HAS LOST FAT FOR THREE YEARS

68 lbs. Gone Altogether

A woman writes:—"For nearly three years I have been taking Kruschen Salts every morning in hot water, and have lost 68 lbs. of fat. My weight before taking them was 196 lbs., and it is now 128 lbs. Compare the difference—it is marvellous. My mother and sister are also taking Kruschen and lots of our friends, and think they are wonderful. As regards diet, it is not necessary to do one little bit of dieting; in my case I have never denied myself anything since I started taking Kruschen Salts. I walk every day, and do not eat many potatoes or much sugar. I don't think I shall ever be grateful enough to Kruschen Salts for the great help they have been to me, and shall never stop taking them, or recommending them to people I think need them."—(Miss) K. T.

Taken every morning, Kruschen effects a perfectly natural clearance of undigested food substances and all excessive watery waste matter. Unless this wastage is regularly expelled, Nature will eventually store it up out of the way in the form of ugly fat.

Old Smokestack Found

Montreal. — The large balloon smokestack of the locomotive "Dufferin," the first railroad locomotive built in Montreal, has just been discovered in Carillion and pressed into service as a flower stand. The "Dufferin" was delivered in 1853, to the Carillion and Grenville Railway. The discovery was made by a party of the Canadian Railroad Historical Society which visited that town to study traces of the old railroad. The locomotive was built by Kinmond Brothers of Montreal in their plant which was closed in 1887.

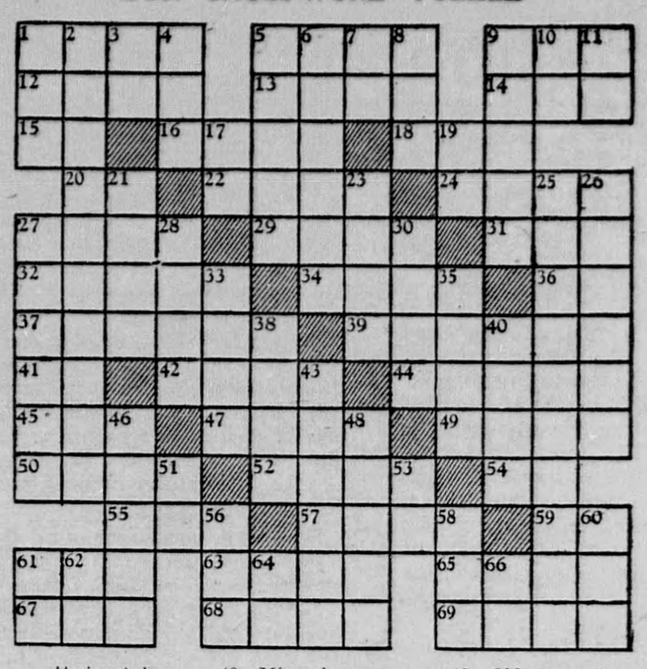
The stack stood six feet high and was five feet across at the mouth. It was buried four feet deep in the ground, and it is feared that the sheet iron of which it is made may have rusted away under the soil. It is to be taken up and as much as possible preserved.

Italy Gets Own Oil

Rome.—Samples of the first mineral oils found in the Italian possessions have recently reached Italy. They come from the Italian Islands in the Red Sea, where oil has been struck in considerable quantities.

Music is one of the most magnificent and delightful presents God has given us.—Luther.

OUR CROSS-WORD PUZZLE



Horizontal

1—Joined
5—Self-satisfied
9—Cry of crow
12—Except
13—Mexican coin
14—To hasten
15—Concerning
16—Kind of jacket
18—Side
20—Concerning
22—Pertaining to ear
24—Spikes
27—Cards
29—Variety of carnelian
31—Favorite
32—Bristles
34—Dregs
36—Musical note
37—Moves stealthily
39—One who attends
41—Near
42—To translate
44—Unsteady light
45—Scotch: every
47—Garment
49—Minerals
50—Kind of harp
52—Street car
54—Article
55—Demon
57—Scrutinizes
59—Symbol for calcium
61—Possessive Pronoun
63—Erstwhile
65—Unlocked
67—Worm
68—To bear
69—Situation

Vertical

1—Overly
2—Guilelessly
3—Spanish article
4—To color
5—Specks
6—Servile
7—Pronoun
8—Slang: sailor
9—Inexpensive
10—Sloth
11—Pronoun
17—Preposition
19—Old pronoun
21—Holiday
23—Complement
25—Testimonials
26—Glares
27—To attack
28—German river
30—Unhearing
33—Pieces
35—Fodder pit
38—To season
40—Old Irish capitol
43—Straight
46—Malay knife (variant)
48—One who receives money
51—Type unit
53—Pronoun
56—Kitchen vessel
58—To soak
60—Insect
61—Pronoun
62—Exists
64—Negative
66—European river

You know it's "good tea"

Red Rose Tea

RED LABEL

25c. ½lb.

We say it's the greatest value you can buy

Owl Laffs

The weatherma dreamed that himself was dead;
That he stood by his monument, tall, and read
The message thereon—and he hung his head,
For "Probably Warmer" was all it said.

Sweet Young Thing — "I have brought this book back; mother says it isn't fit for me to read."

Librarian—"I think your mother must be mistaken."

Sweet Young Thing—"Oh, no, she isn't. I've read it all through."

Maurice—"Don't you think my mustache is becoming?"

Maureen—"It may be coming, but it hasn't arrived yet."

Wheat and Chaff

There is no virtue in being a go-getter, unless you are going after the right things. Nothing warms a girl's heart as quickly as promising to go through fire for her. If you watch the clock when you are twenty, you are apt to be a watchman when you're sixty. If you don't want to grow, look for an easy job. It is easier to shift the blame than to weigh your own weakness. When a rich man loves them and leaves them, he usually leaves them a plenty. The night has a thousand eyes and then can't see half as much as a jealous woman. The more clocks and watches there are in the house the oftener somebody asks somebody else what time it is. To avoid being late it is necessary to start early. It is well to follow good advice, but be sure you catch up with it once in a while. A mule usually kicks because he doesn't want to go anywhere—which is exactly like some people. A man doesn't know he's old until he's eighty, but a woman starts worrying at twenty-five. Many a promising young man turns out to be a man who keeps on promising.

First Pessimist—"It's hard to make both ends meet nowadays."

Second Pessimist—"Yes, and just when they are about to meet some fool comes along and moves the ends."

Horace sagely remarks that when a man is doing the best he can, he does not want to have some idle bystander tell him how to dig in harder.

The Crowd (at football game)—"We want a touchdown! We want a touchdown!"

Small Voice — "Papa, I want a sack of peanuts."

Do not worry about the rising generation. There is nothing the matter with it that age won't cure."

A woman didn't want her party written in the paper as she had informed her folks she was too hard up to buy any Christmas gifts this season, and didn't want her mother-in-law to hear about her party.

Small Boy—"Daddy, dear, what do they mean when they say 'Civic Pride'?"

Father—Well, son, it's something like this. If the state institution for the feeble minded is located in our town we refer to it as a state hospital; if, however, it is located in another city, we call it the insane asylum."

No matter how big a "bargain" her husband appears to be, a girl always feels she might have done better if she had "shopped around" a little more.

Reformer (to prostrated man) — "And so this is the work of rum, is it?"

Prostrated Man—"No, sir; this is the work of a banana skin, sir."

Young woman, before Judge, said she had never been in any trouble until after she was married.

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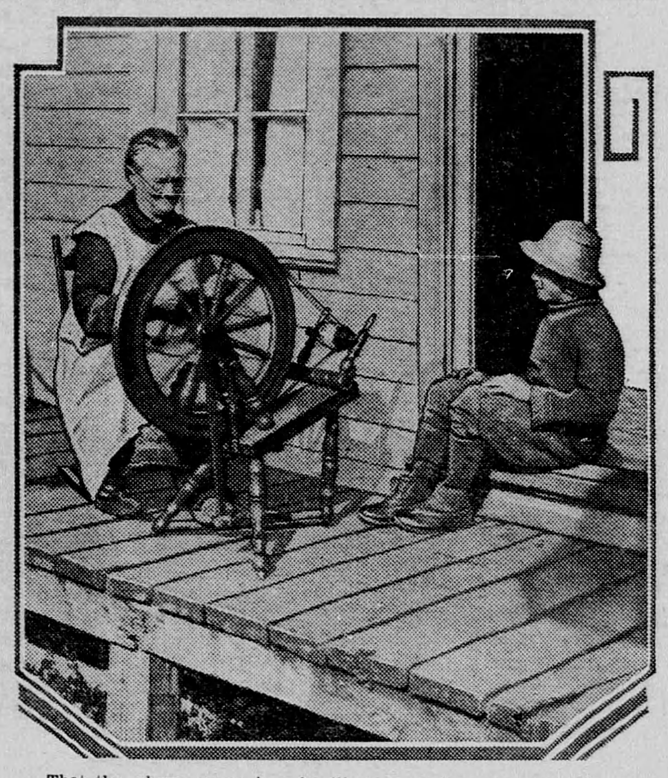
Marketed, Copyrighted, Exploited and Published. Attractive melodies composed to poems and lyrics. Reasonable rates. Frank and legitimate. Material examined and commented upon without obligation.

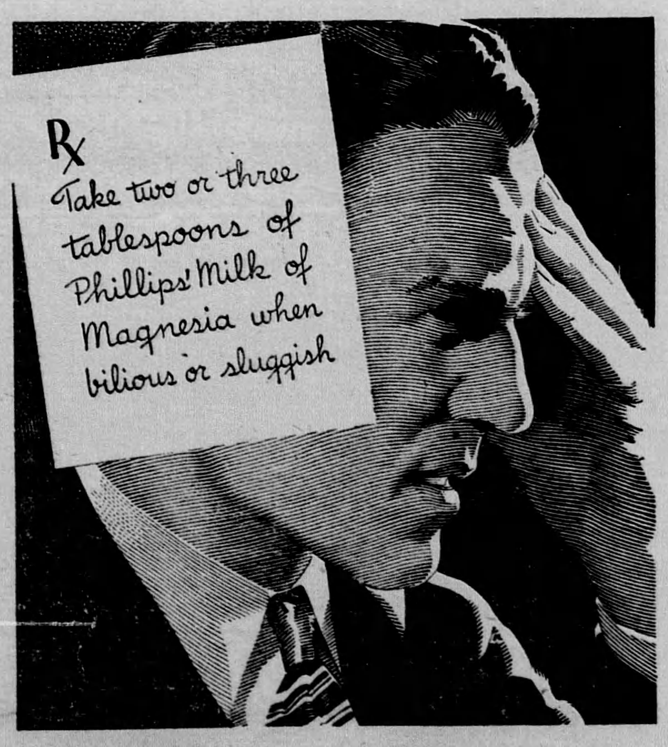
HERB JONES,
865 Water St., Peterborough, Ont.

+ Do You Know? +



That the above scene is a familiar, every-day occurrence in many parts of rural Quebec? The old spinning wheel, regarded as an antique by many, is the mainstay of many households in northern Quebec.

WHEN 'RUN-DOWN'



"Made in Canada"

● The sensible way—the doctor's way—of treating that sluggish, "run-down" condition is to use Phillips' Milk of Magnesia. Try it instead of something just to "move the bowels." See how much better you feel—and continue to feel for days after! The anti-acid action clears the system of all those poisons that cause headaches, fatigue, loss of appetite. Get the genuine; look for *Phillips* on the wrapper.

ALSO IN TABLET FORM: Phillips' Milk of Magnesia Tablets are now on sale at drug stores everywhere. Each tiny tablet is the equivalent of a teaspoonful of genuine Phillips' Milk of Magnesia.

A Welcome Christmas Gift

By HELEN WILLIAMS.

Illustrated Dressmaking Lesson Furnished With Every Pattern.

This slim-line dance set of French inspiration that can easily be made at home, is a thing to be welcomed.

The yoke-panties are side-closing. Each leg is in six sections and slightly scalloped at the edge.

The bandeau closes at the back.

You can make them in your spare moments. It's lovely "pick-up" sewing. Run the seams up on the sewing machine. The edges finished by hand, lend French accent.

Style No. 2994 is designed for sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust. Size 16 requires 1½ yards of 39-inch material with 5 yards of binding.

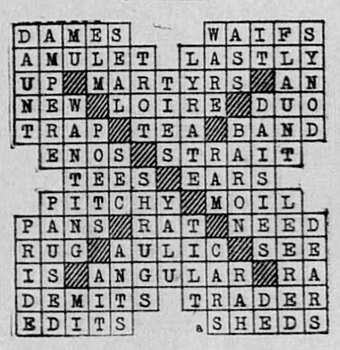
Crepe de chine, flat crepe satin and novelty crepes are dainty mediums.

HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 15c 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.

I consider a human soul without education like marble in the quarry, which shows none of its inherent beauties until the skill of the polisher fetches out the colors and makes te surface shine—Joseph Addison.

ANSWER TO LAST WEEK'S PUZZLE



Fleet of Sea Planes To Fly 'Round World

Rome.—The most ambitious group flight yet attempted by any nation is expected to take place next March or April, when twenty-four Italian seaplanes, under command of General Aldo Pellegrini, will set out from Orbetello, near Rome, for a round-the-world flight.

The planes selected for this flight, which the Italian Air Ministry has been preparing for carefully for the last two years, are Savoia Marchetti machines of the S55 type, fitted with new Isotta Fraschini engines developing from 750 to 800 horsepower and having a speed of 200 kilometers (125 miles) an hour.

The flight is to be made by stages, the seaplanes stopping at thirty different localities before returning to this country. Two bases will be established, presumably at New York and Tokio. The object of the flight is not to establish any new record but simply to test the regularity of the machines in long-distance flight.

General Italo Balbo, Italian Air Minister; General Giuseppe Valle, chief of the air staff, and all the flyers who took part in the Italian formation flight across the Atlantic two years ago will go on this flight. It is believed also that the Duke of Aosta, who recently joined the Italian air force, will take part, thus being the first member of a royal family to cross the Atlantic by air. Each machine will carry a crew of four. The flight will last about four months.

Beauty

The beauty of the house is order,
The blessing of the house is contentment,
The glory of the house is hospitality,
The crown of the house is godliness.

For COLDS

"I always use BABY'S OWN TABLETS to break up my baby's colds," writes Mrs. Wilbert Colquhoun, Sturgeon Falls, Ont.

"When I see a cold coming on, it is to BABY'S OWN TABLETS that I turn," writes Mrs. Robert Greenhorn, Philipsville, Ont.

Mothers everywhere report in like vein of the safe, sure results that follow the use of BABY'S OWN TABLETS in treating children's colds, teething troubles, simple fevers, disordered stomach, colic, constipation. 25 cents.

Dr. Williams' 246

BABY'S OWN TABLETS

Look for the Name

DR PLUMB'S PERFECT PIPE

The name is stamped on the bowl of every genuine Dr. Plumb's Pipe and the word "PLUMB" is impressed in white on the rubber mouthpiece.

BEWARE OF IMITATIONS

Many different models to choose from.

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In your own home on the instrument of your choice
With Guaranteed Results.
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OFF COLOUR? HOW IS YOUR LIVER?

Wake up your Liver Bile —Without Calomel

Your liver's a very small organ, but it certainly can put your digestive and eliminative organs out of kilter, by refusing to pour out its daily two pounds of liquid bile into your bowels.

You won't completely correct such a condition by taking salts, oil, mineral water, laxative candy or chewing gum, or roughage. When they've moved your bowels they're through—and you need a liver stimulant.

Carter's Little Liver Pills will soon bring back the sunshine into your life. They're purely vegetable. Safe. Sure. Ask for them by name. Refuse substitutes. 25c at all druggists 48

Stubborn Colds are Dangerous

Take

SCOTT'S EMULSION

of Norwegian Cod Liver Oil

To Build Resistance
Easy to Digest

for BURNS

Mix equal parts of Minard's and sweet oil, castor oil, or cream. Spread on brown paper. Apply to burn or scald. Before long the painful smarting stops

18

MINARD'S "KING OF PAIN" LINIMENT

WEAK WOMEN

Take Lydia E. Pinkham's Vegetable Compound

Have you ever felt that you were too weak to do anything . . . that you did not have the strength to do your work?

Women who are weak and run-down should take a tonic such as Lydia E. Pinkham's Vegetable Compound. Headaches and backaches that are the result of a tired, run-down condition often yield to this marvelous medicine.

98 out of every 100 women who report to us say that they are benefited by this medicine. Buy a bottle from your druggist today . . . and watch the results.

husband appears to be, a girl always feels she might have done better if she had "shopped around" a little more.