HUIOROFTHEDAY FOR TH: GHOLDREN

 hnve you continued to stick about?"
"Ferthaps becase you never abso-
lutely put the kitosti on me and per-
haps because""You got into the habit of it, and it
Was too much trouble to oreak away."
"Buenavista, you kow better thin
that. Haven't i told you a thousand times that I love you?"
"Never just in that way, Bolivar, I
thlnk. You may have hinted it a few hundred tmese possifly, but that's nill",
"But, great Scot, Buenavista, I've
hung on during all these years because hung on during all these years because
I couldn't give you up and because
have stlll cherished the hope that som A Halloween Witches' Race.


Milady Mirror
畨

Never diet on the advice of a friend
Her regime may have done wouder
for her and wil put you to bed or
make you a sorry looking wreck.
Don't diet to exeess nt nny time
Giris make sure your doctors knov
 from dinbetes or kidney trouble. do
It rellifioussly. Almost better not begin
than to do it spasmodically tetling whenever food tempts you.
If you diet only for the sake of
ure or complexion count the cost fore starting. Cutting out the foods
ordinary famill meals is hard.
yourself the loss of a few pounds or beting
nulsance nt mealtme?
Don't keep on dieting if you feel Don't keep on deting if you feel that
it disagrees with you. This holds good even when your food list is careful
censored by n physlclas. The best
them will make mistakes. Find out time what is wrong.
Don't diet to excess at any tim Women often go to the polnt of weak-
ening their entire systems by injudidously following a doctor's advice.
Common sense and moderation are Care of the Foot.
The Amertcan woman is sald to riva The American woman is sald to rivn
the Chinese in the abuse of her feet vartare over the occldental-she wad
dies frankly. whille the American fir riage in the narrowest of shoes,
bigheat of heels or the most trea Corns on the soles of the feet are
often developed by wearing shoes which are tao narrow. They can be
emored with a lotion composed of col-
lodion and sallicylic acld. Callosities made by the pump which
silps can be rubbed oof with pumite
stone, after which cold cream must be To feet whlich swell easily some comp.
fort
salt and bestored by a bath contalining
For troublesome perspiration use or
ris powder, alum water or a lotion
consistig oo four ounces of bay rum
and elght gralns of tannic acld. fed to the put entire corn meak isa a a gough and and
ventative.-Mrs, L. Slimmons.
The Dry Feed System.


