Beauty Chats

By EDNA KENT FORBES

ONE'S MORNING CUP

THERE are unfortunately few of us who dare lie late in bed and have our breakfast served to us before we rise. Yet, if a woman is nervous, fagged out, a semi-invalid, or convalescing, there are few other things that will make her look better and feel better during the day than a cup of coffee before rising.

Those who conserve their strength will stay young looking longer than those who overuse their energies. Wrinkles and sallowness and hollow cheeks and dull eyes may be warded off for many years if a woman will hold some energy in reserve. And this extra rest in the morning will do wonders of good.

To be sure, it is only for those who

A Cup of Coffee, Taken Before Rising Will Often Start You Off Feeling Brighter and Fresher.

bed an hour or so. But, if you drag yourself out when every step hurts, tumble into your clothes before sleep has left your brain and start your daily work while every muscle still aches for more relaxation, you are using up energy before it has been replaced, and you pay for it later on.

STILL ACTIVE AT 107

Mrs. Henda Katz, 107 years old, an inmate of the Hebrew Ladies' Home for the Aged in Dorchester, Mass., is claimant for the honor of being the oldest woman in Massachusetts, and is believed to be the oldest woman east of the Mississippi. Mrs. Katz was born in Russia, but has lived in America for many years. She speaks Polish, Russian and Yiddish. She has no physical infirmities beyond old age and is still quite active.

Knew Something of War, Himself.

The marine who had served in France and the gob who had been marooned on a China station gunboat all during the World war were rehashing the old war stories. Said the marine: "My company was badly shot up at Chateau-Thierry—the first lost twelve

Not bad, murmured the gob. "In Hongkong we have a Tivoli West as been called the Rose Shamrock and Thistle." Every pay day we have an emotional rough house there. And we have less than twelve casualties per fiscal year."—Kansas City Star.

The Old Lady's Opinions

Being a recent acquaintance with Mrs. Blumchen, you learned that she is in favor of "vacations" for females that they replace in thinking of [illegible] outside of the house done [illegible] weeks and that these new [illegible] of the most re- [illegible] "peculiar wedding she ever heard of."—Boston Transcript.

Make yourselves coats of peasant [illegible] tartan, satinette, [illegible] [illegible] mixtures, fantastic sayings [illegible] [illegible] of previous [illegible] [illegible] [illegible]