MOMEN APPLINTERESTS

Their Married Life"

HELEN HAS A FEAR OF GROW-ING STOUT AND WARREN ADDS TO IT

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"What are you having such an awful time about?" said Warren, lazily, as he watched Helen get into her waist and skirt. The skirt was tight and did not fasten quickly, and Helen was trying to get the ends of it to meet without attracting Warren's attention.

"I think you're getting fat." he remarked as she did not answer.

"Why, Warren, I'm not getting fat. This skirt was always tight around the waist, and it is last year's, besides."

"You must have been thinner last year, then."

"No: I remember when I bought it anyway."

"No: I remember when I bought the skirt that it was small, but I was in a hurry for a skirt and I bought it anyway."

"You're eating too much."

"Do you really think so?" Voicing her anxiety without being conscious of the fact.

Warren looked up. "Better not put any cream in that coffee," he advised. "Cream is the most fattening thing in the world."

"Then I'd better not have any cot-fee, said Helen, despairingly, "for I simply could not drink it black."

"Won't you have a glass of milk, Mrs. Curtis?" asked Nora.

"No, Nora, bring me a cup of water with a little lemon."

Nora brought in a plate of steam-ing muffins with the hot water a few moments later. Helen was about to take one through force of habit when she reflected suddenly and munched the dry toast in silence.

The hot water and lemon seemed rather tasteless, but she guiped it did yesterday morning," she remarks

"I feel a great deal better than I did yesterday morning," she remarked as she looked disapprovingly at Warren looked up. "Better stand for twenty minutes of the remark.

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Don't Merely "Stop" a §

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"You're eating too much."
"Do you really think so?" Voicing for anxiety without being conscious of the fact.

Warren laughed. "You'd better liet."
Helen looked in the glass anxiously. I haven't noticed it, but I suppose I and owithout a meal a day. Just an ipple at lunch ought to make some lifference."

"Why don't you do without your reakfast?"

"I think everybody ought to eat omething the first thing in the morning. Warren."

"That's just the best time to diet when every one else is eating."

"I don't see any reason for that."

"Of course not. Every woman likes of imagine herself a sylph with no need in the world for dieting."

They went in to breakfast and Helen sat down without her usual appetite for the meal. Warren looked up after a few minutes when he found that Helen was not eating. "Fruit won't hurt you, you know." he said. "If you are going to go without a meal, perhaps it had better be lunch after all."

Helen eyed the cereal doubifully. She had always understood that any kind of creal was fattening. The sancer of corn flakes that Nora had placed before her seemed to exemplify several more pounds of the hated avoirdupois.

She sugared and creamed it gingely and, after thinking a moment, decided not to eat it after all. "Nora, bring me some dried toast," "Nora, bring me some dried toast," "Nora, bring me some dried toast," "Nora bring me some dried toast," "Nora with was true all the while." "Nor till you reminded me of it." Said Helen. "I'd rather be anything else in the world han fat." Nora came in with the toast and the len wen a hout to be temptated before her seemed to exemplify several more pounds of the hated and the went was true all the while." "Nor till you reminded me of it." "Said Helen. "I'd rather be anything else in the world than fat." Nor a came in with the toast and the lem was about to butter a piece before her seemed to seeme the world han fat." Nor a came in with the toast and the lem patch and the temptation to finish it and much chocolates the while was a large box of chocolates.

much for her.
She curled up on the couch with
the book and proceeded to select the
daintiest of the sweets. What did it
matter anyway? A few pounds more
or less? Dieting made no difference
in some cases, and at any rate it was
a cruel way to go about things. If
she were to get fat she would exercise. After all, that was the easiest
way.

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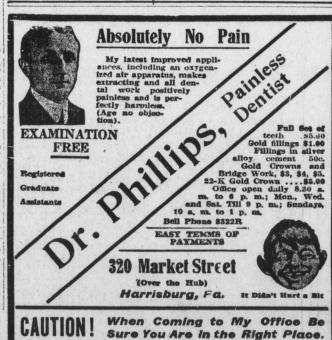
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was a time when it was so important for our country to set the warring world an example of peace. May we not hope that the day is not far distant when the nations at war will solicit our good offices in leading the way to honorable peace."

The Secretary said that the country was fortunate in that the mantle option and peace of the martyre Lincoln had fallen upon the shoulde of President Wilson to guide the shi of state in the present period of per and stress. With such a pilot, he said the nation could look with confidence to the future.



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