

Coats on the Spring Style Program

By **CHERIE NICHOLAS**



THE calendar declaring advent of spring, the thermometer contradicting the glad news by registering winter's lingering touch, and in the meantime the spring style parade schedules for an early date—what to wear, aye, that's the question! With what tantalizing persistence does the clothes problem disturb our peace of mind at this time of the year.

Howsoever, here's to take cheer, for we believe you will agree with us that in the perfectly stunning cape-coats in the picture we find the answer. It is not only that the soft, downy light-as-a-feather rabbit worsteds which fashion these coats assure protection against almost anything which is apt to happen in the way of weather, but when it comes to "looks" it would be difficult to conceive of a new spring outfit which could surpass either of these distinctive models.

Both are developed in reversible fabric of soft rabbit woolen, with one side pastel monotone and the other side plaided in harmonizing shades. This type of material is well suited to the draped lines favored for spring, being especially adaptable to the styling of the hood or monk collars, which so smartly detail many of the newer coats. The fabric feels very soft against the flesh, having only the finest rabbit fur woven into it. In its modernized version it has no resemblance to the so-called hairy fabrics introduced last fall, which were oftentimes rough in surface and inclined to feel scratchy. Combining as it does, light weight with warmth, weaves of rabbit woolen are acceptable for wear from now into late spring and then some.

Nor has the half been told of the charm of this material since mere black and white print fails to convey the message of beguiling color which these reversible weaves carry. The very spirit of spring breathes through the lovely pastel monotones reversed

as they are with large plaids in harmonizing shades. All you have to do is to know your colors and the salespeople will do the rest, placing before your eager eyes either the materials to be bought by the yard or the very garments themselves, styled as in the illustration, of rabbit worsteds in exquisitely springlike grayed greens such as stand foremost on fashion's color card, or in the misty pastel blues which are of wide appeal or mayhap in a voguish dusky pink, or if you prefer in one of the new yellowish tones which spell chic with emphasis, the color sympathy ever enhanced with a blended reverse plaiding.

In the model to the left the coat and long cape are made all in one. It is interesting to note, too, that the coat part is backless to the waist, so that the cape clings closely to the shoulders. The wrap-around effect is characteristic of this season's slenderized silhouettes.

The shorter caped ensemble to the right is styled along unusual lines. The unique side closing with buttons which look like shells from the seashore, and the standup collar which fences the throat are smart features. The plaid-lined cape is made with long belt-ends which pull through a slit at the back, tying at the front casually and adjustably, so that the garment can be fitted exactly to the wearer's figure. A one-piece dress with elbow-length sleeves is worn under this cape. It has a high neck closing with a narrow tie of the reversible fabric swatches of the plaid appearing on the tops of two little pockets.

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FOR HER TROUSSEAU

By **CHERIE NICHOLAS**



This lovely nightdress, you'd almost think it a summer evening gown, was one shown at the spring fashion openings in Paris. It is exquisitely made and would bring joy to the heart of any debutante. For the spring bride's trousseau it is ideal. It is fashioned of pale blue georgette. The same choice lace which makes the shoulder ruffles and yoke, is cut out to form the double band incrustations and the cunning bow tie.

Spring Fabrics

New fabrics include "feathered" organdies barred and dotted with cotton chenille, and organdies embroidered in big chenille dots for summer evening frocks.

FEMINE STYLES LOSE MASCULINITY

Dresses are finally appearing without mannish cut. A whole parade of little beauties wear sports outfits that are soft and breezy with ruffles.

The tie silks, which a year ago would simply have shrieked masculine attire, are this year's feminine delights. Whether soft or stiff the silk, the collars are ruffled or pleated. This frilly touch takes care of all the trimming touches on the dresses.

It's a positive fact now that spring is to be lively, and very hot tamale. The Mexican style and coloring have caught on in a bright way.

In the sports department the two-piece dress is being shown in a tuck-in style with the top and the skirt in different colors. It's a nice idea as it offers an alternative blouse. If you don't like this idea, you can trim the blouse with the skirt fabric, giving it a nice ensemble touch.

Bows at Heels Are Fad in Spring Footwear Styles

The back of the shoe will have no reason to feel slighted this spring. In keeping with the extensive use of bows at the back of dresses, new footwear styles include dainty little bows at the heels.

In some of the styles this new heel bow is of ribbon matching the dress in color and carried through loops at the side of the shoe.

Shankless kid opera pumps, with no sole under the arch, are another innovation in footwear fashions—one on which a designer is said to have spent five years of experimentation. Instead of a sole the upper of the shoe is brought down under the arch and seamed.

Spring Note in Scarfs

Scarfs of crinkled taffeta ribbon, of fluffy chenille wound around the throat or of shining cravat silk sound a springtime note—contrasting with winter styles.

That Body of Yours

By

JAMES W. BARTON, M. D.

Preventing Bad Dreams

YOU find yourself dreaming for two or three nights in succession and the dreams are not pleasant. All sorts of unpleasant situations arise in these dreams, in some of which you are a coward, sometimes see terrible accidents occur, perhaps a loved one is in danger, and other distressing events occur, so that it is with great relief that you wake to find that it was only a dream.

You try to remember what you had eaten that night before you retired only to find that it was the same as usual, so that the bad dream was not due to food.

As you know we have those who can interpret dreams or at least claim to be able to do so.

There are many well known nerve specialists who have seemingly been able to help certain nervous cases by interpreting their dreams; bringing them into the light of day as it were.

What may be the cause of these bad dreams? Are they due to some "mental" or nervous condition?

There is no question but that our mental attitude, our mental condition (particularly if we are tired mentally) often has much to do with causing dreams.

However one of the frequent causes of bad dreams and one that is overlooked, is that waste products remain too long in the system and act as a poison in the blood. It is this poison that often causes bad dreams. Dr. S. Kaiter, Munich, was able to give help to a number of nervous patients afflicted with bad dreams by making sure that these wastes were thrown out of the body. The wastes usually accumulate by eating more food than the body needs.

By the use of medicines which remove wastes not only from the large intestines but from the blood also, dreams are prevented in many cases.

By the simple method of doing some hard physical work such as sawing wood, shoveling sand, perspiration is induced, the bowels move regularly, excess wastes are removed and no bad dreams occur.

This method of hard physical exercise, instead of complete rest, has cured many "mental" cases.

Mental Hygiene in Childhood

IT HAS been said that childhood is the golden period for mental hygiene.

Educators tell us that if they can get children from birth to the age of seven, they can do the real foundation work for life.

What is mental hygiene anyway? Is it some special department or department of life and training?

As a matter of fact mental hygiene simply means preparing or training children and adults in such a way that they can adjust themselves to life; that is able to earn a living and be able to get along with other people, respecting the rights of others, and seeing that others respect their rights also.

And the training for mental hygiene must begin in the home with the parents. A quarrelsome, nagging, untidy home with many emotional upsets, is bound to affect the emotions and actions of the children.

It was my privilege some years ago to examine some hundreds of boys in a reformatory.

I found all types of boys, mental and physical, but the outstanding fact I got from questioning and from the records was that most of these boys came from unhappy quarrelsome homes. By actual count I found that in more than one-half the cases, the parents of these boys were not living together.

Truly childhood is the period when everything possible must be done to prevent frequent mental, moral and physical defects.

Dr. F. P. Norburg, Jacksonville, Ill., says "Childhood is the golden period of mental hygiene because it became apparent that when one discusses nervous and mental illnesses, delinquency, dependence on others, education and industrial failure, divorce and broken homes, one was not discussing a series of different problems, but really the same problem, that is the inability of individuals to adjust themselves to a complex social life, because of the lack of control of their emotions. And as the ground work for organizing or controlling the emotions is laid in childhood that period becomes the golden period of mental hygiene."

The thought then is that all of us should think of our own home life and our obligations to our children, that teachers always insist kindly but firmly on discipline, that fairness to the child and to his companions be ever uppermost in mind.

If we keep our mental balance, children will likely do the same.

Jefferson Davis' Power

Jefferson Davis first became prominent in politics as a member of the house of representatives and later as a senator from Mississippi. He served in the Mexican war, having been educated at West Point. During President Pierce's administration Davis was secretary of war, and was said to rule both President and cabinet. In 1857 he was returned to the senate, where he remained until chosen President of the Confederacy in 1862.

ASTROLOGY OLD AS THE WORLD

Claim Made That It Can Be Traced to Adam.

The beginning of astrology occurred a long time ago—so long ago that it was before any recorded history. Every period of man's existence on this planet in his present form has included knowledge of planetary influences. The historian Josephus, who lived in the First Century, tells us astrology was known and used by a former race that lived on the earth before the flood, stating that "they received their information concerning the zodiac and planets from Adam, who in turn had been taught by God Himself."

Josephus also said the flood had been foreseen by Seth, who engraved his prediction on two pillars of stone. The historian added that he himself had seen the remains of those pillars. He further stated that Noah used and taught the science of astrology, and, with Enos, preserved it to the days of Abraham.

Abraham, we learn from other sources (chiefly the works of Bishop Eusebius, one of the most learned and just men of the Fourth Century), was a great adept, or even a master, of Chaldean astrology.

The astrology of the Chaldeans was of a secret nature, concealed by everything along the gamut from reverse symbols to an unfathomable code known as "The Priests' Alphabet," in which true meanings were recorded, abbreviated, and mixed up. Years of study were required merely to learn this alphabet, we are told, and then the candidate who could at last read the words had practically to learn another language to find out what they meant.

It is unfortunate that such was the case, according to deeper students of this subject today, for many of the great keys to a true understanding of life and the higher laws of nature perished with their possessors. We may have the books they left, but we are largely in the dark as to their real message. Moses was known to be a master of astrological wisdom and its application. Pearce, a leading astrologer of the Nineteenth Century, says Moses was taught by the Chaldean Magi, who were also the instructors of the great Egyptian priesthood. For this reason, it is believed by students, the first five books of the Bible, accredited to Moses, might well be a part of this mysterious and marvelous literature.

The Romans did all they could to ruin real astrology, for they used it as a divinatory art almost exclusively, pretending to tell fortunes of kings and in other ways using its terms and symbols for personal and political promotion. It is the distortion of astrology which occurred under Nero, Domitian, and other emperors that our present day objectors rightfully discredit.

Fortunately, the knowledge we have of planetary influences and their mode of action in the human realm will enable us to reconstruct most, if not all, of the lost wisdom.

Those who have been powerful links in the chain of knowledge that reaches up to us from that great civilization under the Chaldeans and Egyptians, now slowly being rebuilt for our modern minds, are the scientific leaders of history. The world is forever in debt to Pythagoras, to Plato, to Newton, to Kepler, to Napier, and to a host of other men of vision and penetration, all of whom have spoken definitely for astrology.—Chicago Tribune.

Ocean Derelicts

Where a vessel will drift, once her crew has abandoned her, and how long she will stay afloat, are problematical. She may sink in a few days and she may float for years. The American schooner Myer G. Sargent appears to hold the long distance record for floating as a derelict. Abandoned for some reason by her crew off Cape Hatteras she was next observed 600 miles to the eastward, but soon after she was sighted near the spot where her crew left her. Still later she was seen near the coast of Madeira. With the wind, tide and current to help her she had crossed the Atlantic at least three times before she disappeared forever. All through her wanderings she was, of course, a potential menace to every ship that neared her wavering course.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 80 years ago. They regulate liver and bowels.—Adv.

But Laughter Is Good

Some men laugh because others do; they see little reason for it.

DESIRABLE VOCABULARY

Acquiring a vocabulary is almost a matter of instinct, a natural curiosity, an innate eagerness to find out the why of things. The acquisition of a synthetic vocabulary, merely adding of words, is a futile thing. A good many people have so many words at their command they have no energy left for thought. It is not the number of words you know but the use to which you put them.

A man who reads consistently and conscientiously is bound to acquire a vocabulary adequate for all ordinary uses. Because, if he is a conscientious reader, he will let no word that he does not understand pass him by. He will have a dictionary at his elbow and every word, the meaning of which is not clear to him, he will investigate immediately. Otherwise he will not get the full import of the writer's meaning.—Exchange.

"I keep fit"

"...In these days of recovery...if I don't, someone else will have my job." How? "Well, I learned years ago that work...wear and tear...takes something out of men and women—particularly those who work indoors."

"I tore down those precious red-blood-cells faster than my good body could rebuild. A friend told me the story of that grand medicine S.S.S. Now at 4 P. M. I am fit to still 'carry on'."

If you feel weak...lack a keen appetite...or if your skin is pale...try S.S.S. Unless your case is exceptional, you should soon notice a pick up in your appetite...your color and skin should improve with increased strength and energy.

S.S.S. is not just a so-called tonic but a tonic specially designed to stimulate gastric secretions, and also having the mineral elements so very, very necessary in rebuilding the oxygen-carrying hemoglobin of the blood to enable you to "carry on" without exhaustion as you should naturally. At all drug stores.



Odd English Law

English magistrates may be jailed according to a law passed in the reign of Edward VI, which made it "a penal offense, punishable by imprisonment, for any person to solicit

or induce any of the king's lieges to abstain from alcoholic drink." The law, it is stated, has never been repealed, so that any magistrate persuading a man to abstain is liable to imprisonment.

WATCH FOR THIS CROSS

It Means the REAL ARTICLE

GENUINE
ASPIRIN



Of Bayer
Manufacture

When you go to buy aspirin, just remember this: Every tablet of real aspirin of Bayer manufacture is stamped with this cross. No tablet without this cross is GENUINE Bayer Aspirin.

Remember this for your own protection. Tell your friends about it for their protection. Demand and get Genuine Bayer Aspirin.



Safe relief for headache, colds, sore throat, pains of rheumatism and neuritis, etc.
Genuine Bayer Aspirin Does Not Harm the Heart

Between Girls
"Did you hear the lady orator's speech?"
"Yes."
"How was she dressed?"

Deserves a Pension
Caller—Now there's what I call a fine servant.
Hostess—Yes, he's been in our family four hours.

Whose Fault?



The Boy or Girl Who Refuses to Eat

"What have I ever done to deserve a child who refuses to eat, and is just skin and bones?" The mother who asks that question might be surprised to learn that she alone is to blame. She knows a lack of appetite is the sign of a clogged system, but does the wrong thing to remedy the condition. A violent cathartic that upsets the stomach pulls down a child like a spell of sickness. It often forms the laxative habit. A more sensible way of regulating children is explained in the column to the right:

It's a lucky girl whose mother knows how to regulate her children's bowels without some strong, evil-tasting cathartic that upsets the system and ruins their appetites! Whenever sluggishness coats the little tongue, makes the whites of the eyes a bilious yellow, or a child is headachy and fretful, just try pure California Syrup of Figs. The senna in this fruity laxative is so agreeable to take, so natural in action! Get real California Syrup of Figs at any drug store. The bottle should say "California".

GRAHAM MCNAMEE

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