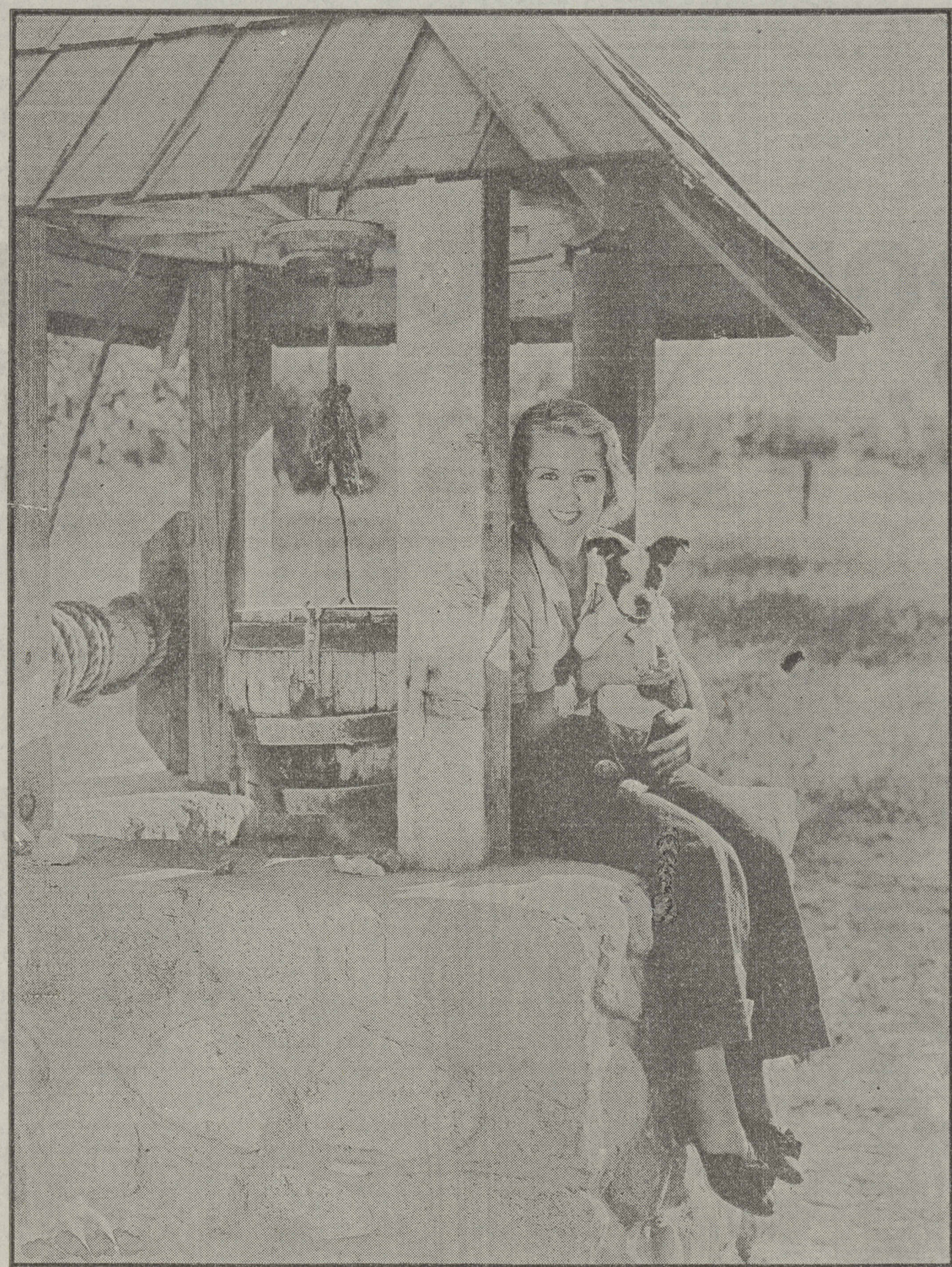


Reformed Diet Enhances Skin Beauty



"Back to the old oaken bucket" is the slogan of lovely Joan Blondell. Drink more water if you would be more beautiful... and do your water drinking particularly between meals, Antoinette Donnelly advises.

Farewell, Miss Julie Logan

[Continued from page four.]
Routh, the husband of Joanna, had tracked him down to say that she was terrible near her reckoning. The doctor started off with him rather anxious, for Fargie was "through ither," and it was Joanna's first.

Dr. John had floundered into worse drifts, but the wind was lashing his face and the visibility was so bad that they soon lost each other. He tumbled and rumbled down in a way at which he is a master hand, and reached the shieling hours before the husband, who is a decent stock but very unusual in the legs. The distance is a short mile when the track is above ground. Dr. John was relieved to smell smoke, for he dreaded that Fargie might not have had the sense to heap on the peat and that the woman might be found frozen.

I TOLD him I knew the house, which is a lonesome one roomed cot of double stone and divot. I asked if he had found Joanna alone, but he had taken the opportunity of my making a remark to fall asleep again. I got his eyes open in the manner recommended by him, and he said with even a little leer at me, "She was not quite alone, but maybe you are one of those who do not count an infant till it be christened."

"If there is any haste for that," I cried, looking for my boots.

"There is none," he said.

"But who had been with her? Was she in such a bad condition that she could give you no information about that?"

"She was in fine condition, and she could and she did," he said. "I was with her till Fargie, who had gone back to the farm, brought down the wife, and I have no doubt Joanna is now giving the particulars to them. They are such uncommon particulars," he went on, "that I can fancy even the proud infant sitting up to listen to them."

Then who was it that had acted in his place, I asked, not daring to be more prolix lest he should again be overtaken.

That, he said, was what he was asking me.

"Dr. John—"

"Dr. assured," said he, "that I am too dung over with sleep to be trifling with you, but this will become more your affair than mine. It is not to me they will look to be told who she was but to their minister."

"I hope I shall not fail them," I said loftily. Nevertheless I dreamed what was coming, and I insisted on his keeping awake "or I would lay a hot iron on the beard." He said he had found a kettle on a bright fire and Joanna in her bed with the child, who was fittingly swaddled in a shawl. He would not let her talk until he had satisfied himself that everything necessary had been done, and then (for the curiosity was mounting to his brain) he said with pretended casualness, "I see you and your friend have been having a nice cup of tea."

"And merry she was at the making of it," replied Joanna, turning merry herself.

"I forget," said he, "if you mentioned who she was."

"Of course it was one of the Strangers," he said.

"Of course it would be one of those curiosities," said he, "but I never changed to fall in with ane; what was she like?"

"She was like the little gentleman that sits under his tail," meaning a squirrel.

"I thought she would be something like that," he said, "but had you no fear of her?"

"Never," said Joanna, "till the bairn was born, and then for just a short time, when she capered about madlike with glee, holding it high in the air, and dressing it up in the shawl, so as to have another peep at it, and very proud of what she had done till a queer change came over her and I had a sinking that she was going to bite it. I matched it from her."

"To bite them is not my usual procedure at a birth," the doctor had said, "but we all have our different ways." Joanna gave him a fuller story of the night than, as he said, would be of any profit to a surgeon or the other Adam Yestreen, but he told me some of its events. The door had blown open soon after Fargie's departure, leaving naught but reek to heat her, and when the fire went down she would have been glad to cry back the reek. She thought the cold candle of her life was at the flicker.

THE stranger re-lit the fire, but there was no way she could conceive of heating that body on the box-bed. Then the grand thought came to her. "She strippit herself naked," Joanna said, "and lay at my feet and made me keep them on as, as if she were one of them pig bottles for toasting the feet of the gentry, and when my feet were warm she lay close to me, first on one side and then on the other, so as to warm as a browning blanket when she began, but by the time the heat of her had passed into me I was up and she was as cold as a trout."

As to the actual birth, though this was Joanna's first child, she knew more about the business than did her visitor, who seems to have been in a dither of importance over the novelty of the occasion. She was sometimes very daring and sometimes at such a loss that, in Joanna's words, "she could just pet me and kiss me, and draw doll faces at me with the intent to help me through, and when she got me through she went sker with triumph, crying out as she strutted up and down that we were the three wonders of the world."

The whole affair, Dr. John decided, must have been strange enough to put the wits of any medical onlooker in a reel, and if he let his mind rest on it he would forget how to sleep as well as to practice surgery, so in the name of charity would I let him sink into the land of nod for a few hours while I thought out some simple explanation for my glenfolk.

He got his few hours, though sorely

Patterns by Clotilde



2614—Women's dress. Sizes 36, 38, 40, 42, 44, and 46 inches bust measure. Size 36 requires 3 1/2 yards of 39 inch material.

2624—Woman's and misses' dress. Sizes 12, 14, 16, 18, and 20 years, and 36 and 38 inches bust measure. Size 16 requires 3 1/2 yards of 39 inch material.

3071—Junior girl's dress. Sizes 8, 10, 12, and 14 years. Size 8 requires 2 1/2 yards of 39 inch material.

New Patterns Will Appeal to Dressmaker

By Clotilde.

THE charming model, made by pattern No. 2614, is just the thing for spring to complete an ensemble or to wear without a coat. The bias shoulders and other bias lines will be a real help in making the heavier figure appear more slender.

The dress closes under the left arm, and the neckline, high across the back, is cut in a V at the front and finished with a scarf collar. This collar only goes part way around the neck, and ends in an unusual looking bow on the right side.

There are raglan sleeves, and you may make them either long or short. The long ones, as you see, are quite full where they are gathered and set into deep bands.

The skirt is cut in two parts and is circular. There are platts each side of the center front and center back. The skirt is set on to a perfectly

fitted hip yoke, and joined to the bodice under a removable belt. Lay the skirt on a table while laying and busting the platts, and press flat when basted. But leave the bustings in until the dress is finished. The skirt, for size 36, measures about 2 1/2 yards at the bottom.

A printed silk crepe in black and white, with the upper part of the sleeves and bodice of plain white, or a blue and white print with white, will either one be lovely. Sheer woolsens, crinkly crepe, and novelty cottons are smart for this slenderizing model.

The smart slipon, sleeveless dress made by pattern No. 3071 is for junior girls, and who wouldn't at this age adore having this new pattern model? It has a capelet also, ending in rather an interesting manner in flared sleeves, with a prettily yoked front gracefully to the bottom.

It isn't at all difficult to make, the little bodice having bound armholes, and the collar being stitched together on the shoulders, but leaving both the left shoulder seam of the bodice and collar open above a large perforation, for closing.

The collar is stitched to the bodice across the front, forming a yoke. The peplum must be entirely finished before being basted to the skirt, finishing the bottom with a narrow hem.

Finish the bottom of the skirt in the same manner.

A skipper black and white printed batiste will be both cool and fresh looking. Printed lawn, linen, shantung, and dimity are also both practical and pretty materials. For "best" wear a printed coral red and white crepe de chine would be lovely.

The Sunday night frock, made by pattern No. 2624, has the modish frilled short sleeves and bias lines, as you can easily see. Upper and lower parts of the bodice are cut separately and joined—using a contrasting color for the upper parts will be chic. The bodice is cut with drop shoulders, and the short frilled sleeves set. This frill is made of the dress material.

The pattern chart shows just how the skirt sections are joined, and you must be sure and do the pinning, basting, and stitching from the top, towards the bottom every time.

The skirt is exceptionally graceful looking when finished. The left underarm seam of bodice and skirt are left open between notches, and finished for closing.

Black silk crepe with white, wine-red crepe de chine with lace, or a sapphire blue silk crepe for the entire dress would make an attractive dress. For resort wear sheer printed silk crepe with plain crepe will be pretty.

It's Easy to Change DARK Colors To LIGHT Colors

—with wonder-working Tintex Color Remover

1. Supposing you have a dark dress (or any other dark-colored article) and are pining for a lighter-colored one...

This way they have, of heartily accepting what you tell them and then going their own gait, is disheartening to me, and at one time I thought of making the folly about "strangers" a subject of stern discipline from the pulpit. Fear did not enter into my reluctance, for I knew they would esteem me the more I hammered at them, but I drew back from the ease of superiority toward men and women whose simple lives have been so often more grimly fought than my own. It relieves me, therefore, to have decided that I may get through their chinks more creditably in another manner.

(The second and concluding part of this story will be published next Sunday.)

"SOLD \$70 WORTH OF HOUSEHOLD APPLIANCES"

3. Then the article or fabric can be redyed or tinted with Tintex and Dyes in any new shade to suit yourself—either light or dark...

"We wanted to dispose of a washing machine, an ironer, a sewing machine, and a vacuum cleaner. We advertised in the Tribune Household Appliances column. Twenty-five persons called. We sold everything for \$70."

If you have any household appliances to sell, let a low-cost Tribune Want Ad find buyers for you. Call Superior 0100—Adtaker!

At all drug and notion counters 15c

Tintex COLOR REMOVER

Improved Appearance of Face and Figure Show Their Quick Response in Meals Properly Balanced.

By Antoinette Donnelly.

IT IS rumored that a renewed war on feminine fat is on with a vengeance, the idea being to make the figure supply the lines that the purse cannot afford this year. It's true, as you know, that a woman reaching a certain weight has to spend more for her clothes than does her lean sisters. She must spend in order to get the good lines that conceal fat

and effect the streamline silhouette. So women, bowing to the depression felt by the pocketbook, are proving that it will take more than a little thing like financial depression to keep them from heaving to the slim line of fashion.

It is told by some of our investigating scouts that women are passing up facial care (involving money expenditure) for the better figure lines (involving massage and circulatory treatment expense) on the dress theory just cited. Which brings us around to a point about skin and complexion beauty and the benefits accruing to each simultaneously through reformed diets.

We women have the habit of thinking of the complexion as a thing of local interest purely. We are intrigued by the ads promising youth-

ful loveliness of skin with a lotion or a cream. Local Care Necessary. And we are right in giving eye and ear to these local reminders, for local attention must be given the skin. But what we women need to be reminded of just as frequently is that diseases of the skin, blemishes of the skin, color, and, in some cases, texture of the skin are matters of internal origin generally. And the tie-up with the reduction of excess weight and skin condition, as we are tying it up today, is something I want women to think about.

Every medical authority tells us that two of the commonest factors in the development of skin troubles are over-eating and constipation. The two commonest factors in weight accumulation are the identical same pair of trouble makers, too much food consumption and irregular elimination.

In the years I have been overseeing reducing experiments, and these experiments have covered thousands of cases, time and again it has been reported to me how the complexion has undergone a magic change along with the better silhouette accomplishments. The complexion takes on a clearer and cleaner tone. The blackhead tendency often is eliminated along with the reduction of excess starch, sweets and rich foods generally. The light heavy acne state of face has been reported as immeasurably improved, or often completely cured. As you know, medically supervised acne treatment includes a reformed type of diet for the patient. And treatment for constipation is necessary in nine cases out of ten. Here, again, you see the immediate tie-up between a sane reducing program and skin betterment.

Effects of Liquid Diet. I have had women report a change of complexion tone after a short liquid diet period, the three day one usually recommended as a prelude to the actual reducing campaign. The reason for this improved state of skin is due to the fact that the liquids have acted as eliminative factors. The system has been washed out, so to speak. Skin and eyes immediately take on a markedly clearer tone. The fruits and green vegetables which form an important part of a good reducing diet are also eliminative in effect.

So you can mark it down in your book that no other group of causes more frequently produce diseases of the skin than improper diet, bad habits of eating and living, and the series of digestive disturbances that go with these. Substances are introduced into the blood stream which cause skin irritation of one kind or another.

The proper diet for the hygiene of the skin calls for the substitution of the type of foodstuffs that are recommended in a sane and healthy reducing program. Diet for the skin has no secrets of its own. The same mixed and properly balanced maintenance diet serves beauty to both face and form. The same heavy, starchy things must be avoided for the improvement of both face and form. And the same type of exercise that serves to give tone to muscles of the body and prevent early return of flesh gives the needed impetus to blood circulation that rules the state of the skin.

So if any women are bemoaning the fact that they have to confine their beautifying efforts to reducing, they needn't think they are objects of sympathy because of their money shortage for facial upkeep. They can do their own creaming and massaging daily while they are working up a basic complexion beauty principles on a good reducing diet.

A good reducing diet, as you are fully aware, does not eliminate all starches, all sweets, all fats. It minimizes their intake. The case against skin preservation along with reducing was built on the foolish sort of reducing diets that were practiced widely before we became thoroughly enlightened on the subject. It's the case system, a large quantity with reduced variety before we became thoroughly enlightened on the subject. Carbohydrates, starches, and sweets may be taken in moderation and should be. The value of fresh vegetables and fruits in the diet is that they consist, in addition to water, of indigestible fibrous material and are laxative in effect.

A point of beauty conquest we women are terribly remiss on is the case of water consumption. In reducing programs, water drinking is strongly advocated. And where it is indulged, the immediate reaction in complexion betterment is plainly obvious. If a good quantity of water is taken in the morning or evening, it is excreted. Thus, there ensues a washing out of the tissues with a liberal water consumption that is most invigorating to the skin. There is no longer any doubt of the hygiene value of the habit of free water drinking. Yet, it is most difficult to get women to cultivate the habit of taking water between meals.

Take water in moderation at meals so that you will not want to eat more than necessary, which sometimes happens with heavy water drinking at meals. It is best taken at the beginning or end of a meal, preferably the latter to increase the activity of digestion. But for the sake of both figure and complexion, try to get the water drinking habit between meals.

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The Death of the Duchess

[Continued from page six.]

bin about this excursion on which she had sent Bendage. Still, he hadn't asked her what she had done during the afternoon. Strange though. After all, was it important? Who could tell? Oughtn't she to have volunteered the information? Had she forgotten it, or remembering, deemed it trivial? Might there be something significant back of her omission? Well, he could, of course, call her back for questioning later, if he decided it to be desirable. Funny though!

"YOU didn't talk to your two friends, the maharajah and the duke, about this crisis in your lives?" Glade resumed the inquiry.

"No. There was no crisis as far as Joolep was concerned, apart from shattered friendships—he was not included in the sponging and blackmailing counts of the general indictment. And I know his temper so well I thought he'd prefer to be alone while he brooded. And while the crisis was extremely important to me, it was a lot more important to the duke, for I happen to know of some checks he recently put out in the expectation of getting funds from the duchess this week-end. So I thought I'd better leave him alone with his problems."

"Did you see anybody while you were out searching the grounds?"

"Let's see. Yes, I saw the gardener working at the edge of the lake. That's all."

"Did you pause near the pavilion long enough to sit on the bench where Bates saw the man with the heavily tanned neck?"

"No. I'm not the man who was seen by Bates. My neck is dark enough naturally and from exposure. But I didn't sit on the bench."

"You didn't see Miss Forbes as she drove away? Or Miss Carlhrosse down below the lake? Or the duke emerging from the summer study and walking toward the castle?"

"No. I saw none of them."

"How do you account for Bates' failure to see you? You weren't taking any pains to conceal yourself behind the trees were you?"

"No. I saw him clearly enough two or three times. I don't know why he didn't see me. I wasn't skulking about."

"After you returned to the castle, did you go out again in the rain?"

"I did not."

"Can your valet prove that?"

"Let me see. He finished dressing me about half past six, and—"

"How do you know it was half past six?"

"Because I looked at my wrist watch. I didn't want to be the first one in the library."

"Go on."

"Then he went down to the servant quarters to get his supper."

"What time did you reach the library?"

"I made very sure to get there about ten minutes past seven."

"Then the valet cannot prove, can he, that you didn't go out into the dark and the storm in a raincoat, murder the duchess, and return to your room, change your shoes quickly, and hasten to the library? You would have had ample time if you had hurried to do all that."

"Well, all I can say is that I didn't. Besides, somebody around the premises would have been sure to see me. And how would I know where to find Anita? And where would I get the poison the coroner says caused her death, or get her to take it in some mysterious manner he can't discover?"

"These seem to you like insurmountable questions, don't they? Well, those questions, or similar ones, will have to be surmounted before we find out what we are after. I think they will be."

"That is all I require of you just now. I'll ask you to step back into the library, please."

Glade opened the door and Bendage hurried over to the cellarette, poured himself a whisky and soda and carried it with him to his seat. The detective looked around the library—Elissa and Vicary were not in the room. He stood a moment staring at the floor, then looked across at George.

"May I bother you for a few minutes, please?"

While George was going sullenly into the little reading room, Glade turned to Flint.

"Did Lady Elissa and Mr. Hopkins go out soon after I went into the next room with Mr. Bendage?"

"Yes. They were up and out before you finished closing the door."

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(To be continued.)

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