

SUMMER ERMINE LOOKS LIGHT AS A FEATHER AND IS SCARCELY MORE WEIGHTY

Astrachan New Arrival in Fur Wearables—Wrap Worn Over Frock of White Georgette and Taffeta With Feathered Hat.



when they begin putting on a little weight, as they get beyond the years of girlhood.

If you're inclined to put on weight around the hips and waistline, a few exercises conscientiously taken will put off the fearful day when your friends may tell you that you are getting too fat. These specialized exercises should be supplemented by two hours in the open air each day, walking.

You may think you haven't time enough to spend two hours out of doors each day. You will find if you do, however, that your appearance will be greatly improved and you will be of more value to yourself and to your calling in life.

An exercise especially designed for keeping the waist slender is as follows: Place your hands on your hips just below the curve of the waist. Draw your breath. Turn your body above the waist as far as possible to the left. Hold the position for a second, then bring the torso back to its normal position, exhaling the breath when this point is reached. Repeat this five times. Next carry on the same turning of the torso to the right five times. Then wheel the torso as far as possible toward the left side and turn it back as far as possible to the right side. Repeat this exercise five times and follow with this:

Stand erect. Hold the forearms firmly across each other back of the head, keeping your body poised perfectly. Take a deep breath, rise high on the balls of your feet and walk lightly and rapidly while you can draw three long breaths, exhaling slowly.

An exercise which you may find difficult at first, is excellent for strengthening the abdominal muscles. It is as follows:

Life flat on the floor, keep your hands at your sides, palms inward; then raise to a sitting posture, keeping your legs flat to the floor meanwhile. At first you may be unable to accomplish this unless your feet are held flat by some one else.

This is one of the best exercises for reducing flesh which is distributed around the hips and abdomen.

Auction Bridge

NO BETTER example of the echo, which I described last week and the benefits it often secures to the side using it, can be found than in the following, a hand which came up in play. This was the distribution:

♠ 75 ♠ 34
♥ 82 ♥ 76
♦ AK54 ♦ 75
♣ AQJ6 ♣ 1087

♠ AK103 ♠ 34
♥ J 82 ♥ 76
♦ 882 ♦ 75
♣ K32 ♣ 1087

Z, the dealer, secured the bid at "one heart." The play went as follows:

Trick	A	Y	B	Z
1.....	Kd	10	7	2
2.....	A	10	7	2
3.....	A	10	7	2
4.....	A	10	7	2
5.....	A	10	7	2
6.....	A	10	7	2
7.....	A	10	7	2
8.....	A	10	7	2
9.....	A	10	7	2
10.....	A	10	7	2
11.....	A	10	7	2
12.....	A	10	7	2
13.....	A	10	7	2

*Denotes winner of trick.

Z loses his contract by one trick, and A-B score a penalty of 50. But for the proper observance of the echo by A-B and their good play throughout Z would easily have more than made good. Z, however, gets an honor score of 64 because of his four honors in one hand.

Trick 1—A leads king of diamonds and follows at.

Trick 2 with ace. To the first round B plays the higher of his two small diamonds and to this round the lower, thus completing the echo and telling A to go a third round of the suit as he can trump.

Trick 3—A now leads a small diamond, which B wins with a small trump. Were it not for the echo A would scarcely have ventured another round of diamonds with the command of diamonds and an established suit in dummy, the less so as he would have reason to believe B had still a diamond in his hand and would be compelled to follow suit.

Trick 4—In the hope to get the lead again to his partner, A, that he may lead a fourth round of diamonds, he, B, may use another trump. B now leads up to weakness in the hand of dummy. As the 10, which he holds, is higher than any card of the suit held by dummy, he leads the 10, and thereby "beats the dummy" from the start. Z realizes the awkwardness of his position, but nevertheless covered the king to force two high adverse cards to the one trick and at least prevent the 10 from scoring a trick. A gets the trick with ace, and, knowing that declarer holds another diamond, at.

Trick 5 takes another round of the suit. Dummy by this time is also void of diamonds, but as declarer holds the command of the dummy suit, he can lead a trump in dummy's hand in the hope B may not be able to over-trump. B secures the lead with the heart jack, and at.

Trick 6 leads a second round of spades, A winning with jack, and at.

Trick 7 making his queen of spades.

Trick 8—Whatever A may now lead Z gets in and wins the remaining tricks, as all suit.

As all players of experience know, situations often come up which no rule seems to cover, and one can but do his best. With this in mind, when the game is well along development, it suggests the proper course, but when, as in the hand which appears below, the difficulty is at the beginning of the game, it is frequently simply a chance as to whether one hits on the best expedient.

♠ Q1085 ♠ 74
♥ 74 ♥ 1086
♦ 109 ♦ 109

♠ 64 ♠ 74
♥ AQ105 ♥ 1086
♦ 875 ♦ 109

♠ A73 ♠ 74
♥ K6 ♥ 1086
♦ AQJ42 ♦ 109

Z bids a spade, which holds the bid. A, with the lead, and the king, and the queen, and the jack, and the 10, and the 9, and the 8, and the 7, and the 6, and the 5, and the 4, and the 3, and the 2, and the 1, and the 0, and the -1, and the -2, and the -3, and the -4, and the -5, and the -6, and the -7, and the -8, and the -9, and the -10, and the -11, and the -12, and the -13, and the -14, and the -15, and the -16, and the -17, and the -18, and the -19, and the -20, and the -21, and the -22, and the -23, and the -24, and the -25, and the -26, and the -27, and the -28, and the -29, and the -30, and the -31, and the -32, and the -33, and the -34, and the -35, and the -36, and the -37, and the -38, and the -39, and the -40, and the -41, and the -42, and the -43, and the -44, and the -45, and the -46, and the -47, and the -48, and the -49, and the -50, and the -51, and the -52, and the -53, and the -54, and the -55, and the -56, and the -57, and the -58, and the -59, and the -60, and the -61, and the -62, and the -63, and the 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