

Skaters Hold Meeting At Library

The Salem Skating club held its meeting Tuesday at the Salem public library, later going to the Capitol rink for skating.

ton Allen, Mr. George Wagner, Mr. Milo Syverson, Mr. George Nadvornik, Miss Audrey Mayhall, Mr. Frank Sherwood, Miss Doris Schunke, Mr. Bob Marr, Mr. Al Kenfield, Miss Lucille Turner, Miss Betty Curtis, Mr. Don Douglas, Mr. Loyal Sheridan, Mr. Wilbur Jory, Mr. Jack Bartelt, Mr. Miss Julia Pease, Miss Arlene Moffitt, Miss Ila Mills, Mr. Clay-

Mr. and Mrs. Homer M. Smith, sr., and Mrs. Margaret LeFurgy arrived in Salem Wednesday from a stay in Los Angeles and San Francisco. Mr. Smith went south a week ago to meet Mrs. Smith and Mrs. LeFurgy in San Francisco where they viewed the Golden Gate exposition.

Strength Potion Reported Wonder

Drink Including Gelatine Doubles Efficiency of Muscles, Claimed

NEW YORK, March 23-(AP)—A new drink that makes men strong was announced today at the Long Island College of Medicine.

The drink is about one-third of a cupful daily of ordinary dry gelatine dissolved in orange and lemon juice.

Results, six men doubled their muscular endurance in about a month and a half training at bicycle riding. On women there was no effect. The announcement was made by Dr. G. R. Ray, J. R. Johnson and M. M. Taylor.

Bad Effects not Found It is planned to try gelatine on football players and other athletes in training. The gain in strength in the tests lasted a long time and no bad effects have been found. Sedentary persons also drank gelatine. Dr. Ray said these re-

ported they "felt better" but that there had been no way of proving whether this was real or imaginary.

There is good scientific background for giving gelatine to make muscles strong. It is rich in a substance known to help in making muscles contract more easily.

The substance is glycine, an amino acid also called gelatine sugar. Glycine has been used medically for several years to treat muscular weakness. It has been tried on athletes. Thus Dr. R. M. Wilder reported to the Mayo clinic that his tennis game improved after two weeks of taking gelatine.

Back Assessments in

SILVERTON — Almost \$6000 in delinquent street assessments have been collected since the city began its "clearup" program. Of this but \$200 is for assessments later than 1922.

PLAY MAKES HIT

ROBERTS—One of the best three-act plays put on for some time at the Roberts grange was "Simple Simon Simps" by the Hayesville community club. It played to a full house here.

Library Shelves Have new Books

Religious Volumes Added; Biographies, Novels, Offered Patrons

Many new books have been added to the shelves of the Salem public library. Among those on religion are: Fosdick's "A Guide to Understanding the Bible" and Clarke's "A Little Dictionary of Bible Phrases." There is a special collection of books for Lenten reading. Lists of recent religious books are available for distribution.

"How to Live" by Fisher, "Style Your Personality" by Long, and "The Art of Relaxation" by Pitkin offer practical advice on the art of living.

Among the new biographies is "Doctor at Timberline" by Gardner. The author, Dr. Gardner, who was born and raised in New York City, tells his pioneer experiences as a practicing physician in the wilds of Colorado. A few of the new novels are: "Full Harvest," by Aydelotte,

"The Land is Bright," by Binn, "Salute to Freedom," by Lova, "Wickford Point" by Marquand, "The Tree of Liberty" by Page, "Justly Dear" by Thornton-Cook, "The Patriot" by Buck, "Seasoned Timber" by Fisher, "A Rumelheart Must Roam," by Delavan, "Skin Deep" by Kelland, "Song of Years" by Aldrich, "Here Comes a Candle" by Jameson, "The Professor" by Warner.



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