



SOMETHING ABOUT RECENT BOOKS



A Weighty Book For Weighty People Is This One on Banting

HE world, according to a certain doctor, is divided into sorts of people,—those who eat too much and grow fat and those who eat too much and grow thin. And the bantings and bantams both assiduously follow the latest quacks and quirks along the trail to normalcy. Thus do the doctors live. If you have grown thin to music, cracked your knees with the prescribed "daily dozen," chewed and eschewed according to directions, and still dread to look the mirror and the scales in the face, you are in a receptive mind for Mrs. Lulu Hunt Peters' latest work.

"Diet and Health with key to the Calories," (Reilly and Lee) is a serious subject treated with lightness and tact. Dr. Peters has reduced the business of eating to an exact science and in a cleverly written book marks out the trail those on both sides of the weight arm must follow.

"The meeting is now open for discussion," she writes in the opening chapter, "Jolly Mrs. Sheesate has the floor and wants some questions answered. You know Mrs. Sheesate; her husband recently purchased her a set of freight scales.

"Why is it, Doctor, that thin people can eat so much more than fat people and still not gain?"

"First: Thin people are usually more active than fat people and use up their food.

"Second: Thin people have been proved to radiate fifty per cent more heat per pound than fat people; in other words, fat people are regular fireless cookers. They hold the heat in; it cannot get out through the packing, and the food which is also contained therein goes merrily on with fiendish regularity depositing itself as fat."

And so it goes, Mrs. Tiny Weyaton and Mrs. Knott Little are given their innings but the glib doctor pins them all down to their own folly.

Having answered all objections, Dr. Peters gets down to business and outlines a course of eating, sleeping and working guaranteed to make Jack Spratt and his wife alike as twins and as normal as a five-cent cigar.

Calories, carbohydrates, vitamins and such are reduced to exact formulae and schedules guaranteed to make food values sit up, lie down or jump through a hoop are closely outlined. The whole is written in a pleasant, semi-humorous style and illustrated by the author. The sugar-coating, however, does not detract from the medicinal value of the pill she offers. P. F. W.

Harold Bell Wright, whose latest novel is "Helen of the Old House," published by the Appletons, has recently made a flying trip from his home in Arizona to witness the production in St. Louis of his play, "The Salt of the Earth."

Conrad and Melville

Comparing Conrad and Melville, Henry Seidel Canby, editor of the Literary Review, says that, "I am sure that Conrad, at his very best, is not so good as Melville, at his best, in nautical narrative; as Melville in, say, the first day of the final chase of Moby Dick. "Melville," he continues, "writer of vivid descriptions of the South Seas, 'Typee,' 'Omoo,' which were perfect of their kind, but still only superlative travel books, distinguished in style but seldom lifting beyond autobiography, began another reminiscent narrative in 'Moby Dick.' Very literally, the story begins as an autobiography, but even before the Pequod leaves sane Nantucket an undercurrent begins to sweep through the narrative. This brooding captain, Ahab, and his ivory leg, those warning voices in the mist, the strange crew of all races and temperaments—the civilized, the barbarous and the savage—in their ship, which is a microcosm, hints that creep in of the white whale whose nature is inimical to man and arouses passions deeper than gain or revenge—all this prepares the reader for something more than incident. From the mood of De-foe one passes, by jerks and reversions, to the atmosphere of 'The Ancient Mariner' and of 'Manfred.' The growing interest in Herman Melville's writings, reflected in these many critical discussions of them, such as this by Mr. Canby, is also

Bridge Reduced To An Exact Science Is R. F. Foster's Effort

SHOULD you be the blithesome blight of little green table, that sort of person that is given to trumping your partner's ace, raising your own bid, contracting a no trump against a strong suit, etc., you are recommended a session with "Foster on Auction," that latest authoritative work on the great game now published by Dutton and written by R. F. Foster.

In this work Mr. Foster gives the beginner a complete guide to Auction with all its most recent variations, the full code of the official laws and 137 deals from actual play.

The theory of auction in the past has been vague. Mr. Foster establishes the fact and proves it by actual

shown in the increased demand for his books reported by E. P. Dutton & Co., who have recently brought out new printings of "Moby Dick," "Typee" and "Omoo" in their Everyman's Library.

play that every hand has a fixed value for attack or defense which can be depended upon to yield a certain return in tricks to the player who understands these values and bases his bids upon them.

That the Ace, King in five of suit is worth four tricks in actual play is a fact that has long been understood by the better players, but no attempt has before been made to analyze the actual value of each card and demonstrate how each plays its part in the hand.

One certain trick for the ace and one half of a trick for the unprotected King is the basis of Mr. Foster's calculation of values. But the King topped by the Ace is worth as much as the Ace itself so the two together are worth two certain tricks. The third round in actual play being problematical, the Queen is estimated at one-half, and, where unsupported by higher cards, one-fourth of a trick.

The play of the dummy is worth one trick in actual play and the advantage of naming of the trump automatically doubles the value of each certain trick. This is the basis of the valuation system for the purposes of bidding, according to Mr. Foster. How he works this system into a complete guide for bidding, leading, at-

tack and defense is a pretty problem in mathematics. For the beginner or the seasoned player, the book will be invaluable. P. F. W.

SHOWING BIBLE FILM

Continuance of the film "The Chosen Prince," the story of the Children's Movies at St. Augustine's Parish House, Thursday afternoon and evening, March 16. An added feature will be the short story "Little Jimmy's Prayer." The films for next week are provided by Mr. and Mrs. H. G. Alger, 256 Sheridan Road.

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Here are some sample forms for putting in "Station to Station" calls.

Signal the operator in the usual way and ask her for long distance. When the long-distance operator answers say:

"Give me St. Louis; Main 1234. Will talk to anyone."

"Give me Milwaukee, Wis.; Smith, Brown & Company. Will talk to anyone."

"Give me Louisville, Ky.; James Robinson's residence, 648 Mulberry St. Will talk to anyone."

In a very great majority of cases it is found that a call made in this way either reaches the particular person wanted or the person who answers can take the message or handle the business.

Specimen rates for "Station to Station" and other classes of long-distance service may be found in the telephone directory. The manager will be glad to give additional information.

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