

TEN YEARS OFF YOUR FIGURE in ten minutes



● See your figure molded to its best, even before measurements are taken for your Spirella.



FREE PROOF IN YOUR OWN HOME

See for yourself, at no obligation, how young your figure can be. If you're concerned over spreading hips, abdomen, or increasing weight, you'll be amazed at the new lovely lines revealed by the Spirella Modeling Garments. Spirella's exclusive natural uplift achieves this in a unique way with new healthful comfort.

If you like the effect, the Spirella Corsetiere takes measurements of your improved figure as pre-molded by the Modeling Garments. From this a Spirella is individually designed, cut and styled for your figure at its best.

Whether a girder, corset and bra or all-in-one, you'll be pleased at its modest cost.

FREE BOOKLET TELLS HOW.

Send today for free illustrated booklet, "The New Art of Figure Grooming" that tells how you can have a Preview of your figure at its best, without obligation.



Spirella

FOUNDATION GARMENTS

Designed exclusively for you

THE SPIRELLA COMPANY, Dept. W-6
Niagara Falls, N. Y. or Oakland, Calif.
(In Canada, Niagara Falls, Ontario)

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Spring Fashions in Club Programs

By ANNA STEESE RICHARDSON

Tips for Program Chairmen:

A REPORT AND YEARBOOK CONTEST. Given by presidents of clubs at county, district or state conventions. Calculated to enliven any conference. Devised by the Fourth District of the Kansas Federation of Women's Clubs.

A DEFINING BEE. A contest in interpreting words commonly used in discussion of war and peace. Devised by Mrs. Edgerton Parsons, Committee on the Cause and Cure of War.

MONEY-RAISING. New ideas for financing organization projects. Compiled by Mrs. Beulah Blair, Colorado Federation of Women's Clubs.

OVERHEARD CONVERSATIONS. New and stimulating method of presenting reports of department chairmen at conventions. Devised by Mrs. Maybelle H. Brown and Mrs. Harry Haynes Burnham of the Maine Federation of Women's Clubs.

JUNIOR PROGRAMS. Fine community project for any organization of women. Will pay for itself in no time. Devised by Dorothy L. McFadden, New Jersey Parent-Teacher Association.

AGE WITHOUT FEAR by David Cushman Coyle. A practical manual for groups interested in the various plans for old-age security.

Do You Know:

That through the Good Citizenship Bureau you can secure a short series of programs on Good Looks and Good Grooming that will rival fashion shows in attracting members and guests?

That the Federation of Women's Clubs, the League of Women Voters and the Congress of Parents and Teachers in California, working together, secured (1) a hospital for narcotic addicts, state-maintained, at Spadra; (2) a separate prison for women, formerly confined in San Quentin, with women on the board of governors; (3) a minimum wage law for women, juvenile courts, provision for women physicians in county hospitals, and provision for education for the thousands of children of migratory laborers in the state? What a record for legislative achievement! Cooperation works miracles.

That the new COMPANION booklet, Peace and How to Work for It, is the last word in sources of information and will save many a program chairman worry and headache?

If you are interested in any of these suggestions, send a self-addressed and stamped envelope or your name and address with a 3-cent stamp to the Good Citizenship Bureau, Woman's Home Companion, 250 Park Avenue, New York City. Postal cards cannot be answered. Please designate which item interests you most.

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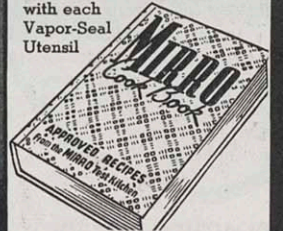
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