

WHY MIDDLE AGE FALL WHEN THEY GET TO FORTY

Contrary to the General Opinion, Middle Age Does Not Naturally Take on Flesh—An Accumulating Income Allows for Too Much Ease and Food

ONE of the current magazines... Dr. Robert H. Rose extends the line of hope to those who are fair and forty and getting fatter.

love of ease that middle age craves and feels it has earned comes to the surface and the reducing program falls into disuse.

THE middle-aged woman does not feel herself sliding into fatness... one fine day she finds herself slightly troubled as in passing she looks in the mirror of the department store window.

WALKING is excellent if enough of it is indulged in regularly... Swimming is excellent and by this it does not mean the mere jumping up and down in the surf.

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES... 1. Are boarding, nursing and tuition free in the army nursing school recently opened at the United States Army?

YESTERDAY'S ANSWERS... 1. When a slight creak is found in the jar of a canned goods, check a little jar and apply it with a tin brush in case there is any rust.

What is a Manuscript?... Dear Madam—My article in the August issue of the "Woman's Exchange" is an excellent composition.

Take Heart, Dear Friend... Dear Madam—Will you try to help me? I have a very nice, but I am a little bit of a nervous wreck.

How to Give Party... Dear Madam—Will you please give me a party before I go to the States? I have a very nice party.

A Furlough in France... Dear Madam—My article in the August issue of the "Woman's Exchange" is an excellent composition.

He Might Be Her Boy... Dear Madam—My article in the August issue of the "Woman's Exchange" is an excellent composition.

When They Are Hungry Give Them These—Satisfying, Tasty and Patriotic... Are the children asking for cookies?

SUGARLESS COOKIES FOR THE CHILDREN... PATENT LEATHER HAT BANDS ARE WHITE

Adorned With Sprays of Flowers for Sports Hats. Some Voile... The early display of felt and velvet hats causes the woman who likes to keep step with fashion to go over in her mind her last fall's hats.

Chocolate Cookies... Peanut Butter Cookies... Cream the fat and mix it with the sugar. Add the sifted dry ingredients.

When They Are Hungry Give Them These—Satisfying, Tasty and Patriotic... Are the children asking for cookies?

GRADUATING BANDS ADORN THIS FROCK

A MAID AND TWO MEN

The Story of the Girl Who Was Left Behind

By HAZEL DEVO BATCHELOR



THE STORY THIS FAR... Ruth Rowland, a popular young American girl, is loved by Scott Raymond and Hazel Devo Batchelor.

THE DAILY NOVELETTE THE BATHROOM SCREEN... Mrs. Wood had looked for it just as she had looked for the other.

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THE HEART HUNTERS

By MARY DOUGLASS

Author of "Hunting a Husband"

CHAPTER XXXV. The Scarlet Fan

"M GOING out to dinner," said Betty, brushing past me in the hall.

"No," I answered. "Won't you put those flowers in bowls and give a touch to the sitting-room."

"You are about to furnish your home. The best of course, in none too good a way, is to buy a few things that are dependable, attractive furniture."

From the white folds of tissue paper, she drew a huge fan of scarlet feathers. "Now look at yourself."

"I did as I was commanded. I gave the scarlet fan to the girl who was giving me the money. Those eyes sparkling with light."

"You are a dear," said Alice, coming into the room as I was finishing. "I'm going out this evening, Alice."

"I told her. Alice's face lighted up suddenly with impish glee. 'I have it! I have it! I'm going to dress you up for the party.'"

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A HOME-MADE DRIER TO USE ON STOVE

This Utilizes the Heat From the Top of It That Goes to Waste

(Director, Department of Household Science, National War Garden Commission, Washington, D. C.)

There is heated air constantly rising from the top of the cookstove, and this heated air is usually needed for drying vegetables and fruits.

A portable one also makes a good top stove drier. It can be easily turned to distribute the heat, and the shelves can be shifted during the drying.

Business Career of Peter Flint... A Story of Salesmanship by Harold Whitehead

Mr. Whitehead will answer your business questions... I had a letter from Francis Graham this morning. He said that things are shaping up all right.

It's Pleasant to Be Thanked... Dear Madam—I must write and tell you how much I appreciate your suggestions.

The Sky's the Limit... Dear Madam—Your kind suggestions in the "Woman's Exchange" are always welcome.

Is Your Life Cheap... Don't hold it too cheap; most any one can exist, but you can only live once.

War Workers... You are about to furnish your home. The best of course, in none too good a way, is to buy a few things that are dependable, attractive furniture.

Common Sense in Baking... tells any woman that a baking powder that rises in the oven is better than one that wastes its strength in the mixing bowl.

U.S. WORLD'S RICHEST NATION AT END OF WAR

New York, Aug. 23. The United States will emerge from this war the richest country in the world and New York, which is now the money center, will perhaps continue so forever.

More than \$10,000,000,000 is owed to this country by foreign countries. Mr. du Pont said, and there will be no other way of getting it back except by the development of foreign trade.

Appeal for Newspapers... U. S. Soldiers Abroad Want News of Home Towns

"More home newspapers" is the appeal which is being continually made to the library committee of the American Red Cross by American soldiers in hospitals in Great Britain.

Permanent Hair Wave... New Nettle Apparatus—1918 Model Also acquires for Nestle's patented water before you have your hair waved.

Wilbur's Cocoa... War Time Dessert A Patriotic Delicacy

Is Your Life Cheap... Don't hold it too cheap; most any one can exist, but you can only live once.

Soft White Hands... Follow up of Cuticura Soap and Ointment. At night bathe them with the soap and hot water.

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A. I. du Pont Sees New York Money Center—Great Commercial Possibilities... More than \$10,000,000,000 is owed to this country by foreign countries.

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WILBUR'S COCOA... War Time Dessert A Patriotic Delicacy... Patriotic because it uses so little of the foodstuffs our government asks us to conserve.

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Community Stores... 15c 4lb. 30c lb. in handy handled cups at Community Stores. We Serve You Save and other good stores.