LEARN TO RELAX GRACEFULLY

Practical Jokers Don't Want Friends, They "Merely Want Susceptible Victims"

People Who Can Find Pleasure in Making Others Very Unhappy and Worried Cannot Be Quite Normal

some one else's discomfort and per- could not be bothered to go to all

that trouble just to make some one

A great deal has been said about

THE HOME

IN GOOD TASTE

By Harold Donaldson Eberlein

SHE had just mer a man whom she any chances of having his "fun" re-liked pretty well, and he liked her. flee back upon him. His great stunt

They met at a par y and he came is no possibility of the policeman recall on her once very soon after. taliating.

was during his second call, when were sitting in the living-room

She gasped and a scarlet blush crept would easily bring them to tears if hauer up toward her hair as she hastily de-pied the engagemen, and demanded to. They should not be dealt with light. thow where the news had come from.
There sat Mr. S. right beside the telephone, probably hearing every word.
The situation was embarrassing, to

danger in the world of having a very least pay them back. so that there would certainly be a call about it while Mr. S. was there

THAT kind of thing isn't funny, never always of the inoffensive type who has been and never will be. would rather not joke if they had

Some tokers carry is further than else uncomfortable. this; they wait until a man and girl tell some scandal about him, presents For they are all dourishing. ing to have it come from his "ather. It seems strange that they do not wife" or some one whom he has de-realize the dislike with which they

frauded of a large sum of money.

They think it's funny to send a Why, you never can be really doner until she can never feel quite out at any moment into some detecta- were the same about the man even after ble trick that will place you in an she has found out that it is all just embarrassing, worsying or territying

There have been so many seniors inThere have been so many seniors inJuries caused by the "pulling out the ways suspicious of the most innocent body."

There have been so many seniors inYou are always on your guard, always suspicious of the most innocent body. That will show them ways suspicious of the most innocent body. That will show them how silv they are quicker than anything, speak to them of course, when you meet but do not seem incrested. Your practical joker does not take friends; they just want vie ims.

The Woman's Exchange

Wants to Play the Banjo

the Edver of Woman's Page.

Dear Madam-Will you please let me know if a nerson must be educated learn how to play the barde? I a

You don't need to be greatly educated to be able to play the banjo, but you ought to have a little knowledge or love of music. If you will send a self-addressed and stamped envelope to the Editor of Woman's Page you will be furnished the addresses of places where the banks in taught.

About a Girls' Vacation Home

Dear Madam—I am coming to you for information, which I am sure you will be able to furnish. I would like some information about the La Grang-Vacation Home at Glenside, Pa. I understand the girls go there for two weeks, but lend it nossible to star therefore, as I am not well? I am troubled with nervous debility. I don't go to business as I am not able to all lend have no gested by the caned chairs, to which

exercises for saluting the flag every service which the know in a general working. Although this is a very nice way what the americal areas are ceremony, it is not at all necessary in order to know in what faculties the

Things You'll Love to Make the center of the head from the upper story of the forehead, these functions



The Bodger of the same degree as the same favor for the same favor for

Please Tell Me What to Do

Letters to Cynthia's column must be written an one side of the paper only, and must be signed with the writer's come and address. The mans sell not be published if the writer does not wish it. Issigned exters and letters written an both sides of the paper will not be assurered. Writers who wish personal consurers that can be given in the column will please look there, an personal letters are only written when absolutely vecessary.

Isn't He Silly?

they were sitting in the living-room talking and learning to know each other's likes and dislikes and all that that the telephone rang and she had to answer i.

"This is the Evening Star calling." Said a voice from the other end of the wire: "we understand that you are engaged to Mr. S. and we'd like to have your picture to publish tomorrow." She gasped and a searlet blush event.

She gasped and a searlet blush event.

What the triends utterly mister friends utterly mister frie Three cheers for Arthur

They should not be dealt with light-Better Refuse Dear Cynthia—Here again, Cynthia, but how different I feel since last I wrote you. I am only sixteen and am in a terrible fix. I have had many hoy friends in my short time, but six months ago I met another young man, This would cure them, perhaps, or at Blee friendship broken up right there.

And all because of a practical joke.

Somebody had either used the name of a newspaper to call up and spring the "joke." or else had written the notice of the engagement to the paper they are caught in one of their own traps.

The danger in the world of having a very mark. For they are invariably cowards: good looking, intelligent and wealthy and he has proposed to me. What shall I do not want him for a friend, if I want him for a fri TINEORTUNATELY this is very in-U frequent, for their friends are nearly

> will sail; so help me. Boys Would-Be Woman-Haters Dear Cynthia.—We are three girls still tour teens and considered rather good

in our teens and considered rather good looking.

We had been going with several boys for almost a year when one of these boys started up what he called his band of "woman-haters" and strange enough the rest of the boys ceased going with us on this account.

Now we pre positive that this was done in a successful that this was done in a successful that the world rather than the good to the save, for we would be good to renew their friendships.

THERE MAN-HATED.

Better make up your minds to ig-

He Stares at Her

m almost every day and have appeared when first introduced to me their nth degree, cannot but result in the nere. He is of different religion calthough her hands clutched together in a death. If there is anything wrong with the

I had to meet him on the corners because I was afraid my parents would easie I was afraid my parents would enter to him for that reason. To you taink that is why be got tired? He loves me, for he has often told me so, and I cannot do without him. I have found out that he is obstinate and will not speak first cathough we had he countries. How come this attractive young miss of today?

How she added fifteen pounds in five is awakened.

How she added fifteen pounds in five is awakened.

How she added fifteen pounds in five is awakened.

Early in her training with me I taught her how to relax by the very arete him a letter asking for a rea-exercises, by a diet I prescribed for taught her how to relax by the very tore no one but him.
BROKEN-HEARTED.

Banister-Back Chairs

The type of sent known as a banister-back chair was a product beg husband. Try to put him out of Brocaded Evening Wraps

ef the late seventeenth and early eight. Your mand, She Has No Allowance

business, as I am not able to 1 array house for my lorother, as we have no parents. I thought reflams being in the country and among the girls would make me forget the way I feet. Would you be so littled as to to me know the rules of the vasuation home and to seven to able to the relations. It is a dealer to get ease. The plant of the house is not very crowded the make the house is not very crowded the may feet and the house is not very crowded the may feet and the house is not very crowded the may feet and the house is not very crowded the may feet and the house is not very crowded the may feet and the house is not very crowded the may feet and the house is not very crowded the house of the the house is not very crowded the house of the total think it would be awfull in a forget the may from home for a first way from home for a first way

have a levender one of the first service with the one with the property of the first service way to seel the service way to seel the first service way to seel the service way to seel the first service way to seel the service way to seel the first service way to seel the service way to see the service way introduced him to my people. He ked me to write to his sister and I did. Taking the area straight back along and have been corresponding with her a long time. She is the young lady who wants me to visit her.

My flance thinks that because I met her brother on the street and because she has no mother or sisters to chapsite has no mother or sisters to chap-erone us that it would not be proper for me to go on to visit her by myself as her brother lives in the same city and I would most likely meet him too although I do not care for him now. to either side of the center line lie the It follows, then, that the person with a low head, while he will by no means be completely lacking in these things

By ANTOINETTE DONNELLY Dear Cyntha—I are a girl eighteen years of as and have been going with a fellow for the last seven months who is two tears by some. It has be could not have assumed the have drifted nature Now, Cynthia, he graceful, easy pass shown above. In acts awfully cold teward me and when a previous story I showed her as she, all he will do a stare, a previous story I showed her as she, and the will do a stare.

does not believe in his religion; and grip, a weelegone expression, tense-lade to meet him on the corners, he

letter asking for a teacating me set. I have
many fellows but find I
it him.

have already teld you.

simple process of mentally commanding herself to relax. Not even an
osteopath can make you do that. He My experience with Miss Ruth well may order you to, but then it is your own command that has to be followed. with her toes at a distinct outward and on impulse I saturday night. I made her practice toeing almost straight ahead, which, as well wondered if I almost straight ahead, which, as well wondered if I had done right. Edith would probably think Herbert stody.

That learned, the relax order was ap- Norman and I would take the enter olled to the walk; arms and hands re-laxed, hanging easily at the sides, body held up straight, but not rigid; shoul-ders not forced back, but held with an the length of the room and back a few times each day to acquire this free and easy motion. Every awkward movement of the body is caused by times. easy motion. Every awkward move-ment of the body is caused by tight, rigid nerve control. The cure naturally landing a landin then is to relax the nerves. Handing a book, say, to another person cannot be done gracefully if the hand and arm muscles are taut. Stage stars, of whom grace of movement is required above all other assets, are taught this relaxation principle until it becomes a second nature. It is the secret of grace.

until the last, believing that clothes will not make the woman beautiful unless I knew where she could get any sports the basic elements of health and hygiene skirts, she being sadly in need of some provide a pleasing background. Oh, no, not that we underestimate the importance of dress. But what does it avail a woman if she dons fine feathers over an ill-nurtured, badly groomed person? Given the opposite a healthy, wholesome complexion, a fine graceful carriage and the buoyant expression of health—then the fine feathers are what the great artists planned they should be.

Together we went on a shopping tour, not a debauch, mind you. Miss Ruth volunteered that she had \$100 she could Miss Ruth afford to spend for a good outfit.

In the first place we went there hung In the first place we went there hung a charming pink georgette with rounded neck and low bloused waistline. A between the hours of 9 and 5. a charming pink georgette with rounded neck and low bloused waistline. A model frock it proved to be, marked down to \$25. For it we found for \$6 a charming hat with drooping brim of pink georgette and trimmed with a hig rose. A pair of white silk stockings for \$1.35 and patent leather sandal pumps for \$2.95, which were a size longer than her former ones and A width, and what a siender, shapely difference they made in her feet! In this ference they made in her feet! In this outfit she looked perfectly adorable.

We hought at a bargain counter the best looking wide blue sailor with drooping brim, trimmed with a neat grosgrain band and made of fine, flexible straw, for \$1. It was most becoming, youthful and quite suart. This for everyday wear with a two-piece navy sult, cape of Poiret twill, and the You may say it with brocade or childies a combination of the twill skirt
for me if I went so far away from home
wap of yours. And, if you are fancito visit by myself. I think my flance
is lealous, although he says he is not
and that he just wants me to see things

Tou may say it with brocade or childiess a combination of the twill skirt
and embroidered lines blouse. This was
a bargain model, ton—\$25. Two pairs
of black silk stockings at \$1 a pair were
allowed for this outfit, and as smart a
looking young miss as she appeared in
it you would have difficulty in finding.

By CORINNE LOWE

The Wife Cheater By HAZEL DEVO BATCZELOR

Joan Stockbridge marries Norman Wayne in spite of many warnings from her friends. Norman is the kind of man who has never been known to care for one woman more than a few weeks at a time, and he and Joan have been married only a few weeks when Norman becomes in-fatuated with Alice Wilson, a mu-tual friend. Of course Joan suffers all kinds of humiliation because of this, but when the infatuation wears itself out, she tries to believe it won happen again. For a period Nor-man devotes all his time to her, and then comes Mrs. Benedict, the wife of an artist.

An Unexpected Guest

THE telephone rang as I stood in the

where to telephone back to me. Already he might have repented leaving the house in anger but and leaving the house in anger, but when I took off the receiver, it was mother's voice that spoke to me.

"Joan, I am leaving on the afternoon

own troubles was swallowed up in my that have been cut in slices and cooked sympathy for mother, for although until tender, Set away over night. In grandmother was old, and we had been expecting something of the kind for a preserving kettle and cover with boiling

ove to have her."

Mother seemed relieved, and I was in jars.

mind. With the promise to let me know if anything serious happened and the issurance that there was nothing more that I could do, she rang off.

The thought of having Edith with me was cheering. It took my mind off myself, and I was sure that Norman

met until the wedding, for she had been at a fashionable finishing school when grown apart. Edith's ideas were so different from mine, and she was so brutally frank about things, and so atterly lacking in sentiment. But I ing her with me, and I immediately set about having the guest room put in order for her arrival.

How soothing it is for a woman who resion in dress, are simple enough of access once the spirit of rejuvenation is awakened. of the guest room into my own hands I was busy transferring some of my personal things from my room to Edith's when the telephone rang again, and I hurried down to answer it, sure that

this time it must be Norman. Again I was doomed to disappoint-Brocaded Evening Wraps

She practiced seating herself on the mental command: "Relax. Relax devery muscle in the body. Relax the mind!" After a couple of lessons she could do it with course of lessons she coupled almost bortship counter. could do it with an ironed-out mind and hands falling into an easy position and I was appropriately responsive. It to her lap. So with her walk. She had the ungainly habit of walking above all now that Edith was coming. and on impulse I asked him to dinner on

The minute I rang off, however, I the feet, gives a much more pleasing and I knew that Norman was bored with him. Well, Edith could amuse

Adventures With a Purse

The clothes item Ruth and I left HELEN was getting ready for her ntil the last, believing that clothes will skirts, she being sadly in need of some new ones. So I told her of some baroner satin skirts, white and colored. some of them spun with plaids, launder and are always smart looking. And they are reduced from \$7.50 and \$9.95 to \$5.00.

> She also wanted a new pocketbook. A store has on sale beaded and all-silk bags made of the small beads which are so eleverly woven as to have the desired soft effect. The beads are woven into several different designs and the bags are nicely lined and have bead fringe and cost but \$1.58.

WHAT'S WHAT

By Helen Decie



Delicious Recipes for Pickling Melons Are Given by Mrs. Wilson

All Sorts of Spices and Preserves Are a Great Favorite With the South-These Come From Louisiana

By MRS, M. A. WILSON Copyright, 1928, by Mrs. M. A. Wilson, All rights reserved

THE Southland is the home of the melon, and here you will find the house wife takes great pride in her spiced, pickled and preserved melons, now form in balls a tiny bit larger than the size of the rings.

This recipe comes from old Louisiana Place the filling of the balls in the and is called preserved honey melons.

Preserved Honey Melon

Select tiny melons, just as they are The telephone rang as I stood in the Select tiny meions, just a large hot water, just to the neck of the jar, door with unseeing eyes, and I hurried to answer it.

Select tiny meions, just a large hot water, just to the neck of the jar, process for thirty minutes. This means to keep the water at boiling temperature all the while.

> Two pounds of honey. Six pounds of brown sugar, One quart of rinegar,

One cup of preserved ginger. One-half cup of pickling spices, her first words. "She has had a stroke."

For a moment the thought of my own troubles was profiled as a stroke."

First sift the spices to remove any dust that may actumulate after they are packed. Bring to boil and cook slowing for fifteen minutes. Stand away over pushes was profiled to the standard of the standard

feel about it.

"I'm at my wits' ends about Edith."

water. Cook for fifteen minutes, then plunge into cold running water. Drain and add the melons to the preserving kettle containing the prepared honey mother went on. "She's visiting one and spices. Simmer gently until the of her school friends now, but she's melons are clear and transparent. coming back Saturday, and she's so headstrong, Joan, I don't like the idea is and pour the boiling strup to fill minutes. Drain and add to the spiced

of her staying here at the apartment Place all the jars overflowing. Seal securely, plone." and fill the bath with warm water, just Instantly I responded with the only thing there was for me to say. Send her right out here to me, dear, and don't think another thing about it. I'd

and fill the bath with warm water, just to the neck of the iar. Bring to boiling the right out here to me, dear, and don't think another thing about it. I'd

This method exhausts all air spaces This method exhausts all air spaces

Watermelon Rings

Pare melon rind and cut in rings. Place in salt-water bath over night. Use one and one-half cups of salt to four quarts of cold water. In the morning wash the prepared rings in plenty of warm water. Place in the preserving kettle and cover with bolling water. Cook until the rings are just beginning to become tender. Drain. Place in preserving kettle

Four pounds of augar.

eight minutes. Pack the rings in the jar and fill to overflowing with the prepared sirup.
Seal securely and place in hot-water bath, filling with hot water, just to the neck of the jar, process by boiling steadily for twenty-five minutes. Remove.

Immugrants

Immugrants

More women than men are coming into the United States from Europe, according to the latest immigration figures.

cool and store in cool dry place. Stuffed Watermelon Rings Prepare the rings as directed in recipe for watermelon rings and place to drain. While rings are draining put through

the food chopper One-half pound of seeded raisins, One small clove of garlic,

Three-quarters cup of preserved gin-

Two tablespoons of mustard seed, One teaspoon of cinnamon.
One teaspoon of nutmeg.
One teaspoon of ginger.
One-half teaspoon each of allspice

and cloves. Mix well, forming in stiff mixture;

Place the filling of the onlis in the vings and pack at once into the jars. Then fill to overflowing with the prepared strup. Seal jars securely, Place in hot-water bath, filling the bath with

Watermelon Pickle

Pare watermelon rind and cut in blocks about three-quarters inch square. Place for overnight in brine made of One and one-half cups of salt, Three and one-half quarts of cold

In the morning wash under running water and place in preserving kettle and cover with boiling water. Cook until nearly tender. Drain.

Place in the preserving kettle Four pounds of granulated sugar, One pint of vinegar. One pint of cold water, One-half cup of pickling spices, Two tablespoons of mustard seed, One-half cup of preserved ginger, One package of seeded raisins, One and one-half cups of tiny white

onions. First remove the skins and covering Two cloves of garlic.

Bring to boil and cook for five min-utes. Add the prepared watermelon rind and cook slowly for twenty min-This should make the waternelon rind clean and franslucent Fill into sterilized half-pint jara,

Seal securely and process as directed for the preserved honey melon. To drain the melon ring, turn first in colander, then on clean cloth, to absorb the excess moisture.

Use Cretonne Cretonne is certainly one of the most

insistent notes of summer sports wear. First of all, there are the smart little dresses belted in black patent leather or set off with a touch of black ribbon. One pint of vinegar.
One cup of boiling water.
One-half cup of pickling spices.
Six pieces of scraped fresh ginger root that has been cooked until tender.

or set of with a toden of black ribbon.
These are eminently smart. But they are not so spectacular or so new as the troop of cretonne wraps. We may have these in jaunty little box coats or we may choose to develop ourselves as Bring to boiling point. Cook for thoroughly as the sofa.

Immigrants

POMPEIAN

Sold Everywhere

Let us help you plan that luncheon!

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low head is detaient or at least hands-

are the faculties of comparison, which affects accuracy, judgment and analyr-

ical power, benevolence, veneration, firmness and self-esteem or pride. Then

centers of amiability, imitation, spirit-

uaitty, conscientionsness and approba-

conless he is a mental defective, will

not possess in the same degree as the

tiveness or ambition.