Models Striving For Natural Waists

Doctors Prescribes Heavy Food to Meet Current Vogue

Paris.—Doctors and cooks, called into consultation by the leading dress-makers in an effort to fatten the mannikins of the Rue de la Paix to meet the requirements of the new styles, have prescribed liberal doses of potatoes and macaroni, dumplings and pastry.

The new modes upset the life of most women. For several years they have been hungry and wrestled mediocrely to grow thin and reveal the slim line of the prevailing fashion. Now almost overnight they have to feed fatter, for the newer styles with their waistlines look much better on a woman with good poundage.

Vegetables, formerly lunched on a bit of bread, sprinkled with lemon, and flavored mints during the day, they must eat down to a four course meal of soup and drop three or four lumps of sugar in their coffee. Doctors are elated for there are many who believed that France's increasing deaths among women and small children and decreasing birth rate were directly traceable to improper diet.

One dress-maker gave us her opinion that a healthy woman of five feet six inches, who should have weighed 110 pounds last year to be ultra fashionable, must now weigh 118 to 120 pounds.

TO-DAY

"Every day is a little life," was an old Hebrew's wise epigram. If each day we do the better of us, how are we going to conquer in life as a whole? Only as we make each day a victorious battle ground where selfishness and laziness and disobedience and discouragement are overcome, can we make life a victory in the end. Lavater, the old philosopher, laid down the rule that "each day should be distinguished by at least one particular act of humanity." It is a rule which makes life happier for the doer, and for everybody else.

ANY SEASON
Is Vacation Time In Atlantic City

ANY VACATION
Is An Assured Success If You Stay at the

ST. CHARLES

Unsurpassed Location and the Beach on the Sea Wall. The rendezvous of the discriminating American Clientele.

75% OF TOTAL FARES to CANADA ADVANCED BRITISHERS

in Canada may now bring forward their Families, Relatives and Friends on Easy Terms.

Full details apply:
J. D. CAMERON,
Dist. Supt. Colonization
Canadian Pacific Railway, Toronto
BRITISH RE-UNION ASSOCIATION

NO MORE ECZEMA
Itching Ends in 1 Minute

"Had eczema for months. Single application of 'Soothe-Salve' ended itch and burn in 1 minute. 1 box ended disease for good." Jane Paula. "Soothe-Salve" ends Eczema quickest time ever known. Itching stops instantly. All druggists.

Do You Get Up Tired, Cross?

Lame? It may be kidneys. Try Warner's Safe Kidney and Liver Remedy

"Yes," says the kindly doctor, "you need a stimulant diuretic." And for more than 40 years the best known remedy in this class has been Warner's Safe Kidney and Liver Remedy, originally a physician's prescription, made of Nature's herbs.

Safe, of course. But better than that, it helps to preserve your most precious assets, your health. Gently it stimulates kidneys and liver to do their work of cleaning out body poisons. With your blood-stream cleansed, and all organs functioning as they should, you awake from a sound night's sleep refreshed, invigorated, strong. Life takes on a new joy. Your eye clears. Your skin gains a healthy color. You walk with assurance. You display an air of authority and success.

Every druggist knows pleasant tasting Warner's Safe Kidney and Liver Remedy. It costs little, but it is worth untold amounts to anyone who needs the help it gives. Buy your bottles today. Get back to health. Warner's Safe Remedies Co., Toronto, Ontario.

WARNER'S SAFE-KIDNEY AND LIVER REMEDY

Owl Laffs

Smith—"I have less dread of influenza than of its consequences."

Cooper—"Yes. I haven't my last doctor's bill, either."

"My rose," he whispered tenderly as he pressed her velvet cheek to his own.

"My cactus," she said, as she touched his face.

Mike—"Why are ye wearin' a black eye, Hinnessy?"

Pat—"Sure, I'm mourning for the man that gave it to me."

Starting married life is comparatively cheap. Stopping it is what costs big money.

Kitty—"Jack says he can read me like a book."

Phyllis—"You mustn't take Jack too literally, dear. He probably means that you are a very plain type."

A kiss, a sigh, a fond good-bye,
And she is gone.
A smile, a curl, another girl;
The world moves on.

There is big money in Wall Street for anyone who knows how to play the market, and Beethoven's sonatas are on any piano if you just happen to hit the right notes.

Wife—"One thing a woman expects when she marries is sympathy."

Husband—"Well, haven't you got it since you married me?"

"Yes—from the whole town."

Patrick Hogan arrive home in a pitiful condition. His face was hidden in bandages, his clothes were torn and dusty, and his breath was not innocent of the smell of spirits.

"Me darlint," said Patrick, "Ov'e had me nose bi-roken in three places."

"Well," said Mrs. Hogan, "that'll larn ye to keep out of thim places."

The teacher was talking about the dolphin and its habits.

"And children," she said, impressively, "just think! A single dolphin will have two thousand dolphins!"

"Goodness!" exclaimed the little girl at the foot of the class; "and how many do the married ones have?"

He—"Kisses are the language of love."

She—"Well, why don't you say something?"

Two goalkeepers were arguing as to which had dealt with the hardest shots.

"Why," said one "I remember once when Baxter of the Rangers shot from a penalty and the puck hit me—"

"Yes, and what happened?"

"I had to pay a quarter to get back into the rink."

The after-dinner speaker had talked for fifteen minutes.

"After partaking of such an excellent meal," he continued, "I feel that if I had eaten any more I would be unable to talk."

From the far end of the table came an order to the waiter: "Bring him a sandwich."

Schoolboy (to his mother)—"First teacher told me not to talk so loud and then he kept me in for whispering."

"Many a good fellow has been brought up in a public school. And many another at a police court.

Earth tremors slightly shocked Los Angeles, about the only thing remaining that can.

Maid—"There's a man singin' outside the door, ma'am. He wants to know if you'd assist him."

Mistress—"Tell him I don't sing."

"Did Mrs. Swift take her husband's failure in the right spirit?"

"Oh, yes. Just as soon as she knew he was going to fail she went out and bought her entire spring outfit."

"Death, pain and poverty are to me very real evils, except when I am in an armchair reading a book of philosophy."—Robert Lynd.

Minard's Kills Dandruff.

"A second best navy is like a second best poker hand."—Admiral Hugh Rodman.

Reduce the Acid

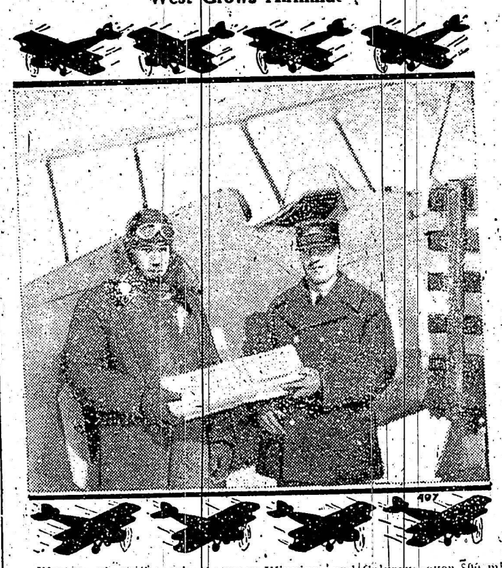
Sick stomachs, sour stomachs and indigestion usually mean excess acid. The stomach nerves are over-stimulated. Too much acid makes the stomach and intestines sour.

Alkali kills acid instantly. The best form is Phillips' Milk of Magnesia, because one harmless, tasteless dose neutralizes many times its volume in acid. Since its introduction 50 years ago, it has remained 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 for 50 years in correcting excess acid. Each bottle contains full directions—any drugstore.

West Grows Airminded



Western air mail service between Winnipeg and Calgary—over 500 miles in distance—has been inaugurated recently and the Canadian Pacific Express Company has renewed its contract made in 1928 to carry express packages in addition to the regular mail. This allows of a saving of more than 24 hours between the two cities. The package which pilot W. J. Buchanan is shown delivering to a Canadian Pacific Expressman, was mailed eight hours previously at Calgary and had therefore travelled at the rate of more than 100 miles an hour to reach Winnipeg, its destination.

When "The Tiger" Was Afraid In the Great War

One Great Secret Told By His Secretary in Book Just Published

A wonderfully interesting and sympathetic picture is given of M. Clemenceau by his former secretary, M. Jean Martet, in the book which he has just published: (Clemenceau: The Events of His Life as Told by Himself).

It is really "The Tiger" Boswellised and Boswellised with remarkable skill.

On woman he is entertaining, but Victorian in his ideas:

"They wear skirts nowadays which come above their knees and change them four times a day. My poor mother probably had only two dresses and they fell to her feet—which did not prevent her from bringing up six children properly.

He was against the extreme feminists:

In her domestic life woman should be given all rights, all security you like against the man whose life of work and struggle makes him a beast three times out of four. But in political life you must have other qualities than reason and moderation. . . . I can't see the woman than. They produce an impression upon me—like bearded women. I should never have been able to marry a woman-doctor. Medicine presupposes indifference and cold-bloodedness which were never intended for women.

England "Waken ng"

To England he says:

"Unfortunately she has begun to show a kind of weakening, of lassitude. The conquest no longer serves to quicken the conqueror What can you expect? Their history goes back such a long way. . . . The English today are less enterprising than those of a hundred years ago. Some virtue is going out of them."

To Foch's memory he is not entirely complimentary:

You see, Martet, how Foch conducted himself towards me, all the shabby little tricks he played on me, how warily I was forced to proceed—yet despite all that he was the man we wanted. With Petain, a loyal and trustworthy man, who behaved himself in exemplary fashion, the way would have lasted another year. . . . It had to be done again, even knowing what I had to expect from Foch, I should choose him again.

He reveals one tremendous secret:

"During the final German offensive (July, 1918) I was afraid. I was doubtful of him (Foch). I used to make it a rule not to meddle in military operations, but in certain cases I say to h— with rules—the country before everything. I therefore went to see Petain. I asked him, "Well, what is your conclusion about Foch?" And Petain answered, "I've seen his plans—there's nothing more to say." So I let him go on. The Chamber demanded his head. I defended him. And he adds that in March, 1918, during the first great German offensive:

The English had asked me, "Which do you want to defend, Paris or Calais?" I answered "Calais". For once at Calais the Boches would have held the Channel and everything would have been over.

HAPPY FAILURES

Failures are frequently a source of blessing. If Peter and the others had had a reasonably good catch, the larger draught would not have impressed them so much, or led to their following Christ. It is well for us to fail when we have been depending on our own strength and knowledge, for then we may be thrown upon God and receive the greater blessing. The failure was not from lack of industry or from fault, but proved to be preparation for a wonderful lesson, which benefited not only those who were witnesses, but all who have since read the narrative. Do not be discouraged at failure. Resist despondency, and rest upon the promise that all things work together for the good of those that love God.

"We have single purpose machinery and we want general purpose men."—Henry Ford.

Use Minard's in the Stable.

A SIMPLE TREATMENT FOR CHILDREN'S COLDS

Cold in the head is very common at this time of year, especially in the very young. Neglect of a cold is prone to lead to serious consequences. To relieve all congestion of the system is the first step in treating a cold, whether in infants or adults. For the very young, Baby's Own Tablets are the ideal means of doing this. Containing no narcotics or other harmful drugs they soothe the child's fretfulness, relieve its suffering and ensure convalescence.

Baby's Own Tablets are without an equal for relieving indigestion, constipation and colic. They check diarrhoea; break up colds and simple fevers; promote health-giving sleep and make the dreaded teething period easy. The Tablets are the one medicine that a mother can give her little ones with perfect safety as they are guaranteed to be free from injurious drugs. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Kindly Kings

King of Belgians Get Pardon For Italian Engineer's Father

Verona, Italy—Carlo Sasselli, seventy-six years old, now restored to his family here after serving thirty-four ears in prison for murder, has King Albert of the Belgians to thank as well as his own King Victor Emmanuel of Italy for the royal pardon that set him free. One of Sasselli's sons is an expert locomotive engineer on the State Railways, with Milan as his headquarters. When the royal train bearing the then Princess Marie-Jose of the Belgians, her parents and brothers came through Milan in January the engines were changed, and the younger Sasselli had the honor of taking the regal convoy on to Rome for the wedding.

Now Albert, King of the Belgians, is something of a mechanic himself, and can run a locomotive with the best of them, as he proved on his tour of the United States some ten years ago. He climbed into the cab, took the throttle for a time and then talked to Sasselli.

"You're a good engineer," said the Belgian monarch, at the end of their conversation. "If there is anything I could do for you, I should be glad to."

Then the engineer told him the sad story of his family; how his father had tried time after time to have his trial reviewed, but without success, and how after all those years of confinement, most of it in "solitary," he wanted to see his aged wife, his two sons and two daughters and grandchildren before he died.

"I think," said King Albert, "that I might say a word to my 'cousin' of Italy." True to his word, he did, and the elder Sasselli is finally at liberty.

Awful thought. Suppose the millennium, when at last it comes, is held up until ratified by the U.S.S Senate.

Fifty million powder-puffs were sold in this country last year. Some lucky manufacturers are making hay while the nose shines.—Punch.

Rheumatism

Massaging the aching parts with Minard's brings comforting relief. Try it.

MINARD'S "KING OF PAIN" LINIMENT

"Was Skinny and Tired. Now Peppy. Gained 11 lbs."

—Mack Latteria writes about Ironized Yeast. Thousands say adds 5 to 15 lbs. in 3 weeks. Complexion clears like magic. Nerves, constipation vanish overnight. Get Ironized Yeast tablets from druggist today.

ISSUE —'30

WAS WEAK AND PALE

Health Restored Through the Use of Dr. Williams' Pink Pills

Mrs. Leo. Bedard, Quebec City, tells how her health and strength were restored through the use of that great blood-building tonic, Dr. Williams' Pink Pills. Mrs. Bedard says: "Some three years ago, after the birth of my little boy, I was left very weak and pale. I did not seem to have any strength, and at times I was so dizzy I would nearly fall down. A friend advised me to try Dr. Williams' Pink Pills and I did so. In a few weeks I was surprised to notice the difference in my condition—I felt like a new woman. I continued taking the pills until I had used ten boxes, by which time I had completely regained my former health and strength. I feel that I cannot praise too highly Dr. Williams' Pink Pills for what they have done for me."

To the woman in the home—the woman closely confined through household duties—Dr. Williams' Pink Pills are a positive blessing. So if you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how quickly your health will improve and your strength return. The pills are sold by all medicine dealers, or will be sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

Rhubarb Comes 'Round Again Soon

Rhubarb, springlike both in color and taste, deserves a more general use in spring menus than it is usually accorded, and will be all the more attractive if served according to these suggestions:

Peel and cut rhubarb in one-inch pieces; cook in enough water to prevent burning and add sugar after cooking five minutes; cook until soft, but do not allow the pieces to become broken, carefully remove them. When an omelet is set spread it with orange marmalade then a layer of the rhubarb, place in the oven five minutes, fold and serve. The morning cereal is made a bit different and tasty by adding a small amount of rhubarb thus cooked. For a light breakfast top French toast with a slice of orange or pineapple, then a layer of rhubarb and a garnish of crisp bacon.

Rhubarb timbales are particularly nice to serve with spring lamb. Cook one and one-half pounds of rhubarb in half cup of water, with half a cup of sugar and a teaspoonful of lemon rind until soft enough to pass through a sieve; add three tablespoons of powdered gelatin and stir until it is dissolved; add a few drops of red or green coloring and pour into wet moids to harden.

Any cold meat is good accompanied by rhubarb chutney. To three quarts of chopped rhubarb add one onion and one red pepper and three green peppers, all well chopped; then two cups of cider vinegar and half a cup of currant jelly. Let simmer one hour, stirring frequently. Add the strained juice of two lemons, one cup of chopped raisins, three cups of sugar, one tablespoon of ground ginger, one tablespoon of salt, one-quarter of a teaspoonful of red pepper and cook slowly another hour, stirring often. Seal while hot.

Rhubarb salad is not often seen yet there are many splendid ones. Bake two cups of diced rhubarb with half a cup of sugar until tender but not broken. When cold marinate in French dressing made with lemon instead of vinegar. Use orange on lettuce, add half a canned pear to each serving, add more dressing and garnish with candied ginger.

A very delicious sandwich is made by spreading thin slices of white bread with butter, then a generous layer of rhubarb marmalade. Cover with a slice of bread, over this put a thick layer of cottage cheese which has been moistened with mayonnaise dressing. Cover with another slice of buttered bread, butter side down. Press tightly together and cut in narrow strips.

Minard's—50 Year Record of Success.

"The recognition of a danger is the first step towards escape from it."—Erich Maria Remarque.

Children Cry for Fletcher's CASTORIA

A BABY REMEDY APPROVED BY DOCTORS FOR COLIC CONSTIPATION, DIARRHEA

USES PINKHAM MEDICINES

Praises Vegetable Compound, Blood Medicine and Liver Pills

Birchtown, Quebec—"I live 13 miles from town on a farm, with all my home duties and churning to attend to. At the Change of Life, I became nervous and run-down. The Vegetable Compound helped my whole system. My nerves are better, my appetite is good and I am able to do my work. I have also taken the Blood Medicine and the Liver Pills and they helped me. I will answer letters from women asking about your medicines."—Mrs. RICHARD CHARLTON, Birchtown, Quebec.

About Time

Canada Writes Own Histories to Replace Those from United States

Of all nations Canada, it is asserted, is the least nationalistic. No other country subordinates the teaching of its own history in its own schools to the history of another country. No other country authorizes for use in public schools historical texts prepared in a neighboring nation. The resulting general ignorance of dominion history surprises no one except visitors from other countries.

For years there has been a widespread belief that Canadian history is duller than other history. British history gets first place in the Ontario schools and did until recently through the West. After first year in high school Canadian history becomes an optional subject, but every Canadian must matriculate in British history to enter a university.

It was only a year or so ago that some one made the discovery that supplemental historical texts authorized in the maritimes and British Columbia were United States texts and preached in Canadian schools ardent American nationalism.

The discovery turned attention to the teaching of Canadian history, with the result that new texts are now being prepared and a more voluminous, and perhaps a more interesting one, will replace the sketchy books now in use in the country.

But still Canadian history retains its secondary position in the curriculum of Ontario public schools.—New York Herald Tribune.

INDOLENCE

The cause of all evils of the world may be traced to that natural, but most deadly error of human indolence and corruption—that our business is to preserve and not to improve. It is the ruin of us all alike, individuals, schools, and nations.—Dr. Arnold.

"Conscience is the ultimate guide any theologian ever talked."—Clarence Darrow.

Minard's Will Kill Corns.

We read that a New Zealander, who played the piano for one hundred and twelve hours without stopping, is coming to England. This country is always very good to refugees.

YOUR HAIR NEEDS LUXO

TO GIVE IT HEALTH AND LUSTRE
ASK YOUR BARBER

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Tires, Coaster Brakes, Wheels, Inner Tubes, Lamps, Bells, Cyclometers, Saddles, Equipment and parts of Bicycles. You can buy your supplies from us at wholesale prices. Catalogue free.

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Acts like a flash

A SINGLE SIP PROVES IT

SAFE, STERILIZED TISSUES

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DISCRIMINATING women who practice judicious economy buy these Sterilized Toilet Tissues by name • For Eddy Tissues are Canada's finest—in quality and value • You may select any one of these four Eddy Rolls knowing that you will get a safe, pure, Sterilized tissue at an economical price. • Ask for it by name.

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HULL CANADA

"ONLIWON". Finest Sterilized Tissue. Served from sanitary, dustproof cabinet in nickel or porcelain finish

"NAVY" 700 sheets of soft, safe, Sterilized paper.

"DREADNOUGHT" Seven ounces of Sterilized creped tissue.

EDDY'S Sterilized TISSUES
CANADA'S FINEST

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FOR SALE

A1 BABY CHICKS—We HATCHED 215,000 last year, four varieties. Write for free catalogue. A. H. Switzer, Granton, Ont.

LADIES WANTED TO DO PLAIN and light sewing at home. Whole or spare time. Good pay. Work sent any distance. Charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

FREE "How to get into the Canadian Civil Service" and Stenographer, Customs Clerk, Examiner, Customs and Immigration Officer, etc. Permanent positions with pension. Prepare now for next examination. Booklet sent free on request. Write C.C. Civil Service Bureau 10, Ont. Service School (Dept. A.)

TIME

We err in speaking of Time as "passing." Time is stationary; it is Eternity, which is never still. Time is but the fixed standpoint from which we mortals see the swift stream of Eternity sweep past.

I NO LONGER SUFFER WITH TORPID LIVER INDIGESTION CONSTIPATION NERVOUSNESS HEADACHES

writes Mr. M. McArthur. "Thousands say constipation, liver trouble, indigestion, gas and overeating with Fruit-a-tives. Not one quiet. Get "Fruit-a-tives" from druggist today.

"A Miracle!"

Cripple now walks well thanks to Kruschen

"For over eight months I suffered from rheumatism, unable to move to my Kruschen Salts, but without a word of a lie, taken to the front door. In a few days I was out with and in a short time I was as good as a one-legged man."

"I have taken it ever since, a pinch of Kruschen in my tea, it will advise them to take it, and hoping you will publish this."

Mrs. Williams.

Kruschen Salts is sold at all chemists and department stores in Canada. A bottle lasts for 4 weeks. Obtain it today and health

FREE TRIAL OFFER

If you have never tried Kruschen—try it now at our expense. We have distributed a great many special "GIANT" packages which make it easy for you to prove 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 in your 75c bottle together at our expense. What could be fairer? Manufactured by E. Griffiths Hughes (Estab. 1856), Manchester, Eng. Montreal: Mitchell's Bros. Ltd., Toronto.

DO YOU SUFFER FROM CONSTIPATION?

Countless remedies are advertised for constipation. Many relieve for the moment but they are habit forming and must be continued. Others contain calomel and dangerous mineral drugs, which remain in the system, settle in the joints and cause aches and pains. Some are harsh purgatives which cramp and purge and leave a depressed after effect.

Avoid lubricating oils which only grease the intestines and encourage nature's machinery to become lazy.

A purely vegetable laxative such as Carter's Little Liver Pills, gently touches the liver, bile starts to flow, the bowels move gently, the intestines are thoroughly cleansed and constipation poisons pass away. The stomach, liver and bowels are now active and the system enjoys a real tonic effect. All druggists 25c and 75c red packages