

Control Of Diet Could Wreck Whole Continent

Food and Lack of Food Can Create Disease.

By LOGAN CLENDENING, M.D.
Cleveland College, Western Reserve University.

The science of diet is so exact today that much is expected of it. No part of our daily routine, from infancy to old age, is more closely related to our health and happiness than the food that we put into our mouths.

If I were given sole control over its food, I could wreck a whole continent with all the implements of modern warfare. Scurvy, rickets, dysentery, phthisis and anemia would follow in my wake. Skin would dry up and rot from shriveled limbs, ulcerous sores would form on listless bodies, eyes would glaze over, feet would swell, nerves would degenerate, swollen bellies, thin pale faces above—the scene has been repeated many times on the face of the earth, not as the work of deliberate malignant ingenuity, but from an even worse enemy of mankind—ignorance.

All the more pity, then, that today ignorance in its worst form—fanaticism and food faddism—should preach its unbalanced doctrines. And this despite the fact that today truth about diet is so well established and so thoroughly scientific. The face of truth is often insipid. It does not lend itself to gaudy embellishment for display in the market place.

Thus we have one writer on diet who tells us not to worry about the amoebic dysentery scare—that the amoebae are not the cause of the dysentery, but the result—that they appear whenever dysentery appears. What rot! And what power for harm in such a statement. People who accept this folly might spread dysentery through a whole community.

Another superstition foisted on

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Dr. Clendenin

CHIC FOR COOL DAYS

LIGHTWEIGHT WOOL FROCKS ARE FUR TRIMMED FOR EARLY AUTUMN WEAR.



LEFT—BEIGE AND BROWN WOOL DRESS; RIGHT—GRAY EMBROIDERED WOOL FROCK

Tailored clothes are being worn for town this season, and the three-quarter length jacket, which has been a favorite all summer, is carrying on. Short jacket suits are worn, however, by some women.

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Good Time Now To Experiment With Coiffure

Famous Roman Woman Had 300 Coifed Wigs.

By GLADYS GLAD,
"America's Most Famous Beauty."

Historians claim that the wife of that famous Roman emperor, Marcus Aurelius, had three hundred differently coifed wigs. The empress, apparently, had rather a yen for variety. And I do not think that she was any different, in that respect, than we modern. For we, too, like to vary our coiffures now and then.

As I told you recently, it is a good plan to experiment with different coiffures occasionally. And the present time is really ideal, for the new coiffures and hats designed for fall are out. The hair stylists have quite outdone themselves this time. And they've turned out some of the most charming and individualistic coiffure styles I've ever seen.

In one of the most charming of the new coiffures, the hair is parted on the side and softly waved away from the face. After the last wave the hair is combed back over each ear so that just about half of the ear is exposed. Then this hair, with the hair at the back of the head, is fashioned into numerous brush curls. And when the hair is properly combed out, these soft, fluffy curls cover the back of the head from the hairline on up midway to the crown.

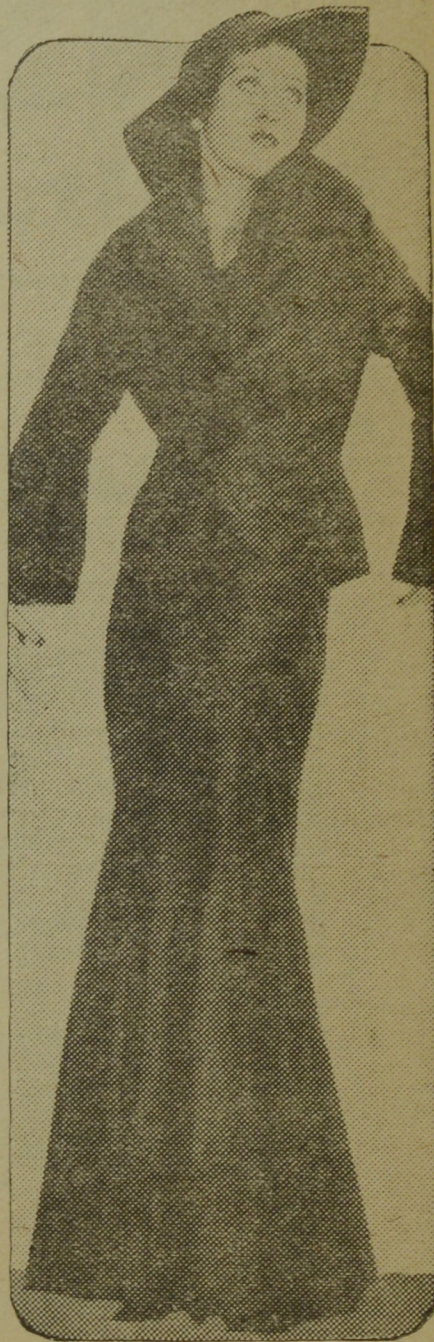
In another charming coiffure the hair is parted a little to the right of the centre, and brought back off the ears in soft waves. A

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Gladys Glad

Black Taffeta Suit



BLACK TAFFETA makes this flattering suit worn by MARBETH WRIGHT, screen actress. The hip-length jacket has wide-stitched revers and bell-shaped sleeves. The rather high front neckline of the frock becomes very low at the back, and the long sleeves have intriguing drop shoulders. The skirt is molded to the knee, where it takes a graceful fullness by means of a deep flounce. A wide-brimmed, pleated taffeta hat completes this sophisticated ensemble.

Serve Croquettes As Main Dish

NUTS AND SWEET POTATOES ARE COMBINED TO GIVE NECESSARY FOOD ELEMENTS FOR PIECE DE RESISTANCE OF MEAL



SWEET POTATO AND BRAZIL NUT CROQUETTES

(By Central Press Canadian) and sailed into foreign countries and found them for us, says Caroline B. King, household expert. Brazil nuts were discovered in South America, and sweet potatoes are natives of America or East India, authorities differ, but

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Women's Problems

By VIRGINIA LEE

Of course there may be romantic exceptions, but as a general thing, if a young man is afraid to face a girl's parents, and give a good account of himself, the girl had much better tell him she does not care to have him for a boy friend.

Most fathers and mothers are not unreasonable where their children's friends are concerned. In fact, many of them are more long suffering than they should be, and stand a lot from thoughtless young folk always trespassing upon their hospitality. Parents usually are glad to be cordial to their children's pals, however, and like to make their homes the rallying places of the gang.

"Dear Miss Lee:—What would you advise me to do? I am going out with a boy and my father doesn't know who he is, but won't allow me to go with him. He has treated me nice ever since I started going with him, but everybody talks about him. Will



Virginia Lee

people start talking about me, too? He will not come to the house on account of my father. What can I do to get him to come to the house?

"WONDERING GIRL."

Tell the boy that your father will not let you go with him, and that the only way to persuade him is for him (the boy) to go to your home and convince your father that he is all right. If he will not do that, I think you should tell him you can no longer go out with him.

A youth that people talk about may be a very fine fellow, but this one does not act like one. It's possible that in this case, "where there is so much smoke there may be a fire," isn't there if you know what I mean. At any rate, if the boy is "talked about," which means, I suppose, that people say unkind things about him, they surely will talk about any girl with whom he runs around.

So you see, that is an additional reason for securing your father's approval of the young man, or else dropping him.

Not Sure: It is not at all necessary that you kiss the boys goodnight when they bring you home. Save your kisses and they will be more appreciated.