

WOMEN WHO SLOUCH

ADDS TEN YEARS TO HER GENERAL APPEARANCE.

Exercises to Regulate the Circulation Will Do Much to Overcome the Habit—Study the Hindoo Proverb

Many women (yes, and men, too) look from five to ten years older than they really are because of the slouching habit. We see them daily on the street, in the cars, in offices, in our homes. They walk with heads drooping, eyes downcast, feet dragging and with a general air of listlessness. If they are indoors they loiter upon sofas and chairs, when reading or conversing, no matter who is present, and give the general impression of laziness.

But this is not all. They sit at the table, both at home and in public places, with elbows on the table and legs crossed under the table, with head thrust forward, chest cramped in and shoulders rounded. Yes, they even do worse than this. They assume positions in conversation which would bring the blush of shame to our grandmothers and great-grandmothers, stately dames that they were, and which call forth many unpleasant remarks from the opposite sex.

Who of us has not seen a group of girls well gowned—yes, faultlessly so—pretty girls, too, conversing on interesting topics music, art, literature, and sitting in such awkward positions that they appear anything but refined. Fancy talking about Chopin, Michael Angelo and Dante in a public place and "slouching" like the two girls shown in the illustration! Even frivolous conversation would deserve more dignified positions—at least in public—and we should bear this in mind, "lest we forget."

Frenchwomen eschew the rocking chair because they will not permit themselves to fall into careless habits; and well they may safeguard themselves, for it is a well-known fact that it is their carriage, and not their figure, upon which they build. Straight backs, well-poised bodies and heads well up count for more than avoidable but not properly distributed or badly carried.

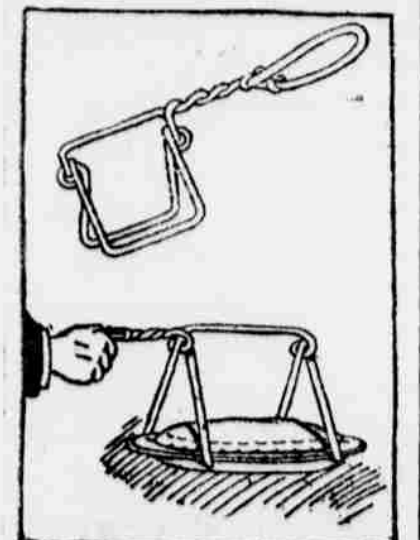
Fixing the hair, fussing with one's collar and becoming absorbed in one's self in public places are not permissible. Well-bred folk groom themselves in the boudoir, and when the doors close behind them they become unconscious of their personal appearance—all of which points to the moral that self-consciousness will detract from anyone's poise. Veils should be securely fastened to the hat before starting out and all the details of the toilet carefully attended to in order to avoid the "slouching" habit.

Plenty of sleep, a walk morning and evening (bearing in mind the right way to walk), exercises that will regulate the sluggish circulation and an occasional breathing spell will do much toward overcoming the slouching habit.

There is a Hindoo proverb to the effect, "I will be what I will be," and this should be the motto of every girl who aspires to be free from the habit under discussion. Hang the motto beside your dressing table, "burn it" in your brain, as scientific men say; carry it in your thoughts until each brain cell becomes impregnated with the idea of overcoming—Pittsburg Gazette.

No More Burnt Fingers.

In comparison to a few pies the housewife cooks, imagine the number handled daily in large bakeries. In these establishments the bakers are continually burning fingers and hands, and such devices as the pie-lifter shown here are absolute necessities. It is made of wire, bent to form a grip for the hand, and two rectangular sections for engaging the edges of the pie plate. One of these sections is stationary and one is pivoted, so that a pie plate of any



FOR LIFTING HOT PLATES.

size can be lifted. The method of application is obvious. The lifters are placed under the edges of the hot pie plate, the weight of the pie and plate tending to draw the lifters together and preventing the pie from slipping. It would be difficult to imagine a better method of expeditiously lifting either pie or cake plates.

The weight of a soul having been determined, it is up to some scientist to put the still small voice on the graphophone records.

Nursing Mothers and Over-burdened Women

In all stations of life, whose vigor and vitality may have been undermined and broken down by over-work, exacting social duties, the too frequent bearing of children, or other causes, will find in Dr. Pierce's Favorite Prescription the most potent, incorporating restorative strength-giver ever devised for their special benefit. Nursing mothers will find it especially valuable in sustaining their strength and promoting an abundant nourishment for the child. Expectant mothers too will find it a priceless asset to prepare the system for baby's coming and to prevent the ordeal comparatively painless. It can do no harm in any state, or condition of the female system.

Delicate, nervous, weak women, who suffer from frequent headaches, backache, dragging-down distress low down in the abdomen, or from painful or irregular monthly periods, gnawing or distressed sensation in stomach, dizzy or faint spells, see imaginary spots or spots floating before eyes, have disagreeable, pelvic catarrhal drain, prolapsus, anteversion or retroversion or other displacements of womanly organs from weakness of parts will, whether they experience many or only a few of the above symptoms, find relief and a permanent cure by using faithfully and fairly persistently Dr. Pierce's Favorite Prescription.

This world-famous specific for woman's weaknesses and peculiar ailments is a pure glyceric extract of the choicest native, medicinal roots without a drop of alcohol in its makeup. All its ingredients printed in plain English on its bottle wrapper and attested under oath. Dr. Pierce thus invites the fullest investigation of his formula knowing that it will be found to contain only the best agents known to the most advanced medical science of all the different schools of practice for the cure of woman's peculiar weaknesses and ailments.

If you want to know more about the composition and professional endorsement of the "Favorite Prescription," send postal card request to Dr. R. V. Pierce, Buffalo, N. Y., for his free booklet treating of same.

You can't afford to accept as a substitute for this remedy of known composition a secret nostrum of unknown composition. Don't do it.

EXPLAINING MEMNON'S MUSIC.

Enigma of the Centuries Solved by Modern Research.

Another of the enigmas of centuries has been solved. Shards of writers, ancient and modern—Strabo, Pausanias, Juvenal and Tacitus among the former—have puzzled themselves and their public by speculation as to the explanation of the harmonious sounds given off under the first rays of the morning sun by the statue of Memnon at Thebes, on the left bank of the Nile, and as to the reasons why those sounds ceased. The facts are, says the London Globe, that after being cracked in its upper part the statue became sonorous, and that this quality ceased on the fissures being closed. For two centuries Greeks and Romans journeyed to see the wonder of the musical statue and to honor Memnon. Some of the ancients said that the fissures in the granite were caused by an earthquake. Modern research saddles Cambyse or Ptolemy Lathurus with the vandalism, which was produced by working grooves into the junction of the arms, and then producing enlarged cracks with wooden wedges drenched with water. It was the vibratory motion set up by the early sun expelling the moistures of the night that caused the musical sounds. Severus, by closing the fissures to "restore" the statue, as part of his policy of silencing the pagan gods against the increase of Christianity, ended the "music."

Belgium's Sugar School.

Among the special professional schools that are offered in different parts of the old world, none is more unique than the "sugar school" recently opened at St. Ghislain, Belgium. The course, which covers two years, leads to a diploma, which will insure the holder a lucrative position with any of the large sugar manufacturers on the continent.

The student body is of course not very large, owing to the novelty of the course, but the curriculum is exceptionally comprehensive, including instruction in the fundamental underlying studies such as physics and general chemistry in addition to such direct studies as sugar technology, sugar chemistry, sugar legislation, industrial factories, sugar accounts, cane and sugar raising, etc.

Schools of this character are much needed in the industrial world, being analogous to the technical schools which have been found so extremely valuable.

Many Kinds of Gun Barrels.

The manufacture of barrels is the most interesting and important part of the arms industry, and it is principally on the barrel that the value of the finished gun depends. Until comparatively recent times the better quality of barrels made in Belgium were manufactured from Damascus steel, but of late years many barrels have been made, both by machinery and hand, of a special steel, which is now recognized as presenting great power of resistance.

Huge Sum for Rats.

Owing to the danger of plague infection being spread by rats, the local authorities in most parts of Japan have, for some time past, been in the habit of paying three cents for every dead rat brought in. Enormous sums have thus been paid out, the town council of Osaka, the Manchester of Japan, buying 1,993,886 rats in seventeen months.

Newspaper for Bamboo Growers.

Le Bambou is the name of a new French publication devoted entirely to the study, culture and uses of bamboo. It is to be published monthly at Mons, Belgium. In the East, where the bamboo is native, it is used for a multiplicity of purposes so varied that the visiting foreigner wonders how the country could exist without it.

PENNSYLVANIA RAILROAD

Bulletin.

PHILADELPHIA'S GREAT WEEK.

July 15 to 20, when the Elks hold their Annual Reunion in Philadelphia, will be a glorious week in the Quaker City. Not for years have such elaborate preparations been made to honor the City's guests as those which are now being made to welcome members of the Order, and to entertain the thousands who are expected to visit the city during the week.

A grand Court of Honor in Broad Street, the most magnificent structure of the kind ever erected in America, and costing \$500,000, will be a great feature of the occasion. Every night during the week this Court of Honor, together with the City Hall, will be illuminated by myriads of electric lights of various colors.

On Wednesday, July 17, a massed band parade of over 2000 musicians will take place.

On Thursday, July 18, the Grand Parade of all visiting Elks will occur. Over 15,000 men from all sections of the country will participate. Each lodge will have its own band and will wear a distinct uniform. Each uniform will typify the state or city represented by the lodge. Many of the uniforms will be historical and picturesque.

On Saturday, July 20, there will be a grand excursion to the seashore. Atlantic City, Cape May, Wildwood, Ocean City, Asbury Park, and other popular resorts are within easy reach of Philadelphia by the fast express trains of the Pennsylvania Railroad.

Excursion tickets to Philadelphia will be sold July 13 to 17, inclusive, at reduced rates from stations over 100 miles from Philadelphia.

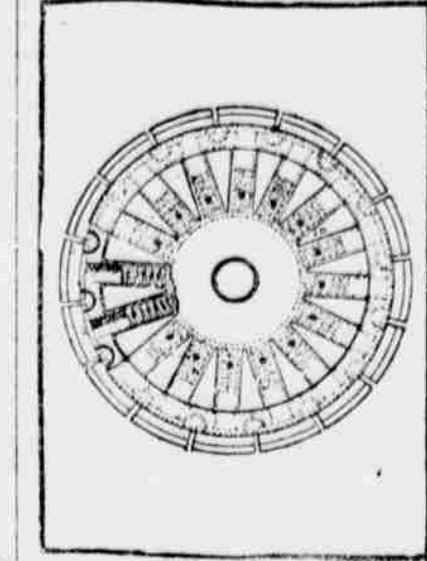
For exact fares and conditions of tickets, consult nearest Pennsylvania Railroad Ticket Agent.

6-27 7-11-21.

LATEST AUTOMOBILE WHEEL.

Springs in Tubular Spokes a Substitute for Pneumatic Tires.

The greatest relative expense in connection with automobiles is not the initial cost of the car, but the replacing and repairs to tires. When the great weight of automobiles is taken into consideration—an average of over a ton—and the rough roads over which they travel it is not surprising that new tires are constantly needed. A Cleveland man advocates dispensing with pneumatic tires entirely. As a substitute he employs a wheel, peculiar in construction. In this wheel, an illustration of which is here shown, the spokes are hollow, being made of tubes, encased within each tubular spoke is a strong spring, which abuts



against a projection on the tire, which is, presumably, of solid rubber. Another innovation is the division of the tire into segments. Apparently, the idea of the inventor is that the springs in the spokes will take up the jolts and jars of the car. One strong factor in favor of such a wheel would be the absence of punctured tires, which often are the cause of bad accidents. In this respect safety is assured.

Eggs of Various Fowls.

The white of an egg is nearly seven-eighths water, the balance being pure albumen. The yolk is slightly less than one-half water. These figures apply approximately to the eggs of turkeys, hens, geese, ducks and guinea-fowls.

To show how nearly alike the eggs of various domestic fowls are in respect to composition, the following figures are given by the Department of Agriculture:

- Hen's egg—50 per cent. water, 16 per cent. "protein," 33 per cent. fat.
- Duck's egg—46 per cent. water, 17 per cent. "protein," 36 per cent. fat.
- Goose egg—44 per cent. water, 19 per cent. "protein," 36 per cent. fat.
- Turkey egg—48 per cent. water, 18 per cent. "protein," 33 per cent. fat.

It should be explained that "protein" is the stuff that goes to make muscle and blood. Fat, of course, is fuel for running the body-machine. Thus it will be seen that eggs, though half, or nearly half, water, are extremely nutritious, containing all the elements required for the building and support of the human body. But the old saying that an egg contains as much nutriment as a pound of beefsteak is far from correct. It would be nearer the fact to estimate a pound of eggs as equal to a pound of lean beefsteak in nourishing power.

Remarkable Wreck Raising.

A somewhat unusual operation in wreck raising has been carried out in Kiel Harbor. Some time since the torpedo boat "S 126" sank in port after collision with another war vessel, and notwithstanding the known condition of the sunken boat the authorities decided to have it brought to the surface. For this purpose two floating cranes of formidable dimensions were utilized, and the broken and twisted hull was fished up from the depths and swung through the air like a bale of merchandise to a lighter, on which it was laid. The boat was of steel, and it is proposed seriously to essay to turn the apparently inextricable mass to some use.

Huge Blasting Operation.

Blasting operations on a large scale recently took place at Cligwyn quarry, near Carnarvon, one huge rock of 100,000 tons of granite being displaced. The rock seemed to be lifted bodily, falling in countless pieces into the pit below, the roar of the explosion being heard for miles.

EXECUTOR'S NOTICE.

Estate of Elizabeth Johnston, late of the Town of Jerseytown, Columbia County, Pa., Deceased.

Notice is hereby given that letters testamentary on the estate of Elizabeth Johnston, late of the Town of Jerseytown, deceased, have been granted to William C. Johnston, to whom all persons indebted to said estate are requested to make payment, and those having claims or demands will make known the same without delay.

WM. C. JOHNSTON, Executor.

6-13-21.

ADMINISTRATOR'S NOTICE.

Estate of Jacob E. Welliver, late of the Borough of Berwick, Pa.

Notice is hereby given that letters of administration on the estate of Jacob E. Welliver, late of the Borough of Berwick, deceased, have been granted to the undersigned administrator to whom all persons indebted to said estate are requested to make payments, and those having claims or demands will make known the same without delay to

WILLIAM KREAMER, Administrator, Bloomsburg, Pa.

B. F. ZARR, Attorney.

PENNSYLVANIA RAILROAD

Bulletin.

LOW-RATE NIAGARA FALLS EXCURSIONS.

"It soothes, while it awes the mind," is the phrase used by the great American author, Nathaniel Hawthorne, in writing of Niagara Falls, and its many phases of beauty and grandeur.

To those who have never viewed this magnificent spectacle, it will prove an enthralling revelation of majesty, beauty, and power that must remain forever a delightful memory.

Those who have once visited Niagara Falls and wandered amid its historic environments or viewed its varied scenes of wonder, delight to return to gather new impressions of the falling waters, the dashing rapids, and the great gorge.

This year the Pennsylvania Railroad will run a series of attractive personally-conducted excursions to Niagara Falls on July 3 and 24, August 7 and 21, September 11 and 25, and October 9.

Tickets will be sold at very low rates for the round trip and will be valid for return passage within ten days.

A special train in charge of an experienced tourist agent, will be run on each date from Washington, via Harrisburg, Williamsport, and Emporium Junction, carrying parlor cars, dining car, and high-grade coaches.

Tickets will be good going on the special train and to return on any regular train within the time limit, permitting excursionists to stop off at Buffalo and view the beautiful metropolis of Lake Erie.

Full detailed information of this attractive series of summer outings may be had on application to Ticket Agents.

6-20-27-21.

PENNSYLVANIA RAILROAD

Bulletin.

SUMMER DAYS BY THE SEA.

It is now time to think about the summer vacation.

If you cannot spare more than a few days away from duty, the popular five-day and ten-day seashore excursions of the Pennsylvania Railroad present splendid opportunities for rest and recreation at a minimum cost.

This season excursions will be run on the following dates:

- Thursdays, July 11 and 25 and August 8 and 22. Tickets good for ten days.
- Sundays, July 14 and 28 and August 11 and 25. Tickets good for five days.

Tickets will be sold to Atlantic City, Cape May, Anglesea, Wildwood, Holly Beach, Ocean City, Sea Isle City, and Avalon.

The round-trip rate to either of these resorts from East Bloomsburg will be \$4.60 via the Delaware River Bridge Route, and \$4.50 via Market Street Wharf.

Full details concerning these excursions, the leaving time of trains and stop-over privileges, will be announced later, or may be obtained upon application to Ticket Agents.

6-27-21.

AUDITOR'S NOTICE.

In Re Estate of George W. Supplee, late of the Town of Bloomsburg, County of Columbia, and State of Pennsylvania, Deceased.

The undersigned, Auditor appointed by the Orphans' Court of Columbia County, to pass upon exceptions filed to the supplemental account of H. G. Supplee, surviving executor of the estate of George W. Supplee, deceased, to ascertain the fund in the hands of said Executor for distribution, and to make distribution thereof to and among those legally entitled thereto, will attend to the duties of his appointment at his office in the Ent Building in the Town of Bloomsburg, aforesaid, on Friday, the 10th day of July, 1921, at ten o'clock in the forenoon, when and where all parties interested may appear and present their claims or be forever after debarred from coming in upon said fund.

H. MONT. SMITH, Auditor.

6-26-21.

AUDITOR'S NOTICE.

In Re Estate of William Shaffer, late of the Town of Bloomsburg, in the County of Columbia, and State of Pennsylvania, Deceased.

The undersigned, an Auditor appointed by the Orphans' Court of Columbia County, to distribute the funds in the hands of H. H. Grotz and W. F. Shaffer, Executors of the estate of said William Shaffer, deceased, as appears on their first and final account filed in the Orphans' Court of said County, to and among the parties legally entitled thereto, will attend to the duties of his appointment at his office in the Town of Bloomsburg aforesaid, on Tuesday, the 9th day of July, 1921, at ten o'clock in the forenoon of said day, when and where all parties interested are requested to present their claims before the undersigned, or be forever after debarred from coming in upon the said fund.

CLINTON HERRING, Auditor.

6-13-21.

Professional Cards.

H. A. MCKILLIP, ATTORNEY-AT-LAW, Columbian Building and Floor Bloomsburg, Pa.

A. N. YOST, ATTORNEY AT-LAW, Ent Building, Court House Square, Bloomsburg, Pa.

RALPH R. JOHN, ATTORNEY AT-LAW, Hartman Building, Market Square, Bloomsburg, Pa.

FRED IKELER, ATTORNEY-AT-LAW, Office Over First National Bank, Bloomsburg, Pa.

CLYDE CHAS. YETTER, ATTORNEY-AT-LAW, Office in Wirt's Building, Bloomsburg, Pa.

W. H. RHAWN, ATTORNEY-AT-LAW, Office Corner of 3rd and Main Sts. CATAWISSA, PA.

CLINTON HERRING, ATTORNEY-AT-LAW, Office with Grant Herring, Bloomsburg, Pa.

A. L. FRITZ, ATTORNEY-AT-LAW, Office—Bloomsburg Nat'l Bank Bldg. Bloomsburg, Pa.

J. H. MAIZE, ATTORNEY AT-LAW, INSURANCE AND REAL ESTATE AGENT, Office in Townsend's Building, Bloomsburg, Pa.

N. U. FUNK, ATTORNEY AT-LAW, Ent's Building, Court House Square, Bloomsburg, Pa.

SADE T. VANNATTA, (Successor to C. E. Krapp) GENERAL INSURANCE, Office 238 Iron St., Bloomsburg, Pa. Oct. 31, 1921. 4*

M. P. LUTZ & SON, INSURANCE AND REAL ESTATE AGENTS AND BROKERS, N. W. Corner Main and Centre Sts. BLOOMSBURG, PA. Represent Seventeen as good Companies as there are in the World and all losses promptly adjusted and paid at their office.

DR. W. H. HOUSE, SURGEON DENTIST, Office Barton's Building, Main below Market, Bloomsburg, Pa. All styles of work done in a superior manner. All work warranted as represented. TEETH EXTRACTED WITHOUT PAIN by the use of Gas, and free of charge when artificial teeth are inserted. Open all hours during the day.

DR. M. J. HESS, DENTISTRY IN ALL ITS BRANCHES, Crown and bridge work a specialty. Corner Main and Centre streets, Bloomsburg, Pa. Columbia & Montour Telephone connection.

J. J. BROWN, M. D., THE EYE A SPECIALTY. Eyes tested and fitted with glasses. No Sunday work. 311 Market St., Bloomsburg, Pa. Hours 10 to 8 Telephone

J. S. JOHN M. D., PHYSICIAN AND SURGEON, Office and residence, 410 Main St. BLOOMSBURG, PA. 7-30-14

EDWARD FLYNN, ATTORNEY-AT-LAW, CENTRALIA, PA. Office Liddicoat building, Locust avenue.

H. MONTGOMERY SMITH, ATTORNEY-AT-LAW, Office:—Ent building, 11-16-22

WILLIAM C. JOHNSTON, ATTORNEY-AT-LAW, Office in Wells' building over J. G. Wells' Hardware Store, Bloomsburg. Will be in Millville on Tuesdays.

EXCHANGE HOTEL, I. A. SNYDER, Proprietor. BLOOMSBURG, PA. Large and convenient sample rooms, bath rooms hot and cold water and all modern conveniences.

CITY HOTEL, W. A. Hartzel, Prop. No. 121 West Main Street. Large and convenient sample rooms, bath rooms, hot and cold water, and modern conveniences. Bar stocked with best wines and liquors. First-class livery attached.

MONTOUR TELEPHONE, BELL TELEPHONE SYSTEM, RINGS, VESTED, GLASSES FITTED. H. BIERMAN, M. D. HOMOEOPATHIC PHYSICIAN AND SURGEON. OFFICE HOURS: Office & Residence, 4th St. 10 a. m. to 2 p. m., 5:30 to 8 p. m. BLOOMSBURG, PA.

C. WATSON MCKELVY, FIRE INSURANCE AGENT. Represents twelve of the strongest Companies in the world, among which are: Franklin of Phila. \$1,000,000.00 Penn'a Phila. 400,000.00 Queen of N. Y. 400,000.00 Westchester, N. Y. 800,000.00 N. America, Phila. 3,000,000.00 Cash Total \$4,600,000.00 Capital Assets of 12,000,000.00