HE NEVER SAT DOWN TO EAT

Lived on Eggs and Milk for Years

Now "Can Eat Anything" Thanks to Kruschen

A good appetite is usually a sign of good health. And a poor appetite is a sure sign that something is wrong somewhere. If you do not eat your meals and enjoy them, without any unpleasant after-effects, read this letter. The treatment that put this man right would surely be good for you, too :—

"I have much pleasure to be able to inform you that by regularly taking Kruschen Salts I regained my appetite, and have been completely released from pains which I had suffered in body and limbs.

"For years I disliked all eating, especially solid food. I never sat down at table during meals, and lived on milk and two eggs daily. One month ago, I started to take Kruschen Salts, and now I can eat anything with the greatest appetite."—J. F. D.

There are six salts in Kruschen, and every one of them is necessary to perfect health. If you lead a strenuous life in the open air, if every organ in your body performs its functions perfectly, if your diet is exactly balanced, then you can extract from the food you eat and the air you breathe all that is necessary to keep you fit. But if you spend the greater part of your life indoors, if you cannot get all the fresh air and exercise you need, if your eliminating organs don't do their work easily, naturally, and regularly, if your diet is not exactly what it should be, if you wake unrefreshed, eat without appetite, work without zest, and play without enjoyment—Kruschen is what you need, and Kruschen will put you right.

Kruschen sweetens and cleanses your blood, sets your internal machinery working smoothly, sends you out into sunshine or shower with the same cheery readiness for the day's work or the day's play.

Kruschen Salts is obtainable at all Drug Stores at 45c. and 75c. per bottle.

Students' Air Rates Cut

Mexico City.—To encourage student travel by air, the Pan American Airways is offering a 40 per cent. reduction in its regular fare, the slashed price affecting the lines of the Mexican Aviation Company, a subsidiary of the larger corporation. Reduced prices will continue into effect until Oct. 15.

There is more power in kindness than there is in dynamite, but it takes longer for some people to find it out.

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County Distributors

New Window Refrigerator. Indispensable for every home and apartment. Absolutely no competition. Remarkably successful in United States. Now made in Canada. Distributor must be financially responsible, have selling organization or ability to create one.

Write Box 81, Hamilton, Ont.

When TEETHING makes HIM FUSSY

One of the most important things you can do to make a teething baby comfortable is to see that little bowels do their work of carrying off waste matter promptly and regularly. For this nothing is better than Castoria, a pure vegetable preparation specially made for babies and children. Castoria acts so gently you can give it to young infants to relieve colic. Yet it is always effective, for older children, too. Remember, Castoria contains no harsh drugs, no narcotics—is absolutely harmless. When your baby is fretful with teething or a food upset, give a cleansing dose of Castoria. Be sure you get genuine Castoria with the name:

Chas. H. Fletcher
CASTORIA
MOTHERS CRY FOR IT

What New York Is Wearing

BY ANNEBELLE WORTHINGTON

Illustrated Dressmaking Lesson Furnished With Every Pattern

A printed crepe silk in black and white adopts tailored lines.

It' boon to the stout woman. The bodice is so simply and smartly cut t› disguise breadth.

The skirt hugs the hips. Side plaits stitched part way, retain the slim straight line and provide graceful hemline fulness.

It is the easiest dress to make for there are just a few major parts to the pattern.

Don't miss this opportunity! It's cost will prove exceedingly small.

Plain silks in flat or crinkle crepe are charming too.

Style No. 2797 is designed for sizes 36, 38, 40, 42, 44, 46 and 48 inches bust. Size 36 requires 3⅝ yards 39-inch.

HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

COLOR.

Men in general experience a great joy in color. The eye needs it as much as it does light. Let any one recall the refreshing sensation one experiences when on a gloomy day the sun shines out on a particular spot on the landscape and makes the colors of it visible. That healing powers were ascribed to colored precious stones may have arisen out of the deep feeling of this inexpressible pleasure.—Goethe.

How Rashes Do Itch!
Bathe freely with
CUTICURA SOAP
Anoint with
CUTICURA OINTMENT
RELIEF AND HEALING FOLLOW
Soap 25c, Ointment 25c. and 50c. Sample free. Address: F. F. Ward Company, Ltd., Montreal

ARTICLE No. 22

There is still one point in Auction and Contract that is undecided, one on which the experts di gree, and that is: When should the partner of the dealer take out the latter's no trump bid with a bid of two hearts or two spades? As one of my fellow authors has said: "It is the thorniest question of latter day bidding."

Every writer on th game seems to have a different opinion so that it is not surprising that the average player has difficulty in deciding what to do in this situation. The wrter has frequently stated that, in his opinion, partner should take out freely with any five-card heart or spade suit, provided the hand contains at least one quick trick. Of course, with any greater strength, the t›"-out is obligatory; for example, with six or more hearts or spades, all writers agree that a take-out is obligatory. If the original no trump bidder cannot help the major suit bid, he should either bid two no trump or show his own suit, if he has one; otherwise, he should pass and let his partner struggle along with the major suit bid.

The object of all bididng, both at Auction and Contract, is to find a bid that will go game, and the best way to accomplish this purpose is to show a five-card major suit whenever possible. Experience has shown that a hand that will go game at no trump will nearly always go game if hearts or spades are trumps and there is a five-card major suit in either hand. On the other hand, there are many hands that will score game in hearts or spades that are not game hands in no trump.

For these rather evident reasons, the writer advocates free take-outs of partner's no trump with major suit bids. From then on it is up to the original no trump bidder to use his judgment as to whether he should try for game at the major suit or go on with his no trump.

An English writer who doesn't believe in the American informatory double, says that one way to settle the question of a take-out of partner's no trump is to adopt the following convention: "When the take-out is from weakness, say: 'I bid two hearts' and, when from strength, say: 'I make it two hearts'." This is, of course, the English idea of humor and a more or less severe criticism of the informatory double. In England they don't entirely approve of the double, nor do they consider it a fair convention. Needless to say, we will continue to believe in the informatory double and not adopt the English suggestion as to the take-out.

The following is a good illustration of the value of the take-out with a hand that most of the authorities would pass:

	Hearts—J, 8, 6, 3, 2 Clubs—J, 3, 2 Diamonds—K, 8, 4 Spades—K, 8	
Hearts—9, 7 Clubs—9, 7, 6 Diamonds—J, 7, 6 Spades—J, 6, 5, 3, 2	Y A B Z	Hearts—K, Q, 5 Clubs—K, Q, 8 Diamonds—A, 5, 2 Spades—Q, 10, 9, 4
	Hearts—A, 10, 4 Clubs—A, 10, 5, 4 Diamonds—Q, 10, 9, 3 Spades—A, 7	

Auction Bidding:

No score, first game. Z dealt and bid one no trump and A passed. If Y bids two hearts, Y Z will score game but, if he passes, A will open his spades and Y Z will only score one or two odd at no trump. It is a good example of the value of a free take-out.

Contract Bidding:

Y should bid two hearts and, if B passes, Z should bid three hearts. Y's hand doesn't justify a rebid, so the hand will be played at three hearts. There are many such hands at Contract where a fortunate distribution of the cards enable the declarer to score a game that cannot be contracted for in the bidding.

Problem

Hearts—9, 8, 3 Clubs—A, Q, 7, 6 Diamonds—Q, J, 9, 7, 6 Spades—A	Y A B Z

No score; Z dealt and bid one spade. What should A now bid with the foregoing hand at either Auction or Contract?

A has the choice of one of three bids: (1) an informatory double of one spade; (2) a bid of two diamonds; (3) a bid of one no trump. It seems to the writer that an informatory double with this hand is bad practice. It is too strong a hand to play at a minor suit and not strong enough to play at hearts. For the same reason, the two-diamond bid should not be made. It takes a great deal of strength in partner's hand to make game in diamonds but very little to make game possible in no trump. The no trump bid seems the best bid with this hand for it offers the best chance for game at either Auction or Contract.

Nervous Indigestion

Troubled for Years, Mrs. John Machon Thanks Dr. Williams' Pink Pills for Permanent Relief

Soon Saw A Great Change

"For many years I had been troubled with indigestion and my nerves," writes Mrs. John Machon, Calumet, Que. "I suffered constantly. I tried many remedies, but without gaining any relief. I was unable to get any rest. I got a box of Dr. Williams' Pink Pills to give them a trial. I soon saw a great change. Now I can go to bed and have a good night's rest, and am able to do a day's work with any one. All I have to thank for it is Dr. Williams' Pink Pills. I would not be without them in the house."

Dr. Williams' Pink Pills are remarkably effective in cases like the above, because they create new rich blood which supplies to the nerves the very elements they need. Equally effective for all run-down and anaemic conditions. Try them. At your druggist's. 50c a package.

Biting

I bit him. Not, as you many think,
Beneath the influence of drink,
Nor yet in madness, rage or hate,
Or any other frantic state;
But after calm deliberation,
With neither haste nor hesitation,
I simply took his finger tip
And gave it a decided nip;
And, unperturbed by shame or pride,
I claim that I was justified,
As I can prove, I hope, to you.
I ask, what is a chap to do
When Father rubs his great fat thumb
Around a tiny infant's gum
To see if his first tooth is through?
I ask you, what's a chap to do?
I bit him.

—O.A.S. in London Evening News.

Enjoying Scenery

To enjoy scenery you should ramble amidst it; let the feelings t which it gives rise mingle with other thoughts; look round upon it in intervals of reading; and not go to it as one goes to see the lions fed at a fair. The beautiful is not to be stared at, but to be lived with. I have no pleasure from books which equals that of reading over for the hundredth time great productions which I almost know by heart; and it is just the same with scenery.—From "Diary of Lord Macaulay."

We Mothers Know

"Peace," they have said,
Through the sad profit of our pain
We grieve till time is gone,
We shall not learn to build again
The bricks of Babylon—
Our sons are dead.

Stilled are the guns,
Good will, they say, shall heal, shall bless
The lands now, year by year,
But though the merciful possess
The earth, they shall not hear
Our little sons.

They were our friends;
Our thought, our breath, our blood we gave
To make them so;
They bought us peace, and in the grave
Is all the peace they know,
To make amends.

Leaders and lords,
Who in your pride decree that thus
Or thus shall scores be paid,
An age is building when with us
your reckoning shall be made,
Who have no swords.

We mothers know;
By the world's hearths we sit and dream;
Again we watch them die;
They willed the peace that you blaspheme,
And, though you still deny,
It shall be so.

—John Drinkwater.

ERRORS

The errors of a great mind are more edifying than the truths of a little.—Borne.

Cried at Night

"Night after night, as soon as we would get settled in bed, baby would start crying . . . BABY'S OWN TABLETS changed all this. What a blessed relief," writes Mrs. Arthur Baker, Jr., Winona, Ont. Give Baby's Own Tablets for teething troubles, colds, fevers, colic. Absolutely SAFE. 25c package. 235

Dr. Williams' BABY'S OWN TABLETS

ISSUE No. 20—'32

Economical and good

Red Rose Tea

Red Label

25¢ ½ lb.

Every Package Guaranteed.

Owl Laffs

The London Spectator says that speaking aloud what's on your mind is the cause of longevity. Most women outlive their husbands.

Willie—"Did Thomas A. Edison make the first talking machine, daddy?"

Daddy—"No, son. God made the first one but Edison made the first one that could be shut off."

Husbands Don't Matter

If a married woman eats onions you can be pretty sure she's still in love with her husband.

Nothing dries quicker than the tears of a hypocrite.

A scientist says: "Kissing is the result of two sets of emotional cellular vibrations which attract each other and become harmoniously merged into a rich chord of contact." A good many people have enjoyed kissing without knowing what it was all about.

Jim—"Smothers takes off his hat to nobody."

Sam—"How does he get his hair cut?"

A woman may be expert at picking a frock that wont fade, wear out or run, but, apparently, is not always so lucky when she picks out a husband.

Old Lady—"Wasn't it you to whom I gave a bottle of Elderberry Wine last week?"

Hobo—"Yes'm. I've come back to see if youll sell me a case."

Spinach has come in for another blow from a doctor, who insists it's good food for rabbits only. That, however, will not discourage thousands who reason that it tastes so bad it must be healthful.

A wise husband never quarrels with her husband until after pay day. The old men are looking so young these days that they all seem to die before their time. People who are too old to learn have outlived their usefulness. Just how far you get in life depends on whether your vehicle is the wishbone, the jawbone, or the backbone. A politician thinks of the next election, a statesman of the next generation. Unfortunately a girl doesn't seem to appreciate her late husband until too late. A lot of time is wasted trying to think up ways to save it. Marriages are very much the same after the excitement wears off.

First New Bride—"Do you still believe that the stork carries 'em?"

Second Newly Wed—"Oh, no, they come in airplanes now—an airplane means one—duoplane means two—triplane meaus three."

First New Bride—"Oh, dear me. I must hurry home."

Second Newly Wed—"But Why?"

First New Bride—"A Zeppelin just flew over my house."

Mother's Songs

Oh, sing the songs we loved to hear you sing
When we were bairnies prattling at your knee—
The songs that made us happier 'mid our glee,
And ever fondly to our memories cling.
Your gentle voice, still musically sweet,
Has charms to soothe the heart, and dry the tear;
Then sing them softly, sweetly, mother dear,
And we will listen, gladly, at your feet.
With moistened eyes, and heart in childhood's home,
The mother sings the songs of of other years;
And scenes where long ago 'twas hers to roam
Gladden her sight tho' seen thro' gathering tears—
The thatch-roofed cot, the stream, the glen, the mill,
Though distant far, are with the singer still.
She hears her father's kindly voice, and sees
Her mother's loving smile, as sunshine bright;
She listens to her brother's laughter light,
As hand-in-hand they roam the daisied leas.
And once again she sits within the bowers—
The Village May Queen—crowned with blushing bowers.

—John Fullerton.

DAYS.

Each succeeding day is the pupil of its predecessor.—Pubilius Syrus.

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3 POUNDS PRINTS, SILK OR VELVET remnants, $1.00. A. McCreery Co., Chatham, Ontario.

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A-1 BABY CHICKS ARE CANADIAN Approved chicks. All flocks are culled by Government Inspector. We hatch six breeds. Write for free catalogue. A. H. Switzer, Granton, Ontario.

SAVE $2 PER HUNDRED. LEGHORNS 10 cents; Rocks White, Rocks Red, 12 cents; delivered any time. Month olds, 25c. Pullets, all ages, prices furnished. Model Hatchery, Kitchener, Ont.

WEEKLY NEWSPAPER.

WOULD LEASE WEEKLY NEWSPAPER in Ontario. Send particulars to Box 16, Wilson Publishing Co Ltd., Toronto.

MOTOR BOAT FOR SALE.

RICHARDSON DOUBLE CABIN cruiser, about thirty feet, in use altogether only four or five months in two seasons; complete equipment including carpets, bed and table linen, china, glassware and silver as well as all marine equipment and many extras. This cruiser with its two cabins and its well equipped galley is an unusually comfortable boat for week-ends or longer cruises for four to six people. It is exceptionally seaworthy and has cruised all over the Great Lakes. It has a high class and very economical 60 horsepower, six-cylinder power plant with complete electric lighting throughout and speed of 12 to 14 miles per hour. It is a special paint job and very attractive in appearance. Owner will sacrifice for half its original cost. H. Watkins, 73 W. Adelaide St., Toronto.

SERVICE OF LOVE.

The only service that power cannot command and money cannot buy. —Prescott.

WOOL

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The Canadian Wool Co. Ltd.
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Insect, snake, or animal . . . the best treatment is plenty of Minard's at once. It soothes, heals and cleanses.

Draws out the poison!

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For 60 years the world's best corrective for CONSTIPATION and INDIGESTION

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CARTER'S LITTLE LIVER PILLS

Reduce the Acid

SICK stomachs, sour stomachs and indigestion usually mean excess acid. The stomach nerves are over-stimulated.

Too much acid makes the stomach and intestines sour. Alkali kills acid instantly. The best form is Phillips' Milk of Magnesia, because one harmless dose neutralizes many times its volume in acid. For 50 years the standard with physicians everywhere.

Take a spoonful in water and your unhappy condition will probably end in five minutes. Then you will always know what to do. Crude and harmful methods will never appeal to you. Go, prove this for your own sake. It may save a great many disagreeable hours.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians in correcting excess acid.