

**MARTYRS TO GIRDLERS.**

**A Native Protest Against Feminine Fashions in Japan.**  
A caustic Japanese critic, Saito Man, has this to say in the Tokyo Advertiser about women's fashions in Japan:

"Archaic costumes, especially those universally worn by ladies, demand reform. The indigent world can be clothed out of the materials wasted in gorgeous kimono sleeves. Nothing is so absurd as the long, heavy, pendulant sleeves attached to a girl's holiday kimono. They serve no purpose, impede locomotion and are a pitiful spectacle. The girdle is more cumbersome and expensive, especially those woven in one piece of heaviest silk.

"Formerly the latter were only worn at weddings and state affairs; now every girl has one. Every wife must have one to sport at the theater. In price this maruobi varies from 30 to 1,000 yen (\$15 to \$500) and upward. To girdle it requires all the strength of a well built husband or father. I do not know any Japanese woman who ever succeeded in putting on one herself.

"It is over three feet wide, folded into half that width when worn, and its length is three times the full height of its wearer. In weight it is terrific, thickly embroidered as it is with golden threads. It is chiefest attraction in the whole dress scheme of Japanese womanhood. One might as well ask a woman to discard her hair as it. Every well dressed Japanese lady is a martyr to her girdles. Her entire waist is covered with layers of belting. From the viewpoint of health the girdle (obi) is a most vile contrivance, as every doctor asserts."

**REALISTIC STAGECRAFT.**

**The Electric Light is Responsible For Many Innovations.**

The introduction of electric light was, of course, responsible for greater innovations in the art of stage decoration than any other one thing. It was now possible to light up equally well any portion of the stage, and so the "apron" was dispensed with and the picture frame proscenium introduced.

The cry for realism which Ibsen's dramas had aroused was now taken up by the scene builders with enthusiastic vigor, and "nature" was reproduced in every material detail. "We must show life exactly as it is," became their motto.

These changes naturally also had an effect upon the actors themselves and upon what they said. Formerly the actors were continually conscious of the presence of the audience, and to a considerable degree addressed it directly. Now they could interpret the story on the stage, entirely ignoring, apparently, the presence of the audience.

This change in the conception of the play as a whole, as being made up not alone of dialogue and recitation, but also of action and pictorial representation, has had a very far-reaching effect on our present day conception of the drama.—Review of Reviews.

**Luminous Eyes.**

Cats among animals and owls among birds, says W. H. Hudson in his book, "Idle Days in Patagonia," are the most highly favored of any creatures in the matter of luminous eyes. "The feline eyes, as of a puma or a wildcat, blazing with wrath, sometimes affect one like an electric shock, but for intense brilliance the yellow globes of the owl are unparalleled." Mr. Hudson asserts that nature has done comparatively little for the human eye either in these terrifying splendors or in beauty. He says that in Brazil he was greatly impressed with the magnificent appearance of many of the negro women, but that if they had only possessed the "golden irides" of certain intensely black tropical birds their "unique loveliness" would have been complete.

**Preparedness on the Farm.**

Every farmer ought to believe in preparedness, says Farm and Fireside, the kind of preparedness that provides tested rather than guessed seed corn; that sees that all farm machinery is carefully looked over and the badly worn or broken parts replaced before the beginning of the rush season; that makes ready a supply of bolts and taps, extra tap rings and clevises, singletrees and at least one extra pair of doubletrees. Man labor and horse labor are too expensive and time too precious to take chances of, risks which might easily be avoided.

**A Regiment.**

In military terms a "squad" is part of a company.

A captain commands a company, and he has under him a first lieutenant and a second lieutenant.

A major commands a battalion, which is made up of four companies. A regiment is commanded by a colonel, and it comprises three battalions, so that a regiment is made up of twelve companies.

**Fresh Air as Medicine.**

It has taken centuries for us to find out and know that fresh air is the cure of consumption, pneumonia and colds, and probably it will take another century to make us know and use fresh air as a preventive of these and some other diseases.

**Filling a Need.**

"I'm doing my best to get ahead," asserted Cholly.

"Well, heaven knows you need one," asserted Dolly.—Puck.

The Crop That is Always Short. Knife—What is the most needed grain crop? Bocker—Grains of sense.—New York Sun.

I call that man idle who might be better employed.—Socrates.

**POSTURE OF WOMEN.**

**Upon It in Great Measure Depends Good or Bad Health.**

Miss Jessie B. Merrick, director of physical education for women in the University of Washington, insists that every woman's home or office be a laboratory of health. She points out that there was a time when woman's household duties were so varied that all her muscles were brought into play. Work has become so highly specialized, however, and woman has taken her place so actively in the business world with man that she is deprived of the opportunity to live a rational life in which she would exercise every part of the body in accordance with its natural functions.

Good posture is to be thought about. It depends upon the maintenance of natural conditions of life. Some health specialists attribute all abnormalities of health to bad posture. Depressed mental condition, ill fitting clothing and poorly adapted furniture all contribute to a slouchy sitting or standing posture.

Bad posture is blamed for such diseases as sciatica and lumbago.

Good posture represents initiative, courage, responsibility, self control and self direction.

A strong nervous system is to be gained by physical activity in games, dances and exercises involving rhythm.

**HE INVENTS WORDS.**

**This Man Finds Terms to Fit Emergencies For the Dictionaries.**

There are in the world many unusual and unique occupations, but perhaps the strangest of all which pays a good income is that of a New York newspaper man who earns, in addition to his regular salary from the paper, rather regular amounts from the publishers of dictionaries, encyclopedias and other such volumes. His occupation is the inventing of new words.

The casual observer would be inclined to remark that the English language already possesses enough words for all uses without the invention of any new ones, and probably his statement would be fact. Nevertheless it is true that this man is paid substantial sums for inventing new words to fit special phases, situations, occupations and occurrences, and that the publishers of dictionaries will incorporate into them any new word based on substantial derivatives for the existence of which a plausible reason can be made.

The progress of modern business, and especially the discoveries that have been made in the fields of electricity and medicine in the last decade, have been responsible for the incorporation into the language of many new words.—St. Louis Globe-Democrat.

**Abandon Food Prejudices.**

Don't be finicky. Be willing to try new foods. Certain plentiful and nourishing foods widely used and enjoyed in one section are practically unknown in other sections of the country. Learn to know all the good things, not a few only.

People too easily get into food ruts; insist on eating only the food they are used to and refuse to give a fair trial to others. This causes undue demand for certain staples, with resulting scarcity or high prices when crops are short. At the same time other valuable foods may be relatively cheap and available. A striking instance of this is failure fully to appreciate rice—a valuable source of starch—when potatoes are scarce and high. Another example is refusal in certain sections to use anything but wheat as a bread-stuff, when corn—a valuable cereal—widely used elsewhere as a bread-stuff—is plentiful and relatively cheap.—Los Angeles Times.

**Wonderful Memories.**

Michelangelo had on his lips the greater part of the poetry of Dante and Petrarch, and Galilei could repeat most of Ariosto, Petrarch and Beral. Justus Lipsius knew Tacitus by heart and could repeat any passage called for. Locke states that Pascal knew the whole of the Bible by heart. Leibnitz, even in old age, could repeat nearly all the poetry of Vergil, word for word. Saunderson knew by heart Horace's odes, Cicero's "Offices" and a large part of Juvenal and Persius. Forson, the great English scholar, declared that he could repeat "Roderick Random" from beginning to end.

**As to Eating.**

It is a good plan not to eat when you are hurried.

When you are troubled.

When you have no appetite.

When you are laboring under any strain of mind.

When you cannot lay aside every care and give yourself up to leisure by enjoyment of the meal.

**How They Kept Her.**

"Our last cook stayed with us six months."

"What! Really?"

"Yes. She broke her leg in three places an hour after she arrived, and the doctor wouldn't let her be moved."—Buffalo Express.

**A Rule of Conduct.**

So live that your former sweethearts will point you out to their husbands as the man they might have married.—Kansas City Star.

**Expert Advice.**

Give your potatoes time to grow. Don't send for the oculist to see if their eyes are open.—Memphis Commercial Appeal.

A vigorous plant cannot be raised without sunshine, nor can any nature be truly strong and helpful without cheerfulness.

**MAKE YOUR MONEY WORK.**

**Set It Out Earning For You, but Be a Careful Investor.**

Money is a workman. It works for its owner while the owner sleeps, and it will work for anybody who has it if he will only put it to work, for there is always somebody ready to hire money and pay for its use.

Let every reader who has a few hundred dollars to spare put it in a good \$500 or \$1,000 bond on the partial payment plan and let it earn something. Five hundred dollars invested in a 6 per cent bond (with the income deposited in a savings bank at 4 per cent) will do itself in twelve years—that is, the \$500 will have become \$1,000 in that time. This \$1,000 at 6 per cent will earn \$60 a year, or over \$1 a week, for its possessor. Even at 5 per cent it will double in fifteen years and at 4 per cent in eighteen years.

The lesson the small investor wants to learn is that his money is just as good as that of the larger investor. The former has greater need of being careful because he has less to spare.

Learn to be a careful investor. The first thing the careful buyer does if he wants to buy a horse, a cow, a house or a farm, a bond or a share of stock is to make a careful investigation. Schoolboys may swap the jackknives they hold in their closed hands, but grown up men ought to know better. The humblest investor can buy with as great safety as the proudest, for both can deal with the same bankers or brokers in these days when small lots are popular with firms of established character.—Jasper in Leslie's.

**SOLDIERS ON THE MARCH.**

**Distances That Trained, Hardened Men Can Cover in a Day.**

The Army Drill Book tells that trainees and hardened infantry can cover from twenty to twenty-five miles a day when in small bodies. As the size of the command increases the distance covered becomes less, as the rate is lowered and time is needed to get all the units into and out of camp.

With a regiment or less of average troops—regulars—marching over average roads, the rate should be from two and three-quarters to three miles an hour, while a division cannot be expected to accomplish more than twelve and a half miles a day.

Of course, all these figures will vary with different conditions of roads and weather. Untrained troops could not approach them until hardened. Though they might do better for a day or two, they could not keep up the steady pace of the seasoned regulars for a long distance.

Marching with full equipment is hard physical work, and, like every other form of labor, requires a proper period of training. The seasoned force will keep up a steady pace, with ten minute halts every hour, a fifteen minute stop being made at the end of the first half or three-quarters of an hour. Green troops are apt to straggle badly.—Outing Magazine.

**Holland and Flowers.**

It was only after the fall of Constantinople in 1453 that Holland became such a gay land of flowers as it now is. Many Dutchmen went to the east during the years of the great crusades, and those of them who loved beautiful things brought many home again with them. Not only did they carry away with them silks and embroideries, jewels, spices and fruits, but in the bottoms of their ships they brought seeds. When these seeds were planted in the rich soil of Holland such wondrous flowers appeared as had never before been seen in that northern country. The people became wildly enthusiastic over the new colors and scents and foliage brought to them from the east, and in Holland there sprang up a great love for gardening.

**Origin of the Jury System.**

A jury is a body of laymen summoned and sworn to ascertain the truth as to facts raised in legal proceedings. The jury system of the United States developed from that of England. This in turn had its origin in Frankish inquest, which was translated into English by Norman kings. In these inquests a body of neighbors was summoned by a public officer to give answer upon oath on some question of fact or law or of mixed fact and law in the beginning of the object of the inquiry was usually to obtain information for the king to ascertain facts needed for assessing taxes.

**Couldn't Stand Defeat.**

Dr. Grenfell tells an amusing story of the introduction of football in Labrador, when defeat was considered so unendurable a mortification that it had to be mutually agreed beforehand that neither side should win. "We saw," he says, "the unusual spectacle of the side that had been scored against solemnly allowed to walk across the field and kick a goal to save them the feeling of being beaten."

**Good Scheme.**

Husband—Why do you scold the butcher? It isn't his fault that the meat comes to the table all dried up. Scold the cook. Wife—I don't dare to, but I'm in hopes that if I keep on scolding the butcher he'll get mad and come around and scold the cook.

**The Tambourine.**

The timber of the Bible was the instrument known today as the tambourine. It was used in early times by the Syrians of Padan-aram at their merry-makings (Genesis xxxi, 27).

**Catty Comment.**

"Girls, I did have the hardest kind of work to keep Mr. Jims from proposing." "I suppose you mean to some other girl?"—Baltimore American.

**Meyersdale Auto Co.,**

**A Full Line of Accessories, Oils and Supplies,**

**Goodyear United States and Kelly-Springfield Tires**

We expect to open our Steam Vulcanizing Plant on or about May 1st. On account of the vast increase in the price of tires, it will pay you to take good care of your tires and have all cuts and bruises Vulcanized at once --You know [A Stitch in Time]

**All Work Guaranteed.**

**WEDNESDAY**

**R**IGHT in the midst of everything—a sudden thought: "Wonder how the fire is?" Then, it's leave your sweeping, run downstairs, rake and shake, shovel coal and trudge back again. Wouldn't it be fine to go right ahead and forget about the kitchen? It certainly would! And you can.

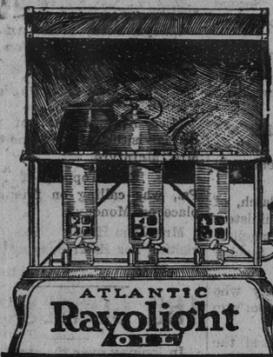
**NEW PERFECTION OIL COOK-STOVES**

have brought a new kind of sweeping day—a new kind of every day to thousands of busy housewives.

A Perfection Oil Cook Stove will come into your kitchen and lighten your burdens. All you do is strike a match and "put on the things."

You can regulate the heat exactly as you want it. It stays that way without watching. You'll be specially interested in the fireless cooker and the separate oven. Look up the dealer near you who sells Perfection Oil Cook Stoves.

**THE ATLANTIC REFINING COMPANY Philadelphia and Pittsburgh**



Another important thing is that Perfection Oil Cook Stoves burn the most economical of fuels—kerosene. There's a difference in kerosenes—not a price, but a quality. To be sure of getting perfect results, ask for Rayolight Oil. It's so highly refined and scientifically purified that it always gives an even, intense heat without sputter, smoke or smell. Look for the sign:



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**Meyersdale's Leading Newspaper**

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JOHNSTOWN

**Sells the Champion Cream Saver**

**THE NEW DE LAVAL**

**A**LMOST any separator will do fairly good work when it is brand new, perfectly adjusted and skimming warm milk from freshened cows.

But a separator can't always be new, cows can't always be fresh, nor can you always separate your milk while it is at 85 or 90 degrees. In other words, your separating is done under practical conditions, and the sensible thing to do is to get a practical separator.

**The NEW De Laval is the most practical separator you can buy**

because it is the only separator that you can depend upon to skim clean under any and all conditions of milk and temperature, and to deliver cream of uniform thickness.

If you want to own a separator that will do its work better than any other, and do it without constant tinkering and adjustment, then the NEW De Laval is the machine to buy.

While this statement has always been true of De Laval machines, it is true today to an even greater degree than ever before because of the many improvements in the NEW De Laval. The new self-centering bowl which gives the machine greater capacity and skimming efficiency, the De Laval bell speed-indicator, which alone would be worth many dollars a year to a cow owner, the improved automatic oiling system and the many other improvements found in no other make of machine, make the NEW De Laval by far the most satisfactory separator to separate and the most profitable to own. You can buy a NEW De Laval from us on liberal terms. Come in and examine the machine and talk it over.



**Marines.**  
Marines—soldiers serving on shipboard—date back to the year 1604, when an order in council, dated Oct. 16, authorized 1,200 soldiers to be raised and formed into a regiment. More regiments were later on formed, and in the latter years of the French war they numbered 32,000. The marines are today a feature of every navy, and in most countries officers of the marines are equal in rank with those in the army and navy.—London Chronicle.

**Slaves of the Gown.**  
Some women live in a state of perpetual preparation of wardrobe. They never seem to acquire one in any approach to completion, and they are always in the act of either planning or of obtaining some separate portion of one in such a way that it would seem as if they lived to and for no other end or purpose. The materials of which their gowns are made must be of the nature of Penelope's web.—Memphis Commercial Appeal.

**Womanly Retort.**  
"Women are terribly inconsistent," protested Mr. Kwibbles.  
"John," replied his wife, "you know the poet says, 'Consistency's a jewel.' And you told me yourself that much jewelry is not good form."—Washington Star.

**The First Question.**  
"Opportunity is at your door. Wants you to go with him."  
"Has he a car?"—Louisville Courier-Journal.

**Ventriloquism.**  
Ventriloquism was first described in 735 B. C. Greeks ascribed it to the operation of demons.