# CHORUS GIRL TAKES OFF 28 lbs.

## Has To Be Slim To Keep Her Job

### FRESH AFTER A NIGHT'S DANCING

"I was getting much too fat," writes a chorus girl, "and I expect you know how deadly that is to one of us. In fact, in time it means 'the gate'—in other words, our services are not required. In these days a chorus girl has to work very hard—dancing as well as singing—and it is really necessary to be slim. A friend advised me to take Kruschen Salts, which I did, and after taking them for three months I have lost 28 lbs. I am delighted, for nobody loves a fat girl. The girls at the theatre used to laugh when they saw the Kruschen bottle on my dressing table. But those who laugh last laugh best, which I do at the end of the show at night, as I am quite fresh and happy, after a hard night dancing. Thanks to Kruschen Salts."—(Miss, M. W.

It has been established that excess fat is mainly due to improper working of the internal organs, which allow waste material to accumulate and clog the machinery. Taken every morning, Kruschen Salts effect a regular, gentle, and perfectly natural clearance of this poisonous wastage which encumbers the system. Your blood-stream is thus

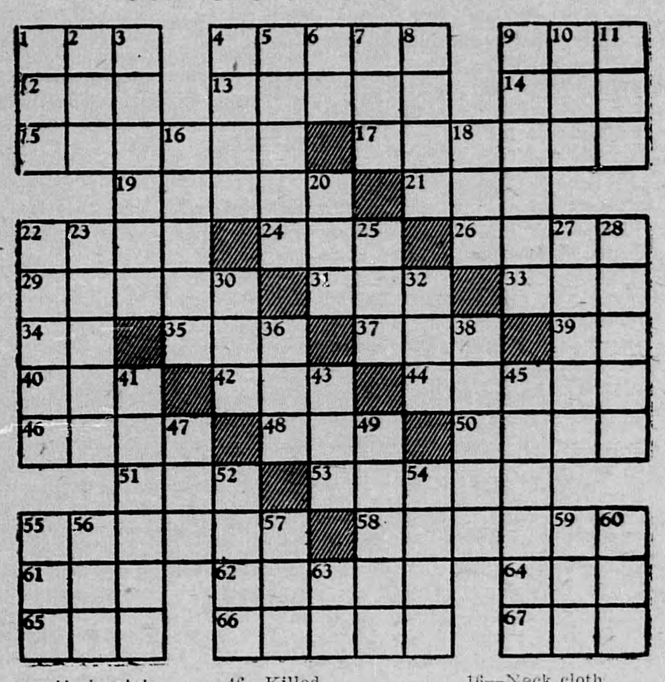
preserved from contamination. Refreshed and invigorated, it floods you with a new feeling of vitality, a new urge for activity. You follow the urge, and after about a fortnight that ugly fat starts to go. You feel it; your mirror reflects it; you make for the nearest weighing-machine, and very soon know it.

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

### FREE TRIAL OFFER OF KRUSCHEN

Try Kruschen now at our expense. We have distributed a great many special "GIANT" packages which make it easy for you to prove our claims for yourself. Ask your druggist for the new "GIANT" 75c. package. This consists of our regular 75c. bottle together with a separate trial bottle—sufficient for about one week. Open the trial bottle first, put it to the test, and then, if not entirely convinced that Kruschen does everything we claim it to do, the regular bottle is still as good as new. Take it back. Your druggist is authorised to return your 75c. immediately and without question. You have tried Kruschen free at our expense. What could be fairer? Manufactured by E. GRIFFITHS HUGHES, Ltd., Manchester, England. (Established 1756).


## OUR CROSS-WORD PUZZLE



**Horizontal**

1—Dexterity
4—Over
9—Carryall
12—Bean
13—Ethical
14—Before
15—Individual
17—Faculty
19—Land measures
21—Seine
22—Moon
24—Convulsive sigh
26—To strike
29—Passage
31—Tennis term
33—Girl's name
34—French conjunction
35—Watch charm
37—Slang: sailor
39—By
40—Set of tools
42—Pile
44—Characteristic
46—Killed
48—Weapon
50—Capably
51—Color
53—Lowest point
55—Checkered cloth
58—Name of foot disease
61—Self
62—Example
64—Kind of dog
65—Beetle
66—Eaten away
67—Golf mound

**Vertical**

1—Serpent
2—Deer
3—Oppressor
4—Cupid
5—Parts of skeleton
6—Conjunction
7—Tub
8—Spirit
9—Insect
10—Vase
11—To place
16—Neck cloth
18—French plural article
20—Sun
22—Vegetables
23—Up to
25—To plead
27—To be of use
28—Trivial
30—That over there
32—Child
36—To capture
38—Plait
41—Great fright
43—Play on words
45—Unceremonious
47—Moist
49—Titles
52—Title
54—Glen
55—To spread
56—Past
57—Conjunction
59—To regret
60—Period
63—To act

### Gems from Life's Scrap-book

**Peace**

"Peace is the happy, natural state of man; war his corruption, his disgrace."—Thomson.

"Blessedness is promised to the peacemaker, not to the conqueror."—Quarles.

"The need of mankind in this great work of establishing peace among the nations is to realize man's oneness of origin in God."—The Christian Science Monitor.

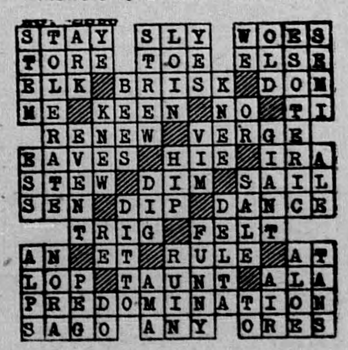
"All things that speak of heaven speak of peace."—Bailey.

"Nothing can bring you peace but yourself. Nothing can bring you peace but the triumph of principles."—Emerson.

"The question of peace or war depends on our power to create fellowship. Only love that believes in fellowship, and will suffer anything in making it, can dissolve the frictions."—Rev. James Reid, M.A., in the British Weekly, London, England.

Remember: The conquests of Alexander the Great, and compare them with those of Christ Jesus, whose conquests were not against man, but against evil.

Answers to Last Week Puzzle




## Infant Colds

"BABY'S OWN TABLETS", writes Mrs. Louis Wheeler, of Indian Road Crescent, Toronto, "are splendid for children's Colds, Coughs and Cramps. They are the best corrective a child can have."

When a baby or young child "catches cold", a safe, pleasant, efficient corrective is needed *immediately*. Thousands of Mothers always keep BABY'S OWN TABLETS at hand for the prompt relief of the common ailments of childhood. See safety guarantee in each 25-cent package. 248

Dr. Williams'
**BABY'S OWN TABLETS**


ISSUE No. 12—'33

### Recoloring of Radiators

Radiators never should be painted, for that diminishes their capacity to radiate heat. However, they do need refinishing from time to time in the interest of appearance. The proper material to use is lampblack mixed with alcohol. It not only improves the beauty of the part but also protects the metal.

The flour in the wedding cake of gypsies is mixed with blood taken from the wrists of the bride and groom.

## Mystery Sounds Puzzle Science

### Found in England, India, and the United States

Travellers returning from India often speak of the Barisal guns, the mysterious boomings like distant gunfire heard in the delta of the Ganges.

There is, however, no need to go so far as India in order to hear mystery sounds similar to the Barisal guns. They have been heard on Dartmoor at times when no firing was in progress on the Okehampton Artillery Range, and when no thunder-clouds were within sight. They came late on warm evenings, muffled reports precisely like those of distant guns.

IN THE NORTH SEA.

Fishermen who use the North Sea occasionally hear similar sounds. They occur usually in warm, foggy weather. Look-out men at Ostend have reported identical noises, very dull and distant but many times repeated, and always occurring towards evening. They consider them to be subterranean.

There are at least three places in America where mystery sounds have been heard for many years past. One is that beautiful region, the Blu Mountains of Georgia, where there are records running back for sixty years or more, reporting heavy crashes and booms, resembling the sounds of a distant bombardment.

These occur at all times of the year and in all weathers. It was formerly suggested that they were caused by bears rooting under rocks and sending them rolling down the hillsides, but today bears are extinct—and the noises continue.

In the hills of North Carolina and near Franklinville, in New York State, the same sort of sounds are heard. They are described as resembling quarry blasts.

STRANGE STORM WARNING.

Prof. A. Issel, an Italian seismologist, has written a paper on mysterious noises heard in Umbria over a long period of years. These detonations were quite distinct from ordinary peals of thunder. The centre from which they appeared to emanate was Monte Nerone. In the Middle Apennines subterranean thunder of the same kind is usual. The people call it "Bombio."

One of the strangest spots on earth is the Quebrada Encantata (Enchanted Ravine) in the Uloa Valley, Honduras. This ravine at times sends forth a loud, melodious sound, which may be heard many miles away, and is regarded by all the people within hearing as an infallible sign of rain.

What is more, the sound is so modulated as to indicate by its pitch whether the coming storm is to be heavy or light. The amount of promised rain is in exact proportion to the volume of the sound.

## Lower Fares Tried By British Railways

London—In an effort to counteract the heavy competition offered by motor travel the railways are reducing their third class fares for the summer months to the pre-war rate of a penny per mile between all stations 10 miles apart.

The result will represent a saving of a half-penny a mile on existing third class rates and a penny on first class fares.

Some officials declare, however, unless the railways regain a considerable proportion of the passenger traffic recently lost to motors this experiment will likely prove very costly. New rail fares will still remain above the motor rates. It is not considered the innovation will affect London suburban traffic where the loss of passengers through the opening of new tube lines has been prodigious.

## For *Five* Complete Sets of Poker Hands

You can obtain a pair of first quality Ladies' pure thread Silk Stockings, 45 gauge. Combined with excellent wearing qualities, these Stockings have the dull, sheer appearance which is so desirable, and they are obtainable in the latest shades. Sizes 8½, 9, 9½, 10.

There is genuine economy in rolling your own with Turret fine cut, as you can make more than 50 cigarettes from a 20c. package.

FREE *Chantecler Cigarette Papers with every package*

**It pays to "Roll Your Own" with**

# TURRET
## FINE CUT
### CIGARETTE TOBACCO

SAVE THE POKER HANDS

Imperial Tobacco Company of Canada, Limited


## ...SMILES...

The Youth—"Your teeth are like pearls."

The Girl—"Pearl who?"

Mrs. Robinson was an extremely careful mother, and had repeatedly cautioned her 6-year-old daughter against handling any object that might contain germs. One day the little girl came in and said:

Little Girl—"Mother Dear, I am never going to play with my kitten any more, because she has germs on her."

Mrs. Robinson—"Oh, no, there are no germs on your kitten."

Little Girl—"But, Mother Dear, I saw them."

"Can you tell me the way to the Post Office?" inquired the stranger.

"I can, sir," replied the oldest inhabitant, obligingly. "Go up the Downs and keep straight along the crooked lane, then round the square, and when you turn left you are right."

Many progressive women are up-to-date in everything, except possibly their birthdays.

Proud Mother—"I think Junior becomes more like his father every day."

Neighbor—"Really? And have you done nothing to prevent it?"

The average woman desires to be the one to make a man forget all the other women he knows, then, she proceeds to remind him of them all the time by asking him questions about them.

"Permanent peace is a pipe dream," says an aunt who has lived 21 years with her stepmother, 19 years with her mother-in-law and 25 years with her daughter-in-law.

A naval officer on a country walk called at a cottage for a cup of tea. The door was opened by ex-Warrant Officer Jones, who had served with the officer.

Both were delighted at meeting, and Jones explained to his visitor that he was comfortably fixed, owned the cottage and a bit of land, his only expense being half-a-crown a week for a boy.

"Ah!" said the Commander, "To clean your windows and brass?"

"No, sir," replied Jones, "he calls me every morning at six and says, 'Warrant Officer Jones, the Commander wants you.' I says, 'Tell the Commander to go to Halifax,' and goes to sleep again."

This is the time of year when just a little attention to the home premises and to the streets and alleys and vacant lots will do much to improve the appearance of the town during the spring and summer months. Small expenditures and a little time will do wonders in making a town attractive.

Minister—"Do you take this man for better or for worse?"

Colored Bride—"No, sah. Jes' as he is. If he get any better he'll die, an' ef he gets any wuss Ah'll kill him myself."

Young Lady (after singing before a stage manager)—"Do you think I can ever do anything with my voice?"

Stage-Manager — "Well, it might come in handy in case of fire!"

A man says in the Spring a housewife's fancy lightly turns the furniture around.

A little girl of four came tearfully to her mother one morning with the complaint: "How can I button my dress when the buttons are in the back and I am in the front?"

Mother—"I hope you didn't take a second piece of cake at the party?"

Bobby—"No, I took two pieces first time."

Son—"Daddy, why do they call it the mother tongue?"

Daddy—"Well, just see who uses it the most."

One reason some concerns are "in the red" is the fact that not enough black in the way of printers' ink was used in their advertising.

It's hard to get the best of some men—they haven't any."

### Spain Has 7 Women Mayors

In Spain, where only two years ago women occupied a position so dependent that they could not even arrange for their own bank account, there are now seven women Mayors.—San Francisco Chronicle.


## IT'S LIVER THAT MAKES YOU FEEL SO WRETCHED

**Wake up your Liver Bile —No Calomel necessary**

For you to feel healthy and happy, your liver must pour two pounds of liquid bile into your bowels, every day. Without that bile, trouble starts. Poor digestion. Slow elimination. Poisons in the body. General wretchedness.

How can you expect to clear up a situation like this completely with mere bowel-moving salts, oil, mineral water, laxative candy or chewing gum, or roughage? They don't wake up your liver.

You need Carter's Little Liver Pills. Purely vegetable. Safe. Quick and sure results. Ask for them by name. Refuse substitutes. 25c. at all druggists. 54

## When Your Daughter Comes to Womanhood

**Give Her Lydia E. Pinkham's Vegetable Compound**

**Most girls in their teens need a tonic and regulator. Give your daughter Lydia E. Pinkham's Vegetable Compound for the next few months. Teach her how to guard her health at this critical time. When she is a happy, healthy wife and mother she will thank you.**

## If YOU Are...

**ANAEMIC · ALWAYS TIRED · WEAK**
**NERVOUS · RUN-DOWN · RHEUMATIC**

In 72 different countries, sufferers by the thousand have found new health, new courage and new happiness by having their Blood Oxygenized by Dr. Williams' Pink Pills. . . Weak and anaemic people have been wonderfully strengthened . . . Thin bodies have gained needed weight. . . Nervous systems have been revitalized. . . . Pale, listless teen-age girls have experienced the glow of buoyant health. . . . Middle-aged women have been fortified for the critical change of life. . . Worried, high-strung business men have been given renewed nerve force.

### Oxygenizes Your Blood Stream

Dr. Williams' Pink Pills increase the supply of the vital element OXYGEN in the Blood Stream, which then carries new nourishment, new vitality and new health to every organ of the body.

Unless your Blood Stream—which is your Life Stream—is adequately oxygenized (and thereby purified and enriched), the food you eat won't build red blood and firm flesh for you. By their remarkable oxygenizing power, Dr. Williams' Pink Pills make your food really feed your Blood, your body tissues and your nerves.

YOU can experience the beneficial results of Dr. Williams' Pink Pills, as so many thousands of others have testified. Get a supply from your Druggist—and start the treatment without delay.


## Classified Advertising


**PATENTS.**

AN OFFER TO EVERY INVENTOR. List of wanted inventions and full information sent free. The Ramsay Company, World Patent Attorneys, 273 Bank Street, Ottawa, Canada.

**NURSERY STOCK.**

ORDER NURSERY STOCK DIRECT. Save dollars by getting my prices on items you need. Standard Nursery, Fonthill, Ont. A. Roszell, prop.

**FARMS FOR SALE.**

NOVA SCOTIA FARMS FOR SALE. Also hotels, businesses, summer resorts. Free list. Hugh McCallum, Truro.

DRUG SUNDRIES AND SANITARY Supplies. Write for wholesale catalogue. Sent to adults only. National Distributors, Box 443, Dept. W., REGINA, Sask.

**MEDICAL.**

RUPTURED? WRITE FOR INFORMATION. Smith Manfg. Company, Dept. 100, Preston, Ont.

**AGENTS WANTED.**

SALESMEN OR LADIES, OUR spring catalogue and fabrics are ready; sell ladies', men's and children's fine knitted outer and underwear; a paying business for you, steady employment, liberal commission. Write today, British Knitwear Limited, Simcoe, Ont.

**REMNANTS**

10 POUNDS LARGE PRINT OR SILK Quilting Remnants, $1.50; 25 pounds $3.00. A. McCreery Co., Chatham, Ont.

## SCALP-HEAL

**The World's Greatest Scalp and Hair Tonic**

Get rid of Dandruff and Secretions. Prevent baldness and grey hair. Restore the hair cells. Vitalize the scalp. Act before it is too late. Write

SCALP-HEAL COMPANY
Box 513, Station F. - Toronto

## MONEY FOR YOU AT HOME

YOU can earn good money in spare time at home making display cards. No selling or canvassing. We instruct you, furnish complete outfit and supply you with work. Write to-day for free booklet.
The MENHENITT COMPANY, Limited
647 Dominion Bldg., Toronto, Ont.

## Each Spoonful Means Health Insurance

Take regularly
**SCOTT'S EMULSION**
of Norwegian Cod Liver Oil

Builds Resistance
Easy to Digest
51

## for SPRAINS

Rub Minard's in gently. It penetrates sore ligaments, allays inflammation, soothes, heals.

**Puts you on your feet!**

17

## MINARD'S "KING OF PAIN" LINIMENT

## REDUCE AND REJOICE

LACEY'S Reducing Gum is a non-diet, sure and healthy treatment, based on the recommendations of eminent specialists. The prescription is on every box, so that you can satisfy yourself that it contains nothing that will disturb the most sensitive constitution. Simply chew one piece of this lemon-flavored medicated gum after each meal to lose excess fat. Guaranteed harmless and a wonderful tonic, LACEY'S increases vitality. Results remarkable. We have many letters ... several pounds and feel ... years." 75c A BOX ... STORES. If you ... remit to ... Mailing ...