## Woman's Life and Love

By WINIFRED HARFER COOLEY

Is Matrimony Doomed?

European coun-tries, with a gen-eral understand-ing that it is mixed up with a man's obligation to support the family and the woman's to bear children and keep house!

As a matter of mact truth, mar Inge is much

HARPER COOLEY that: it does not mean monogamy at ill, for there are dozens of kinds of marriage. In some countries and under some religions, polygamy is quite legal and moral, and in a few smaller communities polyandry, or the taking of many husbands simultaneously by one woman, is the regular practice. In the past there were promiscuous relations, and tribal children, and then marriage by capture, when the bride marriage by capture, when the bride went to the strongest, or the fleetest; and later on, marriage by purchase. when the parents of bride and bride-groom bargained and made the sale as if of merchandise. Whether or not menogamy, which is generally regarded as the highest form thus far worked out, will endure, is a question that is by no means settled.

WINIFRED

We always think in terms of a few cely paired-off married couples, as were the animals in Noah's ark, and this agreeable and convenient assorting of adult males and females would sensible-were it ever achieved millions of men and women never at all. Others marry several times, thus breaking the even monogamy of bairs; while in thousands upon thousands of cases there is not complete menogamy in the "moral" sense.

Then, too, immense numbers of percons on this globe are Mohammedans who are frankly permitted four wives, and so, when we search for actual monogamy, we find only a small minority in all the world practicing it. It.

ty in all the world practicing it! I not, then, rather arrogant in us to oclaim that all truth and knowledge But this does not prove that the ancient immutable slavery was a desiratem upon the entire world? are with us, and seek to impose our system upon the entire world? Especially, as we cannot point to any very conspicuous success achieved by our system, considering that one mar-

riage in every twelve results in divorce. and that number does not by any means Pepresent the unhappily mated ones!
One of the obstacles to a fair test of monogamy is the economic struggle of modern life, which renders it impossible for young men to marry in early youth, because it is not practicable for them to earn enough to maintain a home. In the real mating seation and the passions run high, finan-cial considerations impose an icy hand. In classes of society where a profession is deemed necessary, the boy must
go through college, and often through
four more years of law or medical
school, and then, endure a long, weary
term of waiting till clients come. By
this time he is nearly thirty, and has
of stores; but in selecting a husband
(what important and comparent and comparent waiting till clients).

lost the first keen desire to mate, or has become mercenary, and does not choose as Nature would have him choose, to insure fine offspring.

Some wise parents who can afford it support their son and his wife, and few marriages are ideal?

great game that goes on forever.

behind-always.

Two Minutes of Optimism

More of the Plattsburg Idea

When you decide to do something, snap into it. If you decide not to do it.

There's only one place for anything and that is the right place. Put it there.

The main trouble with men the world over is inertia. There are other things

We are not perfect; therefore, we must expect to make mistakes. They

Napoleon used to burn all his bridges behind him. There was nowhere for

Be courteous. Discourtesy is a sign either of ignorance or impertinence

Be serious. Don't try to get a reputation for being smart or funny. In

Keep your head up and your eyes off the ground. Look straight in front

The word patriotism means "love for one's country." This definition does

to step out, mental and spiritual laziness which would rather sit tight and let

him to go but ahead. Once, when he wanted to cross the Alps, he sent some

engineers out to examine and report on the roads. They returned and reported

that the roads were terrible-impassable and impossible. "Very well," remarked

It is the badge of the boor. Courtesy is indicative of discipline, politeness, good

breeding and self-respect. The gentleman is always courteous. He may be

every outfit there is sure to be somebody who constitutes himself the clown of the

company. He is really amusing. The only difference between him and the vaude-

wille clown is that the latter makes money out of it, while the former makes a

not refer merely to the Fourth of July or to war times. It refers to

every day in every year, to every hour in every day. The patriotic man

during war is willing to die for the country he loves. During peace his

patriotism prompts him, among other things, to pay his taxes cheerfully for the

the best man or the best principle, to obey the laws of his country and community.

obey is the watchword of a true citizen. To obey implies subordination to supe-

riors and respect for authority. If you are to become a disciplined citizen, you

main object of drills is to teach the habit of obedience. As soon as you obey

truly, promptly, at times subconsciously, the instructions of your superiors,

as soon as you can cheerfully give up pleasures and privileges that conflict with

The Woman's Exchange

the Editor of Woman's Page:

Dear Madam—Please suggest an average way of deliver and a second state of the second state of the

Since you are so well acquainted with

must recognize the authority of those over you and promptly obey them.

your duty, you will then have become a disciplined citizen

support of his Government, to study the national problems, to always vote for

The lack of respect for authority is one of our great national defects. To

Discipline cannot be acquired in a day or a month. It is a growth. The

in every other way. Here is some more of the Plattsburg idea :

things drift. The winner is the man who will make the extra effort

the "Little Emperor," "we must start earlier than usual then,

usually don't matter if we will only learn from them.

"hopping mad." but he is courteous.

- fool of himself for nothing.

and cover the man ahead.

To the Editor of Woman's Page:

TALKING about marriage people even several babies, while he still is in college and getting his first start—but in the nature of things this is unusual.

Among poorer folk marriages are contracted without waiting for adequate earnings, or else (in factory towns, especially, it is said) thousands of temporary illegal unions are openly indulged in, the girl working, as well as the man, but neither daring to take up the expense of a home. Such irregularity is more prevalent throughtout even puritanical America than most of us average comfortable, well-

most of us average comfortable, well-educated people realize.

Take it all in ail, therefore, is monogmy so widespread as the narrow religionist proclaims? It has much in its favor, if people

ability or moral worth, always it is the man who is the head of the house, in the general public mind.

tabital itself in the body-politic, and

a many-sided temperament mated with

dom of choice and a new moral plane.

sire instead of from necessity of sup-

port, will elevate marriage and im-prove the stock. If it seems that in

America a wide range of choice already is permitted-that no parents work a

dower system, but that young folks do exactly as they please—this is not cor-

rect. A man has considerable latitude of choice, but a girl can select only

though we do go to the dance-halls once in a while. Wake up! Do you know that this is 1921, and the fellows are wise to girls like you?

As for your being particular as to who you go out with, we can hardly believe it possible for you to choose your company if you think that there aren't would just enter into it with rational ideas of "living and let live," of "bearing and forbearing," and with a decentary regular regular fellows here in Philing and for the partner's independence, and regular regular fellows here in Philing and for the partner's independence, and regular regular fellows here in Philing and for the partner's independence, and regular regular regular fellows here in Philing and for the partner's independence, and regular regular regular regular fellows here in Philing and forbearing, and with a decentary regular regular regular fellows here in Philing and forbearing, and with a decentary regular regular fellows here in Philing and forbearing, and with a decentary regular regular fellows here in Philing and forbearing.

Please Tell Me

Here Are "Pat and Henry" Again

Dear Cynthia-After reading what

"Somebody's Stenog" had to say to us, that if there are any fellows who don't

dance or thine their hair, she would

like to meet them, we want to tell her

that they are plentiful, only those fel-

lows do not care to meet a girl who has

Well, "Somebody's Stenog," you think

your letter struck home, but we want

you to understand that we are not

Johnnies and don't shine our hair, al-

so much time to criticize the men.

What to Do

of passion and jealousy, irrational they remain, even when the heat of first love has cooled. The "civilized" world has proclaimed for many centuries that woman is owned by man, whether father or husband, and until recently she has been regarded as legally irresponsible, a ward of the State. To Write to Him at College

Dear Cynthia—Please tell me what to do. I am seventeen years of age and I met a young man at Wildwood about a month ago at a dance and he asked me for almost every dance. He asked to see me the next day at the beach and I overslept and I didn't see him until he was going back to the hotel for lunch. He asked to see me again that afternoon and I was sick. I had sunburn polson and I had to be treated for it. Well. I didn't see him, and the next morning I came home. I could only go over the week-ends and he was down for two weeks. My people were down there though and what I would like to know is, would it be proper for me to write to him at school, as I don't know his first name nor his home address and what should I say?

Since you broke an engagement with responsible, a ward of the State. Toexpunged from the books, but the basic belief that man is the superior and "the boss" has sunk deep. Instead of honestly seeing marriage as a freely Since you broke an engagement with kaiserism in the family also dies hard. the young man, write to his college or school and apologize, telling him why you did not keep your engagement, and tell him you would be glad to have him Even under the old system there were many happy unions. Contented slaves

Here's a Real Question

many happy unions. Contented slaves are not an unknown phenomenon. Gilded cages are attractive to those who never long to use their wings. Because of physical comfort, harems even today often are extolled.

On the other hand, too, many free marriages do come a cropper, and fall. Given a wide latitude of action, and many sided temperament mated with Dear Cynthia—From time to time in your column there have appeared lecters, pre and con, concerning the vital question of marriage.

I have seen so many, many unhappy marriages that I make up my mind never to enter that dangerous state. But, thinking it over, it seems that a marriage as the culmination of a sincere friendship is likely, to be the most successful, more so than one of love and short acquaintance. In that case there is no headlong plunge, as a person clearanother many-sided temperament, and there are infinite varieties of friction. Monogamy certainly has not suc-ceeded, in any sense, but it is not proved that it has failed. Greater frees to headlong plunge, as a person clear-teaded can view the matter from a aner angle than a lover, hot-headed t also seems to me that there is apt g be more faith and trust, and, after all, are not these two things about the greatest in the world?

Cynthia and readers, do you not agree th me; DUCHESS. with me How about it, readers? Which is the happier marriage, one founded on love, a mutual attraction without a real knowledge of each other's tastes, etc., or a marriage founded on mutual long friendship and respect, but into which love does not enter?

Keep on Hoping

from a few samples presented her. Lack of opportunity a narrow environment, and the tradition of modesty hamper Dear Cynthia—Heretofore on several occasions I have endeavored to communicate to the lovelorn readers of this column, lengthy treatises on love, some very poor philosophy, and what-not. But until tonight I never dreamed what it means to be in love—and out. column. lengthly treatises on adviced what it until tonights, and what-not. But it means to be in love—and out of the first cleanest, most refined, educated and cultured girl in this world cannot become my wife. She would, but just what she said in an off hard way applied to me and my kind. If the tone and my kind. It were granted the stopped when he saw Theo and it would be this: To have but one religion, the reigion of God, in the entire unity terms, and the entire unity terms of marriage included.

But I am not going to cry about it. But I am not going to cry about it. But I am not going to cry about it. For the girl of the engre rather blue and disherarients. Whether this face, a smile that was not any off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control off to Alaska and drown my sorrow in face, and the control of the care of the care of the control of the care of the control of the care of the control of the care of the care of the control of the control of the care of the care of the care of the care of the control of the care of the

More of the Plattsburg Idea

[A LL of us at Plattsburg had the time of our life. We wouldn't want it for a lifetime, and what's more, we couldn't stand it; but the store of energy, the least had ideas we carried back with us is going to help considerably to make more worth while and vital the parts assigned to us to play in the snow. My past training has taught me to scorn that path, which is for weak great game that goes on forever.

The Plattsburg idea is one of the few outstanding institutions conceived in the last few decades. It aims to build a nation of thinking, loyal, patriotic. strong men. And it does. The means are strenuous. We who have gone I'm sure religion won't spoil our love. Moreover, I know that if it is right for me to have her, it will be so. through the mill will tell the world that! They "killed" us, but we emerged

eborn, re-energized, revitalized, upbuilded physically, spiritually, mentally and FORMER WRITER TO THE map out of it. The world moves too fast for the time-killer. It leaves him

the matter, but at the bottom of most of them is mere sluggishness, unwillingness | The Ever Individual

Black and White Frock



By CORINNE LOWE More than 300 years ago Diane de Poitiers, one of those provoking women who don't know when

a present, be sure and send him a card, as a thought of this kind is always appreciated.

I am sure that it with a barrette in the back. Let it fall softly over your forehead, pull it out a little, so that it does not silck closely to the head, and ruff it silightly en each side.

Is Gift Correct?

It is correct to carry a handbag when a young man over a year. We have been eving around with each other quite a lot in the last three months and expect to anyoung man accompanies you. Very and then little things to be tucked into it, and then it is most convenient.

A baby's layette includes at least size of the word of this compelition in her black and white ribbons to his anounce our engagement in the spring. On his birthday would it be proper to give him a gift or send him a card? This young man spends quite a sum money every time we go out. How can i, without hurting his feelings, tell lim I'd much rather have him save it? Is it considered proper to carry a sweater and a sacque or two of a woolen material, such as albatross, are nice and send him a card, who don't know when to get old, dressed in invarying black and white. The current king of France always wore her colors, and there doesn't seem to have been ny confusion about the direction of this compliment.

That lucky Diane probably had no competition in her black and white ribbons to his anounce our engagement in the spring.

On his birthday would it be proper to gift would be appropriate? This young man spends quite a sum of the little things to be tucked into it.

A baby's layette includes at least six you mean me, sir?'

Black and white remain just as much in evidence as ever now that anyoung man spends quite a sum of the color of this complement.

The current king of France always wore her colors, and there doesn't seem to have been of the direction of this complement.

The current king of France always wore her colors. The current king of France always appropriate the direction of the

SIMPLICITY SPELLS DISTINCTION



### The Heart Pirate

with a suddenness that was almost dis-

concerting.
"I don't know what you mean by

girl, a fact he was not at all sure of, there was plenty of time to play that

Bandeaux

Food-Iron

Food-iron is the basis of true

And it comes naturally only

through the food you eat. Medi-

cinal iron isn't food-iron. Food-

You need but a small bit of

Raisins are rich in food-iron-

iron daily, yet that need is vital.

assimilable, natural iron. When

Raisins are

the Iron-Food

Ask for

SUN-MAID

Brand

They're most delicious

you select your foods for "iron,

iron is effective.

vitality, which is built up in the

Tomorrow-A Man's Thoughts.

kind of game later.

"True Vigor and Vitality depend on iron in the blood."

By HAZEL DEVO BATCHELOR Copyright, 1921. by Public Ledger Company

Theodora Caldwell has become en-Theodora Caldicell has become engaged to Jimmy Bland and to her surprise is not happy about it. She tells her employer, Richard Blakeslee, that she is leaving to be married and he refuses to let her go. They have a battle of words and Theo apparently wins out, but then Blakeslee carries her off on his private yacht, not because he is interested in her can avenue. ested in her as a woman, but be-cause he needs her services on a business trip. Of course, Theo is furious and refuses to work, and for the first time Blakeslee sees her as a woman instead of as an office machine. The propeller breaks during a storm.

but the accident to the propeller made me think that perhaps you would not be ready for me this morning." Her manner was stiff and entirely uncom-COLUMN.

You are right in keeping up your hope.
The girl has not actually refused you, and it may be that in time you can win her in spite of her views.

THE promising, but as usual she felt at a disadvantage before him. She felt that he was laughing at her and in reality, he was. He was not slow in realitying what she had intended to do, and he was thinking how uttack. promising, but as usual she felt at a was thinking how utterly impossible it was for them to return to the business status existing between them.

"To tell you the truth." he said slowly, "I'm not in the mood for work on that South American job just now. fact you'll be delighted to hear that hardly think it would be wise to undertake the trip without a new pro-peller, and that would mean running in to shore. I suppose if we did that I could hardly expect to keep you under cover and carry you off with me a second time, could I? You'd be running off to join that wonderful man just as soon as your feet touched land." Theo did not answer. She had turned away from him and was leaning against the rail with her face turned outsto sea, and he felt a sudden irritation at not being able to see her eyes.

"I see that you have scorned the clothes I provided." he remarked. "Are we to be enemies, then?"
"I think it's less dangerous," she minicked scornfully. 'I don't agree with you," he said

That brought her face around to his

The Question Corner

Today's Inquiries To what position has Miss Abt-gall Harding, sister of the President, recently been elected?

2. Describe an imposing electric lamp which would light a hallway brilltantly. 3. For the purpose of cleaning a

percolator without trouble what new type of brush is made?

What and where is the "Isridge of Sighs'?
5. In what charming fashion is a black net petticont made, to wear under a thin black dress?

 With what unexpected material is a new grav felt hat trimmed? Yesterday's Answers Mrs. Mary Klump, of Allentown, Pa., who recently celebrated her hundredta birthday, is said to be

the oldest woman druggist in the world. In wringing clothes out of hot starch protect the hands from burning by using the wringer loosened to let the clothes through easily to take out excess starch When a modern bench takes the place of the old-fashioned stool

at the piano, paint the stool to the bedroom furniture and use it before the dressing table The 'Black Hole of Calcutta was an unlighted, uneventilated soldiers were once shut up together by an enemy, only twentythree of them living through the

Cachinireine, a new fabric for coats, is made of cashmere yarn with a seft, lustrous finish. Tortoise-shell, a light brown, is a popular new color for autumn ciothes.

first night.

Adventures With a Purse

T IS the rule of many neighborhoods that ashes may not be put in the back street, and on ash day it is no uncommon sight to see better residential sections of our city in a most deplorable condition. Barrels and boxes are not very adequate holders of the refuse, and frequently ashes are strewn about the streets in a most unsightly fashion. Metal asheans are sightly fashion. Metal ashcans are undoubtedly the very best kind to have, but shopping tours have found them to makes her father disapprove of the match. be rather expensive; and, generally speaking, the men who collect do not bother to handle the boxes and cans with any great amount of care. One of the stores is having a sale of galvanized good that he is putting his foot down a heavy cover to fit over the top of the can to prevent the breezes or knocks from depositing ashes broadknocks from depositing ashes broad- On the other hand, fathers very often cast. The cans are priced at \$2.75, know more and better than even girls cast. The cans are priced at the of age.
and my experience in looking for them They can read the character in a Almost the middle of September; that means a replenishing of the winter wardrobe, a trip to the cleaners to renovate last year's coat, a general featuring as a september of thinks are in thinks are fastening on of snaps and books to last

pleated frill, which serves as a very neat and dainty "finishing touch." The blouses are priced at \$3.95. Nail polish is always needed when one is going out, but the girl in an office cannot always find room in her bag for a cake or jar of polish. One of the better and well-known companies is putting out a small stick of polish, about the size of a lipstick, which will fit conveniently in a handbag or elip into the corner of a desk drawer without taking up very much room. The stick of polish is red and, when rubbed lightly over the nails and these are polished on the paims of the hands, leaves a high and lasting polish. The Nail polish is always needed when leaves a high and lasting polish. The

For names of shops address Woman's Page Editor or phone Walnut 3000 or Main 1601

WHAT'S WHAT By HELEN DECIE



will admit that."

She slipped past him quickly, and he had a sudden, almost uncontrollable desire to stretch out his hand and stop her, but something stopped him. He was quite confident of himself, and if he really decided that he wanted this girl, a fact he was not at all sure of, there was plenty of time to play that kind of same later.

### Shall She Keep on Loving Him or Wait Until a Richer Man Comes

Her Father Objects to the Poor Boy and She Cannot Decide What to Do-Her Love Seems Conveniently Semi-Detached

proves this to be quite a reasonable boy, see the possible future, by means of a glance at his family, much more

rounds the man who loves her. year's clothes that warrant another sea-TFT a father is often blinded, in TF SHE finds her father prejudiced by son's wear. I have seen some silk pongee blouses which would make very good business blouses for the girl who works, or would do very nicely for the

girl in school. About the collar and down the front of the blouse is a narrow

all those angles.

There is something about daughter's letter which scores a little for the op-

posing side.

"Shall I wait for a man who can keep me in the way I was brought up or shall I keep in love with this one?" she asks serenely.

CHE might almos; be talking about hats or automobiles. If necessary, it seems, she can "keep in love" with the boy who hasn't much money; but if necessary, she could also wait for a man who could keep her as

wait for a man who could keep her as she has been brought up.

This does not sound as if she had the deep, all-powerful love which would last through all the struggles and hardships of poverty; it seems more like a convenient thing which can be put on or taken off any time she pleases.

If it is, then she would be wronging herself and the boy to marry him.

But, if this is merely a slip of the pen—letters so often fail to give the right idea of the writer's meaning—then it is up to her entirely to decide.

YET a father is often blinded, in another way, by the throne upon which he has always placed his daughter.

He may also have an exalted opinion of the position which she has always held, the way in which she has always been supported.

Then, too, if he struggled with poverty during the beginning of his own married life he is very reluctant to allow a daughter or son of his to go through anything like that, no matter

#### Read Your Character By Digby Phillips The Crown of Justice

The crown of justice here referred to not a figurative reward of a virtue It is the possession of certain mental faculties on which the sense of justice is founded. It's a bump in a certain location on what is known as the crown

Suppose you put a No. 2 hat on a No. 7 head, or a rather large cup, or a small bowl. Suppose you placed it squarely on top of the head, and then shoved it backward to a slight tilt. Now bserve the head from the side, and note where the middle of the rim of the 'crown' comes. That's where the bump of justice, or as it is sometimes called, conscientionsness, is located. In making a study of a stranger it is, of course, advisable to do all this mentally o save him embarrassment.

When the head is well developed at the point indicated, you can make up

But don't assume that this person would carefully refrain from all actions which you yourself would consider dishonorable, unfair or inconsiderate. A person can be conscientious only in the light of his understanding, his training and his experience, and before you can forecast with any great accuracy what he will do under given circumstances, you must find out somehump indicates is that he has them. People whore heads are poorly developed at this spot are those who are not bothered greatly by "principles," though very often they have a good substitute

Change

When first you lived at Arcady
It seemed a step away;
The trees bent down to great me
And birds sang doubly gay.

The road is long to Arcady. The feet grow weary soon; And I am tired of Arcady.

# Things You'll Love to Make



THE ONLY TRIMMING necessary on a silk party frock is a large spray of silk or velvet flowers, fruits and leaves, worn at one side. For the fruits, cur circles of silk. Shirr them around the edge and stuff with cotton. Stitch with silk or wool, or paint them. The leaves and flowers can be made of single or double material. If the spray is made of material of bright hues, it gives a stunning effect to the whole frock.

in a keen sense of self-interest, which keeps them from doing many things which others avoid as a matter of prin-

Tomorrow-Fine Eyebrows.

About Clean Hair

Just what is keeping the hair clean? Weekly, monthly or quarterly shampoos? We took the problem to many hair specialists, whose laboratories for hair preparations are connected with branch offices in the large cities. With one exception they agreed that frequent water shampoos kill the hair. "Soap and water shampoos kill the hair. "Soap and water clean the hair but injure the scalp by removing the natural oil upon which the color and very life of the hair depend." The one exception who believes in weekly hair washing warns solemnly. "But never, never without vigorous oil tonio massages daily and especially after the shampoo, else the water will dry up the hair." Hair is kept clean by tonic massages and tonic shampoos, with as little actual soap and water washing as it is possible to give it.—McCall's,

### The most marvelous machine in the world-and how it is neglected

for us where we have missed the lesson and neglected the machine.

GRAPE-NUTS food was made in accordance with the school book lesson on what the body needs and how its needs may best be supplied.

It is possible for a delicious food to be a scientific, "power" food. Grape-Nuts is such a food.

### Perfecting Natural Gifts

Twenty hours of continuous beking has done certain wonderful things to the nourishing properties of whole wheat and malted barley flour, from which Grape-Nuts is made and has produced a food in the form of crisp, golden-brown granules.

You chew Grape-Nuts thoroughly.

The rich, sweet flavor of Grape-Nuts is the reward of chewing. Nature meant the teeth to be used. Primitive people, who keep the natural teeth sound and perfect to old age, are eaters of food which requires chewing. Grape-Nut gives the teeth work to do.

Perhaps you remember a little of the physiology lesson, now-how the salivary juices respond when the food is thoroughly chewed - and the first important step in digestion is taken.

Life-Giving Properties

Wheat and malted barley are richest

of all grains in the food elements required for human use. In Grape-Nuts all the essentials provided by nature in these grains are retained and perfected. The long, slow baking process which produces Grape-Nuts turns the grain's starches into natural sweetness and breaks up the nutritive solids into forms easily assimilated by the body.

The exceptional nourishment from Grape-Nuts is secured with no tax upon the digestion.

### Penalties for Mistakes

When the doctor, as the mechanical expert of the bodily machine, comes to give advice in case of trouble, he finds that harm as well as good, often has resulted from food.

"Starchy" foods have been the subject of many warnings. Food which passes too slowly through the digestive tract causes disturbances to which much of the alowing down, wearing out, and failure of the bodily machine

A characteristic of Grape-Nuts is that it digests quickly and completelywithout fermentation in the intestines.

### A World Service

There is, therefore, a reason why, throughout the world, Grape-Nuts has steadily grown in favor these many years, as a food for fitness, as well as charm to taste.

You can apply that reason to your own benefit.

Ready to eat from the package, always crisp, naturally sweet served with cream or milk and a little sugar if desired — Grape-Nuts is an ideal dish for breakfast or lunch.

"There's a Reason" for Grape-Nuts

#### With evening gowns, the woman who does not wear some sort of a headdress looks uncoffed, for bandeaux and similar coffures are seen in increasing numbers. It is said that this is due to the fact that bobbed hair is no longer as chic as it was for a time, and that the headdress which holds the hair close to the head rakes away from the "hobbed". the head takes away from the "bobbed look."—Vogue. AWAY back in the school books was a lesson on physiology. Rather dull as a lesson. Yet it was the story of the most marvelous machine ever created—and how the machinegets its power and does its work. That machine is the human body. Some day the mechanical expert of this machine - the doctor - finds out