

Milady Beautiful
By Lois Leeds



EXERCISES FOR THE THIGHS

At this time of year my mail usually contains many requests from readers for exercises that will improve their figures before the vacation season arrives. There are all sorts of more or less conspicuous defects that become a source of embarrassment when milady dons her one-piece bathing suit.

Among these defects is thinness of the legs above the knees. One of my readers once referred to this condition as "bowedlegged thighs." The calf may be well formed and the hips in graceful proportion, but the legs seem bent outward above the knee. Of course, the upper leg bones are not really crooked; this effect is the result of lack of muscle. The remedy is found by gaining weight and exercising the legs. It is the girl with naturally wide hipbones who complains of thin thighs. In trying to keep her weight down, so that her hips will not become too fat, she becomes underweight.

Below I am describing a few exercises that are designed to bring into play the muscles that pad the upper part of the legs. Remember, of course, that the purpose of exercise is, to stimulate circulation. It is the blood that carries food for growth and repair to the muscles, but if you do not eat enough good food, the blood will not be able to nourish the tissues. In other words, do not expect to build up any parts of the body by exercise if you are existing on a reducing diet.

Exercise 1—Walk around the room, raising your knees as high as you can at each step. Continue until slightly tired. Rest.

Exercise 2—Squat down on the floor, knees bent out, hands on floor. Stretch the right leg out behind. Keeping the hands on the floor, throw the left leg out straight behind and at the same time bend the right leg up. Repeat the stretching of the legs alternately.

Exercise 3—Squat down with arms folded on chest, spine erect. Throw the right leg out straight in front, heel on floor. Hop up and throw the left leg out as you draw the right leg back to squatting position. Repeat the leg changing rapidly. You will recognize this movement as a part of a Russian folk dance.

Exercise 4—Lie on your back and raise legs to vertical position. Keeping legs together, swing them first to the right and then to the left.

Exercise 5—Stand erect. Raise right leg. Knee straight and rotate it in wide circles from the hip. Repeat with left leg.

Tomorrow — Beauty Questions Answered.

Household Hints
By Roberta Lee

The Dust Mop

To renovate a dust mop put one tablespoonful of concentrated lye in an old bucket half filled with water and boil it. Then rinse it a few times.

When Washing Glass

If a little bluing is added to the water with which glass is to be washed, it will give the glass an added brilliance.

To Rest The Baby

A small baby should be turned over once in a while during his nap. This will rest his little body.

Parts of a skeleton of a plesiosaurus were found recently at Whittlesey, England, at a depth of 80 feet.

BABY'S OWN SOAP
Best for Baby Best for You

Dorothy Dix Letter Box

Should a Wife Return to the Husband Who Deserted Her?—How Can a Woman Stop the Attention of Her Best Friend's Husband?—Family Relations

Dear Miss Dix—I am a woman of 22 and have been married three years. Six months ago my husband left me and I had to go back to my mother, but now my husband wants me to come back to him. He tells me how sorry he is and what a big mistake he made in leaving me, and that I am the only one he loves or ever will love. He wants me to forgive him and take him back and start all over again, but my people are opposed to my going back to him and say that if I do they will be through with me and will never have anything to do with me again. What should I do? UNDECIDED.



Answer:
Of course, this is a matter between you and your own heart and one in which no stranger dare intermeddle, but there are two things which should guide you in making your decision.

The first is, of course, your own feeling toward your husband. Do you love him well enough to forgive him for the indignity he has put upon you and the humiliation he has made you suffer? It takes a lot of affection to make a woman able to forget that her husband has not cared how much he hurt her, nor how much he shamed her.

Will his love make up to you for the loss of your family, who have been good to you, and who took you in and gave you shelter when he threw you out?

The other point to consider is the character of the man himself. Is he weak, or is he strong? Is he trustworthy or vacillating? Is he the sort of man who can stick to a thing even if it is hard, or is he one of the kind who is always changing?

Above all, is he a philanderer by nature, one of the men who always have an eye out for every fluttering skirt? There are men who can make a big mistake and profit by it, men who can learn a lesson from experience, and other men who never change, but who go on committing the same old sins as long as they live.

You should be able to judge to which class your husband belongs and whether he would be liable to repeat his offense and go off and leave you the next time he got bored with matrimony.

Unless you love him so well that you feel that life without him will be cinders, ashes and dust, and unless you feel assured in your own mind that he has enough manhood in him to live up to the obligations of marriage, you will be wise to stay as you are and let well enough alone. For certainly the man who has failed you once is such a bad matrimonial risk that it is almost foolhardy to chance it a second time.

However, there is this to be said in such a case: Very often a man, and particularly a young chap, who marries too early, gets fed up on matrimony. He resents the obligations it imposes upon him. He longs for his lost liberty. He wants to be free to run around and play with the boys and girls and to have his money to spend on himself and his pleasures. He doesn't want to be tied down to one woman, or to have to pass his evenings at home, or to have to spend his money on groceries and rent instead of wild parties.

So he breaks up his home and leaves his wife and after he has racketeered around a bit he finds out that the gay life isn't so gay as he had thought it was. He begins to contract the wild women, with their gold-digging and their mercenary kisses for which he has to pay, with the good little wife who loved him for himself and whose one thought was for his happiness and comfort. Even his freedom palls upon him, because the reason that he can go and come unquestioned is because nobody cares where he goes, or whether he ever comes back or not.

So sometimes the prodigal husband does look his folly in the face and repent sincerely the wrong he has done his wife, and if she takes him back he makes her a good and faithful husband. Therefore, perhaps a woman is justified in giving a man a second chance.

But there is no denying it is taking a long shot, because no man ever deserts his wife who is not lacking in moral stamina and utterly selfish and self-centered. DOROTHY DIX.

Dear Dorothy Dix—If you were an unmarried woman about 30 years of age and your best pal was a married woman twelve years your senior, what would you do if, when she is out of town, sometimes for a day or two, sometimes for several months at a time, her husband made dates with you for long automobile rides, phoned you often, brought you candy, dropped in at night to see you, and visited your shop several times a day? If he just hankered after you and got mad and blushed when you did not accept each date he tried to make, what would you do? D. W.

Answer:
I would try to practice the Golden Rule, D. W., and do as I would be done by. I would treat my friend as I should want her to treat me. I would be loyal to her as I would want her to be to me. I wouldn't want her flirting with my husband, as soon as my back was turned.

I would try to put the fear of God in her husband's heart and make him realize what a poor, contemptible role a man plays who deceives the wife who trusts him, and who runs around with younger women when she is away from home. I would tell him that if he had ceased to love his wife and was tired of her to come out like a man and say so, and get a divorce so that he would be free to pay other women honorable attentions, but not to go sneaking around, pulling the wool over her eyes with one hand and handing out candy to girls with the other.

Nothing is really more disgusting than these old married Lotharios who make love to girls young enough to be their daughters while they are hiding safely behind wife's skirts, and it is strange that any girl is idiot enough to fall for them.

And if I were a woman of 30 I hope I would have enough sense and knowledge of the world not to let myself be compromised by a flirtation with a married man, for it is always a losing business for the girl.

So if I were you, I would simply say "SCAT" the next time my friend's husband came around and shut the door on him. DOROTHY DIX.

Dear Miss Dix—What do children owe their parents besides the conventional love, honor and obedience? Also, what feeling should exist between brothers and sisters? You will save a youth from gray hairs by answering these questions. EIGHTEEN.

Answer:
The amount of love and honor you owe your parents is a debt that automatically settles itself. You love and honor them if they are kind and tender and affectionate to you, and if their lives are such as to inspire respect

and reverence in you, but nobody can expect children to love parents who are cruel and hard to them, or parents who live degraded lives.

Also, the amount of obedience children owe their parents depends upon the justice of the parent's demands. After a child has reached the age of instance he must use his own judgment in obeying his parents. A mother, for instance, has no right to force her daughter to obey her and marry a man she doesn't love, nor has a father a right to expect his son to obey him and go into an occupation for which he has no taste.

So far as money is concerned, it is children's duty to support their parents if they are old or sick and in want.

The relationship between brothers and sisters should be that of affection

and comradeship, a sort of superfriendship, because they have not only the tie of association and congeniality, but of blood and a common interest.

When this love exists between brothers and sisters it is one of the most beautiful and satisfying and comforting of all human relationships. DOROTHY DIX.

A Morning Smile

She was a dear old lady, nearing her 95th birthday, and the recent decease of her daughter, a spinster of

up bravely, but the old lady was inconsolable.

"Ah," she moaned wearily, "cut off like a flower she were! I allus knew I'd never be able to rear that gal."

Sheiks of Arabia are vying with each other in having the latest model automobiles.

Turkey is suffering from the effect caused by the damage to crops during the severe winter.

Minard's Liniment for Coughs & Colds.

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