

TITLE. :- BEAUTY ON THE BEACH.

Picture. :- If you want to know how to get the best out of your holidays, just keep your eyes

on this bright octette. (Of course, I'm talking to the ladies, the men wont need to be told to keep their eyes on them!)

They are making a tour of the seaside towns, showing

holidaymakers, in a particularly attractive way, the kind of exercises that will help them to derive full benefit from their vacations.

Mind you, I'm not suggesting that Grandma should try this! Crochet work is good enough exercise when you get on

in years! There's no doubt about it, we can do with more

of this sort of thing to brighten our beaches during the summer months.

Ladies, you'll find you won't put on weight if you do this every day the water's wet!

Its no use any of you young fellows making up your minds to change your holiday-place to Southsea -- the girls have already left for -- no I'd better not tell you!