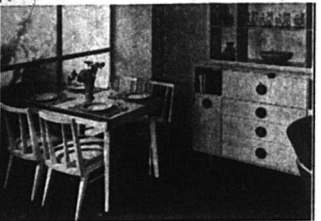




Interesting window treatment for the home is seen above. Simple, carefully chosen draperies hold the decorative units of this room together. Inasmuch as the furnishings combine a blending of periods, the simple straight-hanging drapes are correct.



Contemporary modern's grace and charm is exemplified by this dinette grouping. In new kneaded finish, it lends lightness and sophisticated smartness to the room. Interesting is the open cupboard with space for everything, including room that must serve as a dining room as well.

Exercises Help Restore A New Mother's Figure

By JACQUELINE HUNT

After figure probably seems the biggest and most distressing beauty problem to the average girl who is having her first baby. The unattractive bulkiness can be minimized with the right kind of clothes, but it is not the wrap-around creations that all the world's eye-oglers like. It is really smartly styled dresses. These usually have an interest in the neck and at the neck a d often a short, interesting sleeve that not only draws direct attention upward but also covers up your silhouette. Be sure to choose the softest most flattering colors.

Wear pretty hats, too. Hats that add height are most becoming—and the new fall styles meet this requirement handsomely. Halo hats that have a lovely background for the face and hair-do, softly draped turbans with height at the crown, brimmed hats tilted as rakishly as a sombrero are lovely for you. Hip-length jigsaw coats and some of the graceful fur coats that come between hip and knee will help keep your secret from the world, especially if your skirt is so cut as to give a slender line below it.

Exercise and plenty of fresh air are essential for the new mother-to-be, but she must be careful how she exercises. You may take part in less strenuous sports, as sailing for a boat or dancing if you do these things in moderation and rest frequently. You may do your regular housework—an excellent form of exercise if you watch your posture. Have at least one twenty-minute walk daily in the fresh air.

Do not attempt specific exercises without your doctor's approval. Some doctors will allow you to take a few routine exercises, but you must be careful to avoid physical strain or weariness. After your baby arrives is another matter. About the third week, even sooner if your doctor approves, you may begin taking simple knee-chest, hip-elevating and foot exercises. Then after five weeks or so go on to more difficult exercises to tone and strengthen the muscles of the abdomen and keep the hips from spreading.

You might like to try these exercises and save for reference later on. The knee-chest exercise is the most familiar one of the post-pregnancy routine. It may be taken in bed or on a mat on the floor.

Rest on your elbows and knees, arms folded and head resting on them, hips should be high and in a straight line from knees upward. Hold this position and contract abdominal muscles flexibly for ten and repeat five times. Roll on side and rest a moment, then repeat entire exercise five times.

Lying on your back, bend the knees, placing feet firmly on bed and wall apart. With the mouth open take short, quick breaths, moving abdominal wall up and down. Repeat five times, rest and continue.

In this same position, knees bent and feet up on bed, arms down at side. Raise hips as far as you can off the bed, at the same time lift and swing arms up over your head. Lower to starting position and repeat five times.

These exercises practiced daily for two or three weeks will take off inches about your abdomen, so your first real shopping trip will be a thrill instead of a disappointment.



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RUGS GET OWN BEAUTY CARE

Every good rug deserves good treatment whether it is a rag rug for the bathroom or a precious Oriental that furnishes the motif for the living room decorative scheme.

Rugs ordinarily suffer more from dirt than from the heaviest household traffic and make a considerable dent in the family budget when they need to be replaced. Keeping them clean is not only a matter of good housekeeping but the most prudent kind of economy.

Rugs are particularly vulnerable because grit is constantly being trodden deep into the pile. But of surface dirt is removed by frequent sweeping or vacuum cleaning and deep-seated dirt washed out a rug of good quality will often last from one generation to the next.

Small scatter rugs can be washed at home, either by being doused directly in the wash tub, or by washing with thick "dry" suds.

COOLING PLANT SETS CONCRETE

REDDING, Cal., Sept. 25 (UP)—A huge refrigerating plant, consisting of more than 1,200 miles of one-inch tubing, is being installed within the concrete of giant Shasta Dam, largest unit of the Central Valley project, whose concrete-pouring is under way.

The tubing is being embedded at 5-foot intervals within the cement. Cold Sacramento river water is circulated through the tubing to dissipate the heat chemically generated in setting the concrete.

Purpose of the artificial cooling is to prevent cracking of the concrete.

Newly placed concrete after it has set is from 50 to 90 degrees hotter than it eventually will become when temperatures become stable. Walker K. Young, supervising engineer of the Central Valley project, explained.

If left to cool naturally, all the excess heat would not be lost for many years perhaps a century and the shrinkage of the concrete and attendant cracking would progress continually during the time, Young said.

BOLT RIPS OFF ALL CLOTHING

MCCALL, Ida., Sept. 25 (UP)—Vernon Cape, 34, McCalls, is a person who hopes the adage that lightning never strikes twice in the same place is true.

While tending sheep on a ridge near here, Cape was struck by lightning. The bolt was so strong that every stitch of clothes, including shoes were ripped from his body. His dog fell dead at his side. Cape fell to the ground with a zig-zag burn reaching from the top of his head, around his back to his heels.

Alaska Air Service Slated All Winter

SEATTLE, Sept. 25 (UP)—Pan-American Airways announced today it would continue its service to Juneau, Alaska, during the winter instead of halting it Oct. 15 as originally planned.

The P. A. A. will put into operation a new twin-motored high-speed Lockheed Lodestar to carry 10 passengers and half a ton of airmail and express to Juneau, non-stop.

Two Cases Added to Calendar for Jury

Two additional criminal cases were added to the superior court docket today and will be heard during the fall jury term, opening next Monday in Port Orchard. Dates for the cases remain to be set.

The jurors will hear the case of Claude Harris, navy yard employee accused of assault on a Port Orchard beauty parlor operator, and also the case of Charles Dennis Manchester, accused of second degree assault as an outgrowth of a hunting accident 19 days ago in which two persons were wounded.

Postoffice Workers Eligible for Draft

WASHINGTON, Sept. 24 (UP)—Postoffice General Frank Walker informed congress today that the post office department would not ask deferment for any of its employees conscientiously into the military service. Walker asked for legislation to permit the appointment of acting postmasters to fill vacancies caused by military service of regular postmasters.

PLANNING CARD PARTY

Plans are being made for a card party to be held Oct. 3 in the 1011 F. hall West Bremerton, to be sponsored by the Mystic Beach lodge. Prizes will be awarded, including a door prize, and the DuSalle is invited. Mrs. Ingrid Emery is chairman of arrangements, assisted by Mrs. Viola Parker, Mrs. Maude Schieber, Mrs. Ruth Fairhart and Mrs. Coon.

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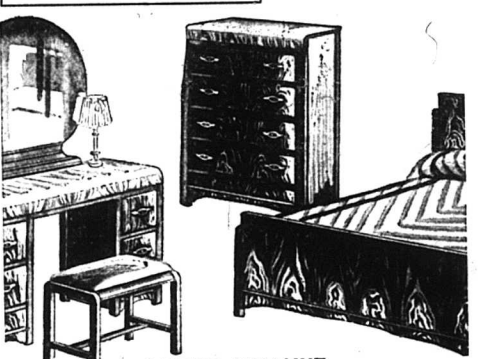
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