



ODD THINGS AND NEW-By Lame Bode



The Household

By LYDIA LE BARON WALKER

In this era athletics are considered important for the good health of women as well as to men. Since it is not always possible for homemakers to devote hours to training, it may be well to suggest that there are such things as household athletics. These do not have the glamor which is present when a group of women don gym masium suits and practice in a build-

ing or on grounds devoted to physical training. Nor are the exercises planned for the particular purpose of developing the human figure and making it strong. Nevertheless, they supply bending and twisting, straightening and spiral, stretching and

crouching positions, etc., as decided as those required in athletics. Every homemaker can take adventage of them without spending money and to the advantage of her health and her house. There are few of these household

athletics which develop as many muscles and sinews as does dusting-a daily routine. Rungs of chairs, feet of tables, edges of lowest shelves of open bookcases, baseboards about walls, all these have to be dusted and hundreds of other low articles or parts of them. The homemaker at the task

For Sports Spectator

must bend, crouch, and straighten up

again. There is exercise for arms,

wrists, hands and also for legs and



A foot must and a robe of super alpaca give the ultimate in warmth and are very light in weight. The seveneighths length tweed sports coat is

feet, for there is more or less walking about which must be done. Nor is this all. The woman must stretch some to reach tops of doors, bureaus, and other pieces of tall furniture. She may even have to stand on tiptoes, thus developing the muscles of the

Exercise in Making Beds.

When making beds the muscles of arms, legs and back are brought into action, for here again there must be more or less walking and stooping and then the arms are kept in constant movement when pulling covers up. smoothing them and tucking them in, as every housewife knows

Doing the laundry work is less of an athletic stunt than it used to be, if the electric washer is part of the household equipment. But, even so, there is some action requiring muscular movement. Ironing calls for arm motion, and the continual lifting and pushing back and forth of the iron calls into play the muscles of the back

as well as arms. It would be possible to go through the whole category of household tasks, viewing them in the tight of their gymnastic values. But it is not so important to enumerate them as to suggest how to get the best athletic advantages from them. For instance, when stooping, bend from the waist as often as it is possible, keeping the knees straight. When crouching low, squat, for this bends the knees and keeps them supple. When stretching beware of overstraining the muscles, Use a stool or stepladder for things that might cause strain. Bend sideways sometimes instead of moving the body as for a forward stoop.

Poise and Rest. Keep the head up and the back as straight as possible, for this helps poise. Make the most athletic use of the simple and regular household tasks and be ready to stop for the rest which would be demanded of one doing regulation gymnastics when fatigue is felt. To overdo is to lose the value of the gymnastics or the house hold athletics.

One of the things which helps to make life happy is the power of enjoyment. The saying quoted, "He that hath, to him shall be given," is indeed true in this instance. By exercising whatever capacity of enjoyment we have, the more power for happiness is given to us. We are given perceptions, quick to note and to selze upon things great or small which tend to increase joy. Since happiness cannot exist when detrimental to others, not true happiness, the pleasure in it is to be treasured.

It is said of some people that they have the "gift of happiness" or the "gift of enjoyment." This is the result of having made the most of whatever capacity they had. It is well to remember that this same thing is true of unwelcome as welcome things. We must stem whatever capacity for unpleasant things lies within us, if we would draw unto us gifts of happiness. We must stress the good, we must note, daily, all, even the small things

which make for joy.

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To Fill Plaster Cracks To fill cracks in plaster use vinegar instead of water to mix the plaster of paris and it will not "set" for 20 or 30 minutes. Push it into the cracks and smooth it off nicely with a table or

Will Our Civilization Be Destroyed?

By LEONARD A. BARRETT

At a recent clinical congress of the American College of Surgeons, Dr.



nical men. We are spending a quarter of a billion dollars for warships which will be obsolete in ten years."

Is Doctor Mayo's statement correct? It certainly is, if the new social order, now in the making, continues to be entirely influenced by size, bulk and monetary power. The present civilization has been largely developed upon the mistaken idea that quantity is indicative of prosperity. Popular opinion acclaims the most prosperous man lives in the largest house, the most successful business enterprise is located in the most ostentatious building. The most important city is the one which can boast of the size of its parks, municipal buildings, bonded indebtedness and the financial security of its banks. The average man thinks

Carnegie Tech Star



One of the strong men on the strong football team of Carnegie Tech in Pittsburgh is Steve Terebus, who plays at left halfback. His home is in Johnstown, Pa.

of progress in terms of statistics, and success is measured by the balance sheet at the end of the year.

No sane person would venture the suggestion that we return to a condition of living prior to the time we possessed many of the comforts of our modern age. Nor would any person suggest that less money be spent on the development of the arts and sciences. Perhaps we need more of such cultural advantages. The permanence of our civilization, however, does not depend upon these possessions for the obvious reason that they all can be destroyed in the twinkling of an eye. In this respect again Doctor Mayo is

What guarantee have we then against the destruction of our civilization? The rise and fall of nations attest the truth of the statement, "A man's life consisteth not in the abundance of the things which he possesseth." "If 90 per cent of reform is purely educative and the rest emotional and legislative," then is it not imperative that all forms of organized Christianity and all educational institutions teach the necessity of cultivating the spiritual values of life? Only when the spiritual transcends the material will our civilization be safe from those forces which laid in ashes other nations and completely annihilated their civilizations.

6, 1923, Western Newspaper Union.

School Has Own 3.2 Cambridge, Mass.-Almost anywhere else 3.2 means beer, but at the Massachusetts Institute of Technology it is a mining engineering course in "Advanced Ore Dressing.

Repeal Will Open Cells of Hundreds

to Be Freed.

Washington.-Before Christmas day dawns and as soon after December 6 as it can be managed there will occur an exodus of "prohibition prisoners" from federal penitentiaries throughout the country without parallel since a Parls mob threw open the gates of the Bastile and tossed a monarchy into the

It is more than a possibility that the governors of many of the states which have been marking time so far on the release of prohibition law offenders will follow in line with orders from Washington and free every man and woman convicted of crime under the wording of the Eighteenth amend-

The repeal of prohibition law is no longer a possibility but as certain as death or taxes. By December 6 the last of the necessary state ratifications will have been made-and a new leaf will be turned over where the book has lain open for 13 years.

Will Use Common Sense.

According to Attorney General Homer Cummings, "a common sense attitude will be maintained in the department" in the matter of federal prisoners. He added that it might not be advisable to issue a blanket order for release, as many cases have other sides to them over and above the simple breaking of the prohibition law.

Repeal also will bring demand for issuance of Presidential pardons for the thousands who have been sentenced over the last 13 years and who

now are on parole. Already a number of those states which have voted to throw the Eighteenth amendment out of the Constitution have freed the men and women held in accordance with that law. In Michigan, Governor Comstock let out everybody.

From Indiana, where there was until last November, a bone-dry law equaling that of Michigan in severity, comes word that Governor McNutt has released all persons held on simple liquor charges and is giving consideration to all transport and traffic charges. Leniency in Texas.

"Ma" Ferguson, governor of Texas, is, on the advice and counsel of husband Jim, who led the wets to victory, following in the footsteps of Indiana and promising consideration to the graver liquor charges after repeal is an actual fact.

Such leniency does not mean that the federal government intends to let up on the arrest and prosecution of bootleggers after the Twenty-first amendment becomes effective. Beating the law after repeal means beating the tax laws, Mr. Cummings has gone to some pains to make plain.

The history of prohibition over 13 years shows the following violation tallies as far as the federal government alone is concerned:

Persons to the number of 589,178 were convicted and fines of \$75,358,000 were assessed. Since 1926-records before that time were not accurately kept-152,510 persons received jail sentences. Ten millions went in attorney's fees, court cost and loss of wages,

The federal government padlocked 48,911 places, seized 75,517 automobiles and destroyed 326,308 stills at an estimated cost to the owners of \$32. 000,000. From 1920 to 1929, 1,360 per-

Convicted Liquor Violators | sons were killed in connection with enforcement. The bill for trying to dry America ran into an average of \$40,-000,000 a year, or a rough total outlay of \$520,000,000. During that period America's illicit drink bill has been figured at \$2,848,000,000.

Nobel Prize Winner



Dr. Thomas Hunt Morgan, poted toologist and member of the California Institute of Technology, who was awarded the 1933 Nobel prize for medicine. The award is approximately \$40,000. Born in Lexington, Ky., on September 25, 1866, Morgan has held many important zoological posts in universities and laboratories and is the author of a number of textbooks on heredity and evolution.

Frenchman Finds Petunia Plants Kill Potato Bug

Paris,-Abbe Cales, pastor of the village of St. Maxens, was acclaimed as the St. Patrick of the potato bug. He was credited with the discovery that petunia plants kill the bugs either because they are bug poison or because

the bugs die of overeating them. Potato bugs were imported into France during the World war in sacked potatoes for the American expeditionary force.

Abbe Cales discovered that if petunias were planted among potatoes the bugs flocked to the petunias.

Hobo Pigeon Rides Switching Engine

Moncton, N. D .- There's a hobo pigeon in the railway yards here. Its favorite roosting place is the tender and cab of a switching en-

Upon this mobile roost it will ride the length of the yards, but it supplies its own motive power for the return trip. It flies back to the starting point and awaits the return of the engine. Then it goes for another ride.

With a number of switching en gines busy in the same yard, the pigeon always picks the same one for its trips. The pigeon is jealous of its prerogatives and will fight away any other pigeons that attempt to usurp its rights,

PERIOD OF FORTY DAYS HAS POINT IN HOLY WRITING

In the New Testament the miraculous 40-day quarantines of Moses and Elijah are repeated in the fast of the Savior, and this still survives in the 40-day period of Lent. St. Louis established in France a period of 40 days during which no man could avenge an injury. Under William the Conqueror no man was permitted to remain in England over 40 days unless he was enrolled in some taxable

In Magna Charta it is specifically provided that a widow is entitled to remain in the house of her dead husband for 40 days. This period is known in law as "the widow's quarantine," and it gives a breathing spell during which the widow's dowry may be agreed on.

A man who held land in England under a knight's grant was bound to respond to the king's call and be propared "well and fittingly arrayed for war" to serve 40 days.

The very word "quarantine" comes from the Latin term for 40. In modern law we have quarantine periods which are not always 40. Children who have been exposed to contagious diseases are quarantined for different periods, depending on the "period of incubation" of the germs involved.

In the Arabian Nights tale of "The Forty Thieves" it was not meant that the gang of highwaymen necessarily had just that number. Forty is regarded by the orientals as a "round number": it might actually mean more or less than 40 in a particular instance. So, if a senator should charge that Wall Street is a den of "forty thieves," it would not be necessary for him to prove that they numbered precisely 40 in order to make his case out .- Pathfinder Magazine.

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