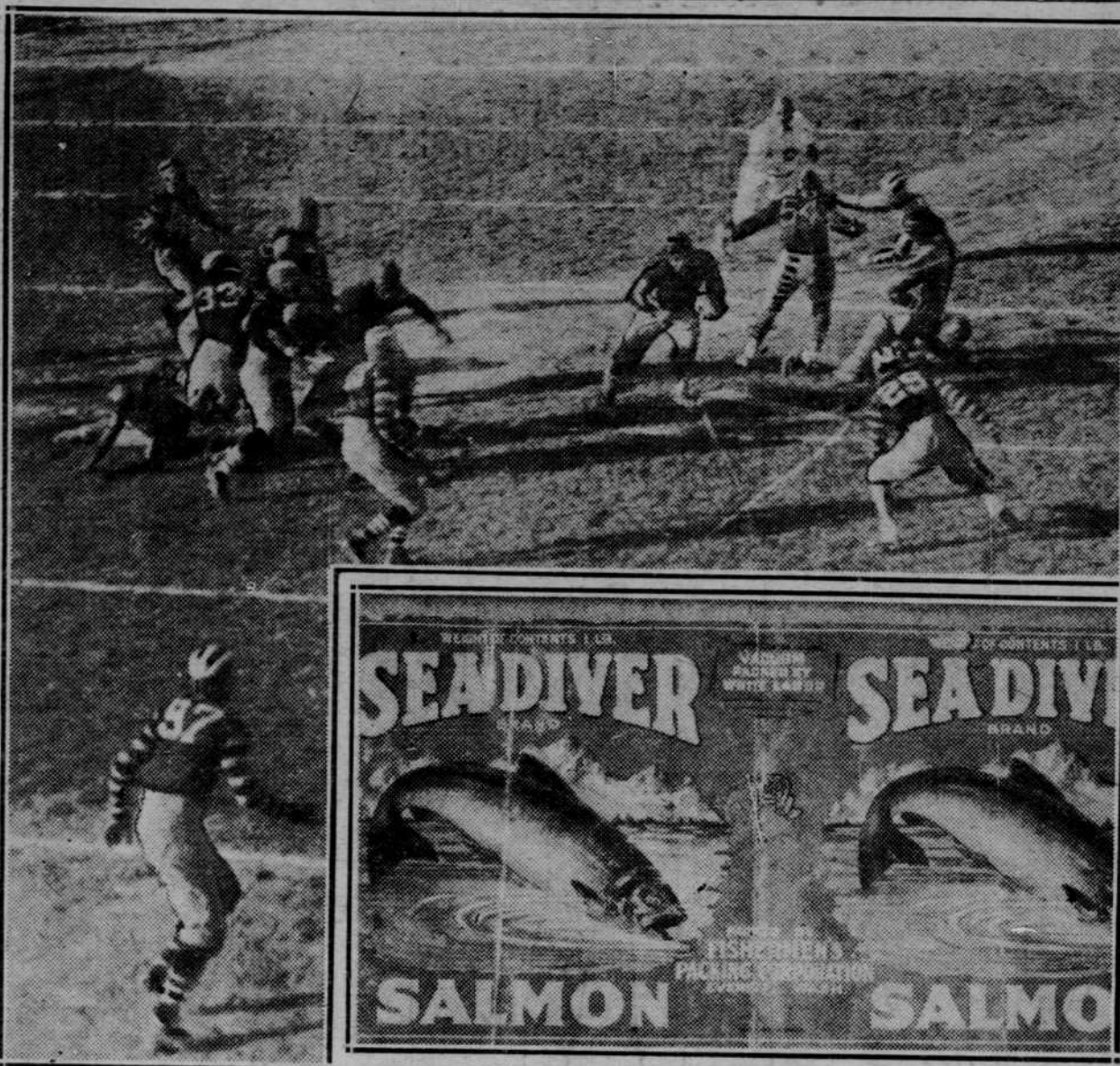
Just send name, address and 3c stamp, to cover mailing costs, for Free Sample of Spirit Incense. Mo-Jo Co., 5251 Cottage Grove Ave., Dept. 148, Chicago.

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THEY DON'T WANT COLORED TRADE—"Sea Diver" cans of salmon are labeled backed by "White Labor Only."

**WHY MORGAN DIDN'T WIN.**—Capt. Wilson, Morgan, with ball, hits the line with no interference; three Hampton tacklers are waiting to crush him to earth.

### Embarrassing Moments

#### MADE A PRETTY BOUDOIR PICTURE

My employer never gets down in the morning until about ten o'clock so I feel perfectly free to "get beautiful" in the office when I arrive there at nine. Last Thursday morning everything was going along beautifully. My fresh make-up was on, my nails fixed, and I was just going to put my hair up. Suddenly the door opened, and I was facing my boss with the new president of the corporation.

Imagine getting introduced to the president with my hair falling over my shoulders. O, for the glory of short hair! K. E. M.

#### JOB LOST ITS APPLICATION

It happened when I applied for my first job in a country town at a dry goods store that was furnace heated. It was raining hard when I reached the store. The manager happened to be near the entrance and after asking me what I wanted told me to follow him to the office. Starting to do so my wet rubber heel skidded on the iron of the furnace register and knocked both feet from under me. Hearing the thump, the surprised manager turned around in time to see me pick myself up and run out of the store as fast as I could go. M. E. C.

### Their Idea of Heaven

The Bad Boy—A row of abandoned houses and a big pile of stones.

Roscoe Simmons—To be able to speak on Abraham Lincoln every night while the Republican party pays his salary and expenses.

The Young Girl—A new dress, shoes, hat, and a mirror in every store window.

### AFRICANS SAY:

"Africans have much in common with us as wit and wisdom expressed in their proverbs show. It is time for us to get away from the notion that they are in an inferior and barbaric state. In more than one sense, we Americans are less civilized and more barbaric than they. — C. J. BENDER.

He would arrange a game must not stutter.

## What the Housewife Should Know

### BEDSPREADS

#### White Cotton and Linen

Soak the spread for an hour or so in lukewarm Rinso suds, in order to loosen all dust and dirt. Prepare the suds by dissolving Rinso in lukewarm water. Use enough Rinso to maintain rich suds.

Wring the spread from these suds into hot Rinso wash suds. If available, a washing machine is convenient, but when you use Rinso, even if washing by hand, little or no rubbing is needed. If a washing machine is used, have the suds hot, and if washing by hand have the water as hot as the hands can bear comfortably. Thick lasting suds help to loosen the dirt and to give white, bright-looking materials.

Rinse the spread, first in hot water, and then in lukewarm water. Three rinses are usually enough. If your spread has become yellowed to thoroughly dry. Then whiten it. If you always use Rinso, however, and dry the spread in the sun, you will probably never need to use bluing.

Wring the spread and hang it out-of-doors in a good current of air, in the sun. Have the edges straight and the corners square. Sunlight tends to whiten white cotton and linen. Hanging the spread between two lines gives a better circulation and helps to dry the spread more quickly. When the spread is almost dry, iron with a moderately hot iron to remove the wrinkles. If more convenient, the spread may be allowed to thoroughly dry. Then later sprinkle and iron it.

Heavy spreads may be dried on the grass if one has a clean spot. This helps to whiten yellowed materials.

# Quickest RELIEF

FOR UGLY, ANNOYING

## SKIN TROUBLE



Nothing is as effective for getting rid of bumps, mole discolorations, eczemic irritations and other skin troubles as Genuine Black and White Ointment and Skin Soap. It's a world-famous combination skin treatment.



The 50c package of Black and White Ointment contains more than three times as much as the 30c size. Large bar Black and White Skin Soap is only 25c. Ask for it by name.



Black and White Ointment and Skin Soap quickly makes ugly, irritating skin troubles go away and brings you a smooth, clear, bright and light skin. Used and praised by thousands of people everywhere.

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PEOPLE WITH SENSITIVE SKINS PREFER THIS Milder SNOW-WHITE PRODUCT

Lighten your skin quickly, easily, naturally with Black and White Skin Whitener. Works marvelously on sensitive skins because of its mild yet thoroughly effective action. Large can only 25c. Try it today.

BLACK AND WHITE SKIN WHITENER

