

眞の淑女を見るには
手袋と靴下を見よ
流行だより

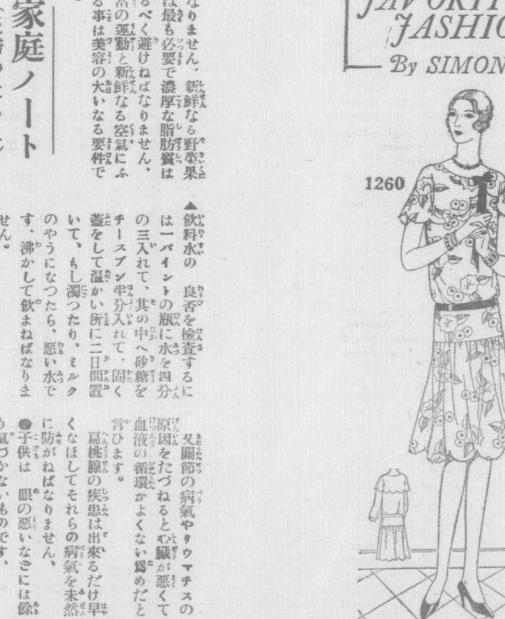
相談 美容 手入れをしたらよい

夏休みの間に
子供の健康に注意



やうたんの
自分をかへりみ

話餘談閑
子供の健康に對して
家庭ノート
(主婦のために)
JAVORITE FASHIONS
By SIMONE



1260
FASHIONABLE BERTHA COLLAR
plain silk crepe in honey-beige shade with a youthful berth collar. Style No. 1260 is captivating in a scalloped outline with corresponding scallops in its hem that gives a charming softness to full-gathered skirt. The edge of the scallops are piped for smart finish, or they can be piped in contrasting color. The hips are very slender with a belt showing the new higher waistline. For dinner wear for a woman with mature figure, it is most dignified and graceful in black chiffon. For vacation wear, choose printed sprigged, dimly, plain or printed handkerchief linen, printed rayon voile or crepe de chine in Jonquil yellow. It can be had in sizes 16, 18, 20 yrs.; \$6, \$8, \$10 and 42 inches bust. Pattern price, 15 c.

For pattern of the above style,
send 15 cents to Simone, 406
World Building, New York City.

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

REDUCING AND DIET

CHILDREN, adolescents and old people do not stand weight reductions well. Persons under 17 should never restrict themselves to a diet that will not maintain their weight. Under-nourishment affects the entire body. Youthful characteristics quickly disappear and signs of age, such as thinning of the hair with change in its texture, as also that of the skin, an upset nervous system, loss of efficiency, lessened resistance to infection follow in their train.

The above warning comes authoritatively from Dr. J. C. Anderson, Health Officer for the State of Texas. He says that slenderizing, which is so popular at the present time, is not sensible. "The slenderizing fad of the day has reached such an extreme that many of the young girls have the appearance of 'starvelings' he says. "Many things are to be weighed besides pounds of flesh. The general condition of one's health, presence of overweight (measured according to accepted weight standards, and not just one's desire), age and the method of reduction followed—all are factors to be considered."

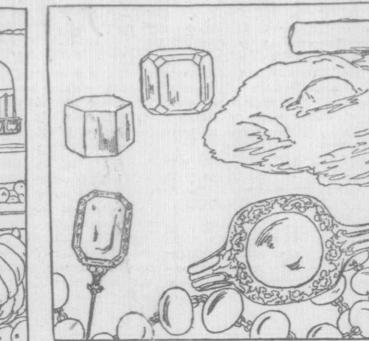
"Diet needs wise control and supervision. Remember that habit is a large factor, and that judgement must be developed that will dictate how much to eat. We consume energy in the form of food, and we expend it in the form of activity or heat; therefore, a balance is maintained by proper selections and amounts of food."

"Some people have the idea that energy as measured in calories is all that the body needs for growth, but this is not true. The body should have some of all the different kinds of foodstuffs each day:

"1. To promote growth and health. Vitamins, minerals and proteins do this.

"2. To regulate the body processes. Minerals, water and bulky foods help to do this.

VISITING THE WORLD CHILDREN
By Ruth Thompson



CHILDREN IN COLOMBIA

"At last—Bogota! Such a big, big city, this family had never seen! There were beautiful Spanish homes. There were donkeys on the streets carrying loads of bread, fruit, vegetables. There were parks, gardens, streetcars. And father said, 'Ah, ah, some day I shall mine emeralds!' And Marta said gaily, 'And I shall wear them,' and her family all laughed at her because emeralds are so precious!"

The ROMANCE of JAPAN

Through the Ages
By JAMES A. B. SCHERER

An Interpretive Outline of the Story of Japan from the Introduction of Buddhism in 552 A. D. to the Passage of the Manhood Suffrage Act in 1925.

(Continued from last week)

Orientals set great store by the mere way things are said. Take the story of old Sultan Almansor, who dreamed that all his teeth fell out except one, and hurriedly sent for his soothsayers. The first psycho-analyst who responded was not famed for his tact.

"Oh, Your Majesty," he is said to have moaned, "this is indeed a most ominous dream! All your teeth gone but one. It means that your entire family and clan, except only yourself, are doomed to die."

"Off with his head!" snapped the Sultan. "Send me another soothsayer!"

The second was a different sort altogether. He came in with his face wreathed in smiles, "washing his hands with invisible soap in the imperceptible water," hardly able to restrain his enthusiasm.

"A most happy omen, Your Majesty! You will outlive all your kin!"

"Make him Grand Vizier!" quoth the Sultan.

They had both said exactly the same thing, but how differently. And the point of the little parable is in its application. Australia says the same thing with her immigration law that we say with ours, but she says it without offense, without wounding Oriental susceptibilities, because she gave considerate thought to its form.

the cost of eventual loss and possible war, whereas an intelligent mutual study of the problem in all its phases would undoubtedly discover some feasible plan of economic co-operation, besides contributing to that "better understanding" which is the best known antidote to war. If Japan and China have distinct advantages with respect to cheap manufacture, America has the overwhelming advantage in respect of production, as well as virtually unlimited possibilities in the development of certain grades of manufacture to which the Oriental genius seems ill adapted. There should be frank recognition of respective advantages, and a spirit of intelligence for stupidity that "the struggle for the mastery of the Pacific" will give way to a partnership in the freedom of its seas.

Never was the economic destructiveness of warfare or its ghastly fatality so clearly proved as by the Great War. War has become an anachronism. And yet, by virtue of the closely woven web of delicately adjusted economic relations that now enmeshes the whole world, never has the peril of overwhelming war been so great, when—as we saw to our stupefied wonder—the pulling of a single pistol-trigger in Bosnia may cause human society escape suicide. The printer Franklin once gave to the bickering American colonies a cartoon of a rattle-snake cut into thirteen pieces and labeled with the pungent advice, "Join or die." His advice is just as pertinent now, internationally, as it was in the eighteenth century to the North American colonies.

The writer is by no means a pacifist. He believes in preparedness. "The survival of the fittest" is still a stern fact to be reckoned with, so much so that no nation is likely to survive that does not keep itself fit. Internationalism itself, in any except a dangerously sentimental sense, implies a cooperative bond among a group of virile independent states, each adding its self-reliant strength to the common welfare. But force-preparedness, while indispensable, is only a half preparation. There must be an athletic thought-preparedness as to how this force is to be used, an intelligent formulation of international policies, an economic understanding clear as day with other members of the world group, so that force may become less aggressive, thought become more authoritative, and intelligent cooperation come finally to take the place of a murderous and ultimately suicidal competition. To sum everything up, there would be but scant danger of wars if all the thinking races of men would but learn this small truth from Buddha: that stupidity is a cardinal sin.

(The End)

