

A Talented Young Painter



GIFTED YOUNG LADY AND PRIZE-WINNING SELF PORTRAIT—Miss Lillian Dorsey, 18-year-old high school girl, with her self portrait, which won the coveted Otto H. Kahn \$250 prize at the exhibition of Negro artists at the Art Center, 65 E. 56th Street. Miss Dorsey was discovered by a friend of Maurice Sterne, well known artist, and is now being coached by Mr. Sterne himself.

Is the Common Cold Really Harmless?

One of the most active enemies of mankind is the common cold. So many of us have had one upon so many occasions that we are prone to treat a cold lightly, whereas it should be treated with a great deal of respect. "He merely has a little cold. He will be all right in a day or two," has filled more hospital beds

than one cares to think of. Although a common cold is not likely to prove fatal, it has a very tantalizing habit of turning into any one of half a dozen serious illnesses.

There are so many types of colds that it is wise to see the family doctor whenever we contract a cold of any kind. Furthermore, if subject to colds we should learn as promptly as possible how to build up the body to offer greater resistance. The right kind of food, a little more sleep, daily exercise of some sort, and dressing so that we are comfortable, are the things which tend to keep colds away.

When a cold comes, see to it that the bowels are kept free, that the diet is light, that plenty of pure water is secured, and that the clothing and rooms in which you spend your time are properly sprayed with an anti-

septic solution. Also remember that colds are extremely contagious. Something that you may get over in a day or two, due to your rugged constitution, may become decidedly serious if you pass the germs along to another member of your family. Sneezing throws millions of germs throughout the room unless these germs are caught by a handkerchief or something of that kind.

Incidentally, the handkerchief itself is soon turned into a veritable hot bed of disease germs that infect others and are likely to re-infect you just as you are getting over your affliction. Throwing it into the laundry basket is like throwing a lighted coal into a keg of powder. Many attempt to get away from this by using unsightly pieces of cloth, but during a cold epidemic the available cloth is soon exhausted.

Probably one of the sanest types of handkerchief for cold sufferers are the modern hemstitched, square tissues which are like satin crepe in texture and surprisingly inexpensive. A half dozen of these may be placed in a pocket or handbag, used as needed, and burned—a wonderful saving on expensive linen handkerchiefs, on laundry, and a wonderful safeguard against infection.

Be careful of the common cold. It is an undesirable playmate that plays havoc with you for 24 hours a day. Keep yourself from catching cold if you can, but if you are unfortunate, be sure to do your best to keep others from catching your cold.

Perhaps a Kitten

Stage Manager: "All right run up the curtain."

Green Stagehand: "Say, whatcha think I am—a squirrel?"

—The Billboard.

A Health Suggestion

By drinking one pint of orange juice daily with the juice of a lemon added, it is possible to bring about a marked improvement in unhealthy gum tissue, and to arrest and hinder tooth decay.

Blamed for Everything

Mother: "Who taught you that wicked word?"

Small Son: "Santa Claus."

"Santa Claus?"

"Yes, when he stumbled over my bed on Christmas morning."

Very Thrifty

Proud Parent (to his son): "I make you a very liberal allowance and you should try to save something out of it."

"I do, father. I've already saved about 2,000 cigarette coupons."



eases
lame
back

**Sloan's
Liniment**

Soothes
restless, wakeful
CHILD

THERE are times when a baby is too fretful or feverish to be sung to sleep. There are some pains a mother cannot pat away. But there's no time when any baby can't have the quick comfort of Castoria! A few drops, and your little one is soon at ease—back to sleep almost before you can slip away.

Remember this harmless, pure vegetable preparation when children are ailing. Don't stop its use when Baby has been brought safely through the age of colic, diarrhea, and other infantile ills. Give good old Castoria until your children are in their teens! Whenever coated tongues tell of constipation; when there's any sign of sluggishness,



just give them a more liberal dose. Castoria is so pleasant-tasting; all children love to take it.

Look for Chas. H. Fletcher's signature and this name-plate:



The Worm Turned

A True Story of the Fate of a Head-strong and Attractive Young Lady.

I was born in a comfortable home somewhere on Lenox Avenue, in Harlem, and was graduated with honors from a notable high school in New York City in nineteen hundred and twenty.

But since those days of innocent childhood, the circumstances of my life have been changed from the peace and comforts of the simple home-life with the protection and companionship of a mother, to that of a woman of the street, with youth and friends gone.

I was virtually forced to vend my body for a crust of bread or a plate of soup like the courtesans of Ancient Greece, who bartered their charms for a few figs, a handful of dates, or a piece of cheese.

One year ago today I returned home and was surprised to note how happy my mother was to have me. It would make her ashamed to know all of my troubles. But now that I am home in the midst of peace and joy and a chance to live again, I shall spend much of my time telling to other high school girls why I left home, that they might profit by the experience of my life.

My waywardness began at my father's death. I thought then that I had no one to obey. My mother was a good woman but overly affectionate and indulgent. She had a little money and of course, many friends and was sometimes so carried away with both that she simply forgot to note when I returned from a dance or indeed whether I had returned at all. I was aware of this, consequently often I spent the night at the home of a girl friend or at the girls' club.

I was very self-willed. Everything to my young mind was a grand display and I went into it with a whirl of excitement like a mischievous boy on a circus merry-go-round. And whenever mother was approached with bad reports of my public and private conduct, she would come to me cackling a thesis of admonition like a fussy hen who has unsuspectingly hatched a duckling. She made the laws by which the house was to be governed but seldom thought of when or how they were broken.

I simply went on and on—a little foolish girl of sixteen, doing anything, going everywhere with anybody until I met a man at the Plaza Club, whose name was Glen Reston. At first I called him a pretty good fellow. He said he came from Lincoln University in Pennsylvania though when we were with other Lincolnites he could never think of any boy in his class whose name the others could recall. Nevertheless he could discuss problems in science almost to perfection, and his language was rather elegant save when he was in a fit of anger.

Nancy Burrs, my cousin who lived next door, detested the sight of him, but since that was her attitude toward most young men, I didn't give it much attention. Nancy was one of those "would-but-can't" girls with a mother who kept her within view, and a face that was positively "vice-proof." We never expected her attitude toward men to change any sooner than her face did.

One night I was surprised to know that mother too had learned some-

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