

THE TACOMA TIMES

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CHEER UP

Cheer up. The world is taking your photograph. Look pleasant. Of course you have your troubles, troubles you can not tell the policeman. A whole lot of things bother you. Of course. Business worries or domestic sorrows, it may be, or what not. You find life a rugged road whose stones hurt your feet. Nevertheless—

Cheer up. It may be your real disease is "selfishness"—ingrown selfishness. Your life is too self-centered. You imagine your tribulations are worse than others bear. You feel sorry for yourself—the meanest sort of pity. It is a pathetic illusion. Rid yourself of that, and—

Cheer up. What right have you to carry a picture of your woe-begone face and funeral wails about among your fellows who have troubles of their own? If you must whine or sulk or scowl, take a car and go to the woods or to the unfrequented lanes.

Cheer up. Your ills are largely imaginary. If you were really on the brink of bankruptcy or if there were no thoroughfares through your sorrows you would clear your brows, set your teeth and make the best of it.

Cheer up. You are making a hypothetical case out of your troubles and suffering from a self-inflicted verdict. You are borrowing trouble and paying a high rate of interest.

Cheer up. Why, man alive! In a ten minutes' walk you may see a score of people worse off than you. And here you are digging your own grave and playing pall-bearer into the bargain. Man alive, you must do your work. Smile, even though it must be through your tears—which speedily dry—and

HYPNOTIZING HUSBANDS

Mrs. Charles Kelley of Chicago has been teaching the Progressive Health club of that city how to make a husband eat what he dislikes.

Mrs. Kelley placed before the club her menu for a sample breakfast—a half dozen strawberries on a bit of lettuce leaf, a few oatmeal wafers, a half orange and two teaspoonfuls of breakfast food.

Mrs. Kelley explained that the orange was for the liver, the lettuce for the nerves, the strawberries for the iron in the blood, and the oatmeal cakes for the rough food which corresponds to the stones in a chicken's craw.

"But how can we make our husbands eat it?" asked a club member. "He will eat anything you place before him if he loves you," volunteered one.

"No, that is not love," said Mrs. Kelley, "that is hypnotism. A woman must hypnotize her husband to make him eat that which he dislikes, but which is for his good."

That is easy. Provided, of course, you know how to hypnotize your husband, a feat which Mrs. Kelley volunteered to teach the club. All that is necessary, she said, is to learn to "breathe in several rhythms."

Now, the average man, being forewarned of these things, should realize that he is liable to be hypnotized to be saved from dyspepsia. The best way will be to let the wife "breathe in several rhythms" and have her way. She may follow the practice for a week.

But, should the fad last longer the husband might get onto the several rhythms business and suggest beefsteak for the iron in the blood, coffee for the nerves and graham gems for the place corresponding to the chicken's craw.

It is all a matter of hypnotism—and tact.

ARTERIOSCLEROSIS

Athletes are in danger. So says the American Medical association, which met at Atlantic City last week.

They are threatened with arteriosclerosis—a big word which names a formidable disease. The overstrain of physical exercise—the cinder path, the baseball diamond, the football field—the theaters of strenuous life, cause the disease.

The doctors say the ailment is having an alarming growth. And it is incurable. Its symptoms are a stiffening and deterioration of the arteries, causing premature old age and a serious affection of the heart.

It is declared that many of our college athletes are today as decrepit as their grandfathers were at 70 years of age.

This is not a new objection to athletics, but a warning which ought to be heeded by college authorities and trainers.

Athletes, like everything else, should be temperate. It is not only a popular feature of college life, but useful in the development of physical manhood.

But there is a limit. If the trainer permits his men to go beyond the limit into overstrain the means may defeat the very purpose for which they were instituted.



CONDUCTED BY CYNTHIA GREY

GAMES FOR LITTLE FOLKS

By Monte.

"Round and Round the Village."

This is an old game which has many modifications. The children form a ring and with arms upraised sing:

Round and round the village,
Round and round the village,
Round and round the village,
As we have done before.

The child going "round the village" is supposed to get back to his starting point a certain number of times, according to the size of the ring, by the time the verse ends.

Then they sing:
In and out the windows,
In and out the windows,
In and out the windows,
As we have done before.

This time he must go faster and get in and out of the windows, running in and out of the ring, and back to starting point, while the song lasts. Another then takes his place.

Another way to play the game is to have one child go round and round the village and touch a little friend. Then go in and out the windows with the "tagged" child following, going in and out the same places, trying to catch the first child singing:

In and out the windows (three times) and catch your little friend.

PAPER FOR PACKING.

One of the simplest and easiest ways to keep packed clothing from crumpling and creasing is to use quantities of paper. Common tissue and wrapping paper are most valuable.

A roll of wrapping paper between the folds of skirts, a pad of wrapping paper inside the skirt, and a wad of wrapping paper in an unfilled corner of a trunk will do wonders for the heaviest garments. White waists should be well padded in sleeve and bodice with crumpled tissue paper.

Hats can be packed securely in the middle of the trunk with clothing over and under and about them if care is taken. Wrap each blossom, if there are flowers, with a generous supply of tissue paper. Fill each tiny nook with the paper. Stuff the crown with hard rolled stockings. Kerchiefs and stockings will help to hold the uneven places of the hat brim up away from the packing under the hat.

Laces and ribbons should be rolled with tissue paper and a pad of paper should be fitted into each glove.

PLAIN PINK DIMITY.

In this simple pink dimity the broad-shouldered effect is carried out by the band of ecru trimming falling from the yoke of the bodice half way down the shoulder to the elbow. The combination of vertical and horizontal lines, brought about by setting on the bands of lace, is becoming only to the person who is neither very tall nor very short.

A CLOCK OF FLOWERS. No one who visits the world's fair can afford to miss the great floral clock, a work of art and a thing of beauty. The whole represents the

Two dining room girls wanted at once at the Josselyn Restaurant. Apply at office.

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THE TIMOTHY FLOWER POT.

Cork securely the hole in the bottom of common clay flower pot and soak well in water. When the pot has absorbed all the moisture it can take, roll it thoroughly in timothy seed, fill it with water and place it among the other house plants. In a few days the seeds will sprout, and in two or three weeks the pot will be covered with verdure of the most delicate green. The pot must be always full of water. This supplies the moisture necessary to the growth of the seed.

AT THE EXPOSITION.

Keep Away From Board of Lady Managers.

Directly back of the hall of congresses at the world's fair is the building set aside for the board of lady managers. Here women who visit the fair think they have the right to go. So they have, but unless they are invited. Dozens of women are turned away daily.

It is here that the lady managers invite various women, organizations, clubs, etc., to come to be entertained. Strictly is the watch kept. One day a man and his wife asked of the guard permission to be shown through the parlors which are beautifully furnished, and to be allowed a peep into the "upstairs," where the lady managers are now rooming.

Permission was refused by the guard. A long conversation, questions and answers, followed. "I am interested," said the visitor, "because I am Stevens, chairman of the appropriation fund."

The guard immediately reconsidered and Mr. and Mrs. Stevens were shown through the building. Women are not expected to go to these parlors "uninvited, yet when they are invited they cannot see the building for the crowd.

During the week of the meeting of the General Federation of Women's Clubs, the lady managers gave an afternoon reception.

The crowd was most unmannerly. They pushed and crowded. They tipped the waiters even as much as a silver dollar to get them something to eat.

It seems that the supply of refreshments was not sufficient to meet the demand and it was necessary to make haste.

So this building, so magnificently furnished is a great reception room, with sleeping apartments for the members of the board of lady managers. The building with its elegant furniture was supposed to be for the convenience of the women at the fair. So it is, if the lady managers invite them to come up.

So save strength by staying away. Unless you are invited, there is no need to go.

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thing to be seen but a long hall, off which are locked doors. To be sure, the hall is lined with photographs of noted women of all countries, but the reception room furniture is sacred to the invited guests.

BEAUTY—COMFORT.

By Mme. Falloppe.

The Corset.

This article of dress has been the subject of much discussion. It has the most direct bearing on the general health.

If women knew how to adjust corsets properly they would prove a blessing instead of the curse they have been.

It so happens that the present "style" in corsets meets with the approval of many of the best surgeons. The straight-front health corsets that can be bought for \$1.50 at any dry goods store, are best.

Use two strings (not three as many do in order to be able to "pull in" the waist). Lace the first from the bottom to the waist line, the second from the waist line to the top. Let the strings hang loosely until the garment is on and hooked. Then the abdomen should be pressed up into place by the hands, not pushed down as usual, and the lower string drawn up and fastened. The shape of the corset holds the abdomen in place. The upper string is left very loose and fastened. This permits the lungs to be filled with air.

This is the only healthful way to wear a corset, and if so worn it acts as a support to the organs and also to the clothing.

By first adjusting and fastening the lower part, then by drawing a very deep breath while the upper string is entirely loose, one can tell how much slack can be left, in order to have unrestricted breathing.

Try it, you women who find corsets uncomfortable.

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READY FOR THE HIGH SCHOOL

The eighth grade graduates of the schools in the North End will be the star attractions at the Tacoma theater tonight. All pupils from that part of Tacoma will have seats on the stage, and the first big event of their school lives will take place. The program for the evening follows:

Overture Orchestra
Invocation Rev. A. P. Powelson
Chorus "Hey-Ho-Hey" and "Sleep—Baby Sleep"
Declaration—"Arnold at Stillwater"
Hazel Windom, Bryant school
Oration—"The American Flag"
Donald Tinning, Bryant school
Recitation—"Echo and the Ferry"
Helen Shaver, Central school
Recitation—Scene from "Last Days of Pompeii"
Violet J. Hofstetter, Emerson school
Chorus—"The Bells of Seville"
Recitation—"A Basket of Flowers"
Eleanor Macready, Emerson school
Declaration—"The Decisive Battle of the Rebellion"
Donald Billings, Lowell school
Recitation—"The Work That Is Best"
Helena Hermans, Lowell school
Declaration—"Intellectual Progress"
Norman Warner, Sherman school
Oration—"Our Reunited Country"
Eddie Taylor, Sherman school
Chorus—"The Clang