



**A LITTLE CHAT ABOUT YOUR FAMILY'S HEALTH AND SOME HINTS FOR THE HOME NURSE**

HELEN WILLS REVEALS HER MOST IMPORTANT RULE OF HEALTH

HELEN WILLS, writing about tennis, says, "Exercise alone will not help one attain good condition or hold it. For example, one who is not getting the amount of sleep that his system requires cannot hope to feel fit, no matter how few rules that I have found useful for health."

Nine hours of sleep. No two late nights in succession. Regular meals, and a well-balanced diet with fruits, vegetables, and meats that builds firm tissue."

Says further: "I think that sleep is the most important of all. Each person requires a certain number of hours sleep and should get it regularly. Some may feel refreshed after seven or eight, others require more. It is something that one must determine for one's self."

Rest and work and play we know must be balanced pretty evenly for the maintenance and health performance of the functions of all parts of the body. In violent exercise the expenditure goes far ahead of the rate of repair. Muscular relaxation follows. Constant overeating will impair digestion, rest favors a return to normal condition.

Thus each organ, gland and sense, such as sight and hearing, requires periods of rest after use. The heart we all call the "unresting organ," but this is a mistake. In an adult the heart rests more than thirteen hours out of twenty-four, the time between beats. The heart rests more than the brain, id up to the third hour.

**One of the Browns' "Hopefuls"**



**BAKING DAY SUGGESTION BY EXPERT**

JUNE DUNHAM Gives Recipes For Cakes

FOR next Saturday—or whatever day is baking day in your home—I have prepared some recipes which you may want to choose this week's cake. They range from a plain inexpensive cake to the more elaborate layer affair with special fillings, which in some homes are almost Sunday classic.

In homes in which cake does not disappear as fast as others, it is a good plan to bake the cake in single sheet form, and cut it in blocks, icing only as much as you think will be used the first day. Then the following day, you may have a different dessert by serving the cake with orange, lemon, caramel or chocolate sauce. For very special occasions you could make a cream pie by splitting the cake and filling it with a thick custard cream sauce before adding the top sauce.

Here is a recipe for a simple white cake, which could be used for the above suggestion. Cream one-half cup of butter with one and one-half cups of sugar. Add one cup of milk, and then the dry ingredients; three cups of flour sifted with three teaspoons of baking powder and one-fourth teaspoon of salt. Flavor with almond or lemon and fold in three egg whites, beaten lightly.

Ask Dan Howley, boss of the St. Louis Browns, if he has any good youngsters about this season and he will pick out Leonard Dondero and say, "There's one year off the St. Mary's (Calif.) campus and played last season with Tulsa in the Western League. In the play-off for the championship of the circuit Dondero poled out two home runs in the deciding game to bring home the bacon to the little folk's evening meal.

Dondero has an arm that fits him for most any infield position. He was a shortstop in college, but he played second base at Tulsa. Dan Howley is determined to get him into the game even if he must put him in at third base.

**OUR JUNIOR SECTION**

Address The Junior Editor, 650 Ellis Street, San Francisco, Calif.

**AN UNINVITED GUEST**

IT was very plain to see that Spike intended to make a speech. He was looking out over the multitude of cats and dogs with a very happy smile upon his face. Now if you know Spike as well as I do, you know that when he smiles like that he is either just about to eat a great big dinner, or just about to make a great big speech. Next to eating, Spike likes to talk better than anything in this world.

Since we animals haven't any

mother," he began. "I shall be the acting mayor. We are gathered here to honor our friend Bumpy, for rescuing his enemy from the icy brook. Of course we all know that it is not unusual for dogs to rescue their friends. They do it every day. But there are not many dogs, or anyone else, saving the lives of their enemies. This Billy goat had butted him and chased him away down into the woods, but when Billy fell thru the ice into the brook, Bumpy never thought of running away and leaving him, but stayed and pulled Billy out."

"Bow, bow, bow all the dogs cheered.

"Meow! Me—ow," all the cats cried.

"Hurrrah for Bumpy!"

My, but I feel foolish. I was glad when the noise died away and Spike announced, "Now for the party! The spread is all laid in the field behind the ice-house.

What a scramble for the field behind the ice-house! Cat over puppy—away they went as fast as their flying feet would carry them. And what a feast they had arranged. I decided it was worth being a hero for after all.

Fluffy's mistress had given her a delicious tapioca pudding to bring. And Spike's master had sent a sirloin steak! The dog—who-would-have-been-an-airplane brought some calf's liver. And I don't know who brought all the other dainties. There were pickles and ginger cookies and sausages, and radishes and gravy.

**Walking**

By LAURA LANE

Taking long walks in the open is as good a way I know to acquire grace. A free swinging stride with shoulders back and head well up will make any woman look ten years younger—and, incidentally, make her feel a million times better. When she holds herself well, she acquires a certain confidence and poise that are among the major requisites of charm.

Learn, then, how to walk—and do it often.

A simple set of setting up exercises for morning and night could easily be evolved which would lube up creaky muscles and straighten crooked lines. If your muscles are pliable and firm, your movements will automatically become more graceful.

**FAVORITE FASHIONS**

By SIMONE



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**BEAUTY**

By LAURA LANE

KEEPING the hands soft and smooth during the winter months is a problem that every woman has to face.

Even guarding the hands against exposure with gloves does not always protect them sufficiently and it is advisable to keep a bottle of your hand lotion handy to the washstand so that you may apply regularly after each ablation. The use of soap and water tends to dry the hands so that they chap and crack readily. To offset this it is essential to massage a cream or lotion into them that will soften, whiten and protect them.

There are several such lotions on the market and it should not be difficult to find a satisfactory one that also suits your pocketbook with the advice of your druggist. A hand lotion can be easily made at home by mixing one-third glycerin to two-thirds rose water. Make a sufficient quantity so that you can bottle it and use it any time.

**社交と挨拶**

問 英語で「よろしく」と傳  
言をいふのは如何いつたらよい  
ですか? 「日本語の「よろしく」こ  
ましの、大層重寶な言葉であり  
ますが、英語では、その場合によつては、  
どうか、別あります。

これは單に貴方のお母さんによ  
ろしくさいことで女同志の親  
しみあるふすも親くとも  
よつて教導の別あります。

母からよろしく申しつけま  
せば、何のふのでどう。

「母からよろしく申しつけま  
せば、何のふのでどう。

母からよろしく申しつけま  
せば、何のふのでどう。



かしら  
人は、すべてのもののかしら  
であるといひます。そのわけは、  
くさや木はかつてに動く。  
がであります。鳥やけものは動く  
こそができます。人のやうな  
ちゑがありません。  
また人には、よい心があつて、  
わるい心をじょうこ思ふ。  
よい心がこがめます。また人は  
世のため人のためになるこ  
とをするのがつづめだこしつ  
てゐます。それゆゑ人はすべて  
のもののかしらであるといふ  
のであります。

かしらをじょうこ思ふ  
よい心がこがめます。また人は  
世のため人のためになるこ  
とをするのがつづめだこしつ  
てゐます。それゆゑ人はすべて  
のもののかしらであるといふ  
のであります。

かしらの頭

かしらの心

かしらの頭