

A Real Flesh Builder For Thin People

Thin men and women—that big, hearty, filling dinner you ate last night. What became of all the fat-producing nourishment it contained? You haven't gained in weight one ounce. That food passed from your body like unburned coal through an open grate. The material was there, but your food doesn't work and stick, and the plain truth is you hardly get enough nourishment from your meals to pay for the cost of cooking. This is true of thin folks the world over. Your nutritive organs, your functions of assimilation, are probably sadly out of gear and need re-struction.

MONKEYS WEAR GLASSES AND RUIN THEIR EYES

Hospital Experiment of World-wide Interest

BALTIMORE, MD.—At Johns Hopkins Hospital, they are putting glasses on monkeys for the purpose of altering their vision. This will cause a severe eye strain, and impaired vision, which in turn affects the thyroid glands, and is expected to produce such diseases as nervousness, insomnia, melancholia, irritability, headache, goitre, palpitation of the heart, protruding eyeballs, and mild forms of tubercular affections. You must admit that if glasses on monkeys will cause such conditions, they will do the same on human beings.

Eye-glasses in many cases are unnecessary and even dangerous. Many think because they see well with their glasses, that they fit, but this is not always true. Mist glasses have ruined the eyes of thousands of people, for at times nearly every wearer of glasses wears glasses which do not fit. In the United States alone there are over 300,000 blind people, and of whom can trace their misfortune to neglect, as neglect has caused more blindness than any other one thing. You value your eyesight above everything, therefore you should know something about your eyes, and what to do to strengthen and preserve them.

Leading druggists are now authorized to distribute to those interested, a valuable book pertaining to eyes and eye saving entitled, "Healthy Eyes And How To Obtain Them." This book should be in every home. It tells of a highly efficacious home remedy, which has enabled many to strengthen their eyesight 50 per cent. in a very short time, and by so doing they are able to discard their glasses. Through its use, many others have avoided the necessity of resorting to these windows. If you are a wearer of glasses and want to get rid of them, if you are over-sight, weak and you wish to strengthen it, if you would like to test the remedy, go to any drug store and get 5 grain optona tablets. Put one tablet in a quart glass of water, allow to thoroughly dissolve, and with this refreshing solution, bathe the eyes from three to four times daily.

Everyone, whether they wear glasses or not, will be greatly helped through this method of eye saving. Since this formula has been published H. C. Kennedy, of this city, has kept busy filling it. If you follow this method, your eyes will clear up perceptibly right from the start. It sharpens vision even in old eyes, and its use will tone and strengthen the eye muscles and nerves so they quickly become healthy and strong. If you would overcome bloodshot eyes and red lids, if you would have good eyesight and eyes free from blurring, inflammation, smarting, itching, burning and aching due to eyestrain from overworked eyes, try this solution at once. Don't put it off until to-morrow, as delays are dangerous, and the sooner you take care of your eyes, the better it will be for you. Advertisement.

Indoor Life Makes Fat

TRY OIL OF KOREIN TO KEEP WEIGHT DOWN, OR TO REDUCE SLENDER

People who are confined within doors and who are denied the fresh, invigorating air and exercise must take precaution to guard against over-stoutness, as fat acquired by indoor life is unhealthy and a danger to the vital organs of the body. Lack of exercise in the fresh air is said to weaken the oxygen carrying power of the blood, so that it is unable to produce strong muscles and vitality and the result is of unsightly and unhealthy fat is the result.

If you are 15 or 20 pounds above normal weight you are daily drawing on your reserve strength and are constantly lowering your vitality by carrying this excess burden. Any persons who are satisfied in their own mind that they are too stout are advised to go to a good druggist and get a box of oil of korein capsules, and take one after each meal and one just before retiring at night.

Even a few days' treatment has been reported to show a noticeable reduction in weight, improved digestion and a return of the old energy; footsteps become lighter and the slight lumpy appearance as superfluous fat disappears.

Oil of korein is inexpensive, cannot injure, and helps the digestion. Any person who wants to reduce 15 or 20 pounds is advised to give this treatment a trial.—Advertisement.

EDUCATIONAL

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Our Library Table

The Photoplay, by Hugo Munsterberg. (D. Appleton & Co., New York, 1.00.)

Professor Munsterberg is an eminent psychologist and scholar, and it is extremely interesting to read what he has to say on the psychology of the "movies". The hold which the motion picture has on the public to-day makes a study from the psychological standpoint of unusual timeliness. A rough estimate places at 25,000 the number of moving picture theaters in America and it has likewise been estimated, more or less correctly, that 10,000,000 people visit the movies daily. We do not realize, perhaps, the extent to which we have become slaves to the habit.

The many advantages which the moving picture possesses over the spoken drama are emphasized and our mental and emotional attitude toward the scenes which are depicted before our eyes is carefully analyzed and investigated, with unquestionably instructive results. The "close-up" and the "cut-back", devices which are never given a second thought by the average movie fan, are really, when one thinks it over, the visual representation of what would on the stage be the work of the mind. The "close-up" saves us the trouble of employing "voluntary attention", while the "cut-back" saves our memory and imagination from becoming wearied with too much work. In the words of Professor Munsterberg, "the act which in the ordinary theater would go on in our mind alone is in the photoplay projected into the pictures themselves. It is as if reality has lost its own continuous connection and become shaped by the demands of our soul."

The photoplay portrays men's fancies and women's aspirations, children's dreams and workmen's hopes. The emotions are carefully portrayed, both those of the players and those of the audience. It is an absorbing study, this of the psychology of the photoplay, and capably handled by the famous Harvard professor.

Songs of the Workaday World, by Bertin Braley. (George H. Doran Co., New York, \$1.00.)

The song of the hobo, the lament for the dead reporter, the romance of the steelworker and the song of Spring in the parks and in the street—these are the things this modern poet writes about. The visionary and the fanciful have no place in his writings; there are too many interesting facts in the lives and working hours of the laboring man for him to bother about the creatures of the imagination and the fields of fancy. In these songs of the workaday world is found true romance; as someone has aptly described his rhymes, they "swing like a racing car around a curve", they are clean-cut and suggestive of real men, they portray with a masculine "punch" the visions which exist for the searcher in the everyday world. The poet gives us truth, served up in agreeable rhyme, with credit where credit is due, be it brains or brawn that accomplishes the result.

Calliban by the Yellow Sands, by Percy MacKaye. (Doubleday, Page & Co., Garden City, N. Y., \$1.25 net.)

This is a masque, the Shakespeare Tercentenary Masque, endorsed by the Drama League of America. It was written in memory of the great Bard of Avon and in its every word and rhyme breathes forth reminders, concretely and by suggestion, of the great playwright. The first performance of this masque will be given in the City College of New York stadium on May 23, in which several thousand New York citizens will take part in conjunction with a body of actors of national repute.

The story of the masque is briefly this: Prospero, the father of Miranda, and a great magician, plans the downfall of the god Setebos, a combination tiger and toad of fearful size, who holds captive the sprite Ariel. Ariel is released by the power of Prospero, and Setebos and Calliban, her offspring by Setebos, are tormented by Ariel and her fellow-spirits, who league with Prospero for the eventual raising into power of the lady Miranda. Prospero finds his art in the yellow sands of time, while the priests of Setebos, who are Lust, War and Death, conspire against Prospero and Ariel.

The plot is wonderful in conception and will be a stupendous undertaking, but impressively spectacular. Pageant groups representing the successive stages of Egyptian, Grecian and Roman dramatic art; dramatic offerings representative of the Middle Ages of Germany, France, Spain and Italy, including a pantomime scene in heaven, earth and hell; the splendor of a medieval French scene, and a light-hearted dramatic Scherzo, full of knavery and romantic love; the folk festival of Elizabethan England, and many other scenes contribute to the splendor of the whole. Familiar Shakespearean characters have a part in the masque, including Mark Antony and Cleopatra, Tullius and Cressida, Brutus, Caesar's ghost, Falstaff, Hamlet, Romeo and Juliet, Lorenzo and Jessica. Finally the masks of comedy and tragedy open massive jaws and there tumble out all the dramatists, poets, inventors and writers of all ages and pass in review before the audience, called forth by the spirit of time—among them Shakespeare himself, modestly. He takes the throne formerly occupied by Prospero, and after a short speech repeats his own undying words, "We are such stuff as dreams are made on; and our little life is rounded with a sleep." Climax and curtain.

Truly a most classic and altogether high-minded plea for charity to shut-ins is that which Bruno makes in his "Weekly" published in his garret in Washington Square, New York. "Of course, you will send that dollar," he says. "But send it immediately. Bis dat, qui cito dat." In other words, Americanized, he might say, "If you're going to come across, be quick about it."

A man applied at a Philadelphia library for a recently published book. He was told that his name would have to be put on the waiting list and that his turn would come in from two to three months. "But would it not be possible to have several copies of such an important book?" he asked. "We have seven copies," was the reply, "and it looks as if we would have to get more." It was not a new novel for which he asked. It was William Roscoe Thayer's "The Life and Letters of John Hay," a book which has had fifteen large printings in six months.

Eleanor H. Porter's new story, "Just David," is finding a wider field than mere entertainment in that not a few ministers have found it worth mentioning from their pulpits. David's belief that "all's well with the world" and his desire to help keep it so make a lesson for everyone—a lesson that many clergymen, including Bishop Lawrence, of Massachusetts, have already taken for a text.

WHEN THE SKIN BURNS, ITCHES

Upper Lights Above River Front Wall in Service Last Evening Soon Soothed and Healed by Poslam and Poslam Soap

Are you using Poslam for your skin disorder? Do you know that it affords the handy, quick, inexpensive, safe means for healing all unsightly, distressing and broken-out skin? It is a delight to find, after a few applications, that some unsightly, bothersome affection has disappeared. It is a welcome sight to see, every day, actual improvement in such a skin disease which has endured for weeks or months. Poslam Soap, medicated with Poslam, contains all of quality that can be put into a soap. Superior for tender skin. Never irritates. For sample, send 4c stamps to Emergent Laboratories, 32 West 25th St., New York. Sold by all druggists.—Advertisement.

ZIRA WONDERFULLY GREAT CIGARETTES. It's great—after you've smoked 5c to smoke a ZIRA. ZIRA is better than the ordinary 5 Cent cigarette because it is made of costlier tobaccos. You can't doubt it—for thousands of smokers are proving it every day. Prove it for yourself. Invest a nickel and see what ZIRA has to offer you. The Mildest cigarette. BETTER TOBACCO MADE THEM FAMOUS.

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Stewart Blair and Gilbert Stewart Elected Literary Editors

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Percy Walker was elected editor of "Technicalities" and John McGann will edit "School Notes." Goodell Stroup will take charge of the department known as "Tek Nikul." These five new members were elected to the staff by the old staff and secured their positions through competitive papers that will appear in the May number of the Tatler. This issue will be published by the staff that will edit the paper during the next year. In addition to the members elected last night the other new officers are: Editor-in-chief, George Stark; associate editor,

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Ober Bros. Livery In New Location

Moved from their old location to their new building with larger quarters, No. 37 North Cameron Street. Bell Phone 2418

SCRIPPS-BOOTH Luxurious light cars which in their first season have found the way into America's and Europe's most refined society. Scripps-Booth stands out as the most attractive motorcar in the roadster class. A car of beauty, possessing comfort heretofore unknown in a motorcar. Roadster \$325. Special—One Roadster for sale exceptionally reasonable; used very little.

Universal Motor Car Co. EASTERN DISTRIBUTORS 1745 NORTH SIXTH STREET BOTH PHONES

GENTLE RUBBING HELPS VARICOSE VEINS Rubbing the swollen veins nightly for about two minutes with a gentle upward stroke brings benefit to sufferers and is mighty good advice, says an authority. After the rubbing, which should always be toward the heart, because the blood in the veins flows that way, apply Emerald Oil (full strength) with brush or hand. Try this simple home treatment for a few days and improvement will be noticed, then continue until veins are reduced to normal. It is very concentrated and penetrating and can be obtained at any modern drug store. It is so powerful that it also reduces Goitre and Wens. All druggists have Emerald Oil in the original bottle and will be glad to supply it.—Advertisement.

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