

# JASPER WEEKLY COURIER

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## Beauty Chats

By EDNA KENT FORBES

### PRETTY ARMS

UP TO the age of eighteen or nineteen, a girl need not worry if her arms are too thin or too fat—unless they are an extreme of either condition—for up to that time the body is maturing, and may easily be too fat or too thin in itself. And the arm gains or loses in proportion to its weight. Most of the men who sit by scales and weigh you free if they cannot guess your weight within a few pounds, take hold of the arm and feel its size before stating the weight.

The best way to have beautiful arms is to exercise them. Massage and creams may help some, but exercise is certain to develop the lovely lines so much desired. Plain household tasks



Every Young Girl Wants Pretty Arms to Show Off.

will make the arms beautiful, making beds, sweeping, kneading bread or beating cake, are all exercises that tend to make the arms well developed. Such tasks should be done with quick movements; sluggish movements are not exercises at all.

Swimming is good for the arms, of course, rowing, canoeing, and all outdoor sports will make the arms pretty. Anything which makes the arms move quickly in varying directions, which flexes and relaxes the muscles, is a good arm exercise. Holding the arms doubled up, the hand in fist, and tightening the upper arm muscles, is still another good exercise.

It is such a pleasure to own pretty arms and to be able to wear sleeveless dresses, that every woman will feel repaid for any trouble she goes to, to improve her arms.

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**Off Again, On Again**  
STRICKLAND & GILLILAN  
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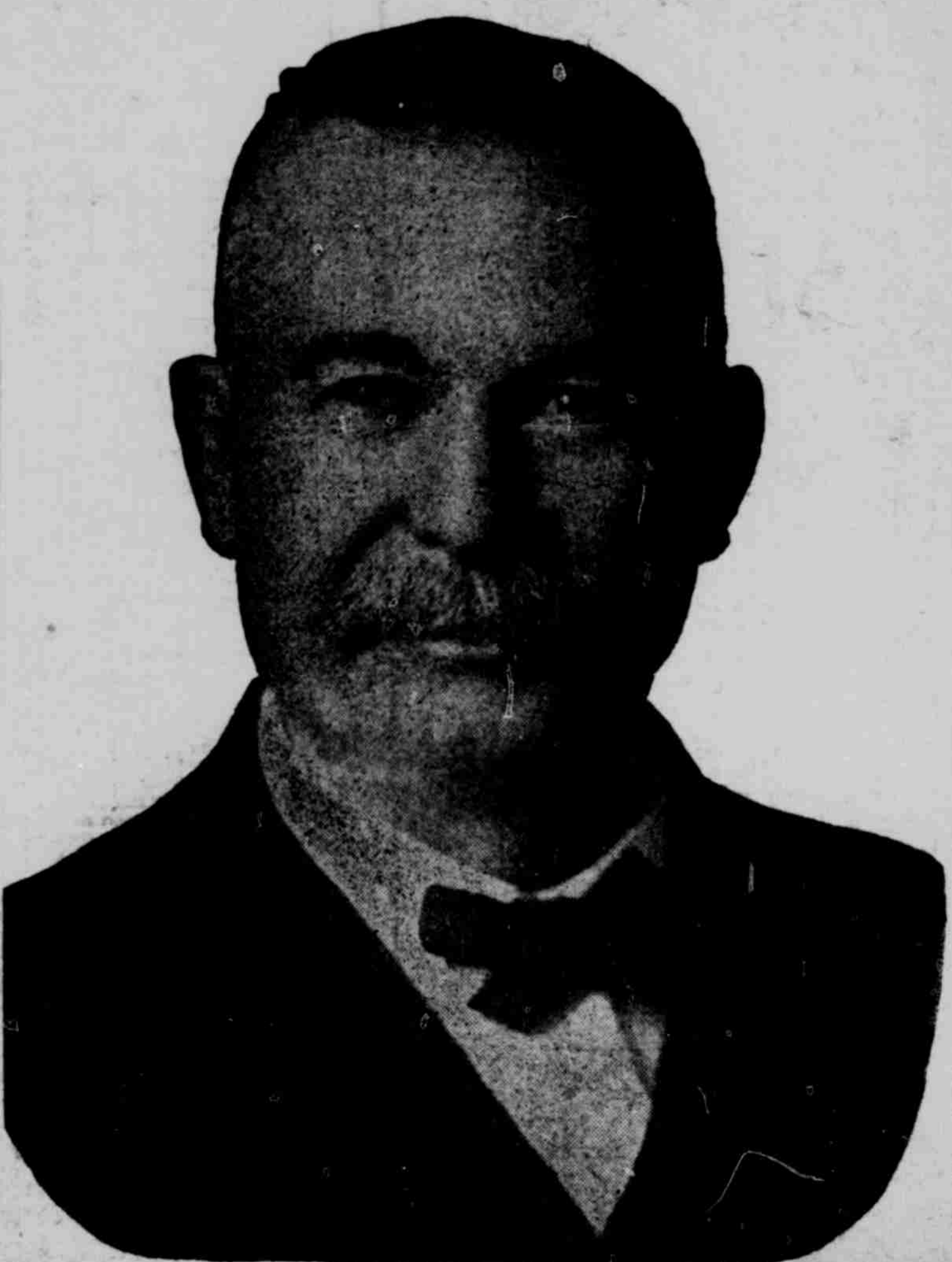
### NO STRANGERS.

There ought to be no strangers in this little vale of tears; I haven't seen a stranger's face for years and years and years. I see, of course, some people that I never saw before, But they're just like the others that I've known in days of yore. They've felt and known the selfsame things the rest have known and felt. They'll freeze up for unfriendly folks, for kindly ones they'll melt. They've each one had a sorrow that they thought they couldn't bear, But bore it, just as people do with sorrows everywhere.

There ought to be no strangers, in this so-called world of woe! I see new people that I love, I get everywhere I go. And everyone has felt some joy that I had felt some time; And each has had his little dream of higher slopes to climb; And each has known the sweets of home at some time or another; And nearly every man you meet will rave about his mother. They thrill at things that thrill me, too, these friends I never met— There ought to be no strangers in this misnamed world of fret!

An English woman known as "The Silent Wife," having failed to obtain a divorce will tell about it through the American newspapers. We think she would find it more profitable to can the literature and come to America and just let the married men look at her.

## VOTE FOR A Business Man for Congress.



**JACOB L. O'BANNON,**  
OF FLOYD COUNTY.

A Farmer and Saw Mill man.

He knows the needs and wants of the Common People, who as Abe Lincoln said "the Lord loved because he made so many." He asks your support at the primary election, Tuesday, May 4th, 1920.

### To Democratic Voters.

Believing that after a period of fifty years during which Washington county has had no Congressman, and other counties in the Third Congressional district have had the Congressman for many terms, a spirit of fair play ought to give this nomination to Washington county. We therefore ask Democrats of the Third Congressional district to support Washington county's candidate,

**R. C. BROWN,**  
for the Democratic Nomination for Congress.



### Doubtful of Lion's Friendship.



EMMA DUNN

Emma Dunn and her supporting company of Metro players visited a Glendale, California, lion farm recently to take scenes for a dream sequence in Metro's picturization of "Old Lady 31," the drama by Rachel Crother that Lee Kugel produced on the stage. There were two cages; in the inner one the lions and the outer one the cameras and director. The first lion ceased boud into the inner cage, and right over its top.

Now Director John Ince is not noted for grace or speed. Yet according to the statement of unprejudiced observers, he was on the cage before the lion touched the ground. He beat the agile and supple cameraman.

The keeper explained that lions always acted that way toward strangers and suggested that Mr. Ince get acquainted. Getting acquainted consisted of permitting the lion to sniff the director's clothing, thereafter everything was lovely.



VIOLA DANA

"Dangers to Men" will be the releasing title for Viola Dana next Metro starring production. The picture is an adaptation of P. V. Esmond's drama, "Eliza Comes to Stay," which was played in on the stage in London by the author-actor and Eva Moore, his wife. A. P. Younger wrote the scenarios of "Dangers to Men."



"Maud's hair is what you would call Titian, isn't it?"  
"Well, Titian or just Titian."

### Don't Wear Popular Song.



MAY ALLISON

"Why is it," asked May Allison at the Screen Classics, Inc., studio in Hollywood, recently of Arthur Martinelli, her camera man for "Fair and Warmer," "That the towns I wear before the camera look so odd for personal use—vice versa?"

"The camera demands tone harmony," replied the camera man bickily and professionally. "Nonsense," replied the laity star. "I don't wear sheet music."

### Mother's Cook Book

If you've anything good to say of a man, Don't wait till he's laid to rest; For the eulogy spoken when hearts are broken Is an empty thing at best. —Donnelly.

### Every Day Foods.

By some, kidneys are highly prized and in protein value rank next to liver. To prepare kidneys, cut them in half and soak in cold water for three quarters of an hour. Then and remove all skin and inedible portions, wipe dry on a cloth and serve with scrambled eggs as follows:

**Pork Kidneys and Scrambled Eggs.**  
Cut two pork kidneys in slices and dust with flour. Cook in two tablespoonfuls of any sweet fat over a slow fire for one-half hour, stirring frequently. Season with paprika and salt. Beat four eggs, add four tablespoonfuls of milk, one teaspoonful of salt, and one-quarter of a teaspoonful of pepper. Cook in a frying pan with two tablespoonfuls of fat until the eggs are done. Place the eggs in the center of a hot dish, serve the kidneys as a border around them, and garnish with squares of toast.

### Beef Kidney Stew.

Prepare the kidneys as above. Cut in inch blocks. Place in a saucepan, cover with water, bring to a boil. Drain off the water and blanch in cold. Roll the kidneys in flour and brown quickly in four tablespoonfuls of fat. Add a bunch of soup herbs and four onions cut fine. Cook slowly until the kidneys are tender, then add one dozen small potatoes. When the potatoes are done, thicken the gravy with flour, season with salt, pepper and lemon juice or vinegar.

### Tripe Milanaise.

Chop fine one carrot, an onion and a stalk of celery; fry these in a saucepan with two tablespoonfuls of fat; when nicely browned, add a bunch of herbs or a seasoning of mixed herbs and one and one-half pounds of tripe cut in pieces two inches long by an inch wide; season with salt and pepper. Cover with water and let it simmer for half an hour, stir occasionally and when boiling serve on a hot dish.

### Tripe Italienne.

Proceed in the same manner as for Milanaise. Add two cupfuls of tomato puree and let simmer for half an hour then pour in half a pint of green peas, season with salt and pepper, simmer again for twenty minutes. Serve hot.

### Queen of Puddings.

Cut bread into one-half pint of half-inch cubes; beat the yolks of three eggs, and add one white; add one-fourth of a cupful of sugar, one teaspoonful of vanilla; beat until well mixed; add one pint of milk; stir until the sugar is dissolved. Pour this custard over the bread and bake in a moderate oven until set. Remove from the oven and spread with a cupful of stewed apples. Make a meringue of the remaining two egg whites; add two tablespoonfuls of sugar and bake until brown. Serve hot with or without cream. Any kind of preserves or jelly may be used in place of the apples.

**Nellie Maxwell**  
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## Just Folks

By EDGAR A. GUEST

### LOST ARGUMENTS.

When in my wisdom I have said That it is time to go to bed Or crossed their wills with rules and laws

There comes a pout, and then a pause, And then an argument ensues In which it seems I always lose.

When I announce that too much pie Is bad for them, they ask me: "Why?" And when I start to prove my case They taunt me to my very face, And in debate, in which they're strong,

They soon convince me I am wrong.

Time was my judgment they'd accept All my commands they bravely kept. But now they've reached the reasoning age,

The answering back and questioning stage; Their little minds are keen and swift While helplessly I seem to drift.

No mere command with them will go The reason why they want to know, They wear me out. They argue back And puncture with their sure attack The case I've made, 'til with a grin I end their talk by giving in.

'Twould drive a great logician wild To argue with a healthy child. A thinking boy of four or five Could floor the wisest man alive, And any bright-eyed little girl Can set the calmest brain awirl.

And yet I'm glad those madcap elves Are daily thinking for themselves. I'm glad they have opinions strong On what is right and what is wrong, And oh, I hope, when older grown, In life's debates they'll hold their own.

(Copyright by Edgar A. Guest.)



Less than ten years ago the disorder and turbulence, now prevailing in Mexico, were rife throughout all South America. The frequency of the South American revolutions had become an old and hackneyed joke. Most of the republics were at sword's points with one another, and it was a common thing for two of them temporarily to get together and jump upon a third. All this has changed; with maturity the nations of South America are acquiring sense and stability, says Anaconda Standard. Those who of late have traveled in Chile, Argentina, Brazil and Uruguay, have been struck by the progress that has been made and the security that replaces the old disorder. They are grappling with industrial problems with ability and largeness of mind, they are developing in a way that makes for peace and comfort. There is no reason to doubt that Mexico is susceptible of similar improvement once those at the head of her government are men of capacity and power.

An asbestos plant in Pennsylvania was burned lately. This does seem like rubbing it in.

That union of eastern college professors, with an anti-strike clause, can't be a real union.

Silk hats will continue busy so long as distinguished personages from Europe keep on coming.

Sparrows refuse to go South in winter, though they might. That's the British determination.

The campaign promises have been begun. Why did they ever dispense with the chestnut bell?

Maybe what makes it hard for a bolshevik government to get itself recognized is its whiskers.

"Work or quit" is suggested as a good rule for government employees. It is a good rule for anybody.