WHY MANY WOMEN LACK GRACE AND BEAUTY OF FORM

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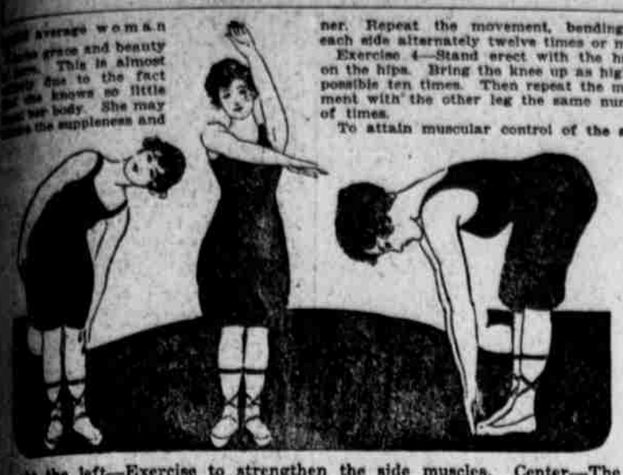

At the left—Exercise to strengthen the side muscles. Center—The "Windmill" exercise. At the right—Exercise to reduce the abdomen.

The average woman lacks grace and beauty of form. This is almost entirely due to the fact that she knows so little about her body. She may possess the suppleness and vigor of a friend, wishing that nature had been equally generous in doling out "gifts" to her, she is concerned. Only in a few instances does the thought enter the mind of the awkward woman that through her own efforts she can become as attractive as the graceful friend.

The grace of movement is the result of perfect bodily control, which can be gained by exercising properly. Beauty of form may be gained by any one who will study how to correct physical defects and apply the knowledge obtained.

The average woman, instead of taking exercise that will give her grace and health, is occupied with her simple household duties, spending her hours industriously embroidering or reading. Such a daily existence has a tendency to destroy the freedom of bodily movement. The muscles and joints become stiffened, and she grows awkward and old before her time.

It is possible for the corpulent and shapeless woman to regain the graceful lines of youth by devoting a few minutes each day to the care of her body. The slender, angular woman can become beautifully rounded and graceful if she is persistent in following a course of exercise that will pad her bony frame with flesh and muscle.

The short "dumpy" figure is far more attractive than that of the "willow sapling" type. The woman who finds that she is overweight and clumsy should immediately begin to exercise. Bending and twisting exercises are best, for they wear away the superfluous flesh, harden the muscles and teach bodily control at the same time.

Set aside a regular time each day and begin the series of exercises with the following movements. Stand in an erect position, with hands on hips, bend the knees until you are in a sitting position with the spine erect. Rise and repeat the entire movement ten times or more.

Exercise 2—Stand erect with the hands at the sides. Bend over as far to the right as possible. Reverse the movement, and bend over to the left as far as you can. Bend to each side at least a dozen times. This exercise will also strengthen the muscles of the sides.

Exercise 3—Stand erect with the hands together, arms outstretched in front. Then swing down to the right side, turning the body in a twisting motion, keeping the hips in the original position. Resume an erect position with the arms outstretched, then swing to the opposite side in the same manner. Repeat the movement, bending to each side alternately twelve times or more.

Exercise 4—Stand erect with the hands on the hips. Bring the knee up as high as possible ten times. Then repeat the movement with the other leg the same number of times.

To attain muscular control of the arms and develop the shoulders and chest, practice this movement:

Exercise 5—Stand erect with both arms upstretched at full length. Bring the right hand over and down in front of the chest with a circular motion. Then bring the left hand in the same manner so that the arms will perform a sort of a windmill movement in front of the chest. Describe at least a dozen circles with each hand.

If you are one of the sensible women who would make the most of themselves, acquire grace and beauty of form by daily practicing these simple exercises.

(Copyright)

TODAY'S FASHION

Very Newest Shawl-Collarette and Smart Velvet Hat.

Collarettes are assuming the proportions of capes. This shawl-collarette is of tailored ermine. It is shaped to form long points at the side and has a wide turned-over collar, extending far into the front. The lining is of old-ivory colored brocaded silk.

A smart hat of black panne velvet accompanies the collarette. It is trimmed with a wired and butterfly bow of antique silver lace. A short maline veil is suspended from the inside of the crown instead of from the brim.

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HOUSEHOLD HINTS

When Should the Children Eat With the "Grown-ups"?

"AT what age should children have their meals with the family at the table?"

This is a question that is asked very frequently by the housekeeper who has small children. Of course, this depends so much on the varying ages of the children that no arbitrary answer is possible, but here is what several mothers found the best practice:

If there is more than one little one in the family the pleasantest method is to have a corner of the dining room set apart for the youngsters' use, with their own little table, small chairs and small appointments like the "grown-ups'" table—a little bowl of flowers, tiny salt cellar, perhaps, and a small water jug, too, if they are big enough to pour for themselves. It takes time to teach the very little ones courteous table habits among themselves—offering and passing foods to each other and being helpful at the table—but children do it more easily and naturally among themselves than if artificially drilled to do it at the grown-ups' table, where they see plainly that their help isn't really needed.

Where the little people's table is possible the children can eat by themselves more comfortably and pleasantly until they are grown sufficiently past the infant stage to understand table conversation of their elders and conduct themselves courteously.

Most mothers agree that it is neither pleasant nor helpful to have a small child at the family table. In the first place the child is likely to desire some of the food which is served, but which is unsuitable for him, and sooner or later mother succumbs to the temptation to give baby "just a wee tiny bit" of something he shouldn't have, just because it "hurts baby more to want it than to get it." The baby doesn't enjoy a bit being wedged in between his elders and having to call lustily for what he wants. Nor can the family conversation proceed peacefully if mother is interrupted a dozen times to attend to baby's needs. A meal should be quiet above all things, with pleasant conversation, or it is of no value. And so, in justice to the mother the child should not be at the table while it is small.

I know one family where there are five small children, but mother and father dine together alone as quietly as though they were honeymooners instead of the parents of a healthy, noisy crew. The children have their dinner at 6 o'clock—one hour before their father arrives home.

They have their own little table, and ever since the older ones were big enough it has been their duty to set the table correctly, under mother's supervising eye. They help each other to food at table, the older ones sometimes cutting up food for the smaller children. Of course, these meal times might be rather noisy festivals, but the shrewd mother has made this her reading hour with the children. They dine very quietly, indeed, so as not to miss a single word of mother's story.

The children all breakfast with the family at the "big table," but their habits have been so well ingrained that they are well behaved and perfectly able to take care of themselves when they do have meals with grown-ups.

There is none of the fretfulness of the child who has always had all of his meals with grown-ups, whose table manners have been neglected because he has been fed as rapidly as possible to keep him quiet, or, worse still, has been encouraged to dominate the table conversation with his "cute" remarks until the family table is, indeed, the baby's table.

(Continued.)

100 WED IN SINGLE DAY AT HAGERSTOWN FAIR

Fifty Couples, Visiting Maryland Town, Take Advantage of Ministers' Offices

HAGERSTOWN, Md., Oct. 13.—Hagerstown's knot-tying parsons shared in the financial harvest of the big day at the Hagerstown Fair. They married about fifty couples, of whom one-half were Pennsylvanians. The following twenty-three happy bridegrooms with their twenty-three happy brides patronized the license clerk in time to go to the fair as man and wife:

Ernest Robinson and Mary Bryan, Greencastle.
Fred Rader and Hattie Custer, Mercersburg.
Raymond C. Bell and Mabel C. Miller, Harrisburg.
Joseph Cormicks and Elsie Cooper, Harrisburg.
Paul C. Books and Gertrude Murray, Disboro.
Charles L. Myers, Silver Springs, and Ida M. Guishell, Middlesex.
William Ott and Mary C. Ingram, Carlisle.
Clarence C. Dittow, Lemoyne, and Irene G. Harter, Tittonsburg.
Lawrence M. Allbright and Florence Storer, Carlisle.
Wallace B. Smith and Fannie E. Witherspoon, Harrisburg.
John W. Miller, Landisburg, and Edith S. Smith, Cisna Run.
William H. Clemens and Viola May Banks, Harrisburg.
John W. Jamison and Florence Ulrich, Chambersburg.
Clarence G. Lebs and Myrtle A. Glenn, Carlisle.
Charles R. Hallman and Martha Hanshue, Middletown.
A. Frank Hair and Ellen E. Brien, Carlisle.
Paul H. Reichenbach, Elizabethtown, and Sarah May Gaines, Bachmanville.
Levere Jacob Gable, Abbottstown, and Mary Ray Crook, East Berlin.
Dorsey W. Eckert and Dessie M. Detrich, Getzsburg.
Roy Robert Chapman and Anna P. McDaniel, Ortana.
George F. Flory and Grace R. Newell, Fayetteville.
Guy Emly and Florence Knaut, Gardner's Station.
Alvin H. Daley, Greencastle, and Virgil M. Miller, Wingerton.

CHILDREN'S CONCERT TUESDAY

Philadelphia Orchestra Recitals Under Public Ledger Auspices Planned

The first of a series of free concerts to be given by the Philadelphia Orchestra, under the auspices of the PUBLIC LEDGER, this season for the public school children is scheduled for next Tuesday night in the Academy of Music. These concerts are a continuation of those given last year in the various public schools. As it is estimated that approximately 25,000 children will attend the concerts this year, the Academy of Music has been obtained.

According to Mayor Smith, the city is too poor to pay for Sunday concerts, and an ordinance appropriating $10,000 for a series of free concerts has lain since last spring in the Finance Committee of Councils, where, it is said, there is little likelihood of its being favorably acted upon. Arthur Judson, manager of the orchestra, however, says that he has arranged so that three of these Sunday concerts will be given this season.

PILGRIMAGE TO FARM SCHOOL

Annual Observance of Succoth to Be Held on Sunday

CHALFONT, Pa., Oct. 13.—A thousand persons from points in Pennsylvania, New York and New Jersey will assemble at National Farm School on Sunday, when the annual Succoth Pilgrimage will be observed. Prominent men of the country will make addresses.

They include Louis F. Post, Assistant Secretary of the Department of Labor; Dr. Edwin E. Sparks, president of State College; Charles Zeblin, publisher, of Boston, Mass.; Henry Moskowitz, president of the Municipal Civil Service Commission, of New York; Dr. Joseph Krauskopf, Philadelphia, president and founder of Farm School, and Herman L. Collins, of Philadelphia.

GREATEST EXPOSITION HERE IN 1926 PLANNED

Pretentious Project for 150th Anniversary of Independence Signing Proposed

Plans have been proposed for an exposition to be held in Philadelphia in 1926 to celebrate the sesquicentennial of the signing of the Declaration of Independence. Those behind the movement hope that it will eclipse all the world's industrial fairs that have been held since the Centennial Exposition here in 1876. The project was broached at a luncheon given at the Adelphia by David B. Provan, and steps were taken promptly to assure its consummation. Mr. Provan was authorized to appoint a working committee to draft plans for the exposition and also for the organization of industrial and commercial interests to carry them out. He also was given authority to promote a permanent publicity center for exploiting Philadelphia's industrial and commercial resources.

The suggestion for holding the 1926 exposition was made by John Wanamaker, who said:

We are all interested in promoting the city's progress. I have little sympathy with those who call Philadelphia slow. When it comes to what Philadelphia stands for we have never been slow since the Liberty Bell sounded around the world.

The Centennial Exposition was one of the greatest things this country ever did. It brought visitors from all over the world and proved to be an inspiration to every nation and every people. We have here just such a group of men as planned the Centennial to make the 1926 exposition the greatest the world has ever seen. What Philadelphia did forty years ago can be repeated if all will co-operate.

Settle upon 1926 for a world's exposition. The European war will be over and the nations reconstructed. Meanwhile we can lay the plans for the exposition with the goal in view of making it the greatest ever held.

Such permanent exhibition, said R. H. Durbin, of Strawbridge & Clothier, would undoubtedly bring here a floating population of half a million people to buy Philadelphia goods in the home market instead of going to New York. He suggested also that attractive salesrooms should be established by merchants in central locations and entertainment provided for out-of-town visitors.

Among the other speakers were Colonel William B. Nicholson, W. F. Therkildsen, E. J. Berlet, Bartley Doyle and Samuel W. Meek, who declared that Philadelphia was carrying out the greatest municipal development and building program in the world. He predicted that in the next six years the city's development would exceed anything New York has accomplished in the last twenty years.

Those present at the luncheon included John F. Auch, vice president of the Philadelphia and Reading Railway; S. R. Clark, of the Chamber of Commerce; Nathan T. Folwell, president of the Manufacturers' Club; John Gribbel, president of the Union League; Ralph B. Clayburger, Robert M. Coyle, Fred C. Dunlap, J. Miller Frazier, of the Bellevue-Stratford; H. A. Gatchel, Ellis A. Gimbel, Michael T. Hanson, George B. Harley, of the Pennsylvania Railroad; George W. B. Hicks, Charles M. Keegan, Samuel D. Lit, J. C. Martin, M. W. Newton, Joseph N. Snellenburg, Rowe Stewart, Thomas D. Taylor, E. A. Van Valkenburg, E. S. Woodward and Dr. S. P. Ross.

North Wales to Get Hosiery Plant

NORTH WALES, Pa., Oct. 13.—Ground has been broken for a new hosiery mill at North Wales, to be operated by the Sutro Company, now operating a mill at Elkton, Md.