

BEAUTY CHATS

by EDNA KENT FORBES

WHAT YOU WILL LOSE

A great many women who are trying a course of diet in order to reduce, write to me to find out how much they may expect to lose. It's rather hard to be able to tell this. The whole reduction system has been so perfectly worked out by food experts, that it is possible to tell—but in individual cases it depends upon the amount of food that is eaten.

For instance, when making these experiments, the food experts put their patients on a scientific diet. They are allowed so many calories of food a day—and no more. The usual reduction diet is supposed to be 1,000 calories of food less every day than the woman has been eating. Five hundred calories are said to produce two ounces of flesh—on 500 less a day, the woman should lose two ounces; on a diet of calories less than she usually takes, she would lose four ounces a day, or a little less than two pounds a week—and that is the safest amount to reduce.

But the woman herself cannot bother to measure out her food exactly, so when I give caloric values, I usually give them for an average serving of food. If you take big helpings, you will really be cheating yourself out of your diet. You can tell fairly exactly how you are dieting, however, for if you find, after the fourth week, that you haven't lost, or that you are not losing fast enough, you may be pretty sure that you are making your helpings of food a little too generous—and that to lessen the calories you must not fill your plate so full.

A DAILY READER—If that wrinkle between your eyes comes from a bad habit of frowning, you can help much in getting rid of it, by putting a piece of court plaster over it, after you have first smoothed it out. Then every time you frown you wrinkle the plaster so it annoys you and reminds you to stop frowning—and the will power you exercise does the curing. However, a wrinkle between the eyes usually comes from eye strain, so you had better consult an oculist before you resort to the plaster.

BETTY AND RUTH—The young lady who is five feet three inches, weight 149, should weigh 122 pounds; the other one should weigh the same, as her extra inch just balances the difference in age. You can reduce by eating less starchy food, fat meats and other rich foods, like pie crust. If you stop eating white bread and take to bran or graham bread, you will be able to note some change in weight. Guten bread is better still, as all starch is taken from the flour.

BROWN EYES—Consult your telephone book for the music stores and you can call them up and inquire whether or not they will give you the accommodation. The average weight of a girl of 17, who is four and a half feet tall, should be about 110 pounds. You may wear any of the dark colors for service, and for dainty frocks select those in shades of yellow and pink.

All inquiries addressed to Miss Forbes in care of the "Beauty Chats" department will be answered in these columns in their turn. When referring to the names of persons mentioned, it is however, owing to the great number received, so, if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question.—The Editor.

CHURCHES

BAPTIST.

First Baptist Church—North Eleven near Main street, 9:15 a. m., Sunday school, 9:15 a. m., Harry B. Reeves, superintendent; 10:40 a. m., morning worship, sermon subject, "Propitiation for Sin"; 6:30 p. m., Young People's service; 7:30 p. m., Evangelistic service, sermon subject, "The Other Side of the Hill"; Midweek prayer service and monthly business meeting, Thursday evening, 7:30. We will observe the Ordinance of the Lord's Supper at the hour of morning worship. The Missionary society will meet at the home of Mrs. Frank Jones, 117 South Fourteenth street, Wednesday, Oct. 6, 2:30 p. m., Mrs. Charles Trimble, leader. Shelby C. Lee, pastor.

UNITED BRETHREN.

United Brethren Church—Eleventh and North B streets, H. S. James, pastor, Bible school at 9:30 a. m., H. R. McQueen, superintendent. Preaching at 10:30 a. m. and 7:30 p. m. by the pastor. Christian Endeavor meeting at 6:30 p. m., Prayer meeting Thursday evening.

CATHOLIC.

St. Mary's Catholic—Rev. W. J. Cronin, pastor; Rev. James Ryan, assistant pastor. Masses Sunday morning, 6, 8 and 10 o'clock; Instructions Sunday afternoon at 2:30. Vesper and benediction at 3 o'clock. Holy hour Wednesday evening at 7:30 o'clock.

St. Andrew's R. C. Church—Fifth and South C streets. The Rev. F. A. Roell, rector; the Rev. Clement Zeph, assistant; 5:30 a. m., low mass and communion; 7:30 a. m., low mass, sermon and communion; 9:30 a. m., high mass and sermon; 3:00 p. m., vespers and benediction. At the 9:30 a. m. service the male choir sings under the direction of Organist and Choirmaster Anthony N. Schuh.

CHRISTIAN.

First Christian Church—South Tenth and A streets; L. E. Murray, pastor. Sunday School, 9:15 a. m.; A. B. Harrison, Sup't. Hours for worship, 10:30 a. m. and 7:30 p. m. Sermon themes: Morning, "The Task of the Church"; Evening, "Doubt and Infidelity". C. E. prayer meeting, 6:30 p. m. Meeting of official board Monday, 7:30 p. m. The revival services to be conducted by Rev. E. M. Barney and The Brooks. Evangelistic singers will begin Sunday, Oct. 10th instead of Tuesday as formerly announced. All members are urged to attend the Thursday evening prayer meeting. Women's Missionary society will meet Wednesday at 2:30 p. m.

EPISCOPAL.

St. Paul's Episcopal—Northeast corner North A and North Eighth streets. Rev. George G. Burbanck, rector. Services at 8:00 and 10:30 a. m. and 4:30 p. m. Church school at 9:30 a. m. The Rev. C. W. Charles will hold a service for the deaf at 7:30 p. m. in the parish house. The joint meeting of the vestry and parish will be held in the parish house on Tuesday night, Oct. 5, at 7:30. An interesting program has been prepared which members and friends of the parish are invited to enjoy.

FRIENDS.

Whitewater Friends—North Tenth and G streets; Irvin Stegall, pastor. Bible school, 9:15 a. m., Russell Burkitt, superintendent. Morning worship, 10:30. Christian Endeavor, 7:00 p. m. Evangelistic services, 7:30 p. m. Ministerial training class, Monday evening. Christian Endeavor business meeting Tuesday evening. Prayer meeting Wednesday evening. Cottage prayer meeting on Friday evening. We extend a cordial welcome to all our sweaters.

When You Are Acquainted With POST TOASTIES you at once understand why the package bears the statement—
Superior Corn Flakes

Some who like corn flakes have never had the best because they haven't known POST TOASTIES are superior corn flakes.

Best Corn Flakes Sold

This being rally day for the Sunday school, the session will begin at 8:45 instead of the usual time, 9. Judge Charles J. Orbison of Indianapolis, will be the speaker for the occasion. At 10:30 a. m. there will be the celebration of the Holy Communion; no sermon. At 7 p. m., vesper services with sermon by the pastor on the subject, "Mediocrity." Luther League meeting at 6:30 p. m. Mildred Klute as leader. The Sunday school will observe its annual Thanksgiving rally and Judge Orbison of Indianapolis has been invited to make the principal address. Every effort is being made by the school to have at least 600 present.

METHODIST.

First Methodist—Corner Main and Fourteenth streets. Sunday school, 9:15 a. m. This is our pre-Rally day. Come and make it a success. Every teacher and scholar in his or her place. Morning worship, 10:30; sermon subject, "The Clock Strikes the Hour." There will be an Epworth League meeting at the league room with the pastor as leader, at 6:30 p. m. Then don't forget that evening hour at 7:30. This is proving to be one of the most popular services of the church.

A snappy song service and a short snappy sermon make this a strong meeting for the younger people.

Grace M. E.—Regular services at Grace church tomorrow. The pastor will be in his pulpit morning and evening as usual. A chorus of forty men will sing at the evening service. An invitation is extended to all.

Bethel A. M. E. Church—South Sixth and B streets. Rev. J. L. Craven, Pastor. Sabbath School, 9:30 a. m.; Preaching, 10:45 a. m.; 7:45 p. m. The pastor will begin his fifth year as pastor and will preach at both services. Subject for the morning, "The Dawn of a New Day"; for the evening, "The Banner of Christ Unfurled." The public is invited. The church will meet in special conference Thursday night. All members are requested to be present. Official and trustee meeting Monday night.

Methodist Church—Boston, Ind. Pastor, Wilbur Thorn. Sunday school, 9:30 a. m., Guy G. Girton, superintendent. Preaching, 10:30 a. m. Prayer meeting, Thursday evening. Special—Rally day services will be held next Sunday. All are cordially invited.

Methodist Church—Webster Ind. Wilbur Thorn, pastor. Sunday school, 9:30 a. m., Edward Green, superintendent. Preaching, 8:00 p. m. Prayer meeting, Wednesday evening.

MISSION.

Union Mission—North Fourteenth street, pastors, Rev. and Mrs. J. F. Propst. Sunday school at 9:30 a. m.; morning worship, 10:30 a. m.; Christian Endeavor, 6:30 p. m., leader, Mrs. Martha Solomon; Evangelistic service, 7:30 p. m.; prayer meeting, 7:30 p. m. Tuesday: Fathers' and Mothers' meeting, Thursday, 7:30 p. m., Rev. W. W. Stoakes, pastor of the First Methodist Episcopal church, will deliver the address of the evening. The subject: "When Christ Comes Into the Home." A good program is planned and the attendance of all interested is urged.

Bible Teacher Training class, Friday, 7:30 p. m. The Rev. Mrs. Cassie Commons will deliver the sermon Sunday morning. Special music by Rev. Mr. and Mrs. Commons.

PRESBYTERIAN.

Second Presbyterian Church—North Nineteenth and C streets, "Community Church." 9:15 a. m., Sunday school, Rally day program and exercises of the primary school; 10:30 a. m., public service, theme significant of the Lord's Supper. After the sermonette, communion will be served; 6:30 p. m., C. E. Society. Young people invited; 7:30 p. m., evening service, theme, "Peter's Downward Steps." Oct. 6, Wednesday, 7:30 p. m., Ladies' Aid society will present "The Virginia Home," a Southern play of the Civil war times. Admission 10 cents. Oct. 7, prayer meeting and Bible study. We have decided to study the book of Genesis. Read first ten chapters for next lesson. H. J. Sarks, Pastor.

Reid Memorial United Presbyterian Church—Corner of North Eleventh and A streets. Sunday school at 9:15 a. m. Mrs. D. W. Scott, superintendent. LOVERS OF GOOD MUSIC

What Inspiration You Find in Its Beautiful Tones!

THE accomplished singer instantly appreciates the advantages of the Starr's accompaniment. Its full, round tones are true and pure, blending in perfect harmony and enhancing the beauty of the song.

Starr Pianos

The excellence of these instruments lies not only in their tones or in their responsive touch. They are beautifully and durably built, backed by the pride of over half a century of leadership. It will be a pleasure to show you our variety of Starr-made designs.

THE STARR PIANO COMPANY
9315 Main St.,
Richmond, Indiana

Preaching at 10:30 a. m. and 7:30 p. m. 12 South Fifth street, Tuesday, Thursday and Saturday nights. Sunday school at 9:30 a. m.; Wednesday services at 10:30 a. m. Services at the Salvation Army hall, North A street, between Fourteenth and Fifteenth streets. Subject, "Unreality." Sunday school at 9 a. m.; services at 10:30 a. m. Wednesday evening testimony meeting at 7:45. Public cordially invited.

EARLHAM HEIGHTS CHURCH—Sunday school at 9:30 a. m., Mr. McKinley, superintendent. Young People's meeting, 6:30 p. m. Evening service, 7:00 p. m. Professor Jones, Pastor. A cordial welcome to everyone.

SALVATION ARMY

First Church of Christ Scientist—

evening, conducted by Evangelist Ernest Wiggins. Rev. F. C. Myers, Pastor. Earl Van Etten and Chester Harter in charge of music.

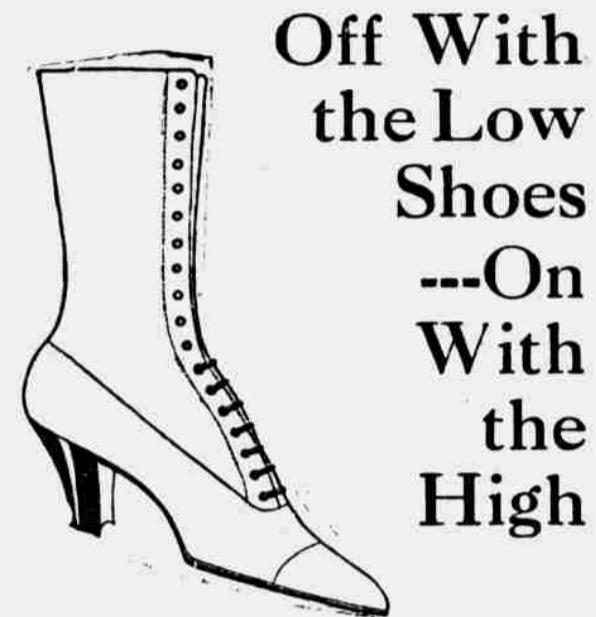
THE CHURCH OF GOD—915 North A street. Thomas Duckworth, pastor. Services for next Sunday are announced for 10:30 and 7:30. Also S. S. at 9:30, with mid week prayer service on Wednesday night. We want you at these meetings.

Monday Sales

At THE HOOSIER STORE

COLDER TONIGHT PROBABLY SNOW

One of these days you will be reading this in the paper—you know it, so why not prepare for that weather by buying your winter needs at the extremely low prices listed here



Off With the Low Shoes ---On With the High

Buy Millinery This Monday

Again we offer you models of Lyons Velvet, combination of velvet and duvetine in trimmed hats at

\$4.98

Beavers, both large and small shapes in black, brown, blue, taupe and purple for Monday only

\$4.98

You will find many varied and becoming shapes and every desirable fall shade in our special lot of trimmed hats for Monday only at

\$7.45

There is every style and color hat you could wish for in our line of untrimmed hats for Monday at

\$3.69

One lot of hats for the wee tots, also the ever becoming tam for Monday at

98c

Are You a Good Judge of VALUES?

We will leave it to you that these values are not equalled anywhere



New Fall Suits

Here Are Specials You Must Not Miss -- for Monday

Ladies' new Fall Suits. The most popular colors and materials. And bear in mind only two prices—and prices too that you are willing to pay

\$3475 and \$3745

Fall and Winter Coats—Excellent models with new large collars, well trimmed, newest colors and materials. Our special price

\$24.75

A real leader for Monday—Silk Jersey Top Petticoats, fancy heather bloom flounce; all colors, Monday only

\$3.69

Fur Scarfs, Black, Taupe or Brown—Special sale for Monday

\$24.95

Kitchen Needs

—at Special Prices for Monday

Perfection Oil Heaters, black enamel and nickel finish, up from

\$7.00

32-inch Stove Zinc, paper lined; special

\$1.35

33x33-inch Stove Boards, fancy zinc tops; special

\$2.65

Fancy Market Baskets, special

49c

Pyrex Glass Pie Plates, special

79c

17-qt. Aluminum Dish Pan, special

\$3.49

100-Piece Dinner Sets, American semi-porcelain, white and gold decorated, 3 styles; special

\$18.98

8-inch Fancy Decorated German China Salad Dishes, special

69c

Nickel Plated Rayo Lamps with white shades, special

\$4.39

See our line of Incense Burners, up from

25c

Perfection Oil Heaters, black enamel and nickel finish, up from

\$7.00

32-inch Stove Zinc, paper lined; special

\$1.35

33x33-inch Stove Boards, fancy zinc tops; special

\$2.65

Fancy Market Baskets, special

49c

Pyrex Glass Pie Plates, special

79c