

The Woman's Page

Limbs Developed By New Exercise

By LUCREZIA BORE
 I've just learned a new exercise that is simply splendid to develop the legs. That the exercise is as good as is promised is attested by the fact that it is the pet exercise of Miss B., who holds the distinction of having the most beautiful legs on the American stars.

It is called the rocking exercise and besides giving a pleasing outline to the legs, it is good to develop the poise and flexibility so essential to graceful dancing and walking.

Stand erect with the hands resting lightly on the hips. The feet should be about six inches apart with the toes pointing straight ahead. Shift the weight of the body to the right foot, then, keeping the feet flat, then raise the right leg flat and with the toes about the floor about 12 inches in front of the toes of the right foot.

Next, rock forward so that the weight is shifted from the right foot to the left, the right leg being the right leg to be balanced on the ball of the foot. Then raise the right leg flat from the floor by bending the knee, keeping the toes pointing straight ahead.

The exercise is done to the count of six in the following manner: Count 1—left foot forward; 2—right foot forward; 3—rock backward; 4—rock forward; 5—rock backward; 6—rock forward.

Repeat 20 times then reverse the order of the exercise by starting with the right foot forward, and so on through the exercise.

Parents Can't Tell Triplets Apart



The three little girls shown here, triplets, are so much alike their parents can't tell them apart, it is said. They are Trudchen, Dorchen and Lenchen Krausch of Berlin, Germany.

Who Coerces, Man Or Woman?

By Marguerite Mooka Marshall
 Speaking as the Boss, and being a man, and so many, I speak, these days.

Speaking, that is, of marriage by coercion. I am a woman, and I speak as a woman.

On the face of it he didn't intend to marry her, yet, and that he and Marie were around together.

Because she was such a good girl, and didn't believe in marriage.

And yielded only to Tom's most ardent arguments.

When he had got to arguing like that, she had no choice.

When he hadn't afforded a wife for at least another five years.

But she was a perfectly free agent.

Marie's good looks, beauty and popularity with Bill.

Wearable Coat



This extremely wearable coat is black with collar and cuffs of black and white calf skin. It is lined with light colored habas. The small hat is gray felt.

Seen on Fifth Avenue

A coat of emerald colored duvetyn has a deep collar of sheared ombre rabbit.

Boys' collars and decorative hip-pockets characterize a group of frocks.

A black antelope hat is trimmed with a patent-leather bow in front.

The newest novelty includes the popular very sheer gunmetal with the black heel.

For sportswear many women are wearing a smartly cut kasha for Tom's attire.

As to whether she should take up Fred Tom, no coercive effect has been proposed that evening because HE decided Marie was too like a girl.

To have a "boulder" like Bill! Then there's Fred, who married Gladys to take her down town without her rubbers on wet days.

He knew that she ate foolish lunches.

HE suggested that she smoked Tom's.

And they worked her like a dog in that office here.

She didn't complain, but he understood how she felt.

Bill Gladys, she understood how he felt.

But, when she tried to check out on Monday, Fred.

For an employer altogether he was patient with Fred.

Gladys married Fred.

He's not, THOUGH IT was no other way around.

Marie's technique was even subtle.

When Gladys came down for the breakfast.

And finished it off with a petting party in the darkest corner of the room.

Marie's woman and older sister.

"Happened" to crash in on this first affectionate moment.

Bill heard Margorie explain.

"We'd argued, old things."

"Want you congratulated us?"

Jack never had the nerve to deny it.

In fact, a week later.

He was perfectly certain he had followed—rather in the conventional style.

Generally speaking, and all things considered.

It was the advantage of the modern young man NOT to marry the one he could not count on.

Whereas marriage is still a meal ticket.

It is a social fret, an emotional release.

A prize worth playing for, to the average girl.

Bill's most young man AND first woman.

How does it happen, if they are not the victims of coercion.

Captured in spite of themselves?

Ah, well, as we said, the poor dears usually remain in blissful ignorance.

"The other sex that is 'wise'." And this is lucky.

Because if ALL the husbands coerced, in one way or another, to get their.

Suddenly discovered the fact.

And asked for annulments.

What, oh, WHAT would become of the "Bible Institution?"

There'd be about as many people as there'd be left.

As you could get in a museum!

Describes Broadcasting Sensation



Central Press Photo
 Madame Louise Homer, right, and her daughter Louise Homer-Streit.

When Madame Louise Homer, famous American contralto with a Wagner-Kent program recently, she was at the most overture. She says the feeling is not far different from which she experienced during concerts.

Household Hints

BY MISS MARY MORSON
MENU HINTS
 The baked ham is a favorite of the housewife, but it is not good for the stomach. Fresh fruit and vegetables should be substituted for the ham. The ham is a rich food, and it is not good for the stomach.

Baked Bean Soup
 Creamed (Thin) Soup, Tomatoes, Whole Wheat Bread, Canned Peas, Oatmeal Cookies.

TODAY'S RECIPES
Baked Bean Soup
 Take four cups of pork and beans, three cups of tomatoes, one cup of dried tomatoes, a small onion, a few stalks of celery or carrots, and a few stalks of green beans. Cook all together until the beans are tender. Season with salt and pepper. This makes two meals out of one.

HINT FOR BUSINESS GIRL
 If you must sew in your bedroom and have no table, spread a piece of white tablecloth on the bed. You will find this quite satisfactory.

SUGGESTIONS
Important Trifles
 Standard measurements are level measurements.

Don't plan a dinner without one green vegetable.

Do not use napkin rings on the table at a formal dinner.

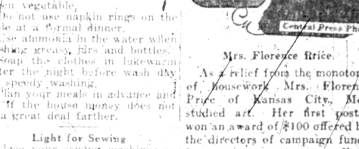
Use atomized water when washing greasy jars and bottles.

Soap the clothes in lukewarm water the night before washing day for speedy washing.

Plan your meals in advance and get the house agency does not go to a great deal further.

Light for Sewing
 Place your sewing machine on the light, holding the sewing from the left. Strike the machine in the right hand.

Wins Award



Mrs. Florence Ritic.
 As a result from the generosity of Josephine Mrs. Florence Ritic of Kansas City, Mo., studied art. Her first position was an award of \$100 offered by the directors of capital funds for erecting a university in Kansas City.

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