

Have You Character? Did You Know the World Can Tell By the Way You Sit Down?



BY CYNTHIA GREY.
Every correct movement of the body is founded upon the law of economy of force. No effort should be wasted either in walking, standing or sitting. Few persons realize that the common art of sitting is done with the expenditure of a great deal of effort.

The first pose denotes the correct way to sit; the second laziness; the third restlessness; the fourth carelessness; and the fifth thoughtlessness.

There is a right and wrong way

to sit; there is also a right and a wrong way to arise from a seat. Do you jam yourself down? Do you sit loggily? Or do you express grace and quietness in pose? Do you make the muscles work? Or do you make the whole body work in these simple acts? As character is portrayed to some extent in carriage, so it is even more definitely portrayed by the sitting posture. When we walk we are conscious of being under criticism and we more or less mask ourselves. Sitting we are less conscious of being studied

and are, therefore, less cautious about our attitude. To sit in an ungainly or slovenly manner shows either that we lack moral stamina or that we lack positive force in moral character—that we are tending to weakness, losing grip upon ourselves, as it were. The gesture or exercise which makes you hold your head high tends to lift your morals up also. To keep well anyone should do well and hold his head high, conscious of the divine gift of well being. Many carry themselves

well, but in sitting they allow the shoulders to droop, that cramping the lungs, the heart, the liver and other vital organs, and weakening the abdominal muscles. The spinal column becomes curved, and ere long remains so, causing a deformity which is irremediable. Such conditions weaken the body, lower the vitality and make it possible for disease to follow. In order to function properly, the respective parts and organs of the body must sustain the right relative positions to each other. No machine can run

rightly unless it be set right. All machinery should be run upon the principle of the economy of energy or power, and in this respect the body is a machine and each part must sustain its right relation to the other parts. Otherwise, the ropes, the pulleys, the hinges, the pipes, the levers, the ventilators and all other parts cease to function well. When speaking of posture and attitude as expressing the mental and the moral condition, it is well to remember that pride may carry one in a fairly good manner. So

there are persons of little or no moral stamina who, to the untrained observer, make a fair showing. To one who is a careful observer, pride and unworthiness will in time betray itself. To the expert it is as easy as picking diamonds out of common stones. Study and observation is important because it aids us in the correction of our own weaknesses and faults.

SAYS JAPANESE SHOULD MINGLE WITH WHITES

Frank C. Ross is still determined to get the Oriental commerce safely landed for Tacoma. In addition to his work for the removal of the Chinese detention station from Seattlet to Tacoma, he also wants a school established here where Orientals and Americans will mingle. He spoke to 175 Japanese in Moose hall yesterday, who have assembled

preparatory to a trip back to their native land, urging that the Japanese should mingle with the whites more, learn the language perfectly and become a part of our civilization by marrying whites, which he said would eliminate the race prejudice. He agreed to give the land and raise money for a Japanese-white school here.

IF CONSTIPATED, HEADACHY, BILIOUS, DIZZY? CASCARETS

Turn the rascals out—the headache, biliousness, constipation, the sick, sour stomach and foul gases—turn them out tonight with Cascarets.

Don't put in another day of distress. Let Cascarets sweeten and regulate your stomach; remove the sour, undigested and fermenting food and that misery-making gas; take the excess bile from your liver and carry off the decomposed waste matter and constipation poison from the bowels. Then you will feel great.

A Cascaret tonight will straighten you out by morning—a 10-cent box from any drug store will keep your head clear, stomach sweet, liver and bowels regular and make you feel bully and cheerful for months. Don't forget the children.



10 Cents. Never gripe or sicken. "CASCARETS WORK WHILE YOU SLEEP."

THEATRICAL
Tacoma—Tonight, "The Quaker Girl."
Princess—All week, beginning Sunday, "Miss Hobbs."
Pantages—Vaudeville.
Empress—Vaudeville.

AT THE TACOMA
"The Quaker Girl"
Victor Morley, a light comedian who pleases most folk and himself most of all, a lot of chorus girls who were picked when the Broadway beauty market was not quite at par, three sets of pretty scenery—and Natalie Alt. That is the full complement of "The Quaker Girl" which opened a two nights' engagement at the Tacoma theater last evening. Natalie Alt is the Quaker Girl, and dear-devotees-of-the-drammer, she is SOME girl. If any girl ever had a corner on that sweet, shy stare, the baby kind, that makes goggle-eyed with sweet romance, 'tis this same Natalie. There were probably a great many things about "The Quaker Girl" that should be commended in a well-ordered review, the splendid music for instance, but since Natalie Alt is the whole works, why not devote oneself to Natalie. Oh, do see Natalie tonight.

AT THE PRINCESS
One of the heavy problems of the world told in a light way, with the inimitable wit of Jerome K. Jerome sparkling in the lines, and with every Princess player cast in a part that might have been written especially for him—"Miss Hobbs" is destined to be a favorite this week. It is a play essentially for everybody, men and women of all planes alike. The man whose day has wearied him, seeing "Miss Hobbs" will go away refreshed, yet those who wish to seek beneath the surface will find something to ponder over. In it a woman learns that the home is to be preferred to a life on the lecture platform. This woman is "Miss Hobbs" herself, a part ably handled by Miss Florence Bell. The man who teaches her these things is Wolff Kingerseal, Leo Lindhard. After "Miss Hobbs" has turned the happiness of one home into disquiet, and broken up, almost, a love affair, she finds herself in the clutches of love from which she seems not to care to escape. Miss Lolita Lamb, a new player fresh from an eastern company, is noticeable this week in the ingenue part. Judging by her appearance and capability, one would believe she has come to stay. "Miss Hobbs" is a play fresh and up to the standard of Princess cleanliness, and is well worth seeing.

HERE'S BUD.
(By United Press Leased Wire.)
SAN FRANCISCO, Cal., Jan. 6. —Bud Anderson, lightweight of Medford, Ore., is here today and wants a match with any coast lightweight.

WILL SHOW 'EM HOW TO BEHAVE

LONDON, Jan. 6.—The organizers of the Simple Life Exhibition, which is to be held here next spring, propose giving a daily demonstration of the right and wrong method of treating a husband or wife. A model home, with the wife awaiting her husband's return, will be shown, and male visitors will be requested to show how they would greet a wife on returning from business.

The "Simple Lifers" declare that if the following rules were observed divorces and domestic troubles would die an easy death:

For Wives:
1. Teach your husband to abstain from meat and intoxicating drink.
2. Receive him after absence with tact.
3. Cultivate a sense of humor.

For Husbands:
1. Make a habit of entering your home with a smile.
2. Little presents, words of love and compliments make woman's life worth living.
3. Remember that a woman works as hard as you do and in many cases harder.

PORTLAND COUNCILMAN GETTING TIPS IN TACOMA

Stimulated by Tacoma's success in establishing a great municipal power plant, Portland is looking forward to the time when she will be able to get out of the clutches of private power monopolies also.

"We are paying \$160,000 a month for municipal lighting," said Councilman William McGuire of the Tenth ward, Portland, at the city hall here today. He is putting in the day investigating light, power and public markets in Tacoma.

McGuire seemed to be rather startled at the magnificent plant Tacoma has for her people, and at the low rates given here for light and power by the city.

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We Use the Best Materials Obtainable
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Painless Extracting 50c
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EXAMINATIONS AND ESTIMATES FREE
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A Big Fur Sale

Our 24th Annual Cleanup Sale. All our ready-to-wear furs go at just what they cost us. If you want a fur you will certainly buy at the prices we are now offering. Our stock is too large to quote prices. Call and see. See our windows. All prices marked in plain figures. Good furs as low as \$1.00. Sale started today, Jan. 6, 1913. Fur Rugs, Robes, Game Heads and Sporting Goods at regular prices.

Fred Edwards & Bros.
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MME. CORINNE RIDER-KELSEY and MR. CLAUDE CUNNINGHAM
America's Greatest Concert Singers
together with the

Steinway Piano

Will be heard at the Tacoma theater next Wednesday night, presenting an evening of music impossible to excel, with two such artists and the assistance of the most perfect of instruments.

The sale of seats for this prominent event opened today, January 6th, at this store.

Prices—\$2.50, \$2.00, \$1.50, \$1.00.

Sherman, Clay & Co.
Steinway and Other Pianos—Apollo and Cecilian Player Pianos—Victor Talking Machines—Sheet Music and Musical Merchandise.
928-930 C Street, Tacoma

BOYS!

Do You Want to Earn MONEY?

Many boys who are going to school in Tacoma would like to know of a way for them to earn money after school. Come down to the Times office and see what we have for bright, ambitious boys. Only hustlers need apply

CIRCULATION MANAGER TACOMA TIMES