

Many Children Have Defective Eyesight, Claim

By Dr. Frederick D. Stricker

Tests made upon thousands of children of all ages in the United States have demonstrated that, of the 24,000,000 children in the elementary and secondary schools an enormous percentage have defective eyesight.

Many children are so handicapped by their defective vision that normal mental development is impossible and comfort and health suffer. It has been proven over and over again that many cases of backwardness, and what has seemed stupidity and laziness in growing children have been due entirely to poor eyesight and poor hearing.

Of all parts of the body under voluntary control the eyes are the hardest worked. Even quite small children have tasks both at home and at school that demand much work of the eyes at close range.

The eyes are more subject to imperfection in structure than are most parts of the body. But most eyes can be made to provide perfect vision for all purposes by supplying them with correcting lenses placed in front of the lens of the eye. Such correcting lenses counteract the refractive errors produced by a faulty shape of the eye itself.

Observation of the following six rules will maintain good vision:

1. Do not hold objects too near the eyes to increase visibility. Twelve to fourteen inches is the proper distance.

2. Do not read with the head bent forward. Books should be horizontal to the eyes.

3. Do not look too much at rapidly moving objects. Reading small print on a moving train may cause headache and dizziness.

4. Do not read in a recumbent position for a long time. This causes eye strain and redness of the eyes.

5. Do not use the eyes for near work excessively. Variety in the use of the eyes is beneficial.

6. Do not work in a glaring light. The light should fall over the left shoulder.

There is no objection to using the eyes practically all one's waking hours even for close work if the conditions under which the eyes are used are favorable. Only a few individuals need to limit their work out of consideration for their eyes; and most of these need not have had to do so had they been particularly to avoid definite abuse to their eyes.



It's true that the girls dress to please the men. It takes a mighty little to please 'em.

At the post office window, the girl was informed that the letter she wanted to mail needed another stamp.

(Girl)—Why?

Post Office Clerk—It's too heavy for one stamp.

(Girl)—(Looking into her purse)—That may be all right, but I should think another stamp would make it heavier.

Questions and Answers

Q.—What is the difference between golf and motoring?

A.—In golf you hit nothing, and in motoring you hit everything.

Q.—What was the speed crank's last truthful statement?

A.—Now watch the speedometer himself.

Q.—What is the best way to prevent the diseases caused by biting insects?

A.—Do not bite the insects.

COLORADO GRIDDER ON HONEYMOON



Earl "Dutch" Clark, former All-American football player, and the former Dorothy Schrader were married the day he was graduated from Colorado College. After a trip east they will return west, Clark becoming assistant football coach of his alma mater.

Q.—How long should you cook spaghetti?

A.—About ten inches.

Q.—How can I tell the horsepower of a car?

A.—Lift up the hood and count the "plugs."

Q.—Where is the best place to get auto parts?

A.—At the railroad crossing.

Q.—What is the hardest job you know of?

A.—Trying to sell buggy whips to Ford.

Q.—Should a woman run for Congress?

A.—Yes! Woman can introduce more bills than men.

Q.—How often do the railroads kill a man?

A.—Just once.

Q.—Where is the easiest place to find success?

A.—In the dictionary.

Q.—Who is the happiest man at a modern wedding?

A.—The bride's father.

A dear old lady of my acquaintance has found a use for crossword puzzles outside of that of brushing up on her knowledge of language. When she sees a particularly engaging design she clips it out for a pattern in making patchwork quilts.

Man in Dentist's Chair—When my head aches terribly.

Dentist (absently)—Yes, yes, I'll fill it in just a moment.

Next to a good five cent chair the country needs an umbrella that wouldn't always be at home when you are at the office.

The word alimony. Gladys deary, is merely a contraction of "all his money."

First Actress—Yes, when I came on the stage the audience simply sat there open-mouthed.

Second Actress—Oh, nonsense! They'd never yawn all at once.



SATURDAY PROGRAMS
National Broadcasting Co.; 6, popular music; 7, Voice of Paul; 8, Amos and Andy; 9, 7:30, feature; 8, circus; 8:30, Melody Memories; 9, orchestra and chorus.

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When your stomach balks at digesting such foods as juicy steaks, heavy potatoes, beans, onions, bread, coffee and rich pastry—do the same thing—use ME-BA! ME-BA neutralizes the condition due to fermenting foods and whips your stomach back to normal action. The correction is quick, but without violence. Within ten minutes you will feel soothing relief and you'll be ready to say "Good-bye" tired stomach. Thousands of stomach sufferers follow this formula with wonderful success. Try ME-BA yourself!

ME-BA is sold under an ironclad guarantee of satisfaction or your money back by the Moon Drug Co. Price 50c and \$1.00. —Adv.

Clara Bow Says Hospitality Was Cause of Visit

DALLAS, Tex., June 19 (AP)—Denying friendship for a Dallas professional man brought her here, Clara Bow, the "It" girl of the movies, today told the Associated Press staff men tales of southern hospitality had lured her to Texas.

Desiring a rest between pictures, Miss Bow said she sought a quiet place where she could get away from Hollywood.

"I'm tired of it all. We had so many friends here who had begged to us to try southern hospitality. We decided on a moment's notice to come to Dallas and many of our closest friends didn't know it."

Referring to published reports she had made a \$30,000 settlement of a threatened \$150,000 alienation of affections suit by a Dallas woman, wife of the professional man figuring in the story, Miss Bow declared:

"I didn't even have the money to pay such a thing. My money is tied up in a bonus trust fund which the studio inaugurated and it can't be touched by anybody."

Miss Bow said reports of a morality clause in her contract providing forfeiture of money were wholly false.

She exhibited a telegram received last night from a Hollywood man with whom she said she was in love and was "thinking of marrying."

"This terrible thing had to come along and might 'blow up' my romance in California."

"We had planned to stay until the 29th, but if they keep bothering me, we may leave in two or three days. The studio wired me last night to leave at once but that is impossible."

Miss Bow and her secretary, Miss

Dailey Devoe, arrived in Dallas Sunday afternoon from Hollywood, unannounced, and registered at a hotel under assumed names.

The population of the non-Christian area of the Philippine archipelago is estimated by the provincial government at 1,265,785.

Health Talks

POISON IVY

Poison ivy is the most common and best known of a group of plants belonging to the sumac class whose resinous sap produces a characteristic inflammation when coming in contact with the skin of a susceptible individual.

In this group of poisonous plants there are at least 60 or 70 members.

The more common are poison ivy, (distinguished from other suspected creepers of a similar appearance by its possession of three leaflets instead of five), poison oak, a shrub or small tree common to the western part of the United States, and poison sumac, poison dogwood or poison elder which grows in this country in swampy places.

It is the resinous sap of these plants that is responsible for the so-called poisoning.

Contrary to the common impression the sap is not volatile, does not pass through the air. To be affected, one must come in contact with it.

However, this contact need not be direct. The sap may first come in contact with clothes, tools, insects, etc., and then be transferred to the skin of a person, many miles distant from the plant.

The sap, when coming in contact with the skin, causes an intense irritation. There is an in-

flammation of the affected parts, frequently beginning between the fingers, swelling and the formation of blisters.

The person affected not infrequently suffers fever, loss of appetite and constipation.

When one suspects having come in contact with poison ivy, the exposed part of the body, hands and face should be freely washed with an alkaline soap and water.

External application of alcohol or gasoline will sometimes avert the poisoning.

Clothing suspected of having come in contact with the irritating sap, should be discarded for a while, and exposed to the sun.

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SUGAR IMPROVES FLAVOR OF MANY FAMILIAR MEATS

Lamb, Beef and Ham are Delicious Seasoned With Sugar and Salt

The popularity of baked ham lies to a great extent in its glazed sugar coating. But many cooks use sugar in boiling ham. By adding a half to a cup of sugar to the water, also a half cup of vinegar, the meat "picks up" a savory-sweet flavor during the cooking that is most pleasing.

Sugar also improves the flavor of lamb chops when that meat is allowed to stand before frying in the following mixture—1 teaspoon sugar, 1/2 teaspoon salt, 1 or 2 teaspoons vinegar or lemon juice and 5 tablespoons salad oil. The sugar blends deliciously with all the other ingredients and the meat juices.

Beef stews composed solely of meat, or in combination with vegetables, are also most taste-pleasing when a dash of sugar is added with the salt and pepper.

Aside from using sugar to season meat, it can be used successfully in the preparation of most canned and fresh vegetables. Sugar emphasizes the mild taste of spinach, mellows the tartness of tomato and combines in a surprising pleasing way with the flavor of peas, carrots, corn, cabbage, beans and other vegetables. Most food are more delicious with sugar. The Sugar Institute.

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W. C. PERKINS

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Since the school, many of our customers have been using Crisco and have told us how much they like it. This so impressed us that we have decided to feature Crisco this week, in order that all of you may learn of its many superior qualities.



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