## THE PATH OF LIFE

There is many a rest on the path of life, If we would only stop to take it, And many a tone from the bitter land, If the querulous heart would make it. To the soul that is full of hope, And whose beautiful trust ne'er faileth The grass is green and the flowers are bright.

Though the winter storm prevaileth. Better hope when the clouds hang low, And to keep the eyes still lifted, For the sweet blue sky will soon peep

through When the ominous clouds are rifted, There ne'er was a night without a day, Or an evening without a morning. And the darkest hour, as the proverb

Is the hour before the dawning.

There is many a gem in the path of life. Which we pass in idle pleasure, That is richer far than the jeweled crown Or the miser's board of treasure, It may be the love of a little child, Or a mother's prayer to heaven, Or only a beggar's grateful thanks For a cup of water given.

Better to weave in the web of life A bright and golden filling, And to God's will bow with a ready heart, And hands that are swift and willing, Than to snap the delicate innate thread, Of our curious lives asunder. And then blame heaven for the tangled

And sit and grieve and wonder

## HOW TO WALK, STAND, SIT AND BREATHE

Mr. McGovern, who was formerly physical director and instructor at Cornell University Medical College is one of the foremost experts on exercise in the United States. He conducts the McGovern Gymnasium, in floundering. New York City, where he specializes on physical training for the correction of intestinal and other functional defects due to faulty habits. In this article he gives many of the exercises used in his practice for the correction of defects in posture.

Which Shoe Do You Put on First? -"Bad posture is largely a matter of habit," says Mr. McGovern. The chances are that every morning when you dress you put on the same shoe first. Most right-handed men step into their trousers with the left first. The right-handed person stoops to pick up things with his right hand about ninety-nine times out of a hundred. In many other ways the right-handed man tends to develop his right side more than his left. By following for years a certain habit, which was harmless to begin with, you can acquire round shoulders a high shoulder, or displace some of vital organs. Sitting down seems harmless enough but many of us sit in such contorted positions that we impair our health. It is particularly harmful to slump down

fects." Some months ago a broker who had been suffering fo six or seven years from headaches, vertigo and nervousness, was sent to an orthopedic specialist. Previously the broker had consulted specialists for the stomach and heart, but there was nothing wrong with him oganically though his symptoms had proved

very stubborn.

Except when he was on his feet on the floor of the Exchange, from ten until three, he had been getting no exercise. He had acquired a neryous habit of standing with his heels together and his toes out and, in this position, he would flex his knees and continually raise and lower himself. When he walked, he toed

At night he was kept awake by as he had found that in this way the strain was sometimes taken from the muscles and nerves that pained the strain was sometimes taken from the muscles and nerves that pained the strain was sometimes taken from the muscles and nerves that pained the strain was sometimes taken from the strain was sometimes as the strain was sometimes taken from the strain was sometimes to strain was somet

The foot specialist sent the brokwere in a weakened condition owing to inadequate exercise and to the long-continued wrong use of the the foot and will raise your arch. muscles of his leg. His whole carriage had sagged. He walked stood, sat, and breathed incorrectly.

It was necessary to put this man They are: through correctional exercises, not only for flat feet but for the whole body, so that he might acquire outside edges of your feet, the soles When strength and energy to carry himself of your feet "facing" each other as properly. At the end of two weeks nearly as possible. In doing so, keep he was sleeping on one pillow and knees stiff. Repeat ten times. had gained four and a half pounds in weight. In two months he had and come down without touching the gained ten pounds his chest expan- floor with the heels. Ten times. sion had increased, and his posture had greatly improved. Instead of toes. Come down so as to form a sagging as he walked or sat, he held circle with the outside edge of the his head up so that his chin was in feet from toe to heel. Ten times.

Breathing should be the a line with his chest.

work, he toes in slightly, with heels toes and heels are on parallel lines. and naturally where formerly he left to right. Ten times. took his oxygen by panting three or 5. Knees stiff feet parallel. Walk change, instead of flexing his knees, knees, for one minute. he does one of his flat-foot exercises. It is a very simple one-rising on the toes, he rolls on the outside of knees. One minute.

This a very simple of the country of the toes, he rolls on the outside of knees. One minute.

The same of the country of the coun his feet, coming down on his heels so as to perform a complete circle heel in front of left toe so as to with both feet from toe to heel.

brings into play muscles which are toe as far as possible, keeping heel not sufficienly used by the person to the floor. who walks incorrectly, and relieves 8. the muscles that have been subject foot.

physician was a magazine illustrator making an effort to grip with them. forty-nine years of age. His work Keep knees stiff. Ten times. vas seven or eight hours a day. He had acquired the habit of putting his weight solidly on one foot, which, as he walked, would be several inches behind the other. His arches had required him to stand before his can-

sagged and he suffered from severe leg pains. He had developed a high right hip and high right shoulder as a result of working with his right hand and keeping his left foot benind his right the greater part of the

time. His trouble had become so acute that he could work only in snatches, twenty minutes at a time, and during this short interval, in order to get relief, he had to walk back and forth in front of his canvas. Arch supports in his shoes had only aggravated his condition.

The illustrator's arches had sagged and weakened, but his was not weight a true case of flat foot. The trou- away. ble in his case, too, was the result of incorrect standing and walking, I gave him leg exercises, handball, and bicycle riding, and taught him how to stand and walk, just as though he were learning these things for the first time. By the end of a month he was working as usual. He gained in weight and his chest measurement

en inches One of the most important things the illustrator learned was to stand on both feet and toe in slightly. You will find that when you toe in, your carriage is not likely to sag, and without a deliberate effort you cannot carry the weight of your body

on one foot. Weakness in the arches, a condi-tion which may eventually lead to flat feet is a very common trouble. In most cases it is due to incorrect use of the legs and feet. It is espewrong use of the leg muscles when they do walk.

More than any other one class, waiters suffer from flat foot. The reason in their case is that carrying trays causes them to "flounder. With their toes out they shuffle or flop along with no spring in their steps. Those of us who, as we walk, throw the weight of our bodies on the inside instead of the outside of the feet soon acquire the habit of

This floundering is especially common among fat people, and men and women who are merely what we call heavy-set. It is due not to the weight of their bodies, but to incorrect ideas as to how to walk.

Probably you can remember that, when you were a child, some wellintentioned member of your family kept coaxing you to "toe out," and perhaps you were made fun of for walking "pigeon-toed," It is true that most children as well as grownups, if not schooled in proper carriage develop harmful habits. However, the instinct of children to toe in is more in accord with the proper method of walking than the acquired habit of toeing out.

The correct way to walk is with the feet parallel, or even with the toes turned in a fraction of an inch. To see for yourself the different effect of toeing out and toeing in try this experiment: Stand, for a halfminute, with your heels together, and your toes out. Then part your heels, turn your toes in—and feel how your arches come up!

ries himself incorrectly in other re- strengthen.

spects. feet parallel, instead of, as formerly, to the first position with your left with their heels together and their hand on your hip. Exhale as you toes out. Their hands are now held go forward again. Repeat ten times at the side with palms back which on both right and left sides. is a natural position, without the

you a piece of leather in the form of a quarter-circle that will reach dows open. er to me to see if his arches could from the back of the big toe to the point where the arch rises. Wear used as a continuation of the two position indicated. It will make you throw your weight on the outside of

ficial if practiced without shoes,

1. Stand with feet parallel. Turn 2 Toes in, heels out. Rise on toes

3. Toes in, heels out. Rise on the

4. Cross feet, left foot on right Now when he walks to and from side, right foot on left side, so that you

> On the floor of the Ex- on the toes without bending the too short, while those who have de- knees to any great extent. 6. Feet parallel. Walk on the out-

side of the feet without bending the Anyone suffering from weak arches right toe pointing left. After taking or flat feet will find this exercise position make legs rigid and bend gives a measure of instant relief. It body straight forward. Raise right

8. Repeat Exercise No. 7 with left

10. Walk up and down toeing in

one member of my training class was a lawyer fifty years old who, when he came, had a tendency to carry his head down. He made a practice of "wearing" his hands in his pockets. I remember the first day he came to the gymnasium. He asked for me and stood beside a

In his case, improper posture had caused the development of severe intestinal trouble. His colon had caused the development of severe are for use in the nome:

with the name along each side, there been so many opportunities to intestinal trouble. His colon had Stand with feet parallel, chin, Keeping your feet together and your go hopelessly astray and eclipse been pushed down and adhesions chest, and toes in a straight line, knees rigid, swing your legs together one's self completely—just as the had developed. He was given a hand at the side palms back, from the right to left and back woman who walks the streets on a straight line, slowly turning palms again. Swing vigorously. Ten times rainy day with the streets on a course of exercises in the gymnas-ium to raise his stomach and large intestine and special mild exercises for use in his own home to develop went from thirty-four to thirty-sev- his back and chest. He learned to carry himself correctly before he five before inhaling again. Repeat left, and with that change there from ten to fifty times. came a great relief in his condition.

Partly to stimulate him to remember his old defects in posture and partly as a tonic for the muscles he was likely to neglect, I gave him for use in his home certain wall exercises. These are printed later on in this article.

Defective posture often begins to appear in a man at the age of thirty or thirty-five. He shows a tendency cially common among people who sit when standing. The result is that Some time ago the vice president and scientific experience. at their work, the trouble arising the muscles on one side are stretch of a big New York public utilities. Diet No. 1 is for the both from inadequate exercise and ed while those of the other side corporation came to me and comman who does little or to droop on one side or the other deteriorate. When he has so stood for some time, he begins to walk that way, and will acquire the habit of taking a somewhat longer step on

the drooping shoulder side. The wall exercises I give are depeople to slouch when standing and walking. If you have no physical defect, and yet take a longer step on one side than on the other, it is because you have become addict-

ed to a slouching posture.

This exercise will help you correct
the habit of taking unequal steps: the habit of taking unequal steps: away with his head hanging down Lie on your back so that, with your and tipped slightly to one side. It knees bent, your feet are against the wall. Keeping your feet to the wall, push back so that you rock to but he was unconscious that he had and fro, the weight of your body developed such a confirmed habit shifting, as you rock, from your hips to your shoulders. This is merely to show you the motion of the exercise. The exercise itself requires you to rock by pushing with one foot at a time. Push most with the foot with which you take the longer step when you walk. That is, if your low shoulder is on the left. so that you take a longer stride with your left leg, push fifty times with that as against ten times on the right side

The following exercises are to correct round shoulders, low shoulders, curvature and flat chest when these have developed from a slouching posture: .

1. Stand facing the wall, feet parallel, both arms extended so your on your backbone and curl your feet tightly up under you, as many peothe body to come on the inside inforward until your chest and chin Remember that you are most aptended. Even the habit of keeping the body to come on the inside inforward until your chest and chin Remember that you are most aptended. Even the habit of keeping the body to come on the inside inforward until your chest and chin Remember that you are most aptended to slouch and sag in an easy chair that you have the body to come on the inside inforward until your chest and chin Remember that you are most aptended to slouch and sag in an easy chair that you have the body to come on the inside inforward until your chest and chin Remember that you are most aptended to slouch and sag in an easy chair the body to come on the inside inforward until your chest and chin Remember that you are most aptended to slouch and sag in an easy chair that you have the body to come on the inside inforward until your chest and chin Remember that you are most aptended to slouch and sag in an easy chair that you have the body to come on the inside inforward until your chest and chin Remember that you are most aptended to slouch and sag in an easy chair that you have the body to come on the inside inforward until your chest and chin Remember that you are most aptended to slouch and sag in an easy chair that you have the body to come on the inside inforward until your chest and chin Remember that you are most appear to slouch and sag in an easy chair that you have the slouch and sag in an easy chair that you have the body to come on the inside information that you have the slouch and you have the slouch and you have the body to come on the inside information that you have the body to come on the inside information that you have the body to come on the inside information that you have the body to come on the inside information that you have the body to come on the inside information that you have the body to come on the body to come on the body to come on the body to come stead of the outside of the feet. Be-sides causing arch trouble, it tends wall and take a deep inhalation. As to make you knock-kneed. It upsets you return to starting position, with shorter breaths, because you are the carriage to such an extent it your palms, chin, and chest against breathing merely with the apex of may be a factor in causing intestin- the wall, exhale. Repeat ten times. al or stomach trouble, and hollow Be sure to keep your heels to the chest. The person who has always floor, or the exercise will not reach walked with toes out usually car- the muscles it is designed to

2. Right side to the wall, feet par-Recently the "attention" position allel. Right palm against the wall has been changed at West Point in at level of shoulder; left hand on keeping with what we now know to hip. Turning forward, bring the left be the right methods of standing and shoulder in to the wall as far as Now, when at attention, possible without raising heels from walking. Now when at attention, possible without raising heels from the West Pointers stand with their the floor. Inhale as you come back

strain of the old position, when the strain of the old position, when the palms were held against the sides growing boy who has a tendency to round shoulders or by a man or working the strain of the old position, when the strain of the old position, when the strain of the old position, when the palms were held against the sides growing boy who has a tendency to round shoulders or by a man or working the old position. This exercise is mild and very blades, and he had formed the habit of sleeping on two or three pillows as he had found that in this way the strain was sometimes taken from ture, shoud be taken with the win-

walks with his head in that position in any part of the body. soon becomes more than normally your limbs, neck and jaw

When walking do not throw the head back nor force the chest out, sleep with their jaws tightly clenchnor the abdomen in. The chin ed. should be on an even line with the chest, while the hands hang loosely deal, or follow even far more vigat the sides. The feet should be orous recreations, suffer from unparallel or toeing in slightly. The der-exercise of the abdominal musgraceful walker springs slightly from the toe at the end of each step or the beginning of the next.

Breathing and slightly from the proper condition the beginning of the next.

Breathing and slightly from the should be able to do the following the slightly from t

Breathing should be through the exercise: the removal of any obstructions.

liberately set themselves to breathing by rule, without proper instructions, are very likely to breathe too much strain, in which case your ab quired the habit of lower diaphragm oped. breathing. This presses the stomach Her get little exercise are very apt to take short breaths.

Most men of middle age should but this does not mean that one should use the three together reg-9. Feet parallel. Bring toes and In proper breathing one does not cles in good condition. take a consciously long nor a con- 1. Clasp your hands together sciously short breath. Proper breath- just below the waist line. Resist Another patient sent to me by a heels together as far as possible, take a consciously long nor a coning is known as upper diaphragm strongly with the pressure of your breathing, that is, it is from the up- hands as you force the abdomen up

regularly in a normal way. As you put your left foot out, take and lower fourteen times. Rest

the stomach out. Exhale as your teen with the fifteen-seconds rest left foot comes forward a second in between.) desk in my office waiting until I time. This method of breathing came; head down, hands in pockets weight on one foot and his mind far twice a day for periods of ten to fifteen minutes at a time.

2. Stand in front of a table so is the test of a woman, sartorially that it touches you. With your feet speaking. Never have there been so weight on one foot and his mind far twice a day for periods of ten to fifteen minutes at a time.

3. Stand in front of a table so is the test of a woman, sartorially that it touches you. With your feet speaking. Never have there been so many opportunities to find the parallel on the floor, bend so that many opportunities to find the peraway. The following breathing exercises

are for use in the home: Breathe in slowly, turning palms again, Swing vigorously. Ten times, back. Breathe in slowly, turning The second part of this exercise is palms forward. When the lungs are to keep the left foot on the floor fully dilated count five slowy. Then and to swing the right leg back and exhale, turning palms back. Count

whle lying in bed in the morning.

This is the method: Flat on your back, Palms down to start, Deep slow inhalations, Raise chest high, bringing abdomen in and turning palms up, while keeping the shoulders to the bed. Then inhale and so on. Ten to fif-

ty times. plained of a pain in his neck. was sixty years old. The pain he said, had become as sharp as a toothache and was making it impossible for him to work at a desk.

I gave him a pen and paper and signed to correct the tendency of asked him to write out in full what he had told me about his trouble. When he began to write, I left the room, and stayed just long enough to let him settle down and take the position which it was natural for him to take at a desk. On coming back I found him writing was easy to see how his neck musuntil it was called to his attention. Exercises for his neck relieved him of the pain in three days; but to tone up his muscles and get his mato, pea, lentil corn, celery; one circulation in good order required broiled lamb chop, a piece of chick-everal months. several months.

The habit most people acquire when sitting is to let one shoulder and side fall lower than the other. This causes the chest to sag also. The man who sags on the left side while sitting is apt to keep his left hand to his face or chin for supthat crowds the liver, stomach, and

intestines.

Another common habit is that of porch railing. Eventually, this prac-tice will make a man round-should- regular with your meals. the collar a wide wedge-shaped piece against the crown and held with ered. The only way I know of for a and at the same time you take with this regime: breathing merely with the apex of the lungs.

The person who works at a desk should always use a straight-back chair. For writing he should move forward from the hips, with his back straight keeping his chin and chest in a line. The first -tenddency of the man who is not in good physical condition is to use his hand and elbow to support his head when working at a desk. This means a distortion from the correct

sitting position. easy chairs with straight backs. Make a habit of using one of these, if you can when reading or resting at home. Lean back if you muscles, but avoid letting the head sag forward over the chest at any line, your posture is not likely to bananas or strawberries), either raw displace stomach and intestines.

A good many people make a them. Take a glass of water when The right kind of walking can be practice of sleeping on more than fruit is not eaten. one pillow. This is bad, for the reahave broken arches, but that they this on the inside of the shoe in the sets of exercises just given. Even son that two pillows hold the head nine, eleven, three five o'clock and the athletic type of man seems to so high that the circulation is less- at bedtime. Take buttermilk between think that when he holds his head ened. The acute angle of the posithe foot and will raise your arch.

The exercises for flat foot and walking. But holding the head back wakened arches will be most benevative for the back and uses unnecessabout your position when in bed is trains the back and uses unnecessabout your position when in bed is sary energy, so that the man who to lie so as to be without tension many people suffer occasional sleepless nghts because they try to

Many people who walk a great

www. when he walks to and from side, right foot on left side so that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that the house in slightly, with heels toes and heels are on parallel lines. He breathes once more freely with legs rigid, rock sidewise from should consult a physician regarding without letting your heels come "Take my clothes off." the young the patient who is now with the formal through the mouth. In the hoof hat on your discount the patient who is now with the doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So please go inside that you find you have difficulty in back, hands under your head. Bring doctor. So plea Many people take breaths that are floor and without bending your

exercise ten times without feeling deeply. I have known some who ac- dominal muscles are properly devel-

Here are two exrcises for the about and down and has a tendency dominal muscles. They are espeto narrow the chest. People who cially good for persons with intestrouble-constipaton. Practictinal ing these two exercises will in the course of a few weeks, enable you breathe more deeply than they do, to do the one just given. Then you should breathe as deeply as he can. ularly, to keep your abdominal mus-

simple that anyone should be able stomach goes out, which shows that it: Lie flat on your back on the to follow them. However, in my you are breathing from the lower floor hands to your sides. Place a private practice, I have found dia diaphragm—a habit you should not stove lid or flat book on the abgrams helpful, and have supplied cultivate.

The exercises I give below are down on the lid or book until from the practiced conscientiously for a few ten to twenty pounds have been practiced conscientiously for a few ten to twenty pounds have been weeks when you are walking, you brought to bear. Your part is to will probably find yourself breathing lift and lower the weight on your abdomen by muscular effort. Raise a good, deep inhalation, one that fifteen seconds. Repeat the exer-raises the chest but does not force cise three times in sets of four-

> the table. Catch hold of the table with one hand along each side. again, Swing vigorously. Ten times, rainy day with trailing wisps of

up ten times. Repeat with the left leg swinging back and up. seum
A good many cases of bad posture mode. It is a good practice to do breath- are due merely to auto-intoxicaton. ing exercises just after waking, Constipation-which is often due to faulty diet-causes one to feel below sometimes acquires permanent de-

fects in his carriage. To professional and business men who take physical training under Hold until you have counted five. me, I recommend certain diets here, as in frocks, it is simplicity of which have been carefully worked out in accord with the best medical

> Diet No. 1 is for the sedentary man who does little or no hard the end produce the perfect frame physical work. On rising he should for the face of the wearer exercise for five to ten minutes. Then a warm bath, finishing up with a cold shower. Take a large glass of orange juice if possible immediately after the bath.

Breakfast:-Cereal mixed with bran and cream. Very little sugar. Bran muffins or toast made from graham, whole wheat, or rye bread. Coffee substitutes preferred. If coffee is taken, use three-fourths milk to one-quarter coffee.

Luncheon:—A vegetable luncheon or a vegetable salad of any of the following vegetables: Lettuce, tomatoes, spinach, string beans, turnips, carrots, cauliflower, cabbage, celery, cucumbers, Brussels sprouts, water cress. Fresh cheese. Dark bread. Buttermilk, or some fermented milk.

Dinner:-Any vegetable soup: Towith at least two vegetables. Dark Unsweetened cocoa. bread. stewed fruit for dessert.

Note:-Avoid rich, complicated dishes, heavy meats, or greasy fish. Do not eat red meat more than three times a week, substituting fish or The cloche brims sweep down and port, which results in a position chicken at other times. Avoid starchy back in a widening line as though foods, such as white bread, potatoes, and so forth. It is a good idea to but just as they reach the point make a lunch of fresh fruit once or where they would be in the way of twice a week. Drink at least six the collar a wide wedge-shaped piece

heels turn your toes in—and feel palms are against the wall on a levhow your arches come up! el with your shoulders. Keeping your is to deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has been eating too heavily and untoo deliberately watch himself has b

Breakfast-Grapefrut, peach without sugar, or a sour apple. White bread not more than one and a quarter ounces. One soft-boiled egg. quarter ounces. Cream one ounce. cream, without sugar, asd may be sweetened with a half-grain of sac-

charine. Luncheon:-Cup of tea (no cream, sugar, or milk), small sandwich of white bread. A small portion of meat may be eaten. No crackers. Dinner:-Clear soup, Roasted or There are many comfortable, broiled beef, lamb, veal game and asy chairs with straight backs. only four to five ounces. One or two of the following green vegetables: Spinach, string beans, green peas, peas, Brussels sprouts, celery, stewwant to and relax the abdominal ed or raw tomatoes; but only one and a half ounces of any of these. For dessert plain rice pudding junktime. As long as you keep the et, cup custard, all sweetened chest and the chin in a straight with saccharine; or fruit (except

> Drink a glass or two of water at meals if desired.—American Maga-

> or cooked, from four to five ounces of

## TOO MUCH RED TAPE. BUT HE SAW THE DOCTOR

It seems we have too much red tape now. I am not strong for that sort of thing. Red tape always reminds me of the young man who called at the house of a celebrated and rest, and nothing destroys th physician and asked to see the doctor. The office nurse asked him if he had an appointment and answer- age of color.

"I think I can work you in after Lie on the floor flat on your the patient who is now with the

The nurse was firm. She said: "The doctor has made it an absolute You should be able to do this rule not to see anybody unless that is done. It saves time. "But I don't want to take off my

clohes," the young man insisted. He did not believe in this red-tape stuff. "Well," said the nurse, "I am sorry, but you can't see the doctor." "If that's the case, I'm game," said the young man, and he went into the room.

A few minutes later the doctor entered the room and found the young man awaiting him stark naked. "Well, sir" said the doctor, "what

seems to be your trouble?"
"Doctor," the young man replied graciously, "I called to see if you would renew your wife's subscription to the Ladies' Journal."—Exchange. Mother-"What is the matter with

little Chester?" Tommy—He's dug a hole and he in wants to bring it into the house."

FOR AND ABOUT WOMEN. Daily Thought.

man-is born into the world whose work Is not born with him. There is always

work. And tools to work withal, for those who

And blessed are the horny hands of those who toil.

-James Russel Lowell

This season the choice of a hat fect hat, which will enhance one's individual charm. And never have there been so many opportunities to georgette or silk flapping at her ankles is certain to find herself a crowning confection whose only rightful place is under glass in a museum devoted to 1930 horrors of the

As always simplicity is the test of true chic. As the best of the new frocks manage to achieve an effect par in general, with the result that of subtle simplicity, despite their the sufferer begins to slouch and elaborate detail and workmanship so the hat worn by the really smart woman will have a simple casual air, and will not distract the eye from the effect of the ensemble. But sophistication rather than naivette and is achieved by miracles of patient handwork, perfect fitting, artful tucks, pleats and folds which in

for the face of the wearer. For the so-called "dressmaker" mode the mode of handicraft and detail, has markedly affected the new hats, and the true milliner, in whose deft fingers a flat piece of felt becomes a masterpiece of smart lines, has returned to her own.

Never has there been such variety in hats. The hat with a brim has definitely returned. But it is a brim with a difference, designed to reveal rather than conceal the face. This effect is achieved in various ways. The brims of the new cloche hats are shallower in the front than at the sides, and the front of the crown is frequently an inch shorter than the back. Sometimes a bandeau is introduced, or, when the hat is steamed, the brim is pinched back against the crown to give a becoming lift. Sometimes the brim is folded back in the front and finished with a knot or ornament, revealing

the face in becoming lines. The new brim designs seem to promise that fur collars are destined to be worn on the first Spring suits, for those Spring hats that have recently been imported from France make provision for them. starting to imitate the sou'wester, but just as they reach the point regular with your meals.

against the crown and held with a Diet No. 2 will result in a mild saucy little bow, giving the same which permits the lower part to lie

against the neck. Even newer than the hats with simulated bandeaux and the evenly drooping brims cut away at the back Coffee, not more than four and a are those bandeau hats with the brim laid in short pleats at the right side The coffee should be taken with the or lie raher closely against the face while the brim flares out at the left in a becoming scooped dip. This is a mode capable of being interpreted in every mood from the tailored hat to the filmiest of afternoon creations but whatever the spirit or the medium in which it is made, its trim ming will be found nestling at the right side as though to hold the pleats against the cheek. Hats ir this style have a way of achieving the envied Gainsborough silhouette the slanting, picturesque line which runs like a motif through all the new Spring millinery. One finds this same charming slanting line in the off-the-face models, as well as in the

> hats that have brims. Small hats are by no means abolished. For early Spring LeMonnier is making tiny caps of straw, tuck ed to hug the head tightly, and al the leading Paris designers have ver sions of the beret, some severe, oth ers draped to give a softened effect A hint of a new trend is indicated in Rose Valois's sailor hats, which she is introducing for Spring and resort wear. It is almost a decadsince we have seen the sailor, bu it is quite possible that, with suit and shirtwaist blouses to the fore we shall see this classic shape return to favor.

> Our homes are for recuperation desired atmosphere of ease mor than a thoughtless and abusive us

> Hot tomatoe Sandwich: Fo each sandwich, spread one slice o bread with butter and another wit either pimento or cream cheese. Fr the sandwiches gently in melte butter. Put them in a shallow pa and top each sandwich with a thic slice of tomato. Sprinkle with sal pepper and a few drops Worcester shire sauce. Bake in a hot oven c broil them under a hot flame for few minutes. The sandwiches mus be served very hot.

-For potatoes baked in half-she select sx medium sized potatoes an bake for about forty minutes. Re move from the oven, cut slice from the side of each and scoop out th inside.

Mash and add two tablespoons butter salt, pepper and two table spoons of hot milk; then add the whites of two eggs well beaten. Refill the skins and bake from five to eight minutes in a very ho oven after you have sprinkled th tops of the potatoes with grate

-Encourage others to subscrib for the Watchman.

cheese.