

BEAUTY CHATS

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 doing, 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. Gluten 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. This requires considerable time, 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 Eleventh near Main street. 9:15 a. m., Sunday school, O. M. Kendall, superintendent; 10:40 a. m., morning worship, sermon subject, "The Task of Our Local Church," Christian Endeavor prayer meeting at 6:30 p. m. All young people invited to attend. There will be a men's luncheon at the church on Monday evening at 7:30 p. m. Every man in our meeting is invited and urged to be present. Luncheon free. Ladies' Aid will meet Thursday at 1:30 p. m. All interested women invited. Prayer meeting Thursday evening.

West Richmond Friends—Charles M. Woodman, pastor. Sunday services: 9 a. m. Bible school, Millard Markle. The new quarter begins. A good time to begin going to Bible school. 10:30 a. m. Meeting for worship. The closing service of church and community week with a sermon by the pastor on the subject "The Master in the Home". 5 p. m. vesper service, Tuesday afternoon, Ladies' Aid, Thursday evening, prayer meeting.

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., high mass, sermon and communion; 9:30 a. m., high mass and sermon; 3:00 p. m., vesper and benediction. At the 9:30 a. m. service the male choir sings under the direction of Organist and Choirmaster Anthony N. Schuch.

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 Eleventh streets. Rev. George C. Buchanan, 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 services.

East Main Street Friends Church

E. Howard Brown, pastor. Sunday school, 9:15 a. m.; Harry B. Reeves, superintendent. Preaching service at 10:30 a. m., subject, "The Task of Our Local Church." Christian Endeavor prayer meeting at 6:30 p. m. All young people invited to attend. There will be a men's luncheon at the church on Monday evening at 7:30 p. m. Every man in our meeting is invited and urged to be present. Luncheon free. Ladies' Aid will meet Thursday at 1:30 p. m. All interested women invited. Prayer meeting Thursday evening.

South Eighth Street Friends

Bible school at 9:10 a. m.; John H. Johnson, superintendent. Hours of worship, 10:30 a. m. A kindergarten sermon to children and young people will characterize this service. "The Goto-Char-Band" will be presented with Bibles which they have won by faithful attendance and the service will be held in their behalf. Midweek meeting on Thursday evening at 7:30. Every Sabbath a rally day.

UTHERAN.

First English Lutheran Church—South A and Eleventh streets. F. A. Dressel, pastor. Parsonage, 110 South Eleventh streets. Sunday school at 9:00 a. m.; E. B. Knollenberg, superintendent. Rally day in the Sunday school. Preaching service at 10:30 a. m. and 7:00 p. m. Congregational meeting Wednesday at 7:30 p. m. Bible study Thursday at 7:30 p. m. Subject, 10:30 a. m., "The Symmetry of Life." Evening, "Ahab and Elijah."

Second English Lutheran Church—North Second Third and Pearl streets. C. Raymond Isley, pastor. Sunday, Oct. 3: Hours for public worship, 10:30 a. m. and 7:30 p. m., with sermons by the pastor. Sunday school at 9:15 a. m.; J. F. Holladay, superintendent. Midweek prayer service and Bible study, Thursday, 7:30 p. m. A cordial welcome to all.

St. John's Evangelical Lutheran Church—Corner South Seventh and E streets. A. L. Nicklas, pastor. Festival of Church Dedication. English service, 8:00 a. m.; Sunday School, 9:15 a. m.; German service, 10:30 a. m.; Evening worship, English, 7:00 p. m.; Benevolent Society Monday evening; Y. P. S. Society, Tuesday evening; Ladies' Society and Missionary Sewing Society Thursday afternoon; Luther League Thursday evening; Teachers' meeting Friday evening.

Trinity English Lutheran—Corner North Seventh and South A streets. Oscar T. F. Tressel, pastor. Residence, 23 South Eleventh street. Phone 2861. Sunday school 9:00 a. m. Rally day. A special program of recitations and songs. Divine service, 10:30 a. m. Harvest Home festival. "Our Thankfulness to the Lord of the Harvest." Evening worship at 7:00. Mission festival. "How Shall They Hear Without a Preacher?" Junior Luther League Tuesday evening at the home of Miss Edith Dunning, 605 South Ninth street.

St. Paul's Lutheran—South Seventh and D streets. J. P. Miller, pastor; residence, 333 South Seventh street.

This being rally day for the Sunday school, the session will begin at 8:45 instead of the usual time. 9. Judge Charles J. Orblison 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, "Sanctified Mediocrity." Luther League meeting at 6:30 p. m. Mildred Klute as leader. The Sunday school will observe its annual Sunday school rally and Judge Orblison 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. 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. Gilron, 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. Probst. 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. M. W. Stokes, 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 com. 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 Heroine," 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. Sarkis, 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.

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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.

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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
931-35 Main St.,
Richmond, Indiana

Praying at 10:30 a. m. and 7:30 p. m. Prayer meeting on Thursday at 7:30 p. m. Strangers in the city are always welcome.

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

Services at the Salvation Army hall,

12 South Fifth street. Tuesday, Thursday and Sunday nights. Sunday school at 2 p. m. Sunday. Street services on Tuesday, Thursday, Saturday and Sunday nights at Sixth and Main, followed by services at the hall, except Saturday night. Captain and Mrs. Tinscher in charge.

SCIENTIST

First Church of Christ Scientist—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.

MISCELLANEOUS

International Holiness Church—Corner North 11th and H Streets. Sunday School, 9:30 a. m. Wednesday, 10:30 and 7:30 p. m. Revival services each evening this week except Saturday

evening, conducted by Evangelist Ernest Wiggins. Subject, "Unreality." Sunday school at 9 a. m.; services at 10:30 a. m. Wednesday evening testimony meeting at 7:45. Public cordially invited.

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

Ladies' Comfy style felt slippers, fine quality, all colors, Monday only\$1.98

Ladies' Brown Kid Lace Shoe, stitched tip, military heel, Monday for\$5.45

Ladies' Black Kid Lace Boot, welt sole, military heel, our best grade, Monday for\$8.85

Misses' Lace English School Shoes, solid leather, sizes 9 to 12, Monday at\$2.89

Growing Girls' Brown Lace English Shoe, low heel. You save one dollar on these at\$4.69

One lot of Ladies' and Children's Shoes on table, all small sizes (2 to 4) values to \$6.00; Monday at\$1.98

Boys' School Shoes, here is your chance to see lower priced shoes; sizes 1 to 6.....\$2.89

Sizes 10 to 13\$2.48

Choice of any Man's Beacon Vici Kid Shoe, all styles, Monday at\$7.35

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 at\$2.65

Fancy Market Baskets, special49c

Pyrex Glass Pie Plates, special79c

17-qt. Aluminum Dish Pan, special\$3.49

100-Piece Dinner Sets, American semi-porcelain, white and gold decorated, 3 styles; special at\$18.98

8-inch Fancy Decorated German China Salad Dishes, special69c

Nickel Plated Rayo Lamps with white shades, special\$4.39

See our line of Incense Burners, up from 25c

Underwear and Hose Underpriced



Medium Weights and "Heavies"

Ladies' fall weight, ankle length Union Suits — all sizes; Monday\$1.49

Ladies' Flannellette Gowns. Special lot for Monday—\$1.79

Ladies' Silk Hose — all colors; Monday98c

Ladies' new Heather mixed Wool Hose — all sizes; Monday only\$1.95

Ladies' Black or Brown Lisle Hose, Monday for49c

Children's Black School Hose; Monday only pair25c

Misses' Black Sateen Bloomers, ages 2 to 12; Monday only49c

Ladies' ankle length Sateen Bloomers, Monday\$2.79

Buy Millinery This Monday

Again we offer you models of Lyons Velvet, combination of velvet and duvetyne 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 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 tams for Monday at98c

Here Are Specials You Must Not Miss -- for Monday

Remnants of 30c to 40c Toweling in remnants for Monday only, each10c

First quality Hope Muslin, full pieces, for Monday, yd.24c

40c heavy yard wide Percales in light and dark, Monday, special, yard29c

40c heavy white Outing Flannel, full width, Monday only yd.25c

25c to 50c Lace Door Panels in remnants from 1 yard to 1 1/2 yards, Monday only, each.10c

15c Seamless Sheeting, full 3 1/2 wide for Monday only, yd.79c

30c Linen Weft Toweling for Monday only, yard10c

85c to \$1.00 Wool Dress materials, all colors for Monday, per yard59c

\$4.00 full size heavy fleeced Cotton Blankets, Monday\$2.89

35c Fancy Outing Flannels for Monday only25c

\$3.00 new Fall Silk Shirts, Monday special, yd.\$1.59

\$5.00 Home Made Comforts, large size, filled with pure white Cotton, Monday special\$3.98

Buy your Wool Dress Materials now at a Special Reduction. One lot of \$5.00 Wool Cloaking for Monday only, yd.\$1.98

\$1.00 value in dark green Vici dows Shades in seconds for Monday59c

85c heavy Felt Floor Covering for Stove Rugs at, yard39c

\$18.00 full size felted Mattresses, 45-lbs., Mon. only\$10.50

\$1.75 Wool and Fibre Rugs, for Monday98c

\$2.50 value in Sample Rugs, 18x 36-in. heavy Axminster, for Monday98c

\$1.50 Sample Axminster Rugs for door mats, special69c

\$3.00 heavy Brussels Rugs, 27x 54-in. for Monday only\$1.69

\$5.00 Sample Axminster Rugs, 27x54-in. heavy quality, Monday only\$2.49

\$1.75 Wool Ingrain Carpet, matched free, for Monday only, yard98c

\$16.50 Wool and Fibre Rugs, 9x 12, for Monday only\$9.98

85c small Door Rugs in green, brown and blue, Monday.39c

75c Congoleum or Felt Base Rugs, just the thing to save your Linoleum in kitchens, for Monday, each39c

Special prices on all Beds, Springs and Mattresses, for Monday only.

Flat Curtain Rods with curved ends, special, each10c

\$12.50 Baby or Crib Beds in white or Vernis Martin, special for Monday\$7.50

\$15.00 large 2-in. Post Beds in Vernis Martin or white for Monday only\$9.98

\$15.00 room size, 9x12 heavy Grass Rugs, a rug that will wear suitable for bed and dining rooms; Monday, special\$6.98

25% saved on all Metal Beds for Monday only.

Are You a Good Judge of VALUES?

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



New Fall Suits

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—

\$34.75 and \$37.45

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 heatherblow flounce; all colors, Monday only.....\$3.69

Fur Scarfs, Black, Taupe or Brown\$24.95

—Special sale for Monday

Who Says Men's Wear is Not Cheaper?

Seasonable Specials for Monday

Men's Blue Stripe Overalls and Jackets, both bib and without bib — good quality — Overall sizes 32 to 42 waist — Jackets, sizes 36 to 44. Special Mon. a garment.....\$1.89

Men's heavy Chambray Shirts, plain colors and fancy stripes; sizes 14 1/2 to 17. Special Monday only\$1.29

Men's dark grey Sweaters, heavy weight, high roll collar; sizes 38 to 44. Our special price Monday\$1.69

Choice of any Boys' Suit in the house Monday at a discount of 10%.

One lot of Men's Dress Shirts, excellent value fancy colored stripes; sizes 15 to 17. Special Monday only\$2.65

Boys' heavy weight School Trousers, large assortment of patterns, in brown, blue and grey mixtures; sizes 6 to 17. Special Monday, a pair\$1.75

Our large assortment of Men's Overcoats, most all sizes in the lot; former prices \$12.00 and \$15.00; for Monday only we will close them out at\$9.50

Men's heavy weight Work Trousers, dark stripes; sizes 32 to 42 waist— Special per pair\$2.85

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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

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