

Her Health Heart Home

Married—But Happy

By Virginia Lynch Maxwell.

THE club was a dull glow of Chinese lanterns against its background of spreading trees. From the far end of the veranda, soft strains of music wafted across on the breeze and set Charlotte's blood dancing.

"Billy," she said, as her husband offered her arm. "Isn't it glorious? It's just like a movie setting."

"Here comes that movie stuff again," sighed Billy, as he escorted his wife up the steps and into the long room where exquisite women mingled in groups with well-groomed men. Now and then a Jap boy in spotless white passed about serving cool drinks in tall glasses. It was the gala occasion when the country club entertained a neighboring motion picture colony. Charlotte had long looked forward to what she hoped would be a splendid adventure.

"See, dear," she said, as they moved toward a group of chattering young ingenuos. "There's Maude Faro and Beatrice D'Amour. Aren't they the sweetest things you've ever seen?"

Billy consented to look at the women, gave a short nod, and remarked:

"Acting all the while. They can't get away from it. Don't think they could act natural if they tried."

"Billy," admonished Charlotte, "that isn't nice."

"Some you'll be searching all over the place for your adored hero if I let you out of my sight."

"You mean Reggy Balentine?" asked Charlotte, eagerly.

"Sounds like a name he'd have, so I guess that's the one."

"Oh, how I should love to meet him, dear. I think Reggy's perfectly adorable. He has such a smooth way with women. He's so gallant always, haven't you noticed that, Billy dear?"

Billy laughed sarcastically.

"Really," he remarked, "I've always been so busy watching that fascinating creature with the dark hair and beautiful hands I'd scarcely noticed the man she played opposite."

"Indeed," snapped Charlotte. "I didn't know you so admired Polly Madison."

"Didn't you?"

"Oh," Charlotte exclaimed, discovering an old acquaintance of hers coming toward them. "Here's Mrs. Easton. She knows everyone."

I'll have you introduced to your lady, if you wish."

"Fine!" said Billy, with pretended eagerness.

Mrs. Easton and Charlotte embraced each other lovingly. Then she turned to Billy and presented him to the matronly woman whose hobby was meeting, knowing the latest news of, and entertaining the movie folk.

Charlotte introduced Billy. Mrs. Easton beamed upon him.

"He's been falling head over heels in love with Polly Madison," laughed Charlotte. "Do introduce them, my dear. I shouldn't for worlds want to deny my dear husband the honor of meeting some one he so admires."

Billy glared at Charlotte. But she made a wry little face at him and tittered as they moved off toward the group where Polly Madison, swathed in a spangled robe, demanded attention.

Polly raised her dark eyes to Billy and held her slender hand high as Mrs. Easton spoke a few flattering words.

The woman eyed Charlotte indifferently, turning her attention to Billy. Mrs. Easton beckoned to Charlotte and they moved off together to the opposite corner where Reggy Balentine was the cynosure of myriad fapper eyes.

He gave his attention to Charlotte and they stood talking while Billy looked back once or twice over his shoulder.

An hour later Mrs. Easton joined Charlotte and Billy sitting together in a quiet corner of the veranda.

"And how did you enjoy them, my dear?" she asked, with a broad smile.

"Miss Madison is most charming," said Billy, at once.

"And as for Reggy Balentine," sighed Charlotte, clasping her slim hands together in a gesture of adoration. "I think he's a perfect love."

"They'll adore it when I tell them," said the matron, hurrying off to the long room within. "A compliment like that simply couldn't keep. It's too sweet."

Charlotte looked at her husband and a pathetic little smile spread across her delicate features.

"Billy," she asked gently, as he reached for her hand, "did—did you—really mean that?"

"Did you, dear?"

She shook her head in the negative and Billy caught her hand between his.

"I love you best," Charlotte said.



AMERICAN BEAUTIES—Miss Constance Jennings, Daughter of Mr. and Mrs. Walter Jennings, of New York, Who is Entertaining Many of Her Friends of the Younger Set at "Burwood," the Summer Home of Her Parents at Cold Spring, L. I.

"Ditto!" said Billy. Then they both laughed happily. "Listen to that, Lottie. Do you remember that tune?" Charlotte cocked her head to one side and caught the strains of the string orchestra within. It was playing the song they had both loved in their courtship days. And Billy was on his feet at once. "Let's dance," he suggested. "Let's," said Charlotte.

My Secrets of Charm

By Marilyn Miller.

SOME time ago I gave my readers advice on reducing weight during the Summer months. Many of my good friends have written to me asking how they might control weight and distribute it proportionately.

A healthy body is usually well proportioned. Weight control depends largely upon assimilation and elimination. When this idea is firmly established there should be little difficulty in controlling the weight and, consequently, keeping the figure well proportioned. There may be a glandular disturbance that will permit superfluous fat to accumulate on the body. And in the reverse, when the glandular disorder is of another origin it seems fairly impossible to build body tissue. These cases are serious and should be brought to the attention of a physician without delay.

The thyroid gland is one of the mediums by which weight is sometimes put beyond ordinary control. When the thyroid excretes too much of its fluid, body tissue is burned up before it can be stored. When this tricky little gland does not excrete sufficient of its peculiar fluid, excess tissue is stored, resulting in gross obesity.

Aside from these organic disturbances, however, assimilation and elimination are the two important factors for consideration if you would keep your weight normal. There can really be no set rule for the individual weight, despite the fact that insurance companies argue to the contrary. One may be quite healthy and yet over-weight according to the insurance doctor's chart. Much depends upon the sort of life one leads, whether one goes in for strenuous sports or indulges in the luxurious basking at home so typical of the women of the continent. If you go in for the active life you require more food than the woman whose existence is made up of a round of social events. Brain work requires that the body be well fed. But if you over-feed your body you cannot expect your brain to act keenly.

Watch your diet, planning your menu according to the kind of life you lead. Drink plenty of water between meals, as this assists in

elimination of body poisons. Keep your alimentary canal clear.

When you have looked to the diet turn your attention toward your daily exercise. Women of active life require little artificial exercise. But the woman who does not find time nor opportunity to walk, ride, run, dance, etc., should make it a point to take her daily exercise in a convenient form. Golfing is an excellent sport to reduce the hips. The swinging pace of a brisk walk will help burn up excess tissue on the thighs. The heavy neck may be made graceful by exercise. Turn your head to the side and backward. Turn to the opposite side and backward. Let the head hang far forward, then bend it backward as far as possible. Relax the neck muscles and let the head roll around loosely several times. This neck exercise has been proven practical in reducing the most stubborn double chin and tightening up flabby tissue.

Massage is the best method of reducing fleshy tissue on the upper arm. Pat the tissue briskly with the palm of the hand until it shows pink. This will stimulate circulation at these parts and help the blood carry off the excess deposits. Sometimes flabbiness of the arms is caused by a lack of exercise of the upper-arm muscles. You can harden them up by the simple exercise of swinging the arms above the head, to the shoulders and down at the sides in a continuous movement. Raise the fingers to the shoulders and stretch the arms straight outward at each side. Repeat these two exercises every morning for five minutes, inhaling and exhaling deep breaths before an open window as you make the movements.

Question: My skin is so oily that it becomes easily erupted at times. Can you give me some safe remedy that I can take to the country with me on my vacation?

Answer: Boracic acid diluted in distilled water is an excellent remedy for your condition. Use one teaspoonful of the powder to a cup of distilled water and bathe the face, allowing the solution to dry without rubbing. This will, in time, destroy the oil excess and prevent the eruption.

Fish You Catch at Camp

WHETHER you go to the seashore or to the mountain lakes for your vacation, fishing will afford one of the sports. Good equipment is essential. And good company is indispensable if you would find the day perfect. Be sure to select some one who likes to sit quietly meditating. The garrulous person will spoil your day if you are a good fisherman, for fish do not like conversation. They are keenly sensitive to sound and loud talking or laughing is one of the surest means of destroying your chances for a bite.

When you have made your haul the fish repast is a splendid way to enjoy the success of your venture as well as to lighten the Summer menu. A number of practical ways of preparing fish are here given.

When a fish is fresh the flesh is firm and the gills are a bright pink. To clean: Hold fish by the tail and with a sharp knife scrape off scales toward the head; wipe with damp cloth; slit underside; carefully remove entrails; wash with cold water, removing all clots of blood from backbone.

Always cook fish thoroughly.

Broiled Fish.
Clean, wash and split, removing backbone and fins along the edge. Very large fish should be cut into slices. Dry with cheesecloth; season with salt and pepper. Cook on well-greased broiler from ten to twenty minutes, turning once. Re-

Timely Hints for Vacationists

THE girl who is about to depart for her vacation should bear in mind that it is a time of rest, a time when the strain of the year's activities should be relieved. So many people who lead an active life the year through spend their vacation in such a mad pursuit of pleasure that they return home tired out.

Comfort will make for a keener enjoyment of the idle days. The trunks should contain appropriate clothes so that one may indulge in the sports at hand. If you are going to a secluded spot in some mountainous region, a khaki costume is quite the thing to take along. It is durable and not easily soiled.

move to hot platter; add melted butter and sprinkle with chopped parsley; garnish with slices of lemon and serve.

Fried Fish.
Clean, remove head and tail, unless fish are small; wash with cold water and dry with cheesecloth; dust with salt, pepper and flour on both sides. Heat one tablespoon bacon drippings or other fat in heavy pan over hot fire. Put in fish; brown quickly on both sides; reduce heat and fry five to ten minutes longer. Serve with chopped parsley and lemon or sauce tartare.

Baked Fish.
Prepare as for "broiled fish." Brush pan with drippings; place fish, skin side down; dust with salt, pepper and flour; pour over two tablespoons melted butter and one-half cup milk. Bake in hot oven twenty to twenty-five minutes or until brown. Remove to hot platter, sprinkle with chopped parsley and serve.

Planked Fish.
Prepare as for "broiled fish." Heat plank, brush with drippings and dust with salt and pepper. Place fish, skin side down, doubling this part so that it will not burn. The oven must be hot before putting in plank; cook twenty minutes; reduce to moderate heat and leave in oven ten to twenty minutes longer. Melt one tablespoon butter, add one teaspoon salt, one-eighth teaspoon pepper, and pour over fish. Garnish with potato roses, lemon and parsley, and serve on the plank.

The more fashionable resorts require at least several morning frocks, a fussy frock or two for afternoon wear, and the minimum of one evening gown. But no matter where you spend your vacation, take along a good, stout pair of shoes or ties, so that in the event of a hike you will be prepared. The toilet requisites vary according to individual needs. Cold cream is always essential, as it can be used for cleansing the skin after a day of motoring or when you arrive at your destination after the dusty train ride. Cold cream may be used for sunburn, too, so that if you must economize on toilet space in your trunk include but one cream—a good, pure cold cream.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Berries, Cream, Dry Cereal, Muffins, Tea.	Breakfast Orange Juice, Potato Omelet, Graham Toast, Cereal Coffee, Luncheon	Breakfast Creamed Fish on Toast, Currant Jelly, Coffee.	Breakfast Grape Juice, Fried Scramble, Fried Potatoes, Buttered Muffins, Tea.	Breakfast Codfish Cakes, Fried Potatoes, Apple Sauce, Coffee.	Breakfast Baked Apple, Cream, Cantaloup, Milk, Toasted Wheat Bread, Cereal Coffee.	Breakfast Chilled Melon, Wheat Cereal, Milk, Cocoa, Dinner
Luncheon Salmon Salad, Toast, Stewed Fruit, Coffee, Dinner	Luncheon Cream of Tomato Soup, Crackers, Chocolate Cake, Bread and Butter, Cold Beverage, Dinner	Luncheon Stuffed Tomato with Green Peas, Mayonnaise Dressing, Crackers, Milk.	Luncheon Chipped Beef Scrambled with Eggs, Fresh Fruit, Cold Beverage, Dinner	Luncheon Clam Broth, Poached Eggs on Toast, Small Cakes, Cold Beverage, Dinner	Luncheon Cold Cuts, Baked Beans, Fruit Salad, Coffee.	Luncheon Clear Soup, Roast Chicken, Browned Potatoes, Asparagus, Cucumber Salad, Apricot Whip, Demi-Tasse.
Dinner Roast Veal, Baked Beans, Cucumber and Lettuce Salad, Baked Potatoes, Ice Cream, Demi-Tasse.	Dinner Broiled Steak, Mashed Potatoes, Stuffed Onions, Tomato Salad, Apple Pie, Tea.	Dinner Corned Beef, Boiled Potatoes, Spinach, String Beans, Shortcake, Cereal Coffee.	Dinner Chilled Melon, Lamb Chops Potatoes au Gratin, String Beans, Apple Sauce, Demi-Tasse.	Dinner Vegetable Plate of Boiled Onions, Spinach, Beets, Beans, Potatoes and Cabbage, Fresh Peach Pie, Cereal Coffee.	Dinner Baked Ham in Milk, Scalloped Potatoes, Stewed Tomatoes, Charlotte Russe, Tea.	Dinner Fruit Compote, Tea.

What Fashion Predicts for Fall Wear

THE weather man has been playing mean little tricks with the pastels to which designers gave their skill in the early Spring. What has become of the crysanthemum pinks, those dainty almond greens, the varying shades of periwinkle that came into vogue after the violet-blue was launched?

The weather man has relegated them to the back cases of the smart shops and brought forth, in mid-Summer, such unheard of shades as black, navy, beige and brown. Time was when no one dreamed of choosing these heat-absorbing colors for Summer wear. Now they are decidedly the vogue. And the pastel shades have been shelved until the weather man calls back his raindrops and spreads the shore and country with sparkling sunshine. One thing is certain. Black has become the vogue. Take it as you will, with its variety of trimmings, the frock of black is an essential to the well-equipped wardrobe this season. It may call a compromise by selecting gray for its trimming. But the frock must be black in foundation, regardless of its over-tunes or drapery.

shades as light henna, flame, almond green and tangerine. Whether women will demand the dark clothes to which they have become accustomed through this strange trick of the weather man, or whether they will yield to the dictates of the designers, who seem

Household Hints

SAVE your bread scraps in a bag suspended near the stove. The heat will dry them out and you will find them easily crushed when in need of bread dust for frying fish.

Plain water, a sponge and some newspapers are the only requisites for cleaning your windows. Wash the windows with the sponge dipped into the plain water. Allow the moisture to dry on the window, then polish with the dry newspapers. This process makes the windows spotless and clear.

Where children are inclined to neglect water drinking during the warm days, it is well to set a bowl of cool water, to which has been added some berry juice, on a low table well within their reach.

Apple pie that remains from one meal may be made palatable again if dusted lightly with sugar, cinnamon and butter and heated in the oven.

to insist upon displaying their color knowledge, still remains a matter of speculation. But one fact seems definitely settled. Frocks, suits and wraps will be trimmed lavishly. Not so much in evidence are the drapes and pipings and panels that bedeck the Summer styles, but, rather, the pendulum seems to have swung backward to the era of embroidery in silk, wool and beads of every description.

Tunic blouses, lavish in crystal beading, are important. They are so practical and may be used with so many fetching effects that it will take a goodly amount of persuasion for the majority of women to relinquish their claim.

Frocks are more in evidence than suits or cape-suits. The three-piece model of Summer is, no doubt, responsible for this change. Not so long ago every woman figured on selecting her Fall suit, and she began to think of it when Summer lulled its last breeze to sleep. Now she looks further ahead and begins to prepare her wardrobe, mentally, with one eye on what will be offered later.

Frocks with swinging capes are bound to be popular. They have given such splendid service to the woman who finds the changeable American climate such a trying wardrobe factor, it is doubtful whether this type of costume will go out. On the contrary, many who are in the know are inclined to believe that Fall will see this costume suit given even greater popularity when it is shown in the heavy, soft, lustrous materials predicted to take the place of the velours and velvetynes of several seasons past.

The Better Way

Were half the power that fills the world with terror, were half the wealth bestowed on camps and courts given to redempting the human mind from error. There were no need for arsenals and forts. —(The arsenal at Springfield)

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