

The Woman's Page

For Slim, Shapely Hips, Try These

Some of the very best reducing, posture and limbering-up exercises are easy to do. The days of intricate routines that made every bone and muscle ache are no more. Authorities agree that simple steps done slowly, are more effective and a good deal better for the disposition and peace of mind.

For instance, nothing could be easier than the roll exercise to reduce hips and thighs. You simply lie on the floor with arms at your sides, then, keeping the right leg perfectly flat and the knee of the left quite straight, cross left leg over right, slowly lifting it higher until it forms a right angle with your body. Relax and repeat with the right leg.

Notice how this stretches and pulls waistline and hip muscles. Do it twenty times a day for one month and you will see a difference in the size of your hips and the lumps on the outside of your legs.

To slenderize the waistline and to give your figure grace, stretching routines are recommended. Simply stand before an open window, lift up your arms and stretch. Keep on stretching until you seem to feel that you actually have lifted your torso upward away from your hips. Bend slowly to the right, to the left, slightly backward, then forward.

When you walk, think of yourself as a taller person than you actually are. Don't let the upper part of your body sag downward to rest on your hip bones. Keep yourself pulled upward. Swing from the hips with each step.

MORE OR LESS

She takes her husband for more or less these days instead of for better or worse. And she is going to be disappointed if it is for less than she is making on the job she gave up, which it probably will be. —Richmond Register.



J. J. GRAVES
OPTOMETRIST-
JEWELER

SORRY FOR SWELLED HEADS

(Chicago Tribune)

A Chicagoan back from abroad tells of a certain marchesa in Florence who has the reputation of being exceedingly gracious. She never neglects to send a book or flowers or a note to friends who are ill and is unusually thoughtful. One of her acquaintances is an American woman of great executive ability, and one day the marchesa overheard two friends discussing the lady.

"She is just wonderful at organizing things," one of them said, and elaborated on her executive ability and on her activities during the war. "It is a pity she has such a swelled head," she concluded.

As soon as the marchesa reached home she dispatched a servant with flowers from her conservatory to the lady she had heard discussed.

"I was so sorry to hear today that you are ill an hope your swollen head has become normal again," she wrote in the accompanying note.

MICHIGAN GIRL WORKS DESPITE HER INJURIES

Neither infantile paralysis nor a broken back has kept 21-year-old Emma Lucas, Grand Rapids, Mich., from earning her own living.

Struck down with paralysis when a child she conquered it sufficiently to win a dancing contest later. Then an automobile accident sent her to a hospital with a broken back.

After a year at the hospital she was brought to the Mary Free Bed Guild, an adjunct to the Blodgett Home for Children. As soon as she was old enough to hold a book and pencil she took up a business course she had begun before her accident.

Today she holds the position of office assistant in the orthopedic department of the Blodgett Children's Home. A shelf has been built over the arms of her wheel chair so that she can more easily do her daily work in the office.

METHODIST WOMEN MEET AT DANVILLE

Mrs. Ira Humble, of Harrodsburg, district secretary of the Methodist Church Women's Missionary Society, was among the speakers at a zone meeting held at Centenary Methodist church in Danville Wednesday. More than 100 attended the affair.

WINS HOOKED RUG PRIZE

Mrs. Jack Zody was awarded the blue ribbon for the prettiest handmade hooked rug shown at the Springfield fair.

Social and Personal

Centen's Sweetheart



SAN ANTONIO — Janice Jarrett, this town's model beauty, has been commissioned the "Sweetheart of the Texas Centennial by Governor Alfred, to rule during the celebrations now under way.

Tatum Reunion

Pleasant Affair

The Tatum reunion was celebrated Sunday, August 16, at the Old Kentucky Home, Bardstown.

Those present were Mrs. S. T. Tatum, Mr. Ernest Tatum, Mr. and Mrs. Sam Tatum and baby, Shelbyville; Mr. Esker Tatum, Springfield, Mr. and Mrs. Ezra Tatum, Misses Beatrice and Jewel Tatum, Mr. Willie and Ezra Tatum, Jr., Rose Hill, Mr. and Mrs. Levi Camden, Stewart, Mr. and Mrs. Hubert Noel, Harrodsburg; Mr. and Mrs. Roy Cowherd, Mr. Ford Cowherd and Mr. Jack Scott, Louisville; Mr. and Mrs. Allan Tindall, Harrold, Roy, Virginia and Elizabeth Tindall, Simpsonville; Mr. and Mrs. Lester Colvin, Miss Vivian Colvin, and Mr. Charles Colvin, Tatham Springs; Mr. and Mrs. Cecil McMillan, Williamsburg; Mrs. Miranda Scott, Mr. and Mrs. Chester Scott, Jewell, C. B. Rudolph and Winston Scott, Mrs. Boyd Brown, Sr., Misses Mildred and Evelyn Brown, Mr. Boyd Brown, Jr., Mrs. Cletis Anderson and baby, Mackville; Mr. and Mrs. Hubert Graham and son, Bruce, Bardstown.

Located On North Main

Mr. and Mrs. O. W. McMurry have taken an apartment at the residence of Mrs. F. J. Nooe, North Main at Mr. McMurry is the recently elected principal of the Harrodsburg Graded School.

Enjoying Camp Life

A group of young people enjoying life at the lodge of Dr. and Mrs. C. B. VanArsdale on Herrington Lake this week is composed of Miss May Flournoy VanDeren, Cynthia; Misses Gertrude Brown, Jane Dawson VanDiver, Ann Tilden Bohon, Louie Ruth Vivion, Dorothy Dean, Dr. Condit VanArsdale, Messrs Carter VanArsdale, Emmett Hatchett, James Graham, Harry Cooke and Mr. Gail Mattingly, Versailles. Miss Elizabeth VanArsdale and Miss Esther Christman are chaperoning.

New York Guests

Mr. and Mrs. Claude Minor and son, Minor Minor, have returned to New York after being guests of Mr. and Mrs. I. S. May and daughter, Miss Mary Virginia May, College street.

At Graham Springs

Mrs. W. A. Caudill and Mr. Billy Caudill have returned to Chicago after spending several days at Graham Springs.

Returned From Lake

A party that returned the first of the week from an outing at VanArsdale Lodge on Herrington Lake was composed of Misses Lillian Terhune, Dollie Gill Gregory, Messrs. Mack Ransdell, George Davenport, Mr. and Mrs. Louis Bonta. During their stay several other friends enjoyed the camp to remain over night.

Little Boy Entertains At Camp

Master Ralph Youmans is entertaining at Lane's Camp on Herrington Lake this week. Ben Lee Britton, Jr., and John Sullivan. The boys are in charge of Mr. and Mrs. Paul Wheeler.

Working For Master's Degree

Miss Katie Carpenter and her mother, Mrs. Shelby Carpenter, have returned from Ithaca, N. Y., where Miss Carpenter is working on her Master degree at Cornell University.

Enjoying Auto Trip

Mrs. J. H. Farley and Miss Josephine Farley are enjoying a trip of about two weeks during which they will visit Washington, D. C., and a number of other points of interest.

Mrs. Sims And Children On Trip

Mrs. Lee Sims, Mr. J. Elmer Sims and Miss Virginia Lee Sims, left Tuesday for a motor trip to Rich-

mond, Va., the Carolinas, Philadelphia, New York and other points.

Guest Of Sister

Mrs. Tilden Hill, Nashville, Tenn., is the guest of her sister, Mrs. Hanly Bohon, Lexington avenue.

Visiting In Tennessee

Mr. and Mrs. W. C. Rue are visiting their son, Mr. Nelson Rue, and family at Franklin, Tenn.

Vacationing In North Carolina

Mr. and Mrs. L. C. Riker and Mrs. Clara Owsley are enjoying a stay at Blowing Rock, N. C.

Visits Brother And Family

Mr. and Mrs. J. W. Jones, Miss Louise Jones, Salvisa; Mr. and Mrs. Willis Jones and little daughter, Anita Louise, of Kirkwood; Mrs. Edward Davenport and son Edward, of Harrodsburg, were guests Friday of Mr. and Mrs. Jack W. Jones and daughter, Frances, Lexington. Little Frances Jones returned home with her relatives for a few days visit.

Miss VanDiver And Guest Arrive

Mr. and Mrs. A. T. VanDiver went to Lexington Tuesday to meet their daughter, Miss Mary Ardelle VanDiver, arriving from Ryder College, Trenton, N. J. She was accompanied by her cousin, Miss Marjorie Evelyn Seay. Her parents, Prof. and Mrs. J. W. Seay will arrive later for a visit with relatives.

At Uncle's Funeral

Mr. and Mrs. R. C. Pinkston attended the funeral of Mrs. Pinkston's uncle, Valois P. Royalty, who was buried at Williamsburg, Monday, August 17.

18th Birthday Celebrated

Mrs. Wiley Chumley gave a dinner Monday evening honoring the 18th birthday of her son, Mr. Ernest Chumley. Those attending were Misses Hallie Reed, Arnetta Demaree, Juanita Edwards, Lucile Blackerby, Hazel Mayes, Messrs. Marion Ware, Billy Terhune, Clarence Rogers, and Mr. and Mrs. William Greer, Perryville.

Wedding Of Interest Here

Cards have been received here by

friends from Mr. and Mrs. L. M. Logan announcing the marriage of their daughter, Janie Katherine Huey, to Rev. Robert F. Farrington Wiley on Wednesday, August 5, at Dyersburg, Tenn.

The announcement is of interest here as many will recall the bridegroom as "Bob" Wiley, a member of the Harrodsburg high school faculty and coach about 1927-1929.

Mr. and Mrs. Hubert Noel left Monday to visit relatives in Indiana and Illinois. They were accompanied by Mr. Noel's father, Mr. Butler Noel.

Misses Bertha Jane and Irene Glauber and Miss Virginia Fromme have returned to Carrollton after a visit with Mr. Raymond Smalley.

Mrs. Arthur Thompson, Harlan, and Mrs. Al Wickliffe, Lexington, have returned to their homes after visiting Misses Anna and Mary Vaught and Mrs. J. B. Hargett. Mrs. Nannie Baker and Miss Linda Martin will remain longer as guests of the Misses Vaught.

Mrs. William Wilson and Mrs. C. J. Page have returned to Louisville after visiting Mr. and Mrs. M. F. Chilton.

Mrs. E. S. Lewis and family have returned from Pikeville and are located on College street in the house owned by Mr. William Lowe.

Miss Kathleen Pinkston has returned to business school in Louisville after several days with her mother, Mrs. Virginia Pinkston.

Mr. Franklin Ransdell has returned from a weekend in Bowling Green. Mrs. Thomas McGrosky has returned to Louisville after visiting Mrs. B. F. Norfleet and Mrs. J. T. Ingram, Jr.

(Continued on another page)

CAREFUL FLOWER CUTTING SHOWN

When gathering gladioli for house decoration, always cut away the flower spikes cleanly from between the leaves. Always cut low down and leave the foliage intact. By removing the leaves the corn is spoiled for next year. At least two or three of the larger leaves at the base of the plant should be left to complete the development of the new corn.

It also benefits the coming corn if the spike of flowers is removed as soon as it has finished blooming. This allows the plant to utilize all its strength in making a large size corn for next year.

BABY BORN WITH TOOTH, FRANKLIN DOCTOR SAYS

Birth of a baby with a fully developed lower front tooth was announced Aug. 13 by Dr. W. L. Gossett, County Health Officer, at Franklin, Kentucky. The baby, weighing eight and a half pounds, was born to Mrs. Denver James, Franklin. Dr. Gossett said he had encountered no similar case in his thirty years of practice.

Try an ad in our Classified column.



RAIN IN THE COUNTRY

The rain fell like a song of hope on fields that had been dying.

It was a mother's loving kiss upon a wistful face.

Tall trees that had been parched and dry broke into gentle sighing.

And happiness lay like a smile upon the garden place.

The house was very snug and sweet, the faint kind slender fingers.

Made magic on the sloping roof and smothered the steaming pane.

We lighted candles, slim and white, and like a dream that lingers.

They painted paths of drifting light against the silver rain.

The house was very sweet and snug — its shadows were caressing —

Yet for a moment we were swept with sudden, aching pity

For folk who do not understand that rain may be a blessing.

Who wander, shelterless and sad, across the rain-swept city!

—Margaret E. Sangster.

EXPENSIVE TO LIVE IN WASHINGTON, D. C.

Administration investigators reported that the cost of living for a family of moderate means is higher in Washington than in fifty-eight other representative cities.

A study conducted by the Works Progress Administration, in co-operation with the bureau of labor statistics, showed that expenses of a family of four in Mobile, Ala., where life was cheapest were 79.4 per cent of those in Washington.

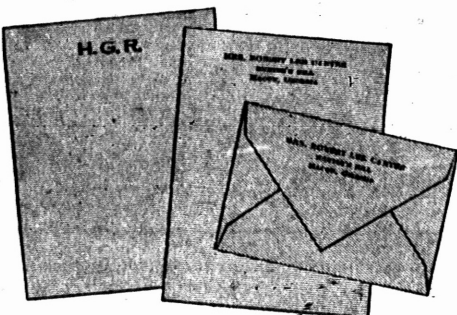
Kansas City is on middle ground with a percentage of 87.7.

Upholstering and Bedding Service

Cushions, Mattresses, Chairs, Pillows, Box Springs, Living-room Suites, etc., expertly repaired and rebuilt. Quick service — reasonable prices. We have a representative in Harrodsburg every week. Write or phone us, and you may have free estimate without any obligation or cost.

Southern Bedding Company

Incorporated
415 W. Main Lexington, Ky.
'We Work That You May Sleep'



Special For August Only!

RYTEX GREY TONE
PRINTED STATIONERY

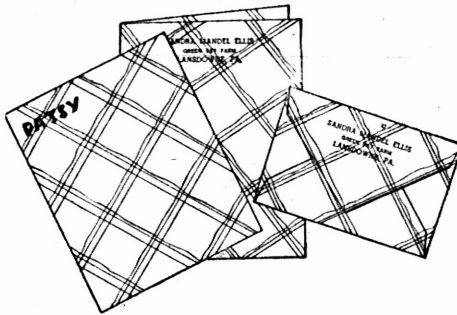
A smart stationery... exquisitely colorful... with faint lines in Blue, Grey, Ivory or Orchid

100 SINGLE SHEETS—50 ENVELOPES

or

50 DOUBLE SHEETS—50 ENVELOPES

\$1.00



As Gay as a Highlanders Kiltie is...

RYTEX CHATTER-BOX
PRINTED STATIONERY

...but so discreetly gay that you may correctly use it for most all occasions:

The plaid is in exquisite pastel shades... Blue, Ivory, Orchid and Green

50 DOUBLE SHEETS—50 ENVELOPES

\$1.00

See our new Sample Book

THE HERALD

IT'S EASY TO COOK
THIS COOL, CLEAN, CARE-FREE WAY
...AND SO Economical



DEAR MRS. HOMEFOLKS: Put an electric range in your kitchen—so I can be your cook—and you'll not only save precious time and effort... you'll actually save money. You'll also have more nourishing, better flavored meats, vegetables, breads, pastries... and a cleaner, cooler kitchen.

I know I can please you because I'm already cooking for more than a million other Mrs. Homefolks... and they all think I'm grand! So come and see the Hotpoint Ranges at our store and other standard makes sold by local dealers.

Incidentally, I'll heat all the hot water you need very cheaply. Ask our local manager about hiring me.

REDDY KILOWATT
Your Electrical Servant

KENTUCKY UTILITIES COMPANY

Incorporated
HARRY BLANTON, Mgr.

You can own an all-electric kitchen (range, refrigerator, water heater, dish-washer) for as little as \$15 monthly

DON'T BUY IT

EARN IT!

Our Local Manager Will Be Glad to Explain