Avoid High Heels and Feet at 45 Degree Angle

It isn't being done. Standing with the feet at an angle of 45 degrees is no longer considered desirable, according to Effie Steen Kittleson, who gave the opening lecture of a new cycle at her studio in the Baird building Wednesday noon. The advisability of such a position for the feet is a theory exploded during the late war. Flat feet and some of the other foot ills come from that position.

"Avoid high heels if you have a weak back," was another bit of advice given Mrs. Kittleson's pupils. "They throw the body out of plumb."

"It is harder to sit well than to stand well," said the speaker, demonstrating the right and wrong ways of doing each.

"We are natural up to the age of 8, psychologists tell us," Mrs. Kittleson informed. "After that we become self-conscious."

"The body, voice and mind are the only means of expression we have," she said. "We should work for poise in each of these." Poise, grace and endurance were named as the three things for which we should strive.

Romance in Origin Of Superstitions

Spots in Finger Nails.

Sometimes upon examining your finger nails you will see a little white spot which, as the nail grows, moves slowly toward the finger's end. The superstitious will tell you that the little, white spot means money coming to you, due to arrive when the white spot reaches the end of the nail—a very common superstition.

Sir Thomas Browne (1605-1682), mentions it as being very ancient in his day and ascribes its origin to the tendency which people have to consider any bodily sympton which they do not understand as a prophecy. The "British Apollo" in 1708 published a learned article scoffing at the superstition and explaining that the white spots in the nails were "glittering particles," generally mixed with the red particle of the blood, but which had happened to get loose. Medical science was evidently badly equipped to battle with superstition in those days.

But the superstition in question dates away back into the primitive ages when man's hair and nails, living and growing parts of himself were held to be peculiarly connected with his destiny. A white spot slowly advancing up the nail must mean something; as the spot was white the "something" was probably good. As time passed and man began to use currency the good was conjectured to be money. A regular cult grew up of divination by the finger nails under the name of onychomancy and as we know from Plautus, the educated Roman of 2,000 years ago watched the spots on his nails with the same interest as the most superstitious Yankee of today.

Where It Started

May Day.

The celebration of May Day has its origin in a bad Roman harvest. In the year 238 B. C. the crops failed in Italy, and as a propitiatory offering to the gods, the feast of Floralia, lasting from April 28 to May 3, was instituted. That year the crops were successful, and the feast was kept up each year.

HOLDING A HUSBAND

Adele Garrison's New Phase of

Revelations of a Wife

What Happened When Bride and Groom Reached Home.

There they are! I can see Uncle Alfred pointing out the place to the taxi man."

Marion's sharp eyes discovered the returning travelers first, and her clear voice heralded their coming. The next minute the taxi turned into the Durkee driveway, and I heard Marion's urgent whisper to her mother.

"Mother, what shall I call Uncle Alfred's wife? I've always called her Miss Leila before, but she's a Mrs. now."

"Why not call her Aunt Leila?" Lillian suggested.

"Oh, I'd love to! But, you see, I don't know her so well as I do Uncle Alfred, and I was afraid she wouldn't like me to."

"I'm quite sure she'd like it," Lillian assured her, and the taxi drew up to the veranda steps, and Alfred springing out, caught his waiting little mother in a bear hug, while the bride, with Dicky's quickly proffered assistance, alighted almost as swiftly and rushed into her sister's arms.

The Right Note.

I think both Lillian and I, spectators of this reunion, were psychically aware of a certain tension in the mental atmosphere. Not on the part of the bride and groom, one could see their bubbling happiness with half an eye. But that there was both renunciation and jealous fear for a loved one's supremacy in the minds of both Leila's sister and Alfred's mother was easily discernible.

I was conscious of a certain tension in my own mind, predicated upon my knowledge of the uncertainty of Mrs. Durkee's moods. How would she greet her new daughter-in-law? The manner of that greeting and welcome would sound the keynote of their future relations and I hoped intensely that my ear would catch a full, true pitch.

Even as the thought came to my mind Her Fluffiness disengaged herself from her son's arms.

"But where's my new daughter?" said in her most charming way, with her most delightful smile, one which Dicky declares would "charm the most Bolshevistically-inclined bird from its wild freedom."

"Right here, mother, dear," Leila carolled, leaving Edith's arms, and rushing up to her mother-in-law. Her taller figure stooped to the tiny one, and the two women were locked in a close, emotional embrace, while Alfred stood by beaming fatuously. Edith drew a long breath, whether of approval or some less pleasurable emotion I could not tell, while Lillian and I involuntarily glanced at each other and I fancied I read the same relief in her eyes which I knew was mirrored in my own.

It was Dicky, of course, who turned the tenseness of the moment into laughter. I used to think that he acted the part of the clown from wanton high spirits. I am beginning to see he often saves the deterioration of a moment from sentiment to pathos by his antics.

A Situation Saved.

"Alf, old dear," he said sorrowfully. "Hain't there nobody goin' to weep over me. I rolled in only a few minutes before you. Did I get any tears or kisses or embraces? I'll tell the world, all I had handed to me were shrieks of 'Don't rumple my gown!'"

The falsetto with which he had mimicked Mrs. Durkee changed to a deeper tone as he added:

"If it hadn't been for my little sweetheart here I'd have gone forth into the croo-el world to die alone."

I knew that he had caught sight of the child's expressive, humiliated face when he said that nobody had kissed him, and had hastened to make amends. Her face changed its expression so suddenly that she gave the effect of laughing and crying at once, but little Mrs. Durkee's laughing voice fortunately took our attention from her.

"You may kiss me now if you like, Dicky-bird," she said, with her pretty lips adorably pouted toward him. "I'm so happy now I don't care it my complexion does come off."

Dicky looked at her doubtfully, then gravely drew a handkerchief from his pocket, pretended to dust her face, then looked at it, and bent toward her.

"I guess it's safe," he said solemnly.

With a swift, laughing movement Her Fluffiness ducked the kiss, administered a sound box on his ear, and retreated toward the stairway.

"Pick up some of those bags and make yourself useful," she ordered, "instead of trying to do some poor screen comedian out of his job. You'd make a much better porter than you would a movie comic. Come on, Leila, dear. I want to show you your rooms."

Dicky and Alfred bent obediently to the bags, and we all trooped up the stairs after Leila and her mother-in-law. Indeed, we could not have stayed behind if we had wished, for the imperative voice of our hostess commanded our attendance. And as I had hoped a few minutes before that Mrs. Durkee would sound the right note of welcome, so now I earnestly wished that Leila would be sincerely pleased and show her pleasure at the surprise her husband's mother had planned for her.

(Continued Monday.)

Jewel, Flower, Color Symbols for Today

By MILDRED MARSHALL.

The cat's-eye, today's talismanic stone, is symbolic of treachery. On this day, however, it warns its wearers of the approach of deceit, and protects them from false friends and plots of all kinds.

Today's natal gem is the ruby, which stands for courage and great bodily strength. To those born on an anniversary of this day, it brings great joy through personal attainment, the bravery to vanquish all mental difficulties, and the ability to overcome despair and disappointment.

Crimson is today's color; the ancients believed that it protected its wearers from contagious diseases, and endowed them with great strength and courage.

The spring's most fragrant flower, the hyacinth, brings courage, hope and health to the home where it appears at this time, according to an old legend.

Parents' Problems

Can a child be taught to "get along" well with people?

Yes. Teach him the Golden Rule, and cultivate his sense of humor. Unselfishness and good-natured laughter are the secrets of getting along well with people.

Problems That Perplex

Answered by BEATRICE FAIRFAX

Clothing Needed.

Dear Beatrice Fairfax: While reading your column, "Problems of the Perplexed," yesterday, I noticed a request for clothing for a needy girl. I think it very kind of you to handle such matters in your column and am going to make another.

My request for clothing, coats, suits, dresses, of any material which can be remodeled or dyed, hats which can be retrimmed or the material made into another hat; underclothing, or any articles which will help in piecing out a wardrobe, is for two very needy and deserving high school girls in this town.

These girls are making a brave try at getting an education under very trying circumstances as their mother is an invalid and their father not in good health, and they have younger brothers who are also in school.

They are anxious to finish high school so that they may help their family, but at present the older one talks of giving up the hope of finishing her last year in school because of lack of funds at home, and for the necessary articles of clothing to wear to school.

I realize there are many such cases as this in every town, but I also know that there are women in nearly every town with a closet full of dresses and suits which are out of style, which would help many a needy girl, and I ask that some of these women be so good as to send these girls the clothing or send it to me as I can remodel the dresses or suits to fit, or dye them if necessary, and shall be only too glad to do it to help the girls, as their mother is unable to do it for them.

The elder of these girls is 5 feet, 3 inches tall, and is slender, her bust measure being about 34, and her waist measure perhaps 24 inches. The younger girl is more robust and would take about a 36 bust and perhaps 26 waist measure, but is about the same height.—J. L.

Miss Fairfax will be glad to hear from anyone who can help these girls remain in school.

In Love With Two.

Dear Miss Fairfax: While overseas, I met a beautiful girl, who became deeply infatuated with me, and now we correspond regularly. Things looked quite serious, but after returning to the good old U. S. A. I made the acquaintance of a sweet little girl and I like her very much, and I know the feeling is reciprocated. What shall I do?

I hope you will let me know one way or another, as you will surely take a load off my heart.

X. SOLDIER.

Be man enough to face facts and make an honest decision. Find which is the girl you love and go ahead and marry her. Don't try to put the burden of indecision on the shoulders of a third person.

A disinfectant is a strong solution of a germ-killing compound; an antiseptic is a weaker solution, which retards but does not prevent the development of the germ.